



Welcome
May

goodliving
SENIOR CENTER



May 2026



Monday

Tuesday

Wednesday

Thursday

Friday



1

9:00 Arthritis Exercise

6:00 Game Night

4

1:00 BINGO



5

9:00 Arthritis Exercise

1:00 Mah Jongg



6

1:00 Cribbage



7

9:00 Tai Chi

1:00 Music

with Vicki Moore



8

9:00 Arthritis Exercise

6:00 Game Night

11

1:00 BINGO



12

9:00 Arthritis Exercise

1:00 Mah Jongg



13

10:30 Crafting Buddies

1:00 Cribbage



14

9:00 Tai Chi

1:00 Music

Willie Edwards



15

9:00 Arthritis Exercise

6:00 Game Night

18

1:00 BINGO



19

9:00 Arthritis Exercise

1:00 Mah Jongg



20

1:00 Cribbage



21

9:00 Tai Chi

1:00 Music

with DebHampson



22

9:00 Arthritis Exercise

6:00 Game Night

25

1:00 SUPER BINGO

BINGO!

26

Foot Clinic Day-reservation required

9:00 Arthritis Exercise

1:00 Mah Jongg



27

10:30 Fiber Buddies

1:00 Cribbage



28

9:00 Tai Chi

1:00 May Social

"Let them eat CAKE!"

29

9:00 Arthritis Exercise

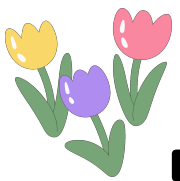
6:00 Game Night

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-8470 Goodliving@vtlink.com

Kimberly White - Executive Director



Upcoming May Special Events & Activities

Vicki Moore

Thurs., May 7th at 1:00 p.m.

Listen and sing-along as Vicki performs all your favorite classic country songs. FREE!



Crafting Buddies

Wed., May 13th at 10:30 a.m.

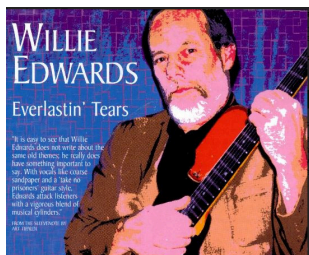
Let your creative juices flow while working alongside your fellow crafters. New crafts each month! FREE!



Willie Edwards & Friends

Thurs. May 14th at 1:00 p.m.

Enjoy the musical stylings of recording artist Willie Edwards and his talented friends. FREE!



Deb Hampson & Friends

Thurs., May 21st at 1:00 p.m.

Listen and sing-along as Deb and her friends perform folk and country favorites. FREE!



Foot Care Clinic

Tuesday, May 26th

Reservations required- call 748-8470

Treat yourself to professional foot care offered by Bev Sinclair, RN \$40 cash or check



Fiber Buddies

Wed., May 27th at 10:30 a.m.

Bring your own projects and work alongside your fellow fiber crafters. All skill levels welcome! Learn and inspire one another as you complete your own projects. FREE!



May Social - "Let them eat CAKE!"

Thursday, May 28th at 1:00 pm

Come enjoy meeting old and new friends while indulging in some decadent homemade cake. This month we will have a selection of homemade cakes for you to choose from - come find your favorites & have a slice (or two!)



(cost by donation)



More Special Events & Activities



Mother's Day Pancake Breakfast

Pancakes, Scrambled Eggs, Bacon, Sausage, and Fresh Fruit Salad
(Gluten-free Available)

Saturday, May 9th
8:00 - 10:00 am

*Let's celebrate all the incredible
Moms and Mother figures in
our lives!*

\$12/person
Kids (under 10) eat free



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1207 Main Street, St. Johnsbury, VT 05819



Mother's Day Bake Sale

Saturday, May 9th
8:00 - 10:00 am

Enjoy a variety of baked
goodies and help support our
current and future activities.



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1207 Main Street, St. Johnsbury, VT 05819





HELLO MAY

WORD SEARCH

Solve the following puzzle by finding all the hidden words!

E	A	F	C	P	I	C	N	I	C	E	O	A	S	W
D	R	S	D	H	P	B	E	E	S	E	A	I	E	R
L	I	L	R	B	N	N	L	K	N	E	E	W	S	D
E	S	N	A	S	E	D	A	I	O	A	N	G	E	
M	F	O	U	S	B	E	O	C	A	R	K	S	S	E
S	L	E	L	R	S	U	N	S	H	I	N	E	O	R
O	O	O	A	A	E	E	E	B	Y	D	E	P	I	N
W	W	T	B	L	O	S	S	O	M	N	R	D	B	W
E	E	B	W	E	E	O	Y	B	B	N	Y	E	O	R
E	R	B	G	I	T	E	B	W	S	A	E	B	E	W
K	S	I	N	I	E	G	A	R	D	E	N	M	S	E
E	O	E	I	R	K	I	R	I	Y	I	Y	A	O	R
N	W	A	R	M	S	W	L	A	A	S	N	Y	S	L
D	B	O	P	L	E	O	O	R	S	S	N	A	A	S
E	I	B	S	N	H	L	O	A	S	S	W	W	O	A

BEES

BLOSSOM

CELEBRATE

FLOWERS

GARDEN

GRASS

HOLIDAY

MAY

PICNIC

RAINBOW

SEASON

SPRING

SUNSHINE

WARM

WEEKEND



A SMILE A DAY...

My Younger Days

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
To wear a belted dress.
But now that I am older,
I've set my body free;
There's comfort of elastic
Where once my waist would be.
Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.
And how about those pantyhose-
They're sized by weight, you see.
So how come when I put them on,
The crotch is at my knees?
I need to wear these glasses|
As the prints were getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to silver
And my skin no longer fits,
On the inside, I'm the same old me,
Just the outside's changed a bit.



WELCOME
TO THE AGE WHERE
YOUR SECRETS ARE SAFE
WITH YOUR FRIENDS...
THEY CAN'T REMEMBER
THEM EITHER.



I was at lunch with an old friend & pointed at two elderly ladies across the room and said, "That will be us in 10 years." She said, "that's the mirror".



Amazing Senior

Meet Diane Coburn, this month's Amazing Senior

It's rare today to encounter someone as genuinely kind and generous as Diane Coburn. Her compassion is evident every day in her work as Director of the St. Johnsbury Meals on Wheels program, where she dedicates herself to caring for others.

A lifelong Vermonter, Diane was born and raised in a small town as the oldest of six children. She has spent her entire life in the region, raising her own children in St. Johnsbury and taking great pride in her roots.

Diane began working with Meals on Wheels nearly 28 years ago. What was once described to her as an “easy job”—just four hours a day, five days a week—has grown into something far more demanding. Today, she works tirelessly in the kitchen alongside a small but dedicated team: her daughter Ashley, who has been with the program for 17 years; her assistant Amy, who has served for 9 years; and a part-time volunteer. They are supported by 23 additional volunteers, including delivery drivers, board members, and community helpers.

Together, they prepare more than 600 meals each week. Some are served in the dining room at the St. Johnsbury House, while others are delivered to individuals in surrounding communities, including St. Johnsbury, Danville, Gilman, Passumpsic, East St. Johnsbury, Waterford, and Peacham. During the pandemic, the need for home-delivered meals surged dramatically, reaching over 40,000 meals per year.

For Diane, the work is deeply personal. She is driven by the fundamental human need for nourishment and the belief that everyone deserves access to healthy food. Her efforts not only support proper nutrition but also help people maintain their independence by remaining in their homes. She understands that, for some, the meal they receive may be the only one they have that day—and that knowledge continues to fuel her unwavering commitment.

We are proud to recognize Diane Coburn as this month's Amazing Senior!



Diane Coburn

About Good Living Senior Center

Our mission is to develop, strengthen and provide services that support the health, dignity and independence of older adults living in our communities.

The Good Living Senior Center is a place where you can spend time with friends, share what you know and learn something new, join a discussion group, see a movie, take a Tai Chi or fitness class, play a game of bingo, cribbage or Mah Jong, attend a lecture, go on a day trip, join in special events and much, much more.

It is conveniently located in the St. Johnsbury House on Main Street and ALL seniors in the NEK are welcome to attend any of the activities and trips offered at the Center. Call us or go online to learn more and sign up to receive a newsletter each month.



We urge you to come and enjoy all the good times we have. Make sure to bring a friend, a relative, or a neighbor.

When you donate to the Good Living Senior Center, you make it possible for older adults living throughout the Northeast Kingdom to use our programs and services for free or at low-cost. To donate by check, please mail to Good Living Senior Center, 1207 Main Street, St. Johnsbury, VT 05819. We appreciate your consideration and support!

This newsletter is made possible by Community Bank, NA & Passumpsic Bank. Thank you!



Our organization is a 501(c)3 organization. Donations are tax-deductible to the extent allowed by law.