



*Welcome*  
**JUNE**



**goodliving**  
SENIOR CENTER



# June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>1:00 BINGO</p> 	<p>2</p> <p>9:00 Arthritis Exercise</p> <p>10:30 Music with Bud Stevens</p> <p>1:00 Mah Jongg</p> 	<p>3</p> <p>1:00 Cribbage</p> 	<p>4</p> <p>9:00 Tai Chi</p> <p>10:30 Creative Expression</p>	<p>5</p> <p>9:00 Arthritis Exercise</p> <p>6:00 Game Night</p>
<p>8</p> <p>1:00 BINGO</p> 	<p>9</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 	<p>10</p> <p>10:30 Crafting Buddies</p> <p>1:00 Cribbage</p> 	<p>11</p> <p>9:00 Tai Chi</p> <p>1:00 Music with DebHampson</p> 	<p>12</p> <p>9:00 Arthritis Exercise</p> <p>6:00 Game Night</p>
<p>15</p> <p>1:00 BINGO</p> 	<p>16</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 	<p>17</p> <p>1:00 Cribbage</p> 	<p>18</p> <p>9:00 Tai Chi</p> <p>10:30 Creative Expression</p> <p>1:00 Music Rough Around the Edges</p> 	<p>19</p> <p>9:00 Arthritis Exercise</p> <p>6:00 Game Night</p>
<p>22</p> <p>1:00 BINGO</p> 	<p>23</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 	<p>24</p> <p>10:30 Fiber Buddies</p> <p>1:00 Cribbage</p> 	<p>25</p> <p>9:00 Tai Chi</p> <p>1:00 Strawberry Shortcake Social</p> 	<p>26</p> <p>9:00 Arthritis Exercise</p> <p>6:00 Game Night</p>
<p>29</p> <p>1:00 SUPER BINGO</p> <p><b>BINGO!</b></p>	<p>30</p> <p>Foot Clinic Day-reservation required</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 			

# Upcoming June Special Events & Activities

## Bud Stevens

**Tues., June 2<sup>nd</sup> @ 10:30 a.m.**

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



## Creative Expression

**1<sup>st</sup> & 3<sup>rd</sup> Weds. at 10:30 a.m.**

Join us for a guided exploration of your creative self. FREE!



## Crafting Buddies

**Wed., June 10th at 10:30 a.m.**

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



## Deb Hampson & Friends

**Thurs., June 11th at 1:00 p.m.**

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



## Rough Around the Edges

**Thurs., June 18th at 1:00 p.m.**

Come sing-along to your favorite folk and country favorites. FREE!



## Fiber Buddies

**Wed., June 24th 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!



## Strawberry Shortcake Social

**Thursday, June 25th at 1:00 pm**

Come enjoy meeting old and new friends while indulging in some homemade Strawberry shortcake. (cost by donation)



## Foot Care Clinic

**Tuesday, June 30th**

*Reservations required- call 748-8470*

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



♥ HAPPY ♥  
FATHER'S  
♥ DAY ♥

**Sunday, June 21st**



## *Cognitive Test*

**During a routine visit to his doctor, a man asked, ‘Doctor, how do you determine if an older person should go to a care home?’ The doctor responded, ‘It’s simple - we just fill a bathtub with water and give the person a spoon, a teacup and a bucket and ask them to empty the tub.’ The man said, ‘Oh, brilliant! So, the bucket is larger, so if they choose the bucket, you know that they are okay.’ The doctor responded, ‘No, a normal person would simply pull the plug to empty the tub. Would you prefer a bed near the window?’**





# A SMILE A DAY...

The older I get, the more I ask myself the really important questions... like, "What did I come in here for?"



Maxine

Facebook.com/maxine Maxine.com

J. Wagner

Maxine's Crabby Road 1-31-13

I wish somebody would make a phone app that shows you how the stupid phone works.



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Crabby Road Greatest Hits 8-25-11

It's kind of a relief to be at the age where no one's imagining me naked.



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Crabby Road Greatest Hits 1-10-12

I resolve to be just a little bit nicer to people who do exactly what I want.



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Smile 😊



# JUNE

BIKING

BUGS

CELEBRATE

FATHERS DAY

FIREFLIES

FUN

GOODBYES

GRADUATION

HUMMINGBIRD

JUMP ROPE

STRAWBERRIES

SUMMER

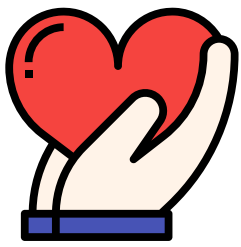
SUNBURN

SUNGLASSES

SUNSCREEN

VACATION

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



# Amazing Senior

## Meet Linda Guyer, this month's Amazing Senior



Compassion, empathy, and service are just a few of the qualities that describe this month's Amazing Senior, **Linda Guyer**.

Throughout her life, Linda has devoted herself to caring for others—her parents, husband, sibling, children, neighbors, and countless members of her community. Her unwavering commitment to helping those around her has touched many lives and left a lasting impact.

A lifelong Vermont resident, Linda was married to her husband, Ernie Guyer, for 49 years before his passing. She is the proud mother of two daughters and treasures her growing family, which includes five grandchildren, nine great-grandchildren, and another great-grandchild expected in December.

Linda and Ernie successfully owned and operated a kitchen and bath design business for many years. Later, Linda joined Northern Community Health Care as a receptionist, where she served patients and staff with warmth, kindness, and dedication. After more than 17 years with the organization, she retired to become a full-time caregiver for her husband as his health declined.

Her commitment to service extends far beyond her family and career. Linda has served as a guardian ad litem, volunteered with the Council on Aging, serves on the Board of Directors for the Good Living Senior Center, and volunteers three days each week at Lift Thrift Store.

Whether supporting her family, assisting those in need, or giving back to her community, Linda's life has been defined by selflessness, generosity, and compassion. Her dedication to helping others makes her a truly deserving recipient of recognition as an **Amazing Senior**.



**Linda Guyer**



# 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.*