

Hello July!

New month. New mindset.

goodliving
SENIOR CENTER



Upcoming July Special Events & Activities

Creative Expression

1st & 3rd Weds. at 10:30 a.m.

Join us for a guided exploration of your creative self.

FREE!



Crafting Buddies

Wed., July 8th at 10:30 a.m.

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

FREE!



Rough Around the Edges

Tues., July 7th at 10:30 a.m.

Sing-along with this fun group Karaoke style (words on large screen TV). FREE!



Deb Hampson & Friends

Thurs., July 9th at 1:00 p.m.

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



Barry Hayes

Tues., July 14th at 10:30 a.m.

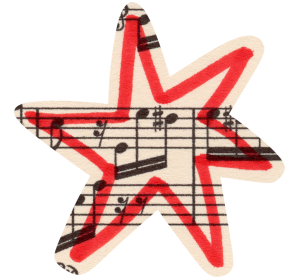
Come listen to the musical stylings of Barry Hayes & his guitar. FREE



Willie Edwards & Friends

Thurs., July 16th at 1:00 p.m.

Come listen as recording artist Willie Edwards sings his style of the Blues. FREE!



Fiber Buddies

Wed., July 22nd 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!



Informational Workshop - Genetic Testing Scams

Wed., July 22nd at 10:30 a.m.

Learn about Genetic Testing and the possible scams (fraud) associated with it. FREE!



Upcoming July Special Events & Activities

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



Bus Trip

Wednesday, July 29th at 12:30 pm

Join us on a fun-filled trip to Lincoln, NH. to see “Hairspray”
Transportation kindly sponsored by **Community National Bank**.
Seats are limited - Reserve today!
Cost \$50/person



Ice Cream Social

Thursday, July 30th at 1:00 pm

Come build your own sundae while enjoying social time with new & old friends. (cost by donation)



BUS TRIP

WEDNESDAY, JULY 29TH
TO SEE



AT JEAN'S PLAYHOUSE,
LINCOLN, NH

Our handicap accessible bus will depart from the *St. Johnsbury House* at 12:30 pm for a matinee performance of *Hairspray*.

Reserve your seat TODAY!

Reservations required by July 22nd - 802-748-8470

\$50/person - includes show ticket & round-trip bus fare.

Warning: Non-stop laughter predicted!

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Amazing Senior



Meet Reeve Lindbergh, this month's Amazing Senior



Reeve Lindbergh



Reeve Lindbergh grew up in Connecticut in the 1950's, with her sister and three brothers, children of aviator/authors Charles A. and Anne Morrow Lindbergh. She attended elementary and high school in Connecticut and then went to Radcliffe College in Cambridge, MA. After graduation from Radcliffe she moved to Vermont and taught Second Grade in Readsboro, at the Readsboro Elementary School. While teaching reading to early readers she was inspired to write east-to-read rhyming books for young children.

She moved from southern Vermont north to Peacham and then to Barnet to raise her own family. Her two daughters, Elizabeth and Susannah Brown, attended Peacham Elementary School and went on to middle school and to St Johnsbury Academy. Their brother, Ben Tripp, went through Barnet Elementary School and then followed his sisters to St Johnsbury Academy.

While raising her children Reeve continued to write "picture books" for early readers, as well as several books for adults including memoirs of growing up with her famous parents. She was fortunate enough to meet and become a good friend of Amy Ehrlich, formerly of Barnet, who is a writer and an editor, and introduced her to children's book publishers. Reeve has worked with several of these wonderful companies over the years, and has published more than twenty rhyming books, ranging from a tribute to pioneer African American aviator Bessie Coleman to a book about John Chapman (Johnny Appleseed) to a book inspired by a true story from St Johnsbury Athenaeum Children's Librarian Gloria Molinaroli, called Homer The Library Cat

Reeve has also enjoyed volunteering for community activities and for programs in support of the St Johnsbury Athenaeum and the Fairbanks Museum. Since so many of her family members have been writers, Reeve has always been interested in other writers and has enjoyed working with them. She believes that everyone has a story to share, and that writers benefit from spending time with other writers. Having had her eightieth birthday back in October 2025, she continues to write and to meet with a small group of writers at the Good Living Center on the last Tuesday of each month from 1:30 to 3:00 PM. Everyone is welcome.

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!

A special “Thank You” to our sponsor, Community National Bank. Their generosity is greatly appreciated!



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