



Welcome
August

Hello August! Bring on the sunshine
and new beginnings.

goodliving
SENIOR CENTER



August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00 BINGO 	4 9:00 Arthritis Exercise 10:30 Music w/ Bud Sevens 1:00 Mah Jongg 	5 1:00 Cribbage 	6 9:00 Tai Chi 10:30 Creative Expression	7 9:00 Arthritis Exercise 6:00 Game Night
10 1:00 BINGO 	11 9:00 Arthritis Exercise 1:00 Mah Jongg 	12 9:30 Trip to Polly's Pancake 1:00 Cribbage 	13 9:00 Tai Chi 1:00 Music w/ Deb Hampson	14 9:00 Arthritis Exercise 6:00 Game Night
17 GLSC Office Closed 1:00 BINGO 	18 GLSC Office Closed 9:00 Arthritis Exercise 1:00 Mah Jongg 	19 GLSC Office Closed 10:30 Fiber Buddies 1:00 Cribbage 	20 GLSC Office Closed 9:00 Tai Chi 10:30 Creative Expression	21 GLSC Office Closed 9:00 Arthritis Exercise 6:00 Game Night
24 1:00 BINGO 	25 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	26 1:00 Cribbage 	27 9:00 Tai Chi 12:00 Bernie Sanders Lunch	28 9:00 Arthritis Exercise 6:00 Game Night
31 1:00 SUPER BINGO BINGO!				

Good Living Senior Center
 1207 Main St. St. Johnsbury, Vermont 05819
 802-748-8470 Goodliving@vtlink.com
 Kimberly White - Executive Director

Upcoming August Special Events & Activities

Bud Stevens

Tues., August 4th @ 10:30 am

Enjoy listening and singing along to country music performed by Bud Stevens! FREE!



Deb Hampson & Friends

Thurs., August 13th at 1:00 p.m.

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



Creative Expression

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

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



Fiber Buddies

Wed., August 19th 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!

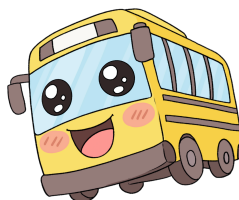


Bus Trip to Polly's Pancake Parlor

Wed., August 12th - leaving at 9:30 a.m.

Join us on a handicap accessible bus ride to and from Polly's Pancake Parlor in Sugar Hill, NH. The bus will depart from the St. Johnsbury House @ 9:30 am. Enjoy your choice of breakfast or lunch items.

Bus ride - \$5.00/person - pay for own food. **Call to reserve your spot - 802-748-8470** (seats are limited).



Senator Bernie Sanders Annual Lunch

Thurs., August 27th at 12:00 p.m.

The Senate office of U.S. Senator Bernie Sanders is hosting a luncheon for senior citizens in our community. Please RSVP at **sanders.senate.gov/events** or phone **802-862-0697** to reserve your spot.





If I Get Dementia

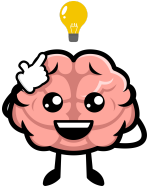
I want my friends and family to remember these things:

1. Every time you enter the room announce yourself. “Hi- it’s” NEVER ask- Do you know who I am???
2. If I get dementia, I want my friends and family to embrace my reality.
3. If I think my dead friend is still alive, or if I think we’re visiting my parents for dinner, let me believe those things. I’ll be much happier for it.
4. If I get dementia, don’t argue with me about what is true for me versus what is true for you.
5. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
6. If I get dementia and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
7. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
8. If I get dementia, I don’t want to be treated like a child. Talk to me like the adult that I am.
9. If I get dementia, I still want to enjoy the things that I’ve always enjoyed. Help me find a way to exercise, read, and visit with friends.
10. If I get dementia, ask me to tell you a story from my past.
11. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
12. If I get dementia, treat me the way that you would want to be treated.
13. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don’t eat I get angry, and if I have dementia, I may have trouble explaining what I need.
14. If I get dementia, don’t talk about me as if I’m not in the room.
15. If I get dementia, don’t feel guilty if you cannot care for me 24 hours a day, 7 days a week. It’s not your fault, and you’ve done your best. Find someone who can help you, or choose a great new place for me to live.
16. If I get dementia, and I live in a dementia care community, please visit me often.
17. If I get dementia, don’t act frustrated if I mix up names, events, or places. Take a deep breath. It’s not my fault.
18. If I get dementia, make sure I always have my favorite music playing within earshot.
19. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
20. If I get dementia, don’t exclude me from parties and family gatherings.
21. If I get dementia, know that I still like receiving hugs and plenty of laughing
22. If I get dementia, **remember that I am still the person you know and love.**

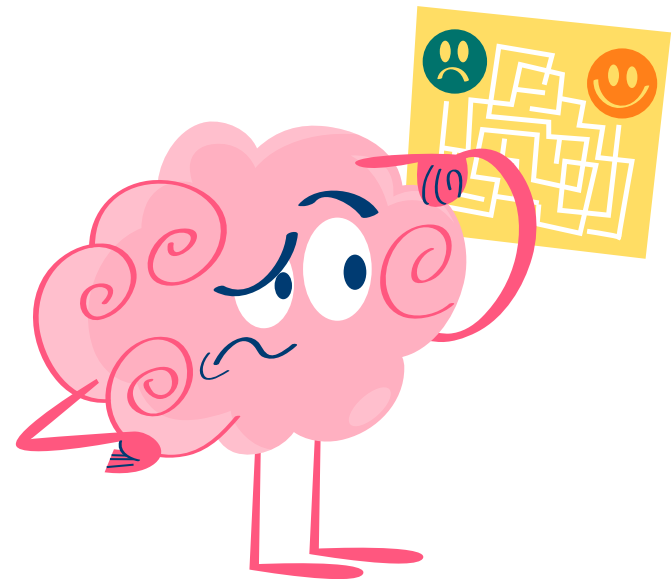


People will always have
opinions.
Some stem from
misunderstanding,
others from **envy,**
and many from the **pain**
of unhealed wounds.
But they **don't** define you—
your actions do.
Keep **walking your truth,**
and let **your**
voice speak speak louder
than the **noise.**

Brain Teaser



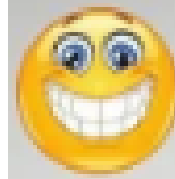
**What comes once in
a minute, twice in a
moment, but never
in a thousand years?**



Answer: The letter "M"!

Prayer for Aging Gracefully

God grant me the Senility to forget the people I never liked, the good fortune to run into the ones I do, and the eyesight to tell the difference. And, if I mix them up, a hearing aid to navigate those awkward conversations!



HAHAHA



EXERCISE FOR SENIORS

I've reached an age when I feel I need to exercise.

So, I stood in my yard with a five-pound potato sack in each hand.

I extended my arms straight out to my sides and held them there as long as I could.

I did this for a few weeks, then I moved up to 10-pound potato sacks.

Before long, I had progressed to 50-pound potato sacks.

Finally, I was lifting 100-pound potato sacks in each hand and holding my arms straight out for more than a full minute.

Well, having reached this milestone, I've started to put a few potatoes in each sack.

Well, it's unwise to overdo it.

Name: _____

Date: _____

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.



August

Word Search



AUGUST

BBQ

BEACH

BOATING

CAMPFIRE

CAMPING

FISHING

FLIP-FLOPS

FOREST

HEAT

HIKING

ICE CREAM

LEMONADE

OCEAN

PICNIC

RELAXATION

ROAD TRIP

SAND

SEASHELLS

SUMMER

SUN

SUNGLASSES

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

SUNSHINE

SURFING

SWIM

TANNING

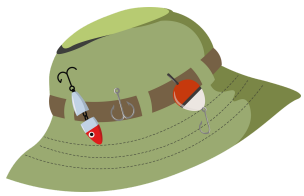
TRAVEL

VACATION

WATERMELON

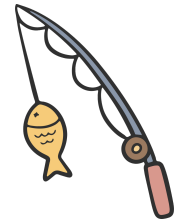
WILDLIFE





Amazing Senior

Meet Charlie Hegarty, this month's Amazing Senior



Charlie Hegarty was born and raised in Portsmouth, New Hampshire. He proudly recalls living there when the opening of Pease Air Force Base caused the city's population to nearly double. That period of growth, he says, made the area much more cosmopolitan.

Charlie attended the University of New Hampshire and graduated in January 1965. With a new wife and a young child to support, he immediately accepted a position teaching high school English in Island Pond, Vermont. He jokes that he was the fifth English teacher hired between September and January—and the first one to stay!

Charlie remembers Island Pond as a thriving railroad town during the mid-1960s. The community was home to a bustling roundhouse with a dozen train tracks, serving as an important rail connection between Portland, Maine, and Montreal, Canada.

In 1969, Charlie accepted a teaching position at St. Johnsbury Academy, where he taught English and English as a Second Language (ESL). He considers himself extremely fortunate to have been mentored by Mary Ann King, whom he credits as a major influence on his successful career. Charlie officially retired from the Academy in 1995, but his connection to the school continued for many years. Until 2019, he worked each summer with the Academy's international student program and served as Recreation and Activities Director for the Advanced Placement teachers in residence.

In 2021, Charlie and his longtime partner, Sherry Cross Hoyt, moved to Freeport, Maine, where they enjoyed being close to Sherry's daughter and grandchildren. Sadly, Sherry passed away in November 2023.

In March 2026, Charlie returned to St. Johnsbury and made St. Johnsbury House his new home. He appreciates being just a three-minute walk from his daughter, Elainia, and a three-minute drive from his son, Sean. Within a week of moving in, Charlie knew he had made "an extremely good, intelligent transition." Returning to St. Johnsbury has relieved many of life's pressures, enriched his daily life, and reunited him with old friends while giving him the opportunity to make new ones.

Charlie's outlook is simple and heartfelt: "Life is good!"



Charlie Hegarty



We are proud to honor Charlie as this month's Amazing Senior!

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.