



Hello
September!

goodliving
SENIOR CENTER



September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Arthritis Exercise 1:00 Mah Jongg 	2 1:00 Cribbage 	3 9:00 Tai Chi 10:30 Creative Expression 1:00 Music Concert - NEK Double Reed Group	4 9:00 Arthritis Exercise 6:00 Game Night
7 HAPPY LABOR DAY	8 9:00 Arthritis Exercise 1:00 Mah Jongg 	9 1:00 Cribbage 	10 9:00 Tai Chi 1:00 Music w/ Deb Hampson	11 9:00 Arthritis Exercise 10:30 Book Club <i>The Personal Librarian</i> by Marie Benedict 6:00 Game Night
14 1:00 BINGO 	15 9:00 Arthritis Exercise 1:00 Mah Jongg 	16 10:30 Fiber Buddies 1:00 Cribbage 	17 9:00 Tai Chi 10:30 Creative Expression 1:00 Apple Crisp Social	18 9:00 Arthritis Exercise 6:00 Game Night
21 1:00 BINGO 	22 9:00 Arthritis Exercise 1:00 Mah Jongg 	23 1:00 Cribbage 	24 9:00 Tai Chi 1:00 Music w/ Willie Edwards	25 9:00 Arthritis Exercise 6:00 Game Night
28 1:00 SUPER BINGO BINGO!	29 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	30 1:00 Cribbage 		

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

Upcoming September Special Events & Activities

Creative Expression

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

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



NEK Double Reeds - Open Rehearsal

Thursday, September 3rd @ 1:00 pm

Local oboe & bassoon players welcome you to an open rehearsal as they kick off their Fall Season. The musicians play a variety of classical music and arrangements for the quirky double reeds, including oboe, English horn and bassoon. NEK Double Reeds rehearses monthly and performs at parties and events across the region. FREE!



Deb Hampson & Friends

Thurs., September 10th at 1:00 p.m.

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



Fiber Buddies

Wed., September 16th 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!



Apple Crisp Social

Thurs., September 17th at 1:00 p.m.

Come enjoy meeting old & new friends while indulging in some decadent homemade apple crisp. Cost by donation.



Willie Edwards & Friends

Thurs., September 24th at 1:00 p.m.

Enjoy the “blues” performed by recording artist Willie Edwards on the electric piano and his talented friend on the alto saxophone and flute. FREE!



Smile
every day



The Native Americans on a remote reservation in Wyoming asked their new chief, Akecheta, whether the winter ahead would be mild or cold.

Now Chief Akecheta was a modern man, educated at a university, but he hadn't been taught the old ways and the wisdom of his ancestors.

He looked into the sky, but he was unable to read the signs as to whether the winter would be cold or not.

Naturally, he didn't want to lose credibility with the tribe, so, to save face and be on the safe side, he just told them that the winter was going to be cold and that they should probably start gathering firewood to be prepared.

Now he may not have learned the ancient secrets, but Chief Akecheta was a wise and practical man. So, once he was on his own, he phoned the National Weather Service and asked them for their winter forecast.

"Well, sir," said the meteorologist, "our forecast suggests that it's going to be quite cold."

Feeling more confident now, Chief Akecheta went back to his people and told them to collect even more firewood to be prepared.

A week later, he called the National Weather Service again. "Does it still look like it is going to be very cold this winter?" he asked the meteorologist.

"Yes, sir," said the meteorologist. "It could be even colder than we first thought."

So once again, Chief Akecheta went back to his people, and he ordered them to collect every scrap of firewood they could find. Two weeks later, Chief Akecheta phoned the National Weather Service again.

"Are you absolutely sure that the winter is going to be very cold?" he asked the meteorologist.

"Yes, sir," said the meteorologist. "The signs are that it's going to be one of the coldest winters we've ever seen."

"How can you be so sure?" asked Chief Akecheta.

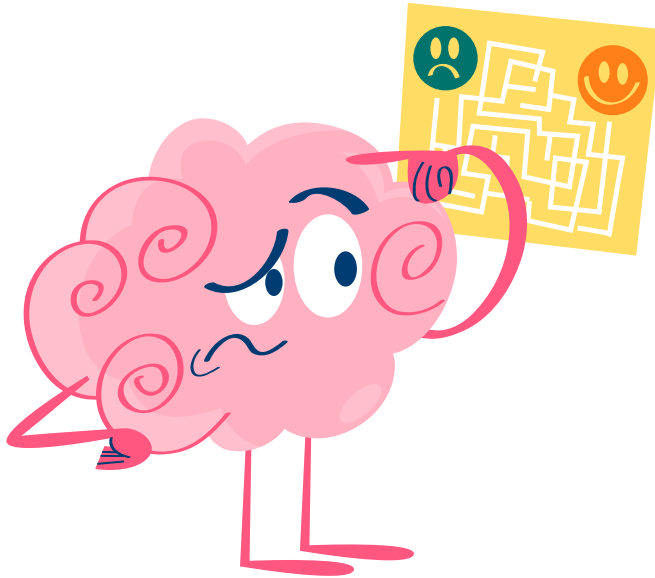
"Well, sir," the meteorologist responded, "the Native American tribe up the road has been collecting a crazy amount of firewood recently."



Brain Teaser



*What begins with T,
ends with T, and has
T in it?*



Smile



Answer: A teapot!

Getting Older is a Gift

Aging is not a loss of youth,
but a collection of wisdom,
strength, and memories.

Every line on your face is
a badge of survival, laughter,
and resilience.

Remember, growing old is
a rare privilege denied to many.

Embrace the freedom that
comes with fewer worries and
more appreciation for the
present moment.

I Open My Heart

Reserve your seat NOW!



LUXURY MOTORCOACH TRIP TO



TUESDAY,
OCTOBER 6TH

\$60/PERSON

*Price includes luxury round-trip
transportation & admission to
fair (65+ years old - Seniors)*

Schedule

**Reserve your
spot TODAY!**

- 7:45 am: - Depart from St. Johnsbury House (1207 Main Street)
- 8:00 am: - Depart from St. J Park & Ride on Western Avenue (free parking)
- 10:00 am - Arrive at Fryeburg Fairgrounds
- 4:00 pm - Depart from Fryeburg Fairgrounds
- 5:55 pm - Arrive at St. J Park & Ride
- 6:10 pm - Arrive at St. Johnsbury House

**Seats are
Limited!**

802-748-8470

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SEPTEMBER

WORD SEARCH

Solve the following puzzle by finding all the hidden words!

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

ACORN

APPLES

AUTUMN

BACKPACK

COOL

CORN

CRISP

FALL

HARVEST

LEAVES

ORCHARD

PUMPKINS

SCARECROW

SCHOOL

SUNRISE

SUNSET

SWEATER

TEACHER

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.