



WELCOME

November

Let's embrace the magic of this season with open hearts.



goodliving
SENIOR CENTER



November 2026



Monday	Tuesday	Wednesday	Thursday	Friday
12 1:00 BINGO 	1 9:00 Arthritis Exercise 1:00 Mah Jongg 	4 1:00 Beginner Mah Jongg 1:00 Cribbage 	5 9:00 Tai Chi	6 9:00 Arthritis Exercise 6:00 Game Night
9 1:00 BINGO 	10 9:00 Arthritis Exercise 1:00 Mah Jongg 	11 10:30 Crafting Buddies 1:00 Cribbage 	12 9:00 Tai Chi 1:00 Music w/ Deb Hampson	13 9:00 Arthritis Exercise 10:30 Book Club <i>The Circus of Dr. Lao</i> by Charles G. Finney 6:00 Game Night
16 1:00 BINGO 	17 9:00 Arthritis Exercise 1:00 Mah Jongg 	18 1:00 Beginner Mah Jongg 1:00 Cribbage 	19 9:00 Tai Chi 1:00 Music w/ Willie Edwards	20 9:00 Arthritis Exercise 6:00 Game Night
23 1:00 BINGO 	24 9:00 Arthritis Exercise 1:00 Mah Jongg 	25 10:30 Fiber Buddies 1:00 Cribbage 	26 	27 9:00 Arthritis Exercise 6:00 Game Night
30 1:00 SUPER BINGO BINGO!	 G I V E T H A N K S 			

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-8470 Goodliving@vtlink.com

Kimberly White - Executive Director

Upcoming **November** Special Events & Activities

Crafting Buddies

Wednesday, November 11th at 10:30a.m.

Join us while we work on new Christmas themed crafts. Easy for everyone - no special talent required! FREE!



Deb Hampson & Friends

Thursday, November 12th at 1:00 p.m.

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



Book Club

Friday, November 13th at 10:30 a.m.

Join us for a lively discussion of this month's book - "The Circus of Dr. Lao" by Charles G. Finney - *Books available at St. Johnsbury Atheneum.* FREE!



Classical Music Concert (Open Rehearsal)

Sunday, November 15th at 1:00 pm

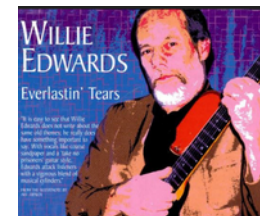
Enjoy an afternoon of classical music performed by the NEK Double Reed Group. These local oboe & bassoon players play a variety classical music and arrangements for the quirky double reeds, including oboe, English horn and bassoon. FREE!



Willie Edwards

Thursday, November 19th at 1:00 p.m.

Come listen and sing-along as Willie performs your favorite "Blues" tunes accompanied by his talented friend on the alto saxophone and flute. 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!

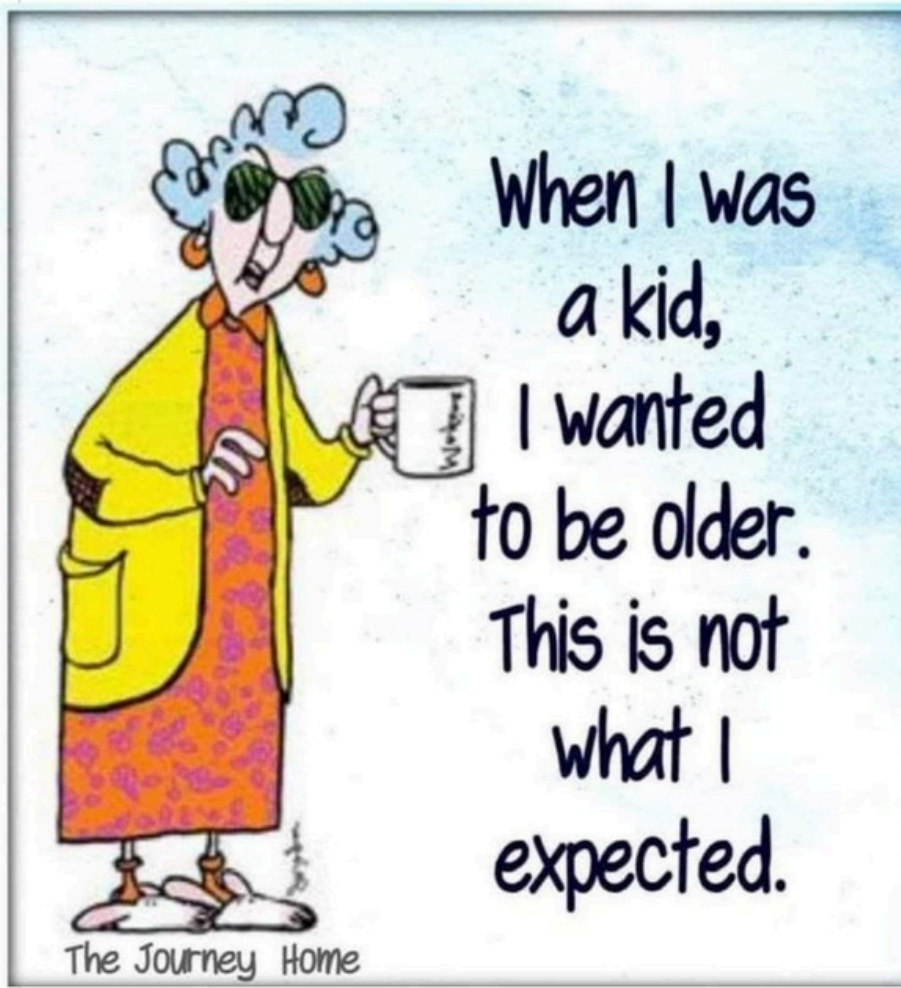


Learn to Play American Mah Jongg
1st & 3rd Wednesday at 1:00 p.m.

Learn to play the hottest game currently sweeping the nation - American Mah Jongg! Hands on learning from experienced players in a small group and/or one on one setting. FREE!



Aging With Grace



Aging with grace and dignity is about embracing the journey of life with courage, resilience, and self-compassion. By shifting perspectives, cultivating self-acceptance, finding meaning and purpose, maintaining independence and autonomy, and building supportive networks, individuals can navigate the challenges of aging with grace and dignity, embracing the opportunities for growth, connection, and fulfillment that come with age. Ultimately, aging with grace and dignity is about honoring the richness of life's experiences and embracing the journey with open hearts and minds.

Name: _____

Date: _____



NOVEMBER



Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN

BLACK FRIDAY

CHRYSANTHEMUMS

CINNAMON

CORNUCOPIA

CRANBERRY

CYBER MONDAY

DAYLIGHT SAVING

ELECTION

FAMILY

FIREPLACE

FOOTBALL

FRIENDSGIVING

GRATITUDE

HARVEST

HOT CIDER

NATIVE AMERICANS

PECAN PIE

PILGRIMS

POTATOES

PUMPKIN PIE

SCARVES

SCORPIO

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

STUFFING

SWEATERS

SWEET POTATOES

THANKSGIVING

TOPAZ

TURKEY

VETERANS DAY



Brain Teasers



What is so fragile that just saying its name breaks it?

Answer: Silence

Why did the scarecrow win an award?

Answer: Because he was outstanding in his field

Why can't a nose be 12 inches long?

Answer: Because then it would be a foot

**Retirement is wonderful.
It's doing nothing without worrying about getting caught.**



RD



Gail Warnaar: A Life Filled with Music and Adventure

Gail Warnaar describes herself as “a cat who has lived eight of her nine lives”—a fitting image for someone whose life has embraced music, teaching, sailing, and entrepreneurship.

A professional musician, Gail specializes in the double-reed instruments oboe and bassoon. She has performed on both and taught many students over the years. One of her greatest joys is seeing former students build lives and careers in music around the world. Many still keep in touch, and Gail loves following their accomplishments.

Gail taught privately, coached woodwind players, and served as an adjunct professor at Hope College in Holland, Michigan. She also ran summer camps for junior- and senior-high oboe and bassoon students, helping prepare young musicians for school programs.

Today, she continues to run two music businesses: Spratt Music Publishing, which focuses on instrumental music for young musicians, and Double Reed Shop, which specializes in printed music for oboe and bassoon players.

Gail’s musical adventures have also included handbells. With no prior experience, she used an endowment to order a set by mail. After opening the boxes with help from her daughter, she learned to play and started a church handbell group with junior-high students. Their debut performance was on an Easter Sunday.

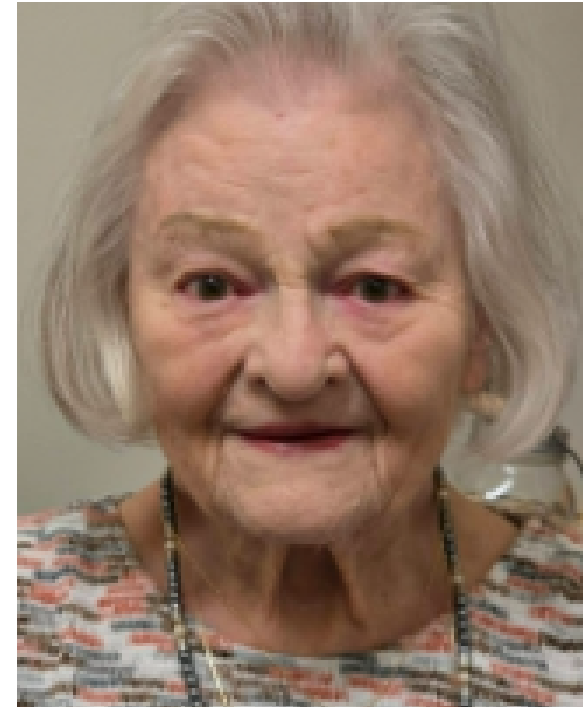
Music runs through Gail’s family, too. Her husband was a high-school band director, and all three of their daughters became musicians. Debbie began violin in second grade and grew into a fine violinist. Laura started on trumpet before switching to French horn. Now retired from teaching, she performs with symphonies and horn quartets and continues to teach. Linda, who lives in Vermont, is a professional singer, songwriter, drummer, guitarist, and trumpeter who teaches and performs with several local bands.

Away from music, Gail has spent much of her life near Lake Michigan and loves sailing. She raced her own sailboat and spent many hours on the water. In San Diego, she took wind readings for Dennis Conner during the semifinals of the America’s Cup.

Through every chapter, Gail’s greatest joy has been sharing in her family’s many activities, celebrating the accomplishments of her daughters and son-in-law, and watching her four grandchildren grow into talented, accomplished young adults. The youngest, Bohdi, will graduate from St. Johnsbury Academy in June, with the world and UVM in his sights.

Gail’s next chapter includes spending more time on the St. Johnsbury House porch, rocking and watching the rest of the town pass by.

We are proud to honor Gail as this month’s Amazing Senior!



Gail Warnaar
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.