

March, 2018 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Bone Builders Bus Shopping in Lebanon—Lunch UVSC	2 9:30 Tai Ji Quan—
5 8:30 Bone Builders	6 9:00 VNA Foot Clinic 9:45 Suite Notes 9:30 Tai Ji Quan – 12:30 Cribbage 11:30 Blood Pressure Check	7 Food Pantry 50/50 & Food Raffle 12:30 Bingo	8 8:30 Bone Builders	9 9:30 Tai Ji Quan
12 8:30 Bone Builders	13 9:30 Tai Ji Quan 9:45 Suite Notes 11:30 Blood Pressure Check 12:30 Bingo for Baubles	14 Food Pantry 50/50 & Food Raffle 12:30 Bingo	15 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	16 9:30 Tai Ji Quan
19 8:30 Bone Builders	20 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	21 Food Pantry 50/50 & Food Raffle 12:30 Bingo	22 8:30 Bone Builders 12:30 Stories with Neil	23 9:30 Tai Ji Quan
26 8:30 Bone Builders 12:30 Town of Canaan history talk—Reggie Barney	27 9:30 Tai Ji Quan 11:30 BP Checks 12 :30 Fire and Fall Presentation	28 Food Pantry 50/50 and Food Raffle 12:30 Bingo	29 8:30 Bone Builders 12:30 Ira Young—Guitar	30 9:30 Tai Ji Quan

Transportation: Rides to the Center and medical appointments. Please call to schedule in advance (603-523-4333). \$1.50 donation is requested for a ride under 5 miles; 6-10 miles: \$2.00; 11-20 miles: \$3.00; 21 miles or more: \$5.00. Ride Cards available : \$60.00

Shopping in Lebanon . Call to reserve a seat. Lunch at the Upper Valley Senior Center. Return after lunch.

Foot Clinic: 1st Wednesday of the month. Call the Center to schedule an appointment with the Visiting Nurse's Association/ Lake Sunapee nurse. Bring a towel. \$25.00 per person. Diabetic and non-diabetic.

Bone Builders: Monday and Thursday: 8:30 AM. Call RSVP to join. 603-448-1825

Tai Ji Quan: Tuesdays and Fridays: 9:30 am, 1st class free. 15.00 per month—

Blood Pressure check: Monday 11:30 AM. Free

Bingo: Wednesday after lunch (.25/card). 55+

Bingo for Baubles: Second Tuesday after lunch. Bring an item to share

Cribbage: First and third Tuesdays 12:30. Or bring any board game and a friend!

Food raffle: Wed. Tickets \$.50 each. **50/50** : 3 tickets for \$1.00

Food Pantry: Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester.

Chore Corp: Call with occasional household chores or small repairs. Toll free: 1-877-711-7787.

Outreach Services: Available by appointment.

ServiceLink: Call toll free: 1-866-634-9412