

November, 2017 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Food Pantry 50/50 & Food Raffle 12:30 Bingo	2 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	3 9:30 Tai Ji Quan
6 8:30 Bone Builders 11:30 Blood Pressure Check	7 9:30 Tai Ji Quan 12:30 Cribbage	8 Foot Clinic by appt Food Pantry 50/50 & Food Raffle 12:30 Bingo	9 8:30 Bone Builders	10 9:30 Tai Ji Quan
13 8:30 Bone Builders 11:30 Blood Pressure Check	14 9:30 Tai Ji Quan 12:30 Bingo for Baubles	15 Food Pantry 50/50 & Food Raffle 12:30 Bingo	16 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	17 9:30 Tai Ji Quan
20 8:30 Bone Builders 11:30 Blood Pressure Check	21 9:30 Tai Ji Quan 12:30 Cribbage	22 Food Pantry 50/50 & Food Raffle 12:30 Bingo	23 Happy Thanksgiving	24 CLOSED
27 8:30 Bone Builders 11:30 Blood Pressure check	28 9:30 Tai Ji Quan	29 Food Pantry 50/50 and Food Raffle 12:30 Bingo	30 8:30 Bone Builders Bus—No shopping in Lebanon today—local pick up	

Transportation: Rides to the Center for an appointment, activity or lunch. For medical transport 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.

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

Foot Clinic/Ask a Nurse: 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

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

Bingo for Baubles: Second Tuesday after lunch. Bring an item to share and join in the fun!

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

Raffle: Wed. Thanks to all of you who support the Center by donating items & baked goods.

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

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

Chore Corp: Volunteers who can help with occasional household chores or small repairs. Toll free: 1-877-711-7787.

Outreach Services: Available by appointment.