

January, 2018 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided. Programs and services subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Foot Clinic—8:30 by appt 9:30 Tai Ji Quan 12:30 Cribbage 11:30 BP checks	3 Foot Clinic—change in schedule this month to Jan 2. Food Pantry 50/50 & Food Raffle 12:30 Bingo	4 8:30 Bone Builders Bus Shopping in Lebanon—Lunch UVSC	5 9:30 Tai Ji Quan
8 8:30 Bone Builders	9 9:30 Tai Ji Quan 12:30 Bingo for Baubles 11:30 Blood Pressure Check	10 Food Pantry 50/50 & Food Raffle 12:30 Bingo	11 8:30 Bone Builders	12 9:30 Tai Ji Quan 12:30 Guitar Music with Ira
15 CLOSED	16 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	17 Food Pantry 50/50 & Food Raffle 12:30 Bingo	18 8:30 Bone Builders Bus Shopping in Lebanon	19 9:30 Tai Ji Quan 12:30 Stories with Neil
22 8:30 Bone Builders	23 9:30 Tai Ji Quan 11:30 Blood Pressure Check	24 Food Pantry 50/50 & Food Raffle 12:30 Bingo	25 8:30 Bone Builders	26 9:30 Tai Ji Quan
29 8:30 Bone Builders	30 9:30 Tai Ji Quan 11:30 BP Checks	31 Food Pantry 50/50 and Food Raffle 12:30 Bingo		

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

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: 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