

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Tai Ji Quan
4 CLOSED LABOR DAY	5 9:30 Tai Ji Quan 12:30 Cribbage	6 Food Pantry 50/50 & Food Raffle 12:30 Bingo	7 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at the UVSC	8 9:30 Tai Ji Quan
11 8:30 Bone Builders 11:30 Blood Pressure Check	12 9:30 Tai Ji Quan 12:30 Bingo for Baubles	13 Food Pantry 50/50 & Food Raffle 12:30 Bingo	14 8:30 Bone Builders No shopping this week.	15 9:30 Tai Ji Quan 10:00 McAlister Gift Shop
18 8:30 Bone Builders 11:30 Blood Pressure Check	19 9:30 Tai Ji Quan 10:00 Canaan Museum and Meeting House Tour	20 Food Pantry 50/50 & Food Raffle 12:30 Bingo	21 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	22 CLOSED—Staff Day— Safety Meeting
25 8:30 Bone Builders 11:30 Blood Pressure check	26 9:30 Tai Ji Quan	27 Food Pantry 50/50 & Food Raffle 12:30 Bingo 10:00—11:30 Flu Clinic	28 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	29 9:30 Tai Ji Quan

**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 free. Eff: July 11— new class 15.00 per month—

**Blood Pressure check:** Monday 11:30 AM. Free  
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**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.

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