

February, 2019 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bus shopping in Lebanon and lunch at UVSC
4 8:30 Bone Builders No Bus Service	5 11:30 Blood Pressure Check 12:30 Cribbage	6 VNA Foot Clinic 50/50 12:30 Bingo	7 8:30 Bone Builders Bus shopping in Lebanon and Lunch at UVSC	8
11 8:30 Bone Builders 12:30 Advisory Council No Bus Service	12 11:30 Blood Pressure Check 12:30 Bingo for Baubles	13 Anita's Decorative Box making 50/50 12:30 Bingo Valentine's Lunch	14 8:30 Bone Builders	15
18 CLOSED Presidents' Day	19 11:30 Blood Pressure Check 12:30 Cribbage	20 Food Pantry 50/50 12:30 Bingo	21 8:30 Bone Builders Bus shopping in Lebanon and Lunch at UVSC	22
25 8:30 Bone Builders—No bus Service	26 11:30 Blood Pressure Check	27 50/50 12:30 Bingo	28 8:30 Bone Builders 12:30 Stories with Neil	

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: Mondays and Thursdays, 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

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

50/50: 3 tickets for \$1.00— Wednesdays during lunch time

Food Pantry: Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester. Call: 523-4333 x 106

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

Outreach Services: Available by appointment.

ServiceLink: Information and Referral: Call toll free: 1-866-634-9412