

July, 2018 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Bone Builders	3 9:30 Tai Ji 11:30 Blood Pressure Check 12:30 Cribbage	4 CLOSED	5 8:30 Bone Builders Bus Shopping in Leb— Lunch at the UVSC	6 9:30 Tai Ji Quan—
9 8:30 Bone Builders	10 9:30 Tai Ji Quan – 12:30 Bingo for Bau- bles 11:30 Blood Pressure Check	11 VNA Foot Clinic by appt Food Pantry 50/50 & Food Raffle 12:30 Bingo	12 8:30 Bone Builders	13 9:30 Tai Ji Quan
16 MASC Building CLOSED	17 MASC Building CLOSED	18 MASC Building CLOSED	19 MASC Building CLOSED Bus Shopping in Leba- non . Lunch at UVSC	20 MASC Building CLOSED
23 8:30 Bone Builders	24 9:30 Tai Ji Quan 11:30 Blood Pressure Check	25 Food Pantry 50/50 & Food Raffle 12:30 Bingo	26 8:30 Bone Builders	27 9:30 Tai Ji Quan
30 8:30 Bone Builders	31 9:30 Tai Ji Quan 11:30 Blood Pressure Check			

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—

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