

July 2017 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided/Programs and Services subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 3 | 4 CLOSED | 5 Foot Clinic Food Pantry 50/50 & Food Raffle 12:30 Bingo | 6 8:30 Bone Builders Bus shopping in Lebanon/ Lunch at UVSC | 7 10:00 Tai Ji Quan |
| 10 8:30 Bone Builders 11:30 Blood Pressure Check | 11 10:00 Tai Ji Quan New Class Begins 12:30 Bingo for Baubles | 12 Food Pantry 50/50 & Food Raffle 12:30 Bingo | 13 8:30 Bone Builders 12:30 Music with Ira | 14 10:00 Tai Ji Quan Bus Shopping in Lebanon - UVSC closed |
| 17 8:30 Bone Builders 11:30 Blood Pressure Check | 18 10:00 Tai Ji Quan 12:30 Cribbage | 19 Food Pantry 50/50 & Food Raffle 12:30 Bingo | 20 8:30 Bone Builders Bus Shopping in Lebanon/ Lunch at UVSC | 21 10:00 Tai Ji Quan |
| 24 8:30 Bone Builders 11:30 Blood Pressure Check | 25 10:00 Tai Ji Quan | 26 Food Pantry 50/50 & Food Raffle 12:30 Bingo | 27 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC | 28 10:00 Tai Ji Quan |
| 31 8:30 Bone Builders 11:30 Blood Pressure check | | | | 30 |

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: 10:00 am, 1st class free. Eff: July 11– new class 15.00 per month– come and try one class for free!

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