

May 2017 ON-GOING & SPECIAL PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Bone Builders 11:30 Blood Pressure Checks	2 9:30 TAI JI QUAN 12:30 Cribbage	3 Foot Clinic Food Pantry 50/50 and Food Raffle 12:30Bingo	4 8:30 Bone Builders	5 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
8 8:30 Bone Builders 11:30 Blood Pressure Check	9 9:30 Tai Ji Quan 12:30 Bingo for Baubles	10 Food Pantry 50/50 & Food Raffle 12:30 Bingo	11 8:30 Bone Builders	12 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
15 8:30 Bone Builders 11:30 Blood Pressure Check	16 9:30 CANCELED Tai Ji Quan 12:30 Cribbage	17 Food Pantry 50/50 & Food Raffle 12:30 Bingo	18 8:30 Bone Builders	19 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
22 8:30 Bone Builders 11:30 Blood Pressure Check	23 9:30 Tai Ji Quan	24 Food Pantry 50/50 & Food Raffle 12:30 Bingo	25 8:30 Bone Builders	26 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
29 CLOSED	30 9:30 Tai Ji Quan	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 on Fridays. 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

Blood Pressure check: Monday 11:30 AM. Free

PROGRAMS & SERVICES SUBJECT TO CHANGE WITHOUT NOTICE

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. All welcome, whether you know how to play or not! Or bring any board game and a friend! Join in the fun!

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