

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 8:30 Bone Builders	<b>2</b> 9:30 Tai Ji Quan 11:30 Blood Pressure 12:30 Cribbage	<b>3</b> VNA Foot Clinic by appt 10:00—11:30 Flu Vaccine Clinic 50/50 12:30 Bingo	<b>4</b> 8:30 Bone Builders Bus Shopping in Leb— Lunch at the UVSC 10:30—11:00 Canaan School class visit—4th grade	<b>5</b> 9:30 Tai Ji Quan—
<b>8</b> 8:30 Bone Builders	<b>9</b> 9:30 Tai Ji Quan – 10:30 Quilt Exhibit Canaan St. Meeting House 11:30 Blood Pressure Check 12:30 Bingo for Baubles	<b>10</b> Food Pantry 50/50 12:30 Bingo	<b>11</b> 8:30 Bone Builders	<b>12</b> 9:30 Tai Ji Quan
<b>15</b> 8:30 Bone Builders 12:30 Advisory Council	<b>16</b> 9:30 Tia Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	<b>17</b> 50/50 12:30 Bingo Food Pantry by appt	<b>18</b> 8:30 Bone Builders Bus Shopping in Lebanon . Lunch at UVSC	<b>19</b> 9:30 Tai Ji Quan
<b>22</b> 8:30 Bone Builders	<b>23</b> 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Advisory Council meeting Plymouth Senior Center	<b>24</b> 50/50 12:30 Bingo	<b>25</b> 8:30 Bone Builders  12:30 Stories with Neil	<b>26</b> 9:30 Tai Ji Quan
<b>29</b> 8:30 Bone Builders	<b>30</b> 9:30 Tia Chi— 11:30 BP checks	<b>31</b> 12:30 Bingo/ 50/50		

**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:** Tues and Friday: 9:30 am, 1st class free—come and observe. VNA/ VT/ NH 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!

**50/50 :** 3 tickets for \$1.00— Wed 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