October 2017

Bone Builders Wilmington is held at St Mary's in the Mountains Mondays & Wednesdays 9:30—10:30 am
Bone Builders Whitingham/ Jacksonville is held at the Jacksonville Municipal Building Mondays & Fridays 10:30—11:30 am
Bone Builders Dover is held at Butterfield Commons Tues & Thursday's 10—11 am except second Tuesday of the month 10:30—11:30 am
Jacksonville Senior Meal Tuesday & Thursday at noon at the Municipal Building all Welcome!!
Men's Coffee Hour @ North Star Bowl every Thursday 8 am
Senior Coffee @ West Dover Congregational Church every Wednesday 10-11:30 Come enjoy coffee & conversation
Deerfield Valley Cancer Support Group First Wednesday of the month @ 5 pm DVHC

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	Bone Builders Jacks & Wilm	Bone Builders Dov	Bone Builders Wilm	Bone Builders Dov SASH Bennington Health Fair @Bennington Firehouse River Street 11-3	Bone Builder's Jacks	
8	9 COLUMBUS DAY Yoga w/Jill @ St. Mary's 2pm	10 Bone Builders Dov Food Bank @ Butterfield 9:30-10:30	11 Bone Builders Wilm	12 Bone Builders Dov Shires Housing Ribbon Cutting Ceremony@ Applegate Housing Call 464-0438 for more info	13 Bone Builders Jacks	14
15	16 Bone Builders Jacks & Wilm Yoga w/Jill @ St. Mary's 2pm	17 Bone Builders Dov Bette's Lunch @ Butterfield 12:00pm Call to sign up 464-0438	18 Bone Builders Wilm Flower Arranging 2pm @ Butterfield call to sign up 464-0438	19 Bone Builders Dov	20 Bone Builders Jacks	21
22	23 Bone Builders Jacks & Wilm Yoga w/Jill @ St. Mary's 2pm	24 Bone Builders Dov	25 Bone Builders Wilm SASH Lunch @ Butterfield 12pm Call to sign up 464-0438	26 Bone Builders Dov Foot Clinic Full- No Clinic in November	27 Bone Builders Jacks	28
29	30 Bone Builders Jacks & Wilm Yoga w/Jill @ St. Mary's 2pm	31 Bone Builders Dov HAPPY HALLOWEEN				