

# SEPTEMBER 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

**Blood Pressure Clinic@ Butterfield Common** First Tuesday of the month @ 2pm

**Jacksonville Senior Meal Tuesday & Thursday at noon at the Municipal Building all Welcome!!**

**Men's Coffee Hour** @ North Star Bowl every Thursday 8 am

**Deerfield Valley Cancer Support Group** First Wednesday of the month @ 5 pm DVHC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
					Bone Builder's Jacks	
3	4  <b>LABOR DAY CELEBRATE!</b>	5  Bone Builders Dov	6  Bone Builders Wilm Flower Arranging w/Becky 2pm @ Butterfield call to sign up	7  Bone Builders Dov	8  Bone Builders Jacks	9
10	11  Bone Builders Jacks & Wilm Yoga w/Jill @ St. Mary's 2pm	12  Bone Builders Dov Food Bank @ Butterfield 9:30-10:30	13  Bone Builders Wilm SASH Lunch @ Butterfield 12pm Call to sign up Know Stroke @ WD Cong Church 10am w/ Becky	14  Bone Builders Dov	15  Bone Builders Jacks	16
17	18  Bone Builders Jacks & Wilm Yoga w/Jill @ St. Mary's 2pm	19  Bone Builders Dov Bette's Lunch @ Butterfield 12:00pm Call to sign up	20  Bone Builders Wilm	21  Bone Builders Dov	22  Bone Builders Jacks	23
24	25  Bone Builders J & W Yoga w/Jill @ St. Mary's 2pm Wake up to Dying Death Chat w/ Jill & Marianne 3:30-4:30 Call to sign up	26  Bone Builders Dov	27  Bone Builders Wilm 3 <sup>rd</sup> Annual SASH Health & Wellness Fair 11-2 Dover Town Hall	28  Bone Builders Dov Foot Clinic Full- call for Oct 26 appointments	29	30

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