

COMMUNITY HEALTH CENTER of the North Country

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WEAD LIBRARY FREE SUMMER READING PROGRAM: "Make a Splash: Read!", Wednesdays 10-11am, thru Aug. 4th. Open to ages 5-10. A preschool story hour will be offered on Thurs. mornings 10-11am, thru Aug. 5th. Open to ages 3 & 4. Each week we will read stories, work on craft projects & do activities. July 28th at 10am, Nan Hoffman, a folksinger will perform for the whole family. More info., call 483-5251 or stop by 64 Elm St. Malone.

CHAZY LAKE BEACH DAYS, every Tuesday 1-4pm throughout the summer. More info. 518-735-4033.

RUMMAGE SALE: July 29th, 12N-4pm; July 30th, 8am-3pm, at the SRF Fire Station. Benefit: North Country Animal Shelter & Sweetie's Cat Closet.

GOSPEL TENT MEETINGS: "Harvest Time Revival", July 29 thru Aug. 1st, 7pm, at Community Life Station, 98 St. Rt. 95, Moira. All welcome. FREE. 315-389-4853

ANNUAL MALONE CATHOLIC PARISHES GARAGE SALE: July 30th thru August 9th, 8-4 Mon.-Sat., at Notre Dame Church, Main St., Malone.

NOTICE: The SRF Sportsmen's Club annual dues are now due. Annual picnic is Sat., July 31st.

FREE CONCERTS: 2-4pm, at Rainbow Park, Ft. Covington. Aug. 1, Slab City. Aug. 15, Roger Mitchell & River Mohawks.

MALONE ADULT CENTER: Aug. 1, Kick Off on the January Thaw Tickets, over \$4450 to give away, buy a chance! Aug. 9, 10am. Food distribution (call first). Aug. 12, 11am, Blood Pressure check. Aug. 23, 10am. Food distribution (call first). Aug. 25, 12N. Birthday celebration. *Bridge & cards Mon.-Fri.

ANNUAL AMISH SCHOOL BENEFIT DINNER, Aug. 6th, at 813 Coveytown Rd., Burke.

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BRUSHTON-MOIRA YOUTH SOCCER SIGN-UP: July 29th & Aug 4th, 6-8pm, at the Brushton Fire Dept. Ages 5-14 bmyouthsports@gmail.com or 529-4062.

NOTICE: Constable Adult Ctr. will have distribution of Farmers Market Coupons on Fri., July 30th, 1pm, for HEAP eligible senior citizens. Call 483-0561.

BASKETBALL CLINIC: at St. Regis Falls High School Aug. 2-6. Aug. 2nd - 5th, 11:30am-2pm; Aug. 6th, 8:30-10:30am. Free & open to all area athletes.

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NOTICE: as of Aug. 1st, St. Vincent de Paul Store in Malone will have a \$1 bag sale the first full week of each month & also every Friday. Hours: Mon.-Thurs., 9am-12N & 1-4pm; Fri., 9am-3pm.

CHICKEN BBQ, Aug. 1st, 11-3 at the No. Lawrence Fire Hall, Co. Rd. 52. \$9/dinner (incl. salads, beans, roll, dessert). Lawn mower races at 1pm, at the ball field, Church St., No. Lawrence. \$2/adults, \$5/family. Bring your own chairs. Refreshments will be sold.

MALONE YOUTH CLUB SOCCER SIGNUP DATES: August 3, 6:15-8:15pm, at Malone Rec Park, Main Gate Pavillion on Duane St. side.

CHATEAUGAY FOOD PANTRY, will be open Wed., Aug. 4th, 9-11am & 5-6pm, at the former Coulman Bldg., Main St.

AKWESASNE 20TH ANNUAL WELLNESS DAY: Aug. 5th, 10-4, at the Mohawk International Raceway. Live performance by Litefoot, Native American Hip Hop artist at 1pm, along w/many other activities for the family. Get your blood pressure, cholesterol & blood sugar checked. The kids can enjoy the bouncy houses & face painting by Buttons the Clown. Concession stand.

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SALMON RIVER SPORTS PHYSICALS: for all students in grades 7-12 who will be participating in sports during the 2010-2011 school year will be held Aug. 5th & Aug. 12th, 3:30-6:30pm, in the Salmon River School Elem. Health Office. Enter thru door #3. Call the school nurse w/any questions, 358-6673.

ANTIQUES APPRAISAL EVENT: Sept. 22nd, 4-7pm. Bring your family treasures to be appraised by Ted Comstock, former curator of the Adirondack Museum at Blue Mountain Lake. \$5 per object or 3 for \$12. All proceeds benefit FCHMS. Contact 483-2750 for more info. Location TBA.

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14TH ANNUAL POINT AU ROCHE YARD SALES: Aug. 14-15, rain or shine. Maps at fire station. 518-563-8208

NOTICE: No Free Trader, August 12th. Last paper before vacation is Aug. 5th and our 1st after vacation will be Aug. 19.

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Central North Country Mental HealthNet

LIVE BETTER, SLEEP BETTER, FEEL BETTER, FOR LIFE.

- DID YOU KNOW?**
- Sadness is not a normal part of growing older
 - Seniors with physical problems are at risk for developing a mental illness
 - Alcohol and drug problems among older people are often mistaken for other conditions related to aging

The Central North Country Mental HealthNet and Citizen Advocates, Inc. seeks individuals age 60 and above who may be experiencing increased difficulties with the challenges of day to day life. Through our brief 45 minute wellness screening, we can provide useful information to participants and their primary care provider, including a written report of the assessment results. If indicated we can assist with a referral to one of Franklin Counties behavioral health providers... and we'll stay with you through the progress.



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