

Our trained caregivers are responsible for providing clients with the best in home care to make your day to day life as simple as possible. Call us today and find out what we can do to help you.

**LICENSED & BONDED INSURED**

**Our Services Include:**

Meal Preparation • Transportation • Lt. Housekeeping  
Personal Grooming & Dressing • Overnight Supervision • Companionship

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101 Timberlane Drive ~ Bangor, PA

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Keeping Seniors Independent



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We welcome  
new customers and  
are grateful for our  
current customers!



L-R Board member Nadine Fox, Executive Director, Laura McLain, Board member Rosemary Albert and Board member Mary Marshall.

**Pennywise Fuel Company**

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**Year-round Lifeguards Needed**

Slate Belt YMCA

Contact Jen Delong 610-881-4470

[jendelong@gv-ymca.org](mailto:jendelong@gv-ymca.org)

**Lifeguard Certification Class**

Slate Belt YMCA Classes start Sept. 19th

Prior on-line class needed to be completed prior to first of 3 days of classes. Contact Jen Delong 610-881-4470,

[jendelong@gv-ymca.org](mailto:jendelong@gv-ymca.org)

**INDOOR YARD SALE**

**Saturday September 4**

**FLICKSVILLE UCC**

1337 Lower South Main

Bangor, PA 18013

8 AM – 1 PM

**Food Available.**

**Blue Valley Times**

Serving The Slate Belt, Lower Poconos And Northern N.J.

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