

REMEMBER IN DECEMBER

SENIOR SERVICES NEEDS YOUR HELP!

Sunrise Yoga will donate \$1 for every person who attends a yoga class between 12/1—12/21. We invite you to contribute \$1 too!

Carry the wish list below with you as you do your holiday shopping this year. Remember our community's elderly who are in need. Your kindness at this time of year is most appreciated. Thank you!



Hygiene/Health

- ⇒ Adult Pull-ups/ Poise Pads
- ⇒ Body and Hand Soap
- ⇒ Shampoo
- ⇒ Lotion
- ⇒ Adult Wipes
- ⇒ Toothpaste/Denture Cleaner
- ⇒ Blue Pads/Chux
- ⇒ Desitin/Barrier Cream

Food

- ⇒ Ensure/Boost
- ⇒ Canned Chicken, Tuna, or Salmon
- ⇒ Fruit Cups/Sugar-free Pudding Cups
- ⇒ Cereal Bars

Household Helps

- ⇒ Laundry Detergent
- ⇒ Paper Towels/Toilet Paper
- ⇒ Dishwashing Liquid
- ⇒ Household Cleaning Supplies
- ⇒ Kleenex
- ⇒ Trash Bags

Other

- ⇒ Gift cards in any amount for grocery store, pharmacy, discount or department store
- ⇒ Please help by making a financial donation of any amount at www.seniorservicesinc.org



SENIOR SERVICES

Helping Forsyth County's elderly live at home with dignity.



**Please bring all items to Sunrise Yoga
by December 21.**

SUNRISE
YOGA

GROWTH · BALANCE · PEACE

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Clemmons



www.SunriseYoga.net