

# JULY 2017



**Please call Sams @ 283-0063**  
If you would like assistance to schedule a free hearing test... we are happy to help



## WALTON SENIOR CENTER

44 North Main St.  
Walton, Ky. 41094

...supporting the self-sufficiency and self-worth of older adults.

**Phone:**  
(859) 485-7611

**Hours of Operation**  
Mon-Fri  
8:30 a.m.–3:00p.m.


**Center Manager**  
Theresa Hurst  
Thurst@myy.org

**Volunteer Assistant**  
Peggy Chambers

WESLEY MEALS  
CALL BY 12:00 NOON  
TO RESERVE A MEAL NEXT DAY  
(meals must be eaten at center)

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\*Our Yoga instructor is a certified volunteer and a veterinarian. Start time may be delayed due to her schedule. Call 485-7611 to check time

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga*	4 CLOSED 	5 9:15 Zumba Gold  <b>12 Euchre</b>	6 9:15 Zumba Gold  <b>St. Elizabeth Heart &amp; Vascular Presentation</b>  12:00 B-I-N-G-O	7 9 ARTHRITIS Exercise  <b>12 Euchre</b>
10 9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga*	11 9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS <b>10 Wisdom for the Wise Bible Study</b> 12:00 B-I-N-G-O 4:30 TOPS	12 9:15 Zumba Gold  <b>12 Euchre</b>	13 9:15 Zumba Gold <b>10 Medicare Updates w/Sharon Miskell ~ BUNCO</b> 11 May Birthday Party <b>Pizza &amp; cake</b> Donated by your local <b>Snappy Tomato &amp; DQ Grill &amp; Chill</b> 12:20 B-I-N-G-O	14 9 ARTHRITIS Exercise  <b>11 EUCHRE LUNCH</b>  <b>12 EUCHRE</b>
17 9 Line Dancing 9 Bridge <b>9:30 Baptist Life Health Screening</b> <b>10 COMMODITIES</b> 10 Dominoes 2 Yoga*	18 9 ARTHRITIS Exercise <b>9 Day Trip</b> 9:30 PAINT PALS/CRAFTS <b>10 Wisdom for the Wise Bible Study</b> 12:20 B-I-N-G-O 4:30 TOPS	19 9:15 Zumba Gold  <b>12 Euchre</b>	20 9:15 Zumba Gold <b>10 Boone Cty Sheriff's Dept Presentation</b> 11 Nutrition Extension Office 12:00 B-I-N-G-O	21 9 ARTHRITIS Exercise  <b>12 EUCHRE</b>
24 9 Line Dancing 9 Bridge <b>9:45 Bluegrass Navigators Presentation on Palliative &amp; Hospice Care</b> <b>*** 10:30 Dominoes</b> 2 Yoga*	25 9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS <b>10 Wisdom for the Wise Bible Study</b> 12:00 B-I-N-G-O 4:30 TOPS	26 9:15 Zumba Gold  <b>12 Euchre</b>	27 9:15 Zumba Gold <b>10 Advisory Council Mtg</b> <b>10 Health Screenings, Ruwe</b> 12:00 B-I-N-G-O	28 9 ARTHRITIS Exercise  <b>12 EUCHRE</b>
31 9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga*	 <b>Nancy Frost 7/12</b> <b>Vonnie Walker 7/13</b> <b>Alice Perott 7/19</b> <b>Sylvia Tool 7/19</b> <b>Patricia Moore 7/21</b> <b>Mary Schumer 7/27</b>	 <b>Janie Cummins 7/5</b> <b>Linda Byrd 7/6</b> <b>Emily Feely 7/7</b> <b>Joyce Clemons 7/7</b> <b>Betty Clifton 7/8</b>	<b>WSC</b>  <b>IS HAVING A YARD SALE</b>  <b>JULY 8<sup>TH</sup></b> <b>8AM-3PM</b>	<b>DONATIONS ARE WELCOME</b> <b>SPACES ARE AVAILABLE TO RENT</b> <b>ALL PROCEEDS BENEFIT YOUR LOCAL WSC</b>