

June 2017



WALTON SENIOR CENTER

44 North Main St.
Walton, Ky. 41094
...supporting the self-sufficiency and self-worth of older adults.

Phone:

(859) 485-7611

Fax:

(859) 485-9555

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)

Please call Sams @ 283-0063

If you would like assistance to schedule a free hearing

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p>*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.</p>	<p>*** NEW ***</p> <p>Matter of Balance Classes– Held at the Florence Activity Center</p> <p>Starting July 10th (Space Is Limited)</p> <p><i>Learn The Importance of Fall Prevention Twice A Week Fun - 4 Weeks Snacks, Give-A-Ways, Certificate, \$25 Gift Card Drawing (Must Sign-Up)</i></p> <p>Call 859-282-4061 to register</p>	<p>June at the WSC is.....</p> <p>“Bring a Friend to Bingo Month”</p> <p>If you bring a friend and its their 1st visit to WSC..you and your friend....play 4 FREE!!!</p> <p>Bring as many friends as you would like...there are no limits on friends!!!!</p>	<p>1</p> <p>9:15 Zumba Gold 9:45 Lana w/Air Evac Presentation 11:30 Jeff w/Kelly Medical (find out how to get knee/back braces or diabetic shoes for FREE)</p> <p>12:20 B-I-N-G-O</p>	<p>2</p> <p>9 ARTHRITIS Exercise</p> <p>12 Euchre</p>
<p>5</p> <p>9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga*</p>	<p>6</p> <p>9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS 10 B-I-N-G-O 12 Bible Study 4:30 PM TOPS</p>	<p>7</p> <p>10 Senior Service Alliance</p> <p>12 Euchre</p>	<p>8</p> <p>9:15 Zumba Gold 10 Medicare Updates w/Sharon Miskell ~ BUNCO 11 June Birthday Party Pizza & cake Donated by your local Snappy Tomato & DQ Grill & Chill</p> <p>12:20 B-I-N-G-O</p>	<p>9</p> <p>9 ARTHRITIS Exercise</p> <p>11 EUCHRE LUNCH</p> <p>12 Euchre</p>
<p>12</p> <p>9 Line Dancing 9 Bridge 9:45 Bluegrass Care Navigators Advanced Care Planning Presentation 10:30 Dominoes 2 Yoga*</p>	<p>13</p> <p>9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS 10 B-I-N-G-O 12 Bible Study 4:30 PM TOPS</p>	<p>14</p> <p>9:15 Zumba Gold</p> <p>12 Euchre</p> 	<p>15</p> <p>9:15 Zumba Gold 11 Nutrition Extension Office 12:20 B-I-N-G-O</p>	<p>16</p> <p>9 ARTHRITIS Exercise 12 Euchre Father’s Day Giveaway</p> 
<p>19</p> <p>9 Line Dancing 9 Bridge 10 COMMODITIES 10 Dominoes 2 Yoga*</p>	<p>20</p> <p>9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS 10 B-I-N-G-O 12 Bible Study 4:30 PM TOPS</p>	<p>21</p> <p>9:15 Zumba Gold</p> <p>11 Trip to Kincaid Regional Theatre</p> <p>12 Euchre</p>	<p>22</p> <p>9:15 Zumba Gold 10 Advisory Council Mtg 10 Health Screenings, Ruwe 12:20 B-I-N-G-O</p>	<p>23</p> <p>9 ARTHRITIS Exercise</p> <p>12 Euchre</p>
<p>26</p> <p>9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga*</p>	<p>27</p> <p>9 ARTHRITIS Exercise 9:30 PAINT PALS/CRAFTS 10 B-I-N-G-O 12 Bible Study 4:30 PM TOPS</p>	<p>28</p> <p>9:15 Zumba Gold</p> <p>12 Euchre</p>	<p>29</p> <p>9:15 Zumba Gold 12:20 B-I-N-G-O</p>	<p>30</p> <p>9 ARTHRITIS Exercise</p> <p>12 Euchre</p>