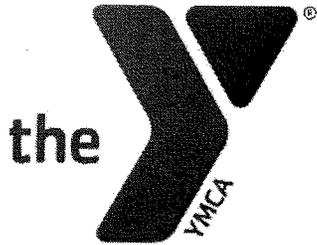


NOVEMBER 2016

*If you would like information on the **YMCA's Diabetes Prevention Program**, please contact:
Carrie Martin P) 513 961 3510 or
 cmartin@cincinnatiymca.org
 *Look for a new program **Walk with Ease**, coming soon to our center.



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
 Monday – Friday
 8:30 a.m.–3:00p.m.

Center Manager
 Theresa Hurst
Supervisor
 Diana Tripp
 dtripp@myy.org

Volunteer Assistant
 Peggy Chambers
 Rosie Rose

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

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 PAINT PALS 11:30 Congregate meal 12:20 B-I-N-G-O 4:30 PM Zumba Gold	2 9 Zumba 12 Euchre	3 11 Congregate meal 12:20 B-I-N-G-O 4:30 TOPS Board of Adjustments 6:00	4 9:00 Arthritis Foundation Exercise 11:00 Congregate meal 12:00 Euchre
	7 9 Line Dancing 9 Bridge 10 Dominoes 12 Health Screenings, with Baptist Life 2 Yoga*	8 9:30 PAINT PALS 11:30 Congregate meal 12:20 B-I-N-G-O 4:30 PM Zumba Gold	9 9 Zumba 12 Euchre	10 10 Medicare Updates 11 Birthday PIZZA Lunch 12:20 B-I-N-G-O 4:30 TOPS	11 Thank you to all our Veterans! Center Closed
	14 9 Line Dancing 9 Bridge 9:30 WALK WITH EASE 10 Dominoes 2 Yoga* 7:30 CITY COUNCIL MTG	15 9:30 PAINT PALS 11:30 Congregate meal 12:20 B-I-N-G-O 4:30 PM Zumba Gold	16 Day Trip to Potter's Ranch Lunch & Holly Spears 9 Zumba 12 Euchre	17 10 Health Screenings, Ruwe 10 Nutrition Extension Office 11 Congregate meal 12:20 B-I-N-G-O 4:30 TOPS	18 9:00 Arthritis Foundation Exercise 11:00 Euchre Lunch 12:00 Euchre
	21 9 Line Dancing 9 Bridge 10 COMMODITIES 10 Dominoes 2 Yoga*	22 9:30 PAINT PALS 11:30 Congregate meal 12:20 B-I-N-G-O 4:30 PM Zumba Gold	23 9 Zumba 10 Advisory Council Mtg. 11 Pumpkin Pie Party- give thanks & enjoy some pie! 12 Euchre	24 Happy Thanksgiving! Center closed	25 Happy Thanksgiving! Center closed
	28 9 Line Dancing 9 Bridge 10 Dominoes 2 Yoga* ***** *Our Yoga instructor is a certified volunteer and a veterinarian. Start time may be delayed due to her schedule.	29 9:30 PAINT PALS 11:30 Congregate meal 12:20 B-I-N-G-O 4:30 PM Zumba Gold	30 9 Zumba 12 Euchre	* Bad Weather Notice: Watch for School Closings!!!! If Walton-Verona Schools are closed due to the weather, our Senior Center is also Closed. If school is delayed, our center is open as usual.	HAPPY BIRTHDAY 11/1 Donna Dean 11/4 Dorothy Beighle, Jean Huffman & Ada Perkins 11/6 Colleen Collins 11/15 Betty Silkwood 11/16 Barbara Densler 11/20 Jean Napier 11/21 Donna Lible 11/22 Jean Bruin