

May 2018

Free Hearing Test at 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)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*****</p> <p>*Our Yoga instructor on <u>Mondays</u> is a certified volunteer and a veterinarian. Start time may be delayed due to her schedule. Call 485-7611 to check time</p>	<p>1</p> <p>9:00 ARTHRITIS Exercise 9:30 PAINT PALS 11:30 Lunch 12:00 B-I-N-G-O</p>	<p>2</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 Euchre</p>	<p>3</p> <p>10:00 Derby Day Party 2:00 Yoga w/ Sara</p>	<p>4</p> <p>9:00 ARTHRITIS Exercise 11:30 Congregate meal 12:00 Euchre</p>
	<p>7</p> <p>9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 11:30 Congregate meal 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>8</p> <p>9:00 ARTHRITIS Exercise 9:30 PAINT PALS 11:30 Lunch 12:00 B-I-N-G-O</p>	<p>9</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 Euchre</p>	<p>10</p> <p>10:00 Medicare Updates & BUNCO 11:00 Birthday Party PIZZA LUNCH 11:15 Nutrition Education- CANCELLED 12:00 B-I-N-G-O 2:00 Yoga w/ Sara</p>	<p>11</p> <p>9:00 ARTHRITIS Exercise 11:00 EUCHRE LUNCH 12:00 Euchre</p>
	<p>14</p> <p>9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 11:30 Congregate meal 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>15</p> <p>9:00 ARTHRITIS Exercise 9:30 PAINT PALS 11:30 Lunch 12:00 B-I-N-G-O</p>	<p>16</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 Euchre</p>	<p>17</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 B-I-N-G-O 2:00 Yoga w/ Sara</p>	<p>18</p> <p>9:00 ARTHRITIS Exercise 11:30 Congregate meal 12:00 Euchre</p>
	<p>21</p> <p>Commodity Day 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 11:30 Congregate meal 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>22</p> <p>9:00 ARTHRITIS Exercise 9:30 PAINT PALS 10:00 Advisory Council Mtg. 11:30 Lunch 12:00 B-I-N-G-O</p>	<p>23</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 Euchre</p>	<p>24</p> <p>10:00 Blood Press & Blood Sugar Screenings Ruwe Pharm 11:30 Congregate meal 12:00 B-I-N-G-O 2:00 Yoga w/ Sara</p>	<p>25</p> <p>9:00 ARTHRITIS Exercise 11:30 Congregate meal 12:00 Euchre</p>
	<p>28</p> <p>CLOSED</p> <p>HAPPY MEMORIAL DAY</p>	<p>29</p> <p>9:00 ARTHRITIS Exercise 9:30 PAINT PALS 11:30 Lunch 12:00 B-I-N-G-O</p>	<p>30</p> <p>9:15 Zumba Gold 11:30 Congregate meal 12:00 Euchre Senior Health Expo 11:30 – 2pm @ RC Durr</p>	<p>31</p> <p>10:30 Senior Bullying Education Presentation w/ Kelly Bond ~NKADD 11:30 Congregate meal 12:00 B-I-N-G-O 2:00 Yoga w/ Sara</p>	 <p>Dianne Sowards 5/10 Dick Loudon 5/11 Warden Lawson 5/12 Don Nienaber 5/19 Barbara Briede 5/19 Charlotte Phillips 5/25 Barbara Rudin 5/26</p>