

# JUNE 2018

*To schedule a free hearing test,  
please call Sams @ 283-0063  
If you would like assistance, 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.




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

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

**Center Manager**  
Theresa Hurst  
[Thurst@myy.org](mailto: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
 <b>Laura Birkenhauer 6/8</b> <b>Jalaine Barth 6/14</b> <b>Alberta Bourne 6/3</b> <b>Nancy Cooke 6/1</b>	 <b>Rita Hopkins 6/14</b> <b>Ken Horan 6/6</b> <b>Joan Hutchison 6/4</b> <b>Greg Knapmeyer 6/19</b>	 <b>Bergouhi McNutt 6/14</b> <b>Thelma Sturgeon 6/23</b> <b>Dee Lawson 6/8</b> <b>Sue Davis 6/10</b>	<b>(ON MONDAY ONLY)</b> 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.	<b>1</b> 9:00 Arthritis Exercise 12:00 EUCHRE
<b>4</b> 9:00 Bridge 9:15 Zumba Gold 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/Barb	<b>5</b> 9:00 Arthritis Exercise 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O	<b>6</b> 9:15 Zumba Gold 12:00 Euchre	<b>7</b> 12:00 B-I-N-G-O 2:00 Yoga w/ Sara <b>YARD SALE</b> <b>@ THE GAZEEBOO IN</b> <b>FRONT OF THE WALTON</b> <b>SENIOR CENTER</b> <b>JUNE 7, 8, &amp; 9<sup>th</sup></b> <b>8-3 PM</b>	<b>8</b> 9:00 Arthritis Exercise 11:00 EUCHRE LUNCH 12:00 EUCHRE <b>Spaces for rent</b> <b>June 9<sup>th</sup></b> <b>\$10 each</b> <b>Tables for rent \$5 each</b> <b>Call Theresa @ 859-485-7611</b> <b>today to rent your space today</b>
<b>11</b> 9:00 Bridge 9:15 Zumba Gold 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/Barb	<b>12</b> 9:00 Arthritis Exercise 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O	<b>13</b> 9:15 Zumba Gold 12:00 Euchre	<b>14</b> 10:00 Medicare Updates w/Sharon Miskell ~ BUNCO June Babies B-day Party 11:00 Nutrition Education 12:00 B-I-N-G-O 2:00 Yoga w/DVD	<b>15</b> 9:00 Arthritis Exercise 12:00 EUCHRE
<b>18</b> <b>Commodity Day</b> 9:00 Bridge 9:15 Zumba Gold 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/Barb	<b>19</b> 9:00 Arthritis Exercise 9:30 PAINT PALS/CRAFTS 10:00 Advisory Council 12:00 B-I-N-G-O	<b>20</b> 9:15 Zumba Gold 12:00 Euchre	<b>21</b> 10 Advisory Council Mtg 11:00 Nutrition Education 12:00 B-I-N-G-O 2:00 Yoga w/Sara	<b>22</b> 9:00 Arthritis Exercise 12:00 EUCHRE
<b>25</b> 9:00 Bridge 9:15 Zumba Gold 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/Barb	<b>26</b> 9:00 Arthritis Exercise 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O	<b>27</b> 9:15 Zumba Gold 12:00 Euchre	<b>28</b> <b>10:00 How to deal with</b> <b>Stress</b> <b>Presentation by Joyce</b> <b>Jacobs w/ St Elizabeth</b> <b>Healthcare</b> 10:00 Health Screenings 12:00 B-I-N-G-O	<b>29</b> 9:00 Arthritis Exercise 12:00 EUCHRE

				2:00 Yoga w/Sara	
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