

AUGUST 2018

To schedule a free hearing test,
please call Sams @ 283-0063
If you would like assistance, we are happy to



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

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
	 Betty Jo Klette 8/5 Helen Fariello 8/6 Patricia Leveridge 8/7 Ralph Meenach 8/22 Sandy Brewster 8/23	(ON MONDAY ONLY) <i>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.</i>	1 9:15 Zumba Gold 12:00 Euchre	2 12:00 B-I-N-G-O 2:00 Yoga w/Sara	3 9:00 Senior Strength 12:00 Euchre
	6 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/ Barb	7 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O	8 9:15 Zumba Gold 12:00 Euchre	9 10:00 Medicare Updates w/Sharon Miskell ~ BUNCO 11:00 August Babies Birthday Party 11:15 Nutrition Education 12:00 B-I-N-G-O 2:00 Yoga w/Sara	10 9 ARTHRITIS Exercise 11:00 EUCHRE LUNCH 12:00 Euchre
	13 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/ Barb	14 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O	15 9:15 Zumba Gold 12:00 Euchre	16 12:00 B-I-N-G-O 2:00 Yoga w/Sara Senior Expo 9am-1pm Newport on the Levee Free Admission	17 9:00 Senior Strength 12:00 Euchre
	20 Commodity Day 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/ Barb	21 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10 Advisory Council Mtg 12:00 B-I-N-G-O	22 9:15 Zumba Gold 12:00 Euchre	23 10:00 Health Screenings, Ruwe 12:00 B-I-N-G-O 2:00 Yoga w/Sara	24 9:00 Senior Strength 12:00 Euchre
	27 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga w/ Barb	28 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 11:00 Presentation w/ Joyce Jacobs ~ St Elizabeth Signs & Symptoms of Heart Attack or Stroke 12:00 B-I-N-G-O	29 9:15 Zumba Gold 12:00 Euchre	30 12:00 B-I-N-G-O 2:00 Yoga w/Sara	31 9:00 Senior Strength 12:00 Euchre