

January 2019

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>(ON MONDAY ONLY) 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>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>9:15 Zumba Gold 12:00 Euchre</p>	<p>3</p> <p>9:00 Yoga w/ Sara 12:00 B-I-N-G-O</p>	<p>4</p> <p>9:00 Senior Strength 12:00 Euchre</p>
	<p>7</p> <p>9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>8</p> <p>9:00 Senior Strength 9:30 PAINT PALS 12:00 B-I-N-G-O</p>	<p>9</p> <p>9:15 Zumba Gold 12:00 Euchre</p>	<p>10</p> <p>9:00 Yoga w/ Sara 11:00 Birthday Party PIZZA & ICE CREAM CAKE 11:15 Nutrition Education- 12:00 B-I-N-G-O</p>	<p>11</p> <p>9:00 Senior Strength 11:00 EUCHRE LUNCH 12:00 Euchre</p>
	<p>14</p> <p>9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>15</p> <p>9:00 Senior Strength 9:30 PAINT PALS 10:00 Advisory Council Mtg 12:00 B-I-N-G-O</p>	<p>16</p> <p>9:15 Zumba Gold 12:00 Euchre</p>	<p>17</p> <p>9:00 Yoga w/ Sara 9:15 Zumba Gold-cancelled 12:00 B-I-N-G-O</p>	<p>18</p> <p>9:00 Senior Strength 12:00 Euchre</p>
	<p>21</p> <p>Commodity Day 9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>22</p> <p>9:00 Senior Strength 9:30 PAINT PALS 10:00 Osteoporosis w/Joyce Jacobs 12:00 B-I-N-G-O</p>	<p>23</p> <p>9:15 Zumba Gold 12:00 Euchre</p>	<p>24</p> <p>9:00 Yoga w/ Sara 10:00 Ruwe Health Screenings 12:00 B-I-N-G-O</p>	<p>25</p> <p>9:00 Senior Strength 12:00 Euchre</p>
	<p>28</p> <p>9:15 Zumba Gold 9:00 Bridge 10:00 Dominoes 1:00 Line Dancing 2:00 Yoga* w/ Barb</p>	<p>29</p> <p>9:00 Senior Strength 9:30 PAINT PALS 12:00 B-I-N-G-O</p>	<p>30</p> <p>9:15 Zumba Gold 12:00 Euchre</p>	<p>31</p> <p>9:00 Yoga w/ Sara 12:00 B-I-N-G-O</p>	 <p>Rose Marie Cox 1/14 Viola Weidner 1/16 Gayle McKinley 1/18 Gert Smith 1/20 Kathy Hill 1/24 Phyllis Baker 1/25 Cathy Stone 1/31 Hilde Holleran 1/31 Sherry Lakes 1/31</p>