

MARCH 2019

*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

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
Tickets on Sale NOW!!!! \$20 For our 4th Annual Sock Hop, featuring ELVIS !! Saturday, May 4th @ 3pm	<p>*****</p> <p>*Our Monday 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>Betty Williams 3/8 Donna Knapmeyer 3/12 Esther Young 3/15 Gary Stull 3/13 Ken Williams 3/19 Loretta Arstingstall 3/22 Lee Dunaway 3/3</p>	 <p>Rosie Rose 3/1 Tom Paolucci 3/11 Peggy Chambers 3/8 Joyce Wehner 3/28 Kathy Hill 3/17 Vicki Swartz 3/12</p>	<p>1</p> <p>9:00 Senior Strength 12:00 EUCHRE</p>
<p>4</p> <p>9:15 Zumba Gold (cancelled) 10:00 Dominoes 2:00 Yoga w/ Barb</p>	<p>5</p> <p>8:30 Cards 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O</p>	<p>6</p> <p>9:15 Zumba Gold 12:00 EUCHRE</p>	<p>7</p> <p>9:00 Yoga w/ Sara 12:00 B-I-N-G-O</p>	<p>8</p> <p>9:00 Senior Strength 11:00 Euchre Lunch 12:00 EUCHRE</p>
<p>11</p> <p>9:15 Zumba Gold 10:00 Dominoes 2:00 Yoga w/ Barb Trip to General Butler State Park</p>	<p>12</p> <p>8:30 Cards 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 11:00 American Heart's Simple 7 w/Joyce Jacobs 12:00 B-I-N-G-O</p>	<p>13</p> <p>9:15 Zumba Gold 12:00 EUCHRE</p>	<p>14</p> <p>9:00 Yoga w/ Sara 10:30 St Patrick's Day Party 11:15 Nutrition Ed 11:30 Birthday Party</p>	<p>15</p> <p>9:00 Senior Strength 12:00 EUCHRE</p>
<p>18</p> <p>COMMODITIES 9:15 Zumba Gold 10:00 Dominoes 2:00 Yoga w/ Barb</p>	<p>19</p> <p>8:30 Cards 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10 :00 Advisory Council 12:00 B-I-N-G-O</p>	<p>20</p> <p>9:15 Zumba Gold 12:00 EUCHRE</p>	<p>21</p> <p>9:00 Yoga w/ Sara 10:00 Health Screenings- RUWE 12:00 B-I-N-G-O</p>	<p>22</p> <p>9:00 Senior Strength 12:00 EUCHRE</p>
<p>25</p> <p>9:15 Zumba Gold 10:00 Dominoes 2:00 Yoga w/ Barb</p>	<p>26</p> <p>8:30 Cards 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 12:00 B-I-N-G-O</p>	<p>27</p> <p>9:15 Zumba Gold 12:00 EUCHRE</p>	<p>28</p> <p>9:00 Yoga w/ Sara 12:00 B-I-N-G-O</p>	<p>29</p> <p>9:00 Senior Strength 12:00 EUCHRE</p>