


# June 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	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Phone:</b> (859) 485-7611</p> <p><b>Hours</b> Monday ~ Friday 8:30am – 3:00pm</p> <p><b>Center Manager</b> Theresa Hurst <a href="mailto:Thurst@myy.org">Thurst@myy.org</a></p> <p><b>Volunteer Assistant</b> Peggy Chambers</p>	<b>3</b> 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10:00 Dominoes 2:00 Yoga w/ Barb <b>9:00 Bus trip to Warsaw</b>	<b>4</b> 8:30 Cards 9:00 Zumba dvd 12:00 Bingo	<b>5</b> 8:30 Cards 9:00 Senior Strength 12:00 Euchre	<b>6</b> 9:00 Yoga w/ Sara 12:00 Bingo	<b>7</b> 8:30 Cards 9:00 Senior Strength 12:00 EUCHRE
	<b>10</b> 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10:00 Dominoes <b>1:00 Intro to Dance Fitness</b> 2:00 Yoga w/ Barb	<b>11</b> 8:30 Cards 9:00 Zumba dvd 12:00 Bingo	<b>12</b> 8:30 Cards 9:00 Senior Strength 12:00 Euchre	<b>13</b> 9:00 Yoga w/ Sara 11:00 Birthday Party <b>11:15 Nutrition Education</b> 12:00 Bingo	<b>14</b> 8:30 Cards 9:00 Senior Strength <b>11:00 Euchre Lunch</b> 12:00 EUCHRE
	<b>17 Commodity Day</b> 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10:00 Dominoes 2:00 Yoga w/ Barb	<b>18</b> 8:30 Cards 9:00 Zumba dvd 9:30 PAINT PALS/CRAFTS <b>10:00 Advisory Meeting</b> 12:00 Bingo	<b>19</b> 8:30 Cards 9:00 Senior Strength 12:00 Euchre	<b>20</b> 9:00 Yoga w/ Sara <b>10:00 Health Screenings</b> 12:00 Bingo	<b>21</b> 8:30 Cards 9:00 Senior Strength 12:00 EUCHRE
	<b>24</b> 9:00 Senior Strength 9:30 PAINT PALS/CRAFTS 10:00 Dominoes 2:00 Yoga w/ Barb	<b>25</b> 8:30 Cards 9:00 Zumba dvd 12:00 Bingo	<b>26</b> 8:30 Cards 9:00 Senior Strength 12:00 Euchre	<b>27</b> 9:00 Yoga w/ Sara <b>10:00 SHIP presentation</b> 12:00 Bingo	<b>28</b> 8:30 Cards 9:00 Senior Strength 12:00 EUCHRE
WESLEY MEALS CALL BY 12:00 NOON TO RESERVE A MEAL NEXT DAY (meals must be eaten at center)	<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>Stroke &amp; Cardio Vascular St                      Elizabeth Screening</b> July 1 <sup>st</sup> 9am-2pm This is <b>FREE</b> but you will need to call for appointment 859-301-9355(WELL)		June 8 <sup>th</sup> <b>Walton Senior Center Yard                      Sale</b> Donations accepted Also have Spots available to rent \$10 each. Call the center to reserve your spot!!!