

Walton Senior Center OCTOBER 2021

Adding Life to Your Years

MON	TUE	WED	THU	FRI
				1
4 10a Dominoes 1p <i>Gentle Yoga</i> with Sara	5	6 9a <i>Senior Strength DVD</i> 10a TONK/cards 12p Euchre	7 8:30 Cards 9:30 <i>Dance Fitness</i> with Jessica 12p BINGO	8
11 Commodities 10a Dominoes 1p <i>Gentle Yoga</i> with Sara	12	13 9a <i>Senior Strength DVD</i> 10a TONK/cards 10a Nutrition Education on FB, Bok Choy 12p Euchre	14 8:30 Cards 9:30 <i>Dance Fitness</i> with Jessica 12p BINGO	15
18 10a Dominoes 1p <i>Gentle Yoga</i> with Sara	19	20 9a <i>Senior Strength DVD</i> 10a TONK/cards 12p Euchre	21 8:30 Cards 9:30 <i>Dance Fitness</i> with Jessica 12p BINGO	22
25 10a Dominoes 11-11:30 Flu Vaccinations 1p <i>Gentle Yoga</i> with Sara	26	27 9a <i>Senior Strength DVD</i> 10a TONK/cards 12p Euchre	28 Happy Halloween- Costumes Welcomed 8:30 Cards 9:30 <i>Dance Fitness</i> with Jessica 11 Senior Service Alliance Halloween Lunch & Learn <u>must</u> <u>sign up in ADVANCE</u> 12p Bingo & treats	29



Days & Hours of Operation:
Mon, Wed, & Thursday
8:30a-3p

Closed Tue & Friday

Phone: (859) 485-7611

Address:
40 North Main St.
Walton, KY 41094

Senior Program Director
for Seniors

Diana Tripp, CSW

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Volunteer Assistant
Peggy Chambers



***When Boone Co. is RED on the COVID –19 county map, Masks will be required for all staff, participants, guests to enter the center. At this time no food or drink will be served or shared at the Senior Center (other than lunch & learn). Please only bring your individual/personal drink or food. Meals on Wheels lunch is available with 24 hour Advanced reservation, suggested \$3 voluntary donation.**