





# Walton Senior Center NOVEMBER 2021

## Adding Life to Your Years

| MON   | TUE   | WED   | THU   | FRI   |
|---|---|---|---|---|
| 1<br>10a Dominoes<br><br>1p <i>Gentle Yoga</i><br>with Sara                       | 2   | 3<br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br><br>12p Euchre  | 4<br>8:30 Cards<br>9:30 <i>Dance Fitness</i><br>with Jessica<br>12p BINGO   | 5   |
| 8<br><b>Commodities</b><br>10a Dominoes<br><br>1p <i>Gentle Yoga</i><br>with Sara | 9<br><b>Moderna<br/>Booster<br/>Clinic</b><br>call for<br>a spot!                         | 10<br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br><br>12p Euchre   | 11<br><b>CENTER CLOSED-<br/>Veteran's Day<br/>Programming</b><br>Thank you!   |  |
| 15<br>10a Dominoes<br><br>1p <i>Gentle Yoga</i><br>with Sara                      | 16  | 17<br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br><br>12p Euchre   | 18<br>8:30 Cards<br>9:30 <i>Dance Fitness</i><br>11:30 Nutrition Ed-<br>Eating for Brain<br>Health<br>12p BINGO   | 19  |
| 22<br>10a Dominoes<br><br>1p <i>Gentle Yoga</i><br>with Sara                      | 23  | 24<br><b>CENTER CLOSED</b><br>11/24- 11/26  |   |   |
| 29<br>10a Dominoes<br><br>1p <i>Gentle Yoga</i><br>with Sara                      | 30<br> | <b>Remember:</b><br>The Walton Senior Center is<br>closed when <u>Walton Verona<br/>Schools</u> are Closed due to in-<br>clement weather! |  <u>Sunday Nov. 7th</u><br><u>Reminder to set your</u><br><u>clocks back an hour!</u> |   |



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

**Closed Tue & Friday**

**Phone: (859) 485-7611**

**Address:**  
44 North Main St.  
Walton, KY 41094

**Senior Program Director  
for Seniors**  
Diana Tripp, CSW  
[Dtripp@myy.org](mailto:Dtripp@myy.org)  
**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 meals on wheels). Please only bring your individual/personal drink or food. Meals on Wheels lunch is available with 48 hour Advanced reservation, suggested \$3 voluntary donation.**