

# Walton Senior Center August 2022

## Adding Life to Your Years

| MON   | TU        | WED  | THU  | FRI       |
|---|-----------|--|--|-----------|
| <b>1</b><br>10a Dominoes<br>12p <i>Senior Strength DVD</i><br>1p <i>Gentle Yoga w/ Sara</i>   | <b>2</b>  | <b>3</b><br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br>12p Euchre  | <b>4</b><br>8:30a Cards<br>9:30a <i>Dance Fitness w/Jessica</i><br><b>11:15 Medicare Fraud w/ Brighton Ctr, pack your own lunch</b><br>12p Bingo | <b>5</b>  |
| <b>8</b><br><b>Commodities</b><br>10a Dominoes<br>12p <i>Senior Strength DVD</i><br>1p <i>Gentle Yoga w/Sara</i>  | <b>9</b>  | <b>10</b><br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br>12p Euchre | <b>11</b><br>8:30a Cards<br>9:30a <i>Dance Fitness w/Jessica</i><br>12p Bingo  | <b>12</b> |
| <b>15</b><br>10a Dominoes<br>12p <i>Senior Strength DVD</i><br>1p <i>Gentle Yoga w/Sara</i><br><b>10a Biltmore Bus 1 Meet &amp; Greet @ YMCA (trip 9/12-9/15)</b> | <b>16</b> | <b>17</b><br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br>12p Euchre | <b>18</b><br>8:30a Cards<br>9:30a <i>Dance Fitness w/Jessica</i><br><b>11:30a Nutrition Ed With Diane Mason</b><br>12p Bingo                     | <b>1</b>  |
| <b>22</b><br>10a Dominoes<br>12p <i>Senior Strength DVD</i><br>1p <i>Gentle Yoga w/Sara</i>   | <b>23</b> | <b>24</b><br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br>12p Euchre | <b>25</b><br>8:30a Cards<br>9:30a <i>Dance Fitness w/Jessica</i><br>12p Bingo  | <b>26</b> |
| <b>29</b><br>10a Dominoes<br>12p <i>Senior Strength DVD</i><br>1p <i>Gentle Yoga w/Sara</i><br><b>10a Biltmore Bus 2 Meet &amp; Greet @ YMCA (trip 9/26-9/29)</b> | <b>30</b> | <b>31</b><br>9a <i>Senior Strength DVD</i><br>10a TONK/cards<br>12p Euchre | <b>Boone County Senior Picnic is Sept.14th at the Fair Grounds. Tickets on sale here Aug 1st, \$6.</b>   |           |



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

**Closed Tue & Friday**

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

**Address:  
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**\*If Boone Co. is RED on the COVID -19 community level map, Masks will be required for all staff, participants, guests to enter the center. At this time only coffee will be served at the Senior Center (other than Lunch & Learns). Please bring your individual/personal drink or food. Meals on Wheels lunch is available with 48 hour Advanced reservation, suggested \$1 voluntary donation.**