

Walton Senior Center APRIL 2024

Adding Life to Your Years

Spring Tea at historic Gaines Tavern- May 7th, 11am reserve your spot today. \$30 includes full tea and tour of the property.

MON	TUE	WED	THU	FRI
1 10a Dominoes 12p <i>Senior Strength DVD</i> 1p Qigong/Tai Chi	2	3 9a Cardio Drumming, rsvp required 10a TONK/cards 12p Euchre	4 9a Tai Chi for Arthritis 12p Bingo	5
8 Commodities 10a Dominoes 12p <i>Senior Strength DVD</i> 1p Gentle Yoga	9	10 9a Cardio Drumming, rsvp required 10a TONK/cards 12p Euchre	11 9a Tai Chi for Arthritis 11a Ruwe RX 12p Bingo	12
11 9:30 Advisory Council 10a Dominoes 12p <i>Senior Strength DVD</i> 1p Qigong/Tai Chi	16	17 9a Cardio Drumming, rsvp required 10a TONK/cards 11a Pizza Luncheon, RSVP with staff 12 Euchre	18 9a Tai Chi for Arthritis 11:30 Nutrition Education with Diane Mason 12p Bingo	19
22 10a Dominoes 12p <i>Senior Strength DVD</i> 1p Gentle Yoga	23	24 9a Cardio Drumming, rsvp required 10a TONK/cards 12p Euchre	25 9a Tai Chi for Arthritis 11:15a Lunch n Learn, Senior Medicare Patrol- RSVP with staff 12p Bingo	26
29 10a Dominoes 12p <i>Senior Strength DVD</i> 1p Gentle Yoga	30	NEW DAY TRIP Underground Railroad Tour of Boone County with BCPL Historians- 6 hr tour May 21, lunch is included, \$50 ticket	SAVE THE DATE- Join us May 17th 10-2 Senior Spring Fling @ Y'all's Ball park. Resources, Entertainment & Giveaways!	



Days & Hours of Operation:
Mon, Wed, & Thursday
8:30a-2:30p

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

GROOVIN at the Y is APRIL 20, 3pm at the R.C. Durr YMCA, \$20 ticket must be purchased in advance!
Meals on Wheels lunch available with 48 advance reservation, voluntary donation suggested, \$1