

Walton Senior Center JULY 2024

Adding Life to Your Years

Tickets for the Boone County Senior Picnic will go on sale August 1st. The picnic is on 9/11 and tickets are \$6 each. Happy Birthday theme



MON

TUE

WED

THU

FRI

1
10a Dominoes
12p *Senior Strength DVD*
1p Qigong/Tai Chi

2
3
10a TONK/cards
12p Euchre

4
CENTER CLOSED
Happy 4th



8
Commodities
10a Dominoes
12p *Senior Strength DVD*
1p *Gentle Yoga*

9
10
10a TONK/cards
12p Euchre

11
9a *Enerchi Tai Chi*
10a *Cardio Drumming, rsvp required*
11:15a **Lunch n Learn**
Life Center-Erica R, rsvp with staff
12:15p Bingo

12

15
10a Dominoes
12p *Senior Strength DVD*
1p Qigong/Tai Chi

16
17
10a TONK/cards
11a **Wendy's burger Lunch, RSVP with staff**
12 Euchre

18
9a *Enerchi Tai Chi*
10a *Cardio Drumming, rsvp*
11:30 **Nutrition Education with Diane Mason**
12:15p Bingo

19

22
10a Dominoes
12p *Senior Strength DVD*
1p *Gentle Yoga*

23
24
10a TONK/cards
12p Euchre

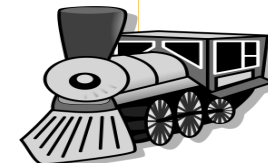
25
9a *Enerchi Tai Chi*
10a *Cardio Drumming, rsvp*
11:15a **Lunch n Learn, Claris tablet project & Snappy Tomato Pizza lunch-RSVP with staff**
12:15p Bingo

26

29
10a Dominoes
12p *Senior Strength DVD*
1p *Gentle Yoga*

30
31
10a TONK/cards
12p Euchre

* **Bardstown Overnight Trip leaves 7/30, YMCA 12:30pm**



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

BEN ADAMS
Center Manager

Diana Tripp, CSW
Senior Program Director
Dtripp@myy.org

Meals on Wheels lunch available with 48 advance reservation, voluntary donation suggested, \$1
++ Quarter Auction for Comfort Quilters, 7/16 at 7pm, Elks Lodge- see flyer or staff for more details