

# Walton Senior Center SEPT 2024

## Adding Life to Your Years

Niagara Falls Bus Trips please arrive 7:30am at the YMCA to board the bus which leaves at 8 am  
#1 trip is Sept 2-6 & #2 trip is Sept 16-20

MON	TUE	WED	THU	FRI
2 Center Closed Happy Labor Day  Niagara Trip #1	3	4 10a TONK/cards 12p Euchre	5 NO Tai Chi or Cardio Drum 11:15 Snappy T lunch, rsvp 12:15p Bingo	6
9 Commodities 10a Dominoes 12p Senior Strength DVD 1p Gentle Yoga	10	11 Boone County Senior Picnic- All centers are closed. See you at the Fair Grounds for the Birthday Party!	12 9a Enerchi Tai Chi 10a Cardio Drumming, rsvp 11:15a Lunch n Learn, Blue Grass Care Navigators & NKY Ombudsman, Senior Living Options 12:15p Bingo	13
16 10a Dominoes 12p Senior Strength DVD 1p Qigong/Tai Chi  Niagara Trip #2	17	18 10a TONK/cards 11a Wendy's burger Lunch, RSVP with staff 12 Euchre	19 9a Enerchi Tai Chi 10a Cardio Drumming, rsvp 11:30 Nutrition Education with Diane Mason 12:15p Bingo	20
23 10a Dominoes 12p Senior Strength DVD 1p Gentle Yoga	24	25 10a TONK/cards 12p Euchre	26 9a Enerchi Tai Chi 10a Cardio Drumming, rsvp 11:15-12 FLU SHOTS with KROGER, sign up, see staff 12:15p Bingo	27
30 10a Dominoes 12p Senior Strength DVD 1p Gentle Yoga				



**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**

**Diana Tripp, CSW**  
**Senior Program Director**  
[Dtripp@myy.org](mailto:Dtripp@myy.org)

Meals on Wheels lunch available with 48 advance reservation, voluntary donation suggested, \$1