

September 2023

INDEPENDENCE SENIOR CENTER

Open 9:00am - 3:00pm
(859)356-6264

Monday	Tuesday	Wednesday	Thursday
4 SENIOR CENTER CLOSED FOR HOLIDAY	5 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Woodcrest Activity TBA 11:30-12:30 Walking Group 12:30-2:30 Corn Hole/Ping-Pong	6 9:00-10:00 Pickleball 10:30-2:00 Chair Massages 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game
11 9:30-10:30 Chair Yoga/\$3 10:30-11:30 You Can Do That at the Library? 12:00-2:00 BINGO	12 9:30-10:30 SILVER SNEAKERS/Video 10:30-11:30 Fall Painting ***We will be closing at 12:00pm***	13 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	14 9:30-10:30 SILVER SNEAKERS/Video 11:45 BC Safety Presentation 12:30-3:00 Manipulation Card Game *Last Day to Register for B&B Cruise*
18 9:30-10:30 Beginner Line Dancing 10:30-3:00 Cards 12:00-2:00 BINGO	19 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Handling Medicare Calls 11:30-12:30 Walking Group 12:30-2:30 Corn Hole/Ping-Pong	20 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 Crazy BINGO w/Celebration Villas 2:00-3:00 Ping-Pong	21 9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game
25 9:30-10:30 Chair Yoga/\$3 10:30-3:00 Cards 12:00-2:00 BINGO	26 9:30-10:30 SILVER SNEAKERS *B&B Riverboat Cruise* Depart Senior Center: 10:30 am Board Riverboat: 11:00 Cruise: 12:00 -2:00 pm	27 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	28 9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game

THURSDAY LUNCHES:	*Make lunch reservations by the Tuesday before	IMPORTANT INFORMATION
7 Salisbury Steak, Mashed Potatoes, Green Beans, Dessert, Drink \$6.00		9/4 *Senior Center Closed for Labor Day*
14 Oktoberfest - Kielbasa Sausage, Sauerkraut, German Potato Salad, Applesauce, Dessert, Drink \$6.00		
21 Potluck \$6.00/Free for each person providing an entree, salad, side, or dessert to share		9/12 **Senior Center will close at 12:00**
28 Pizza, Tossed Salad, Breadsticks, Dessert, Drink \$6.00		9/14 Last Day for B&B Registration