



Our mission is to provide a fun environment
for Seniors to share their time and talents

What do we offer besides a comfortable place to meet other Seniors and socialize?

- Weekly
 - Silver Sneakers exercise class
 - Cash bingo twice weekly
 - Lunch offered every Thursday followed by cards
- Monthly
 - Informative presentations
 - Themed Parties
- Chair massages included in membership (6)
- Massage and facial services offered at a discounted rate
- Offsite outings
- A Resource Center with computers and books
- Wii Bowling Team that participates in local tournaments

We are located at 2001 Jack Woods Pkwy, Independence

Hours: 9am – 3pm, Monday – Thursday

Membership is \$15 per year, but come in and enjoy a free week to check us out

Interested?

Either come in during open hours or call to schedule an appointment:

Director - Lisa Rymarquis

859-356-6264

Find more info here:

<https://www.cityofindependence.org/isc>

“Aging is not lost youth but a new stage of opportunity and strength.” - Betty Friedan

>>> Example of monthly calendar of events <<<

September 2018

Senior Center Open 9am – 3pm

Monday	Tuesday	Wednesday	Thursday
<p>3 Labor Day Closed</p>	<p>4 9am-3pm Assorted Cards 9:30am Silver Sneakers 11:30 Hand and Foot Cards 12:30 Indoor Corn Hole and Manipulation</p>	<p>5 9am-3pm Assorted Cards 10:00 Dominoes 12:00 Bingo</p>	<p>6 9:30am Silver Sneakers 10:00 Chair Volleyball 11:30 Baked Spaghetti, Salad, Garlic Bread, Dessert 12:30 Euchre Tournament and Manipulation</p>
<p>10 9am-3pm Assorted Cards 10:00 Wii Bowling 12:00 Bingo</p>	<p>11 10:30 – 3:00 BB Riverboat Trip</p>	<p>12 9am-3pm Assorted Cards 10:00 Dominoes 12:00 Bingo</p>	<p>13 9am-3pm Assorted Cards 9:30am Silver Sneakers 10:00 Chair Volleyball 11:30 Baked Ham Sliders, Broccoli Casserole, Pasta Salad, Dessert 12:30 Euchre Tournament and Manipulation</p>
<p>17 9am-3pm Assorted Cards 10:00 Wii Bowling 12:00 Bingo</p>	<p>18 9am-3pm Assorted Cards 9:30am Silver Sneakers 11:30 Hand and Foot Cards 12:30 Indoor Corn Hole and Manipulation</p>	<p>19 9am-3pm Assorted Cards 10:00 Dominoes 12:00 Bingo</p>	<p>20 9am-3pm Assorted Cards 9:30am Silver Sneakers 10:00 Chair Volleyball 11:30 Potluck 12:30 Euchre Tournament and Manipulation</p>
<p>24 9am-3pm Assorted Cards 10:00 Wii Bowling Tournament Campbell County Senior Center 12:00 Bingo</p>	<p>25 10:00 Senior Expo/Picnic</p>	<p>26 9am-3pm Assorted Cards 10:00 Dominoes 12:00 Bingo</p>	<p>27 9:30am Silver Sneakers 10:00 Chair Volleyball 11:30 Salisbury Steak, Mash Potatoes, Green Beans, Roll, Dessert 12:30 Euchre Tournament and Manipulation</p>