

THE SENIOR SCOOP

November 2023



NOVEMBER LUNCHES

November 9 – Potato Soup, Ham and Cheese Sliders, Salad, Dessert, Drink

November 16 – Traditional Thanksgiving Meal – Last Day for Reservations is Nov. 9

November 30 – Potluck \$6.00/Free for each person providing an entree, salad, side, or dessert to share.

Lunches are \$6.00. Please remember to make your reservation for lunch by Tuesday of that week. There will be a sign-up sheet on the podium, or you may call 356-6264.

CLOSED

Due to the election the Senior Center will be closed Wednesday, November 1 – Wednesday, November 8. We will reopen with lunch Thursday, November 9.

CLOSED

The Senior Center will be closed Wednesday, November 22 and Thursday, November 23 for Thanksgiving.

Silver Sneakers Aaron will be off **Thursday 11/9, Tuesday 11/14, Thursday 11/16 and Tuesday 11/21**. We will have video run classes on these dates.

SMP Jeopardy Join the KY Sr Medicare Patrol on **Thursday, November 9** at 11:30 for a fun-filled Jeopardy competition. Come see what you remember about Medicare, Medicare fraud, scams targeting seniors, and more. There will be prizes for our lucky winners!

Chair Yoga has returned and will be held on **Mondays, November 13 and 27** at 10:00am. There is no longer a fee to attend yoga.

Hot Chocolate Bar Homewatch Caregivers will be joining us on **Monday, November 13** at 11:00am. Stay after yoga or come early for Bingo to learn what they offer, ask questions, and enjoy some delicious hot chocolate.

Christmas Ornament Painting It is already that time of year, Christmas is just around the corner! On **Tuesday, November 14** at 10:30 we will be painting ornaments, all supplies and instruction will be provided.

Chair Massage Pam will be at the Senior Center **Wednesday, November 15** 10:00am-2:00pm. Sign up for your time slot while appointments are still available.

Thanksgiving Tony Lucas will be preparing a delicious traditional Thanksgiving meal for us on **Thursday, November 16**. Lunch will be served at 11:30am, the cost is \$6.00. Reservations must be made no later than Thursday, November 9.

Yarn Dolls Learn how to make yarn dolls on **Monday, November 20** at 10:30. This is a great opportunity to get started on Christmas gifts. From school colors to favorite sports teams, Christmas colors to favorite colors there will be a variety of colors to choose from. All supplies and instruction will be provided.

Medicare Q&A Marti Surry will be here to answer your Medicare questions, review plans, and play a fun game with us on **Tuesday, November 21** at 10:30.

Christmas Tree Decorating Bring a treat to share and enjoy in the festivities while we decorate the Senior Center Christmas trees and the building on **Tuesday, November 28** at 10:30am.

November 2023

INDEPENDENCE SENIOR CENTER

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

Monday		Tuesday		Wednesday		Thursday	
				1	SENIOR CENTER CLOSED FOR ELECTION	2	SENIOR CENTER CLOSED FOR ELECTION
6	SENIOR CENTER CLOSED FOR ELECTION	7	SENIOR CENTER CLOSED FOR ELECTION	8	SENIOR CENTER CLOSED FOR ELECTION	9	9:30-10:30 SILVER SNEAKERS/Video 11:30-12:30 Lunch (*) 11:45 SMP Jeopardy 12:30-3:00 Manipulation Cards *Last Day for Thanksgiving Lunch Reservations*
13	9:30-10:30 Beginner Line Dancing 10:00-11:00 Chair Yoga 11:00-12:00 Hot Chocolate Bar 12:00-2:00 BINGO	14	9:30-10:30 SILVER SNEAKERS/Video 10:30 Christmas Ornament Painting 11:30-12:30 Walking Group 12:30-2:30 Corn Hole 1:30-2:30 Ping-Pong	15	9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:30 Euchre 10:00-2:00 Chair Massages 12:00-2:00 BINGO 1:30-2:30 Ping-Pong	16	9:30-10:30 SILVER SNEAKERS/Video 11:30-1:00 Thanksgiving Lunch (*) 12:30-3:00 Manipulation Cards
20	9:30-10:30 Beginner Line Dancing 10:30-11:30 Yarn Doll Craft 12:00-2:00 BINGO	21	9:30-10:30 SILVER SNEAKERS/Video 10:30 Medicare Q&A and Game 11:30-12:30 Walking Group 12:30-2:30 Corn Hole 1:30-2:30 Ping-Pong	23	SENIOR CENTER CLOSED FOR HOLIDAY	24	SENIOR CENTER CLOSED FOR HOLIDAY
27	9:30-10:30 Beginner Line Dancing 10:00-11:00 Chair Yoga 12:00-2:00 BINGO	28	9:30-10:30 SILVER SNEAKERS 10:30 Christmas Tree Decorating 12:30-2:30 Corn Hole 1:30-2:30 Ping-Pong	29	9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:30 Euchre 12:00-2:00 BINGO 1:30-2:30 Ping-Pong	30	9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Cards

THURSDAY LUNCHES:		*Make Lunch Reservation by the Tuesday Prior*	MONTHLY EVENTS
9	Potato Soup, Ham and Cheese Sliders, Salad, Dessert, Drink \$6.00		11/9 Last Day for Thanksgiving
16	Traditional Thanksgiving Lunch \$6.00		Lunch Reservations
30	Potluck \$6.00/Free for each person providing an entree, salad, side, or dessert to share		
		SENIOR CENTER CLOSED NOVEMBER 1 - NOVEMBER 8 AND NOVEMBER 23, NOVEMBER 24	