

# January 2023

## INDEPENDENCE SENIOR CENTER

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

Monday		Tuesday		Wednesday		Thursday	
2	SENIOR CENTER CLOSED FOR HOLIDAY	3	SENIOR CENTER CLOSED FOR HOLIDAY	4	SENIOR CENTER CLOSED FOR HOLIDAY	5	9:30-10:30 SILVER SNEAKERS/Video 11:30 Lunch (*) 12:30-3:00 Manipulation Cards
9	9:30-10:30 Chair Yoga/\$3 9:00 - 3:00 Cards 12:00-2:00 BINGO	10	9:30-10:30 SILVER SNEAKERS/Video 9:00-11:30 Puzzles/Cards/Board Games 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	11	10:00-2:00 Chair Massages 10:00-12:30 Euchre 12:00 - 2:00 BINGO	12	9:30-10:30 SILVER SNEAKERS/Video 11:30 Lunch (*) 11:45 BC Safety Presentation 12:30-3:00 Manipulation Cards
16	9:00 - 3:00 Cards 12:00-2:00 BINGO	17	9:30-10:30 SILVER SNEAKERS 9:00-11:30 Puzzles/Cards/Board Games 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	18	10:00-12:30 Euchre 12:00 - 2:00 BINGO	19	9:30-10:30 SILVER SNEAKERS 11:30 Lunch (*) 11:45 Colonial Heights Presentation 12:30-3:00 Manipulation Cards
23	9:30-10:30 Chair Yoga/\$3 9:00 - 3:00 Cards 12:00-2:00 BINGO	24	9:30-10:30 SILVER SNEAKERS 10:30-11:30 Trivia w/Abby 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	25	10:00-12:30 Euchre 12:00 - 2:00 BINGO	26	9:30-10:30 SILVER SNEAKERS 11:15 Soup and Chili Cook-Off Competition 11:30 Lunch (*) 12:30-3:00 Manipulation Cards
30	9:00 - 3:00 Cards 12:00-2:00 BINGO	31	9:30-10:30 SILVER SNEAKERS 9:00-11:30 Puzzles/Cards/Board Games 12:30-1:30 Corn Hole 1:30-2:30 Walking Group				

THURSDAY LUNCHES:		*Make lunch reservations by the Tuesday before	MONTHLY EVENTS
5	Sloppy Joe Sandwich, Macaroni and Cheese, Cole Slaw, Dessert, Drink \$6.00		1/12 BC Safety Presentation
12	Chicken Pot Pie, Salad, Dessert, Drink \$6.00		1/19 Colonial Heights Presentation
19	TBD \$6.00		1/24 Trivia w/ Abby
26	Soup/Chili, Cornbread, Salad, Dessert, Drink \$6.00/Free for anyone entering chili or soup in the cook-off.		1/26 Chili/Soup Cook-Off