

# March 2023

# INDEPENDENCE SENIOR CENTER

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

Monday	Tuesday	Wednesday	Thursday
		<b>1</b> 10:00-12:30 Euchre 10:00 - 2:00 Chair Massage 12:00 - 2:00 BINGO	<b>2</b> 9:30-10:30 SILVER SNEAKERS/Video 11:30 Lunch (*) 1:00 -3:00 Manipulation Cards
<b>6</b> 9:30-10:30 Chair Yoga/\$3 10:30 - 3:00 Cards/Puzzles/Board Games 12:00-2:00 BINGO	<b>7</b> 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Kroger Rwd's/FB Assistance 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	<b>8</b> 10:00-12:30 Euchre 12:00 - 2:00 BINGO	<b>9</b> 9:30-10:30 SILVER SNEAKERS 11:30 Lunch (*) 11:45 BC Safety Presentation 12:30 -3:00 Manipulation Cards
<b>13</b> 10:30 - 3:00 Cards/Puzzles/Board Games 12:00-2:00 Prize BINGO w/ Floral Hills	<b>14</b> 9:30-10:30 SILVER SNEAKERS 10:30 UH Ins Cyber Safety Prsntn/Pi Day 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	<b>15</b> 10:00-12:30 Euchre 12:00 - 2:00 BINGO	<b>16</b> 9:30-10:30 SILVER SNEAKERS 11:30 St. Patrick's Day Lunch 11:30 Falls Prevention Presentation 1:00 -3:00 Manipulation Cards
<b>20</b> 9:30-10:30 Chair Yoga/\$3 10:30 - 3:00 Cards/Puzzles/Board Games 12:00-2:00 Earth Day BINGO	<b>21</b> 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Tea for Two Talks 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	<b>22</b> 10:00-12:30 Euchre 12:00 - 2:00 BINGO	<b>23</b> 9:30-10:30 SILVER SNEAKERS 11:30 Lunch (*) 12:30 -3:00 Manipulation Cards
<b>27</b> 10:30 - 3:00 Cards/Puzzles/Board Games 12:00-2:00 BINGO	<b>28</b> 9:30-10:30 SILVER SNEAKERS/Video 10:30-11:30 Trivia w/Abby 12:30-1:30 Corn Hole 1:30-2:30 Walking Group	<b>29</b> 10:00-12:30 Euchre 12:00 - 2:00 BINGO	<b>30</b> 9:30-10:30 SILVER SNEAKERS/Video 11:30 Reds Opening Day Lunch 12:30 -3:00 Manipulation Cards

THURSDAY LUNCHES:	*Make lunch reservations by the Tuesday before, Meals are \$6.00*
<b>2</b> Scrambled Eggs, Home Fries, Biscuits with Sausage Gravy, Yogurt, Fruit, Drink	
<b>9</b> Chicken Thighs, Seasoned Potatoes and Vegetables, Roll, Dessert, Drink	
<b>16</b> Potato Soup, Corned Beef Sliders, Carrots, Dessert, Drink	
<b>23</b> Potluck (Free for each person bringing an entrée, side, salad, or dessert to share)	

**30** Stadium Food - Hot Dog/Bratt/Mett w/ Toppings (ketchup, mustard, relish, horseradish, onion, chili, cheese), Chips, Salad, Dessert, Drink