

September 2024

INDEPENDENCE SENIOR CENTER

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

Monday		Tuesday		Wednesday		Thursday	
2	SENIOR CENTER CLOSED FOR HOLIDAY	3	10-12 Medicare Marti	4		5	
		9:30-10:30 SILVER SNEAKERS	9:00-10:00 Pickleball	9:30-10:30 SILVER SNEAKERS			
		10:30 Abstract Acrylic Painting	10:00-12:30 Euchre	11:30 Lunch (*)			
		11:30-12:30 Walking Group	12:00-2:00 BINGO/Guest Caller - Marvin-Celebration Villa	12:30 MSOA-Planning for the Unexpected			
		12:30-1:30 Corn Hole	1:30-2:30 Ping-Pong	1:30-3:00 Manipulation Cards			
		1:30-2:30 Ping-Pong	1:30-2:30 Ping-Pong	*Last Day to Register for B&B Cruise*			
9		10		11		12	
	9:00-10:00 Beginner Line Dancing	9:30-10:30 SILVER SNEAKERS/Video	9:00-10:00 Pickleball	9:30-10:30 SILVER SNEAKERS			
	10:00-11:00 Chair Volleyball	10:30 Hands Only CPR/Take 10 Class	10:00-12:30 Euchre	11:30 Lunch (*)			
	12:00-2:00 BINGO	12:30-1:30 Corn Hole	12:00-2:00 BINGO/Guest Caller - Mattew-Personal Touch Home Care	12:30-3:00 Manipulation Cards			
		1:30-2:30 Walking Group	1:30-2:30 Ping-Pong				
		1:30-2:30 Ping-Pong					
16		17		18		19	Kenton County Senior Picnic
	9:00-10:00 Beginner Line Dancing	9:30-10:30 SILVER SNEAKERS	9:00-10:00 Pickleball	9:30-10:30 SILVER SNEAKERS			
	10:00-12:00 Euchre 101 Class	*B&B Riverboat Cruise*	10:00-12:30 Euchre	11:30 Lunch (*)			
	12:00-2:00 BINGO/Guest Caller - Karen-Senior Board	Depart Senior Center: 10:30 am Board Riverboat: 11:00am Cruise: 12:00pm-2:00pm	12:00-2:00 Crazy & Regular BINGO Guest Caller- Natasha/PACE Program	12:30-3:00 Manipulation Cards			
			1:30-2:30 Ping-Pong				
23		24		25		26	
	9:00-10:00 Beginner Line Dancing	9:30-10:30 SILVER SNEAKERS	9:00-10:00 Pickleball	9:30-10:30 SILVER SNEAKERS			
	10:00-11:00 Chair Yoga	10:30 KC Library Presentation	10:00-12:30 Euchre	11:30 Lunch (*)			
	12:00-2:00 BINGO/Guest Caller - Lynn-Bluegrass Care Navigators	11:30-12:30 Walking Group	12:00-2:00 BINGO/Guest Caller - Alissa-Senior Care Partners	11:45 BGCN Presentation- Autumn			
		12:30-1:30 Corn Hole	1:30-2:30 Ping-Pong	12:30-3:00 Manipulation Cards			
		1:30-2:30 Ping-Pong					
30		1	October	2	October	3	October
	9:00-10:00 Beginner Line Dancing	9:30-10:30 SILVER SNEAKERS	9:00-10:00 Pickleball	9:30-10:30 SILVER SNEAKERS			
	10:00-11:00 Chair Yoga	10:30 Craft - Pinecone Wreaths	11:00-2:00 Senior Center Health Fair	11:30 Lunch (*)			
	12:00-2:00 BINGO	11:30-12:30 Walking Group		11:45 SMP- Open Enrollment Info/Q&A			
		12:30-1:30 Corn Hole		12:30-3:00 Manipulation Cards			
		1:30-2:30 Ping-Pong					

THURSDAY LUNCHES:		*Make lunch reservations by the Tuesday before	Important Information
5	Chicken Parmesan, Spaghetti, Green Beans, Dessert, Drink \$6.00		9/5 Last day to Register for B&B Cruise
12	Salisbury Steak, Mashed Potatoes, Broccoli, Dessert, Drink \$6.00		9/10 CPR/Take 10 Class - Register by 9/5
19	Pizza, Salad, Cookie, Drink \$6.00		9/18 Crazy & Regular Bingo
26	Potluck (Free for each person bringing an entrée, side, salad, or dessert to share) \$6.00		9/2 Closed for Labor Day