

THE SENIOR SCOOP

September 2023



SEPTEMBER LUNCHESES

September 7 – Salisbury Steak, Mashed Potatoes, Green Beans, Dessert, Drink

September 14 – Oktoberfest Lunch-Kielbasa Sausage, Sauerkraut, German Potato Salad, Applesauce, Dessert, Drink

September 21 – Potluck/Free for each person bringing an entrée, salad, side, or dessert to share.

September 28 - Pizza, Tossed Salad, Dessert, Drink

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.



****The Senior Center will be closed on Monday, September 4 for Labor Day.****

****The Senior Center will close at 12:00 pm on Tuesday, September 12.****

Member Meet & Greet Are you a new member, have been a member since the Senior Center opened, or somewhere in between? Join us on **Tuesday, September 5** at 10:30 to meet new friends, connect with current friends, get questions answered, and share ideas.

Pickleball Calling all members, even if you are new to the game, meet on the courts on Wednesday mornings 9:00-10:00. If you have equipment, bring it with you; if not, there will be equipment to share.

Chair Massages on **Wednesday, September 6** Make sure to sign up before all timeslots are full, sign-up sheet will be on the podium.

You Can Do That at the Library? Nancy will be here on **Monday, September 11** at 10:30 to go over all resources offered through the Kenton County Library. Some resources may surprise you!

Fall Painting Whether you are an artist or have never picked up a paintbrush, join us **Tuesday, September 12** at 10:30. We will be making a fall tree watercolor painting, instruction and supplies will be provided.

Katie and Miranda from Brighton Center will be here at 11:30 on **Thursday, September 14** to discuss Open Enrollment Fraud and Marketing Violations.

Are Medicare Calls Out of Hand? Is your phone ringing off the hook? Are you receiving calls prior to 8 am or after 9 pm? On the Do Not Call list but still getting calls? These calls violate FCC guidelines, and you can stop them! Marti Surrey will be here on **Tuesday, September 19** at 10:30 to teach us what is and is not allowed and how to handle these calls.

Crazy BINGO Free BINGO Day on **Wednesday, September 20**, two card limit. Marvin from Celebration Villas will be here and will provide very useful and practical prizes. Hint: You may save a few dollars on your next grocery trip.

B&B Riverboat Cruise Tuesday, September 26 Sign-up with Julie no later than Thursday, September 14. Cost is \$20/member, payment is due when you register and is non-refundable. The bus will leave from the Senior Center at 10:30 am and return between 2:30-3:00pm. Everyone must be at B&B by 11:00 am for boarding.



September 2023

INDEPENDENCE SENIOR CENTER

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

Monday	Tuesday	Wednesday	Thursday
4 SENIOR CENTER CLOSED FOR HOLIDAY	5 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Woodcrest Activity TBA 11:30-12:30 Walking Group 12:30-2:30 Corn Hole/Ping-Pong	6 9:00-10:00 Pickleball 10:30-2:00 Chair Massages 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	7 9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game
11 9:30-10:30 Chair Yoga\$3 10:30-11:30 You Can Do That at the Li 12:00-2:00 BINGO	12 9:30-10:30 SILVER SNEAKERS/Vide 10:30-11:30 Fall Painting ****We will be closing at 12:00pm****	13 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	14 9:30-10:30 SILVER SNEAKERS/Vide 11:45 BC Safety Presentation 12:30-3:00 Manipulation Card Game *Last Day to Register for B&B Cruise
18 9:30-10:30 Beginner Line Dancing 10:30-3:00 Cards 12:00-2:00 BINGO	19 9:30-10:30 SILVER SNEAKERS 10:30-11:30 Handling Medicare Calls 11:30-12:30 Walking Group 12:30-2:30 Corn Hole/Ping-Pong	20 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 Crazy BINGO w/Celebration 2:00-3:00 Ping-Pong	21 9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game
25 9:30-10:30 Chair Yoga\$3 10:30-3:00 Cards 12:00-2:00 BINGO	26 9:30-10:30 SILVER SNEAKERS *B&B Riverboat Cruise* Depart Senior Center: 10:30 am Board Riverboat: 11:00 Cruise: 12:00 -2:00 pm	27 9:00-10:00 Pickleball 10:00-11:00 Chair Volleyball 10:00-12:00 Euchre 12:00 - 2:00 BINGO 2:00-3:00 Ping-Pong	28 9:30-10:30 SILVER SNEAKERS 11:30-12:30 Lunch (*) 12:30-3:00 Manipulation Card Game

THURSDAY LUNCHESES:	*Make lunch reservations by the Tuesday before	IMPORTANT INFORMATION
7 Salisbury Steak, Mashed Potatoes, Green Beans, Dessert, Drink \$6.00		9/4 *Senior Center Closed for Labor Day
14 Oktoberfest - Kielbasa Sausage, Sauerkraut, German Potato Salad, Applesauce, Dessert, Drink \$6.00		
21 Potluck \$6.00 Free for each person providing an entree, salad, side, or dessert to share		9/12 ** Senior Center will close at 12:00*
# Pizza, Tossed Salad, Breadsticks, Dessert, Drink \$6.00		
		9/14 Last Day for B&B Registration