

# THE SENIOR SCOOP

June 2022



## JUNE LUNCHES

**June 2-Baked Spaghetti, Garlic Bread, Salad, Dessert, Drink**

**June 9 – Sausage, Sauerkraut, Mashed Potatoes, Glazed Carrots, Dessert, Drink**

**June 16 – Broccoli Ham Casserole, Rice, Fruit Salad, Dessert, Drink**

**June 23 – Potluck/Free for each person bringing an entrée, 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.**



**The Senior Center will be closed on Monday, June 27 – Monday, July 4 due to the fireworks festival and holiday. We will return on Tuesday, July 5.**

**Chair Massages** are available for Senior Center members on Wednesday, June 1 10:00-2:00. Reserve your spot, the sign-up sheet will be posted at the podium.

**Chair Yoga** Barbara will be here on Mondays - June 6 and June 20 from 9:30-10:30am to lead classes for Senior Center members. The cost is \$3/class. This is our final trial month to determine if we have a strong enough turn-out to be able to schedule classes on a regular basis.

**Aquatic Fun & Exercise** Scott High School Aquatics Coordinator, Sandy Arnold, will be here on Thursday, June 2 at 10:15 and Wednesday, June 15 at 11:00 with information about the new pool which will be opening at Scott HS. Sandy will have information about the new facility, she will be looking for your input about classes, and answering all of your questions.

**Craft Day** Tuesday, June 7 10:45-12:45. Join in a fun day of socializing and creating beautiful greeting cards. No matter your experience level, Sue Campbell will be here to lead and assist in the craft. This is a free event for members, all materials will be provided. Please make sure to register.

**Aromatherapy Workshop** Join fellow member Nancy Philip on Tuesday, June 14 at 10:45 to learn how scents can improve memory and emotion in everyday life. Everyone will have the opportunity to make an aromatherapy air freshener to take home, stop by the office to see and smell an example.

**Katie from Brighton Center** will be here at 11:30 on Thursday, June 16 for a presentation on recognizing and avoiding social security scams.

**Abby** from Kenton County Library will be here on Monday, June 20 at 10:30 am. Come early before BINGO and join us to learn about brain health with trivia and a fun, interactive presentation.

**Kroger Rewards** If you have not done so, please sign up for Kroger Community Rewards. At no cost to you, a percentage of your total bill is donated to the Senior Center which is used to assist with programs. Signing up is easy, just go to <https://www.kroger.com/i/community/community-rewards> and enter Independence Senior Center when it asks for your organization of choice. See Julie if you need assistance.

**Volunteers Needed!** The Senior Board will hold a Split the Pot raffle during the 4<sup>th</sup> of July Festival and we are looking for volunteers to sell tickets. This money goes directly to the Senior Center to help pay for events, catered holiday meals, etc. We are asking volunteers to cover two hour shifts on Friday, July 1 and Saturday, July 2. A sign-up sheet will be posted by the podium. Thank you!