

THE SENIOR SCOOP

August 2022



AUGUST LUNCHES

August 4 – Sloppy Joe Sandwich, Cole Slaw, Macaroni and Cheese, Dessert, Drink

August 11 – Sub Sandwich, Salad, Chips, Dessert, Drink

August 18 – Pasta Bar (pasta, sauces, meatballs, vegetables, cheese), Salad, Garlic Bread, Dessert, Drink

August 25 - 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.

Everyone is invited to Brad and Glenda Spencer's home after lunch on Thursday, August 25 to learn about and view monarch butterflies. This event was originally schedule for July 28.



New Walking Club Tuesdays from 12:30-2:30 members can meet at the Senior Center to walk laps in the main hall or outside on the paved paths of beautiful Memorial Park. Spend 15 minutes or 2 hours getting exercise while socializing with friends.

Katie from Brighton Center will be here at 11:30 on Thursday, August 11 for a presentation on recognizing and avoiding grandparent scams. Learn how to protect yourself, Katie will be sharing great information and answering all of your questions.

Chair Yoga is Back! Barbara will be here on Monday, August 15 from 9:30-10:30 am to lead a chair yoga class for Senior Center members. The cost is \$3/class.

Craft Day Tuesday, August 16 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.

Have you ever wanted to know more about the state where we live? Then you will not want to miss Abby's Kentucky Trivia on Tuesday, August 23 at 10:30 am. Join us for a fun and informative 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. To sign up –

1. Go to www.kroger.com
2. Sign into your account or Create an Account if you do not have one
3. Go to Savings
4. Go to Community Rewards
5. Click on the blue link to Search for your Organization
6. Search Independence Senior Center
7. Click Enroll and you are all set. See Julie if you have any questions or need assistance.

