

THE SENIOR SCOOP

January 2023

JANUARY LUNCHES

January 5 – Sloppy Joes, Macaroni and Cheese, Cole Slaw, Dessert, Drink

January 12 – Chicken Pot Pie, Salad, Dessert, Drink

January 19 – TBD

January 26 – Soup/Chili, Cornbread, Salad, Dessert, Drink - Free for anyone bringing soup or chili for the Cook-off



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 Monday, January 2- Wednesday, January 4. It will be wonderful to see everyone back on Thursday, January 5 for Silver Sneakers, lunch, and cards.



Katie will be here from the Brighton Center on Thursday, January 12 at 11:30 to discuss Durable Medical Equipment Fraud. You will learn how fraudsters use essential medical supplies to steal from Medicare and beneficiaries.

Chair Yoga Barbara will be here on Mondays, January 9 and 23 from 9:30-10:30 am to lead chair yoga for Senior Center members. The cost is \$3/class.

Abbey from Kenton County Library will be here on Tuesday, January 24 at 10:30 to present “50 Books Everyone Should Read”. Whether you are an avid reader or just pick up a book once in a while, you will not want to miss these recommendations. Abby will have books here that can be checked out so you can begin reading them right away.

Soup/Chili Cook-off will be at 11:15 on Thursday, January 26. Show off your amazing soup and chili cooking skills and compete for the title of ISC Soup or Chili King/Queen 2022. All entries will be served for lunch along with cornbread, salad, dessert, and a drink for \$6.00. Anyone entering their chili into the competition will receive their lunch for free.

Colonial Heights and Gardens Representatives from CH&G will be here during lunch on Thursday, January 19 to share information and answer questions about their facility.

Snow Days With winter on the way, please do not forget, when Kenton County Schools are closed due to weather, the Center is closed as well. Watch your local news channels or check the Kenton County School District website at www.kenton.k12.ky.us for updates.



2022 Annual Membership Fees are due, the amount remains \$15.00. Please see Julie to renew your membership and ensure all of your information is up to date.

Donations Help our local schools by bringing in donations of personal care items (toothbrush, toothpaste, shampoo, conditioner, soap, etc.) during the month of January. There will be a donation bin placed by the sign-in podium.

