

THE SENIOR SCOOP

March 2023



MARCH LUNCHESES

March 2 – Scrambled Eggs, Home Fries, Biscuits w/ Sausage Gravy, Yogurt, Fruit, Drink

March 9 – Chicken Thighs, Seasoned Potatoes and Vegetables, Roll, Dessert, Drink

March 16 – Potato Soup, Corned Beef Sliders, Carrots, Dessert, Drink

March 23 – Potluck/Free for each person bringing an entrée, side, salad, or dessert to share.

March 30 – Stadium Food-Hot Dog/Bratt/Mett w/condiments, chili, and cheese, Chips, 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.



Don't forget to Spring Forward one hour on Sunday, March 12.

Chair Massages Wednesday, March 1 10:00am-2:00pm. This is a great perk for our members. Make sure to sign up for a time slot before they are filled.

Chair Yoga Mondays March 6 and 20 at 9:30 am. \$3/member

Tech Assistance Sara will be here Tuesday, March 7 10:30-11:30 to assist members with signing up for Kroger Community Rewards and connecting to the Senior Center's Facebook page.

Katie from Brighton Center will be here during lunch on Thursday, March 9 to talk about Genetic Testing Fraud.

Floral Hills will be here for Prize Bingo on Monday, March 13. Cards will be free with a 2-card limit.

United Heartland Insurance Senior Medicare Advisor Travis Ellis, a retired Police Chief from Frankfort, KY, will be here Tuesday, March 14 at 10:30 to speak on the topic Senior Cyber Security Recognition and Protection. Enjoy a variety of pies during the presentation to celebrate Pi Day (3.141592653...).

St. Patrick's Day Lunch will be served at 11:30 on Thursday, March 16. Join for the party festivities and a presentation by Lee Schmidt of Benchmark Physical Therapy on **Falls Prevention**.

Tea for Two Talks Tuesday, March 21 at 10:30 bring a friend and enjoy tea, sweets, and some time together getting to know other members.

Irish Trivia Test your knowledge of Ireland, St. Patrick's Day, and Irish culture with Abby from Kenton County Library on Tuesday, March 28 at 10:30.

Reds Opening Day Lunch will be served at 11:30 on Thursday, March 30. Wear red and join us for baseball stadium food and festivities to get into the spirit of the MLB season.

2023 Annual Membership Fees are due by the end of March. The amount remains \$15.00. If you have not yet done so, please see Julie to renew your membership and ensure all your information is up to date.

Snow Days When Kenton County schools are cancelled due to weather, the Center is closed as well. This will sometimes show as 'Closed/NTI Day' Watch your local news channels, check our Facebook page, or the Kenton County School District website at www.kenton.k12.ky.us for updates.

