

THE SENIOR SCOOP

November 2022



NOVEMBER LUNCHESES

November 10 - Potluck/Free for each person bringing an entrée, salad, side, or dessert to share.

November 17 –Thanksgiving Meal

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.



Important Closure Dates The Senior Center will be closed due to the Election **Wednesday, November 2 –Wednesday, November 9**. We will reopen on Thursday, November 10 for Silver Sneakers, Lunch, and Manipulation. The Senior Center will also be closed **Wednesday, November 23 and Thursday, November 24** for Thanksgiving.

Aromatherapy Workshop Join fellow member Nancy Philip on Tuesday, November 1 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.

Indoor Corn Hole Tuesdays from 12:30-1:30pm. Whether you have been playing for years or brand new to the game, come to the Senior Center and join in on the fun!

Walking Club Tuesdays from 1:30-2:30 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 1 hour getting exercise while socializing with friends.



Chair Yoga Barbara will be here on Mondays, November 14 and 28 from 9:30-10:30 am to lead a chair yoga class for Senior Center members. The cost is \$3/class.

Thanksgiving Trivia with Abby You will not want to miss Abby's presentation and trivia on Tuesday, November 29 at 10:30 am. You will learn all about Thanksgiving traditions and the history behind Thanksgiving food. Join us for a fun and interactive presentation.

Volunteers Needed! We are looking for volunteers to sell Split the Pot tickets during the Independence Christmas Walk on Saturday, December 3. Shifts are 6:00-7:30 pm and 7:30-9:00 pm at the Senior Center and by the Independence Courthouse. We are looking for 2 volunteers per shift at each location for a total of 8 people. All proceeds benefit the Senior Center.

Snow Days As hard as it is to believe, winter is right around the corner. Please do not forget that when Kenton County schools are cancelled due to weather, the Center is closed as well. Watch your local news channels or check the Kenton County School District website for updates.

Donations Looking for an easy way to help our community? There will be a box placed by the podium for donations of canned goods and shelf stable food items during the months of November and December. All items will be donated to a local food pantry.

