

THE SENIOR SCOOP

November 2023



NOVEMBER LUNCHES

November 9 – Potato Soup, Ham and Cheese Sliders, Salad, Dessert, Drink

November 16 – Traditional Thanksgiving Meal – Last Day for Reservations is Nov. 9

November 30 – Potluck \$6.00/Free for each person providing an entree, 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.

CLOSED

Due to the election the Senior Center will be closed Wednesday, November 1 – Wednesday, November 8. We will reopen with lunch Thursday, November 9.

CLOSED

The Senior Center will be closed Wednesday, November 22 and Thursday, November 23 for Thanksgiving.

Silver Sneakers Aaron will be off **Thursday 11/9, Tuesday 11/14, Thursday 11/16** and **Tuesday 11/21**. We will have video run classes on these dates.

SMP Jeopardy Join the KY Sr Medicare Patrol on **Thursday, November 9** at 11:30 for a fun-filled Jeopardy competition. Come see what you remember about Medicare, Medicare fraud, scams targeting seniors, and more. There will be prizes for our lucky winners!

Chair Yoga has returned and will be held on **Mondays, November 13 and 27** at 10:00am. There is no longer a fee to attend yoga.

Hot Chocolate Bar Homewatch Caregivers will be joining us on **Monday, November 13** at 11:00am. Stay after yoga or come early for Bingo to learn what they offer, ask questions, and enjoy some delicious hot chocolate.

Christmas Ornament Painting It is already that time of year, Christmas is just around the corner! On **Tuesday, November 14** at 10:30 we will be painting ornaments, all supplies and instruction will be provided.

Chair Massage Pam will be at the Senior Center **Wednesday, November 15** 10:00am-2:00pm. Sign up for your time slot while appointments are still available.

Thanksgiving Tony Lucas will be preparing a delicious traditional Thanksgiving meal for us on **Thursday, November 16**. Lunch will be served at 11:30am, the cost is \$6.00. Reservations must be made no later than Thursday, November 9.

Yarn Dolls Learn how to make yarn dolls on **Monday, November 20** at 10:30. This is a great opportunity to get started on Christmas gifts. From school colors to favorite sports teams, Christmas colors to favorite colors there will be a variety of colors to choose from. All supplies and instruction will be provided.

Medicare Q&A Marti Surry will be here to answer your Medicare questions, review plans, and play a fun game with us on **Tuesday, November 21** at 10:30.

Christmas Tree Decorating Bring a treat to share and enjoy in the festivities while we decorate the Senior Center Christmas trees and the building on **Tuesday, November 28** at 10:30am.

