

# THE SENIOR SCOOP

September 2024



## SEPTEMBER LUNCHES

**September 5 – Chicken Parmesan, Spaghetti, Green Beans, Dessert, Drink \$6.00**

**September 12 – Salisbury Steak, Mashed Potatoes, Broccoli, Dessert, Drink \$6.00**

**September 19 – Pizza, Salad, Cookie, Drink \$6.00**

**September 26 – Potluck \$6.00/Free for each person providing an entree, salad, side, or dessert to share.**

**Chair Yoga** Mondays **September 23 and 30** at 10:00.

**Kenton County Library** will be here for a presentation on **Tuesday, September 24** at 10:30. The topic will be announced at a later date.

**Save the Date** – The Senior Center Health Fair will be held on **Wednesday, October 2** from 11:00-2:00. You will not want to miss the great information, swag, and many door prizes.



**\*\*The Senior Center will be closed Monday, September 2 for Labor Day.\*\***

**Acrylic Abstract Painting** Lou Ann will be leading us in an acrylic abstract painting class on **Tuesday, September 3** at 10:30. Even if you think you are not creative, you will have a great time learning new techniques and will go home with a beautiful painting!

**Money Smart for Older Adults** Join us each month for a 7-part presentation series on financial exploitation and other financial issues facing seniors. Senior Center members plus one family member or caregiver are invited to attend. Presentations will run April – October. There will be a sign-up sheet each month so please make sure to register yourself and your guest if you plan to attend, each month's topic and date will be listed on the sign-up sheet. Our next presentation, *Planning for the Unexpected*, will be **Thursday, September 5** from 12:30-1:30. See the bulletin board for more information.

**Hands Only CPR/Take 10 Class Tuesday, September 10** at 10:30. Learn how to save a friend, neighbor, family member, or even yourself. Mike Quinn from NovaCare Rehabilitation will be here to teach this life saving technique. Please register no later than Thursday, September 5.

**Euchre 101** Have you been wanting to learn how to play Euchre or just refresh your memory? Then you will want to mark your calendar for **Monday, September 16** from 10:00-12:00. Current Euchre players will be here to teach you everything you need to know about this very fun card game.

**B&B Riverboat Cruise** We will be enjoying a cruise down the beautiful Ohio River on **Tuesday, September 17**. Cost is \$25/member, payment is due when you register and is non-refundable. We will be leaving the Senior Center at 10:30 am and returning between 2:30-3:00pm. Everyone attending must be at B&B by 11:00am for boarding. Sign up with Julie no later than Thursday, September 5.

**Guest Caller Bingo** Marvin from *Celebration Villa* will be calling bingo on **Wednesday, September 4**, Matthew from *Personal Touch Home Care* will be joining us to call bingo on **Wednesday, September 11**, our very own Senior Board member Karen will be calling for us on **Monday, September 16**, and Alissa from *Senior Care Partners* will be our caller on **Wednesday, September 25**. Games run 12:00-2:00pm, bring your quarters and get ready to win Bingo.

**Special BINGO Day** Natasha from the PACE Program will be calling Bingo on **Wednesday, September 18** from 12:00-2:00. Part of our time will be free Crazy Bingo with great prizes and the other part will be regular Bingo played with quarters. Make sure to bring your quarters, even though you will not need as many as usual and prepare to win quarters and prizes too!

**Autumn** Lynn from *Bluegrass Care Navigators* will be here at 11:45 on **Thursday, September 26** for a presentation on *Autumn*, which is just around the corner. Learn all about Fall/Autumn and ways to ensure you stay safe while enjoying the season.

