



June 2009

Monday

Tuesday

Wednesday

Thursday

Friday

**supporting the
independence and
dignity of older
adults...**

**Carroll County
Senior Center
110 Sixth Street
Carrollton, KY
41008**

**Mitzie Williams
Center Manager**

**Hours of
Operations
Monday –Friday
8:30 A.M. – 3:00P.M**

**PHONE:
502-732-7026**

**FAX:
502-732-7025**

1	2	3	4	5
8:30 Pick-up/deliver Commodities 9:00 Cards, Pool. Wii bowling	9:00 Cards, Pool. Wii bowling 10:00 Bingo 10:30 Massage	9:00 Cards, Pool. Wii bowling 9:30 Rummy Tournament 10:30 Massage	9:00 Cards, Pool. Wii bowling 10:30 Bunk-O	9:00 Cards, Pool. Wii bowling 12:15 Ice cream Bars
8	9	10	11	12
9:00 Cards, Pool. Wii bowling 12:15 Advisory Mtg.	9:00 Cards, Pool. Wii bowling 10:00 Bingo 10:30 Massage 11:00 Aging in Place	9:00 Cards, Pool. Wii bowling 10:30 Massage	9:00 Cards, Pool. Wii bowling 10:30 Bunk-O 11:30 Biscuits and gravy	9:00 Cards, Pool. Wii bowling 10:30 Nutrition 12:15 Rootbeer Floats
15	16	17	18	19
9:00 Cards, Pool. Wii bowling 9:30 Movie Day <i>"The Curious Case of Benjamin Button"</i>	9:00 Cards, Pool. Wii bowling 10:00 Bingo 10:30 Massage	9:00 Cards, Pool. Wii bowling 10:30 Massage 11:30 B-Day 11:30 Pot Luck 1:00 Bunk-O T.	9:00 Cards, Pool. Wii bowling 10:30 Bunk-O	9:00 Cards, Pool. Wii bowling 10:30 Our Best Restaurant 12:15 Ice cream Bars
22	23	24	25	26
9:00 Cards, Pool. Wii bowling 11:30 Father's Day Lunch	9:00 Cards, Pool. Wii bowling 10:00 Bingo 10:30 Massage	9:00 Cards, Pool. Wii bowling 10:30 Massage	9:00 Cards, Pool. Wii bowling 10:30 Bunk-O 11:30 Covered dish Lunch w/fried chicken	9:30 BP Checks w/Chester 9:30 Cards, Pool. Wii bowling 12:15 Coke Floats
29	30			
9:00 Cards, Pool, Wii bowling 11:00 Health Dept. "Swine Flu"	9:00 Advocacy Calls 9:00 Cards, Pool. Wii bowling 10:00 Bingo 10:30 Massage			

June 2009



**Falmouth
Senior Center**
1111 Chipman St.
Falmouth, KY
41040

Sally Golfman,
Center Manager

Hours of

Operation

Open
Monday –Friday
8:30 a.m. – 3:00p.m.

Phone:
(859) 654-6029
Fax:
(859) 654-6029

Monday	Tuesday	Wednesday	Thursday	Friday
1 Personal Clinic	2 Walk around the block Lunch Out	3 Euchre/Rook	4 Blood Pressures Pendleton Co. Ambulance	5 10:00 Mike Moore Emergency Mgmt.
8 Wii Bowling Team I	9 Computer Class	10 Euchre/Rook <i>Bingo</i>	11 Euchre Tournament	12 Choir Bible Study Rook/Euchre
15 Personal Clinic	16 Cook out at the Center	17 Advisory	18 Wii Bowling Team II	19 Sally's Health Fair June 20 th OPEN HOUSE 10:00-2:00
22 Nutrition Program	23 Movie Popcorn	24 CLUB DAY	25 Euchre Tournament	26 Bingo Choir Bible Study
29 Euchre/Rook	30 Advocacy Call Team By Ruth Price			



SENIOR SERVICES
NORTHERN KENTUCKY

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**Elsmere
Senior Center**

**179 Dell Street
Elsmere, Kentucky
41018**

Gerri Herbert
Center Manager

**Hours of
Operation**

**Open
Monday –Friday
8:30 a.m. –2:30p.m.**

**Phone:
(859) 727-2306**

**Fax:
(859) 727-1130**

**E-mail:
GMHerbert
@insightBB.com**

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Rummikub/Cards 9:30 Art Class 10:00 Chair Aerobics Wii Sports/Fitness	2 9:00 Cards 10:00 Bridge Club 12:00 Bingo 1:00 Tai-Chi Wii Sports/Fitness	3 9:00 Rummikub/Cards 10:00 Line Dancing 12:00 Cards 6:30 Bridge Club Wii Sports/Fitness	4 9:00 Rummikub/Cards 9:30 Chair Aerobics II 10:00 MASSAGE 12:00 Bingo 1:15 Yoga Wii Sports/Fitness	5 9:00 Canasta 10:00 Bridge club Wii Sports/Fitness
8 9:00 Rummikub/Cards 9:30 Art Class 10:00 Chair Aerobics 10:30 Massage Wii Sports/Fitness	9 9:00 Cards 10:00 Bridge Club 12:00 Bingo 1:00 Tai-Chi Wii Sports/Fitness	10 9:00 Rummikub/Cards 10:00 Line Dancing 12:00 Cards 6:30 Bridge Club Wii Sports/Fitness	11 9:00 Rummikub/Cards 9:30 Chair Aerobics II 12:00 Bingo 1:15 Yoga Wii Sports/Fitness	12 9:00 Canasta 10:00 Bridge club Wii Sports/Fitness
15 9:00 Rummikub/Cards 9:30 Art Class 10:00 Chair Aerobics Wii Sports/Fitness	16 9:00 Cards 10:00 Bridge Club 12:00 Bingo 1:00 Tai-Chi Wii Sports/Fitness	17 9:00 Rummikub/Cards 10:00 Line Dancing 12:00 Cards 6:30 Bridge Club Wii Sports/Fitness	18 9:00 Rummikub/Cards 9:30 Chair Aerobics II 10:00 MASSAGE 12:00 BINGO 1:15 Yoga Wii Sports/Fitness	19 9:00 Canasta 10:00 Bridge club Wii Sports/Fitness
22 9:00 Rummikub/Cards 9:30 Art Class 10:00 Chair Aerobics 10:30 Massage Wii Sports/Fitness	23 9:00 Cards 10:00 Bridge Club 12:00 Bingo 1:00 Tai-Chi Wii Sports/Fitness	24 9:00 Rummikub/Cards 10:00 Line Dancing 12:00 Cards 6:30 Bridge Club Wii Sports/Fitness	25 9:00 Rummikub/Cards 9:30 Chair Aerobics II 10:00 Massage 12:00 BINGO 1:15 Yoga Wii Sports/Fitness	26 9:00 Canasta 10:00 Bridge club Wii Sports/Fitness
29 9:00 Rummikub/Cards 9:30 Art Class 10:00 Chair Aerobics Wii Sports/Fitness	30 9:00 Cards 10:00 Bridge Club 12:00 Bingo 1:00 Tai-Chi Wii Sports/Fitness ADVOCACY DAY			



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**Ludlow
Senior Center**
808 Elm Street
Ludlow, Kentucky
41011

Center Manager
Carole Mariani

**Hours of
Operation**

Open
Monday –Friday
9:00a.m. – 3:00p.m.
Wednesday Close at
1:00p.m.

Phone:
(859) 491-9245
Fax:
(859) 491-9245

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Chair Aerobics	2 12:00 Euchre	3 9:30 Cardio Fitness	4 12:00 Euchre	5 9:30 Chair Aerobics 10:00 Massage Therapy 11:30 Pot Luck Lunch 12:30 Bingo
8 9:30 Chair Aerobics 12:00 Sr. Meeting 12:30 BINGO	9 12:00 Euchre	10 9:30 Cardio Fitness	11 12:00 Euchre	12 9:30 Chair Aerobics 10:00 Massage Therapy 12:30 Bingo
15 9:30 Chair Aerobics	16 12:00 Euchre	17 9:30 Cardio Fitness	18 12:00 Euchre	19 9:30 Chair Aerobics 10:00 Massage Therapy 12:30 Bingo
22 9:30 Chair Aerobics 12:00 Sr. Meeting 12:30 BINGO	23 12:00 Euchre	24 9:30 Cardio Fitness	25 12:00 Euchre	26 9:30 Chair Aerobics 10:00 Massage Therapy 12:30 Bingo
29 9:30 Chair Aerobics	30 12:00 Euchre ADVOCACY DAY			



SENIOR SERVICES
NORTHERN KENTUCKY

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**Williamstown
Senior Center**

Williamstown
City Building
400 N. Main Street
Williamstown, KY
41097

Joan Cornman,
Center Manager

**Hours of
Operation**

**Open
Monday -Friday
8:30 a.m. 3:00p.m.**

**Phone:
859-824-6415
Fax:
859-824-6415**

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Wii bowling Puzzles/cards	2 Monthly Breakfast 9:00 Massage 9:30 Wii	3 Crafts Wii games	4 Inez's Snip & clip Wii	5 9:30 Advisory Council Meeting Wii games Phase 10
8 9:30 Wii bowling Puzzles/cards	9 9:00-12:00 MASSAGE THERAPY	10 Crafts Wii games	11 Inez's Snip & clip Nutrition Program Wii	12 Phase 10 Wii
15 9:30 Wii bowling Puzzles/cards	16 9:00-12:00 Massage Therapy 9:30 Wii Aging in Place	17 Crafts Wii games	18 Inez's Snip & clip Wii Sr. Commodities	19 Phase 10 Wii
22 9:30 Wii bowling Puzzles/cards	23 9:00-12:00 Massage Therapy 9:30 Wii 11:30 Pot Luck	24 Shopping & Lunch	25 Inez's Snip & clip	26 Phase 10 Wii
29 9:30 Wii bowling Puzzles/cards	30 9:00-12:00 Massage Therapy 9:30 Wi Advocacy Day			



SENIOR SERVICES
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Warsaw
Senior Center

205 West Pearl St.
Warsaw, KY
41095

Center Manager
Betty Skirvin

Hours of
Operation

Open
Monday –Friday
8:30A.M-3:00P.M.

Phone:
(859) 567-2118
Fax:
(859) 567-2118

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 9:00 Massage 10:30 Wii Games (Baseball)	3 9:00 Massage 10:30 Corn Hole	4 10:30 Wii Games Bowling/baseball	5 10:30 Card games
8 9:30 Coffee/donuts 11:30 Extension Office	9 9:00 Massage 12:00 Aging in Place	10 9:00 Massage 10:30 Card games	11 10:30 Wii Games (Bowling)	12 10:30 Take walk around the block Send Cards
15 11:00 Computer Class	16 9:00 Massage <i>Surprise fire drill at lunch time</i>	17 9:00 Massage 12:00 B-day Dinner	18 10:30 Wii Games	19 Father's Day Sunday, June 20 th
22 11:00 Computer Class	23 9:00 Massage 11:30 Health Dept. Presentation	24 9:00 Massage 12:00 Beans and Cornbread	25 10:30 Wii Games	26 10:30 CARDS
29 11:00 Computer Class	30 9:00 Massage 10:30 Wii games Advocacy Day			



SENIOR SERVICES
NORTHERN KENTUCKY

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**Walton Senior
Center**

**10 Church Road
Walton, Kentucky**

**Christina Miskell
Center Manager**

**Open
Monday –Friday
8:30 a.m. – 3:00p.m.
Phone:
(859) 485-7611**

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 Get Fit 10:30 Eat Healthy 10:30 Wii Bowling 12:30 Bible Study</p>	<p>2 9:30 Cards/Wii 10:00 BP/Sugar Checks 11:00 KY History 12:30 BINGO</p>	<p>3 9:30 ART CLASS 12:00 EUCHRE TOURNAMENT 12:00 ART SHOW Colonial Heights w/ Walton Seniors</p>	<p>4 9:30 BP w/Darrel 9:30 <i>Massage on Main with Debbie</i> 10:00 Justice Dept. “SCAMS” 12:30 BINGO</p>	<p>5 9:00 Tai Chi 10:00 Wii Bowling 12:30 Euchre Tournament</p>
<p>8 9:30 Get Fit 10:30 Eat Healthy 10:30 Wii Bowling 12:30 Bible Study 7:00 City Meeting</p>	<p>9 10:00-2:30 Trip to Big Bone (bingo @ park) 10:00 Movie – Independence Day 11:30 Lunch</p>	<p>10 9:30 Art Class 12:00-3:00 Euchre Tournament</p>	<p>11 9:30 Cards/Wii 10:30 Nutrition with Ann Miller 11:50 B-day Party 12:30 BINGO</p>	<p>12 9:00 Tai Chi 10:00 Wii Bowling 11:45 Pizza Snacks 12:30 Euchre Tournament</p>
<p>15 9:30 Get Fit 10:30 Eat Healthy 10:30 Wii Bowling 12:30 Commodities *No Bible Study</p>	<p>16 9:30 Cards/Wii 10:00 BP/Sugar Checks 11:00 Movie Day with popcorn 12:30 BINGO</p>	<p>17 9:30 Art Class 11:20 Pizza Snack 12:00-3:00 Euchre Tournament</p>	<p>18 9:30 Art Class 10:30 Cards/Wii 12:30 BINGO</p>	<p>19 9:00 Tai Chi 10:00 Wii Bowling 12:30 Euchre Tournament</p>
<p>22 9:30 Get Fit 10:30 Eat Healthy 10:30 Wii Bowling 12:30 Bible Study</p>	<p>23 9:30 Cards/Wii 12:30 BINGO</p>	<p>24 9:30 Art Class 12:00-3:00 Euchre Tournament</p>	<p>25 9:30 Cards/Wii 10:00 Center Council Meeting 11:15 Taste Test Union Health Care 12:15 BINGO Caller w/prizes Medicare Solutions</p>	<p>26 9:00 Tai Chi 10:30 Wii Bowling 12:30 Euchre Tournament</p>
<p>29 9:30 Get Fit 10:30 Eat Healthy 10:30 Wii Bowling 12:30 Bible Study</p>	<p>30 9:00 Chiropractic “Straighten up America” 10:30 Cards/Wii 11:20 Pizza Day 12:30 BINGO <i>ADVOCACY DAY</i></p>			