


SPRING April 2017

Exercise Room is open every day 8:30 AM- 3:00 PM! Need Instruction? Just Ask Lisa!

It's a Computer Savvy World! We have free internet access and Computer Classes! Call Lisa For Details

<p>Ludlow Senior Center & Seniors Only Food Pantry</p> <p>808 Elm Street Ludlow KY 41016</p> <p>Phone: (859) 491-9245 lcrawford@nkcac.org</p> <p>Hours of Operation</p> <p>Monday – Friday 9:00 a.m.–3:00 p.m.</p> <p>Center Manager Lisa Cobb</p> <p>Congregate Lunch Served Daily! Order Day Before!</p> 	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>10:00 Finish Cards and drop of items for Wednesday</p> <p>12:00 Bingo/ Cards</p>	<p>4</p> <p>8:30 TV</p> <p>9:00 Ta Chi</p> <p>10:30 Line Dancing</p> <p>12:00 Garden Club</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>5</p> <p>NATIONAL DAY OF HOPE</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>10:30 Yoga</p> <p>12:00 Deliver packages and Cards to Children's Home Northern KY</p>	<p>6</p> <p>9:00 Line Dancing</p> <p>10:00 Treadmill/ Outside Walking.</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>7</p> <p>World Health Day</p> <p>8:30 TV</p> <p>10:00 Ta Chi</p> <p>11:00 Advisory Council</p> <p>11:30 Celebrate Life Presentation</p> <p>12:00 Bingo/ Cards</p>
	<p>10</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>11:00 BP Checks</p> <p>12:00 Bingo/ Cards</p>	<p>11</p> <p>8:30 TV</p> <p>9:00 Ta Chi</p> <p>10:30 Line Dancing</p> <p>12:00 Garden Club</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>12</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>10:30 Yoga</p> <p>12:00 Garden Club</p> <p>1:30 Bible Study</p> <p>2:00 Computer Classes</p>	<p>13</p> <p>9:00 Line Dancing</p> <p>10:00 Treadmill/ Outside Walking.</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>14</p> <p>International Laughter Day! Bring your best joke the funniest joke wins a special prize!</p> <p>8:30 Good Friday</p> <p>10:00 Ta Chi</p> <p>11:00 KY Ext Office Nutrition</p> <p>12:00 Bingo/ Cards</p>
	<p>17</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>11:00 United Family Services/ Info on Wills & Nursing Homes</p> <p>12:00 Bingo/ Cards</p>	<p>18</p> <p>8:30 TV</p> <p>9:00 Ta Chi</p> <p>10:30 Line Dancing</p> <p>12:00 Garden Club</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>19</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>10:30 Yoga</p> <p>12:00 Garden Club</p> <p>1:30 Bible Study</p> <p>2:00 Computer Classes</p>	<p>20</p> <p>9:00 Line Dancing</p> <p>10:00 Treadmill/ Outside Walking.</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>21</p> <p>Celebrate Earth Day!</p> <p>8:30 TV</p> <p>10:00 Ta Chi</p> <p>11:00 How you can Recycle Presentation</p> <p>12:00 Bingo/ Cards</p>
	<p>24 National Volunteer Week</p> <p>9:00 Senior Strength</p> <p>10:30 Ruwe Wellness Checks</p> <p>11:00 Nutrition</p> <p>12:00 Bingo/ Cards</p>	<p>25 8:30 TV</p> <p>9:00 Ta Chi</p> <p>10:30 Line Dancing</p> <p>11:00 Volunteer Opportunities Presentation</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>26</p> <p>8:30 TV</p> <p>9:00 Senior Strength</p> <p>10:30 Yoga</p> <p>12:00 Garden Club</p> <p>1:30 Bible Study</p> <p>2:00 Computer Classes</p>	<p>27</p> <p>9:00 Line Dancing</p> <p>10:00 Treadmill/ Outside Walking.</p> <p>1:00 Puzzles & Sudoku</p> <p>2:00 Garden Club</p>	<p>28</p> <p>8:30 TV</p> <p>10:00 Ta Chi</p> <p>11:30 Volunteer Lunch/ Grill Out \$4</p> <p>12:00 Bingo/ Cards</p>

