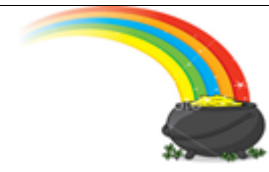




# MARCH 2017



<b>February 2017</b> <b>Ludlow Senior Center &amp; Food Pantry</b>	Monday	Tuesday	Wednesday	Thursday	Friday
808 Elm Street Ludlow KY 41016  <b>Phone:</b> (859) 491-9245 lcrawford@nkcac.org  <b>Hours of Operation</b> Monday – Friday 9:00 a.m.–3:00 p.m.  <b>Center Manager</b> <b>Lisa Cobb</b>  	<b>IPAD &amp; COMPUTER AVAILABLE TO USE EVERYDAY!</b> <b>FREE INTERENT!</b>	No Computer or Internet Experience? NO worries Lisa will teach you!	<b>1</b> 8:30 TV 9:00 Senior Strength 10:30 Yoga 12:00-2:00 Computer Classes	<b>2 Dr Seuss Birthday!!!</b> 8:30 TV 9:00 Line Dancing 1:00 PM Computer Class 12:00-2:00 Computer Classes	<b>3</b> 8:30 TV 10:00 Yoga 12:00 Bingo/Cards
	<b>6</b> 8:30 TV 9:00 Senior Strength 11:00 Hearing Test by Hearing Solutions. 12:00 Bingo/ Cards	<b>7</b> 8:30 TV 10:30 Line Dancing! 1:00 How to use Exercise Equipment 2:00 Coupon Cutting! Meal Planning	<b>8</b> 8:30 TV 9:00 Senior Strength 10:30 Yoga 12:0-2:00 Computer Classes 1:00 Garden Club Meeting	<b>9</b> 8:30 TV 9:00 Line Dancing 12:30 Ta Chi 12:00-2:00 Computer Classes	<b>10</b> 8:30 TV 11:00 Yoga 12:30 Bingo/Cards 12:30 Bring a Friend to Bingo-Get a FREE card <b>5-7 Chili Cook Off</b>
	<b>13</b> 8:30 TV 9:00 Senior Strength 11:00 Nutrition 12:00 Bingo/ Cards	<b>14</b> 8:30 TV 10:30 Line Dancing 1:00 How To Use Exercise Equipment 2:00 Coupon Cutting! Meal Planning	<b>15</b> 8:30 TV 9:00 Senior Strength 10:30 Yoga 12:00 Garden Club 12:00-2:00 Computer Classes	<b>16</b> 8:30 TV 9:00 Line Dancing 1:00 Computer Classes & How To Use Online Banking	<b>17</b> 8:30 TV 10:00 Yoga 10:00 Balance Screening 11:30 St Patty Day Potluck (Reuben) \$4
	<b>20</b> <b>8:30 TV</b> <b>9:00 Senior Strength</b> <b>10:30 Ruwe Pharmacy</b> <b>Wellness Checks!</b> <b>12:00 Bingo/ Cards</b>	<b>21</b> 8:30 TV 9:00 Senior Strength 10:30 Line Dancing 1:00 How to Use Exercise Equipment 2:00 Coupon Cutting! Meal Planning	<b>22</b> 8:30 TV 9:00 Senior Strength 10:30 Yoga 12:00 Garden Club 12:00-2:00 Computer Classes	<b>23</b> 8:30 TV 9:00 Line Dancing 12:30 Ta Chi <a href="#">1:00 Outreach Golden Tower</a> <a href="#">Ice Cream Social</a>	<b>24</b> 8:30 TV 11:00 Yoga 12:00 Bingo/Cards & Bring a Friend to Bingo-Get a FREE card
	<b>27</b> 8:30 TV 9:00 Senior Strength 11:00 Nutrition (Ky EXT Office) 12:00 Bingo/Cards	<b>28</b> 8:30 TV 10:30 Line Dancing 1:00 How to Use Exercise Equipment 2:00 Coupon Cutting! Meal Planning	<b>29</b> 8:30 TV 9:00 Senior Strength 10:30 Yoga 12:00 Garden Club 12:00-2:00 Computer Classes	<b>30</b> 8:30 TV 9:00 Line Dancing 11:00- 3:00 Outreach	<b>8:30 TV</b> <b>9:00 Senior Strength</b> <b>12:00 Bingo/ Cards</b> <b>12:00 Cards</b>