

DID YOU KNOW THAT THERE IS A SENIOR CENTER RIGHT DOWN THE STREET IN LUDLOW?

We are open every day from 8:30 AM - 3:00 PM.

We are looking for seniors with new ideas to join our center and are open to any ideas or suggestions you have to what you would like to see at YOUR Senior Center !!

**NOVEMBER
2016**

**NKCAC @ Ludlow
Senior Center
&
Seniors Only Food
Pantry**

808 Elm Street
Ludlow KY 41016

Phone:

(859) 491-9245
lcrawford@nkcac.org
Hours of Operation

Monday – Friday
9:00 a.m.–3:00 p.m.

**Center Manager
Lisa Cobb**



Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Senior Strength 11:30 Congregate Meal 10:00 Sign up with Lisa For Commodities Program. 12:00 Bingo/ Cards	1 9:00 Library 10:30 Chair Yoga with Julie 11:30 Congregate Meal 12:00 Euchre/ Cards	2 9:00 Exercise Room 9:15 Senior Strength 11:30 Congregate Meal 12:00 Couponing Class 1:00 Dinner on a Budget	3 9:45 Line Dancing with Julie! 11:00 Computers with Lisa 11:30 Congregate Meal 12:30 Senior Ta Chi 10:00 Crafts	4 10:00 YARD SALE 11:30 Congregate Meal 11:30 Rhonda from NKCAC Senior Center Program Information. 12:00 Bingo
7 9:15 Senior Strength 10:30 BP Checks. 11:30 Congregate Meal 12:00 Bingo / Cards	8 9:00 Library 10:30 Chair Yoga with Julie 11:30 Congregate Meal <u>DON'T FORGET TO VOTE TODAY???</u> 12:00 EUCHRE / Cards	9 9:00 Exercise Room 9:15 Senior Strength 11:30 Congregate Meal 12:00 Couponing Class 1:00 Dinner on a Budget	10 9:45 Line Dancing with Julie! 11:00 Computers with Lisa 11:30 Congregate Meal 12:00 Tri City Ladies Card Games! 1:00 Crafts	11 VETERANS DAY CLOSED
14 9:15 Senior Strength 10:00 Open House!! 11:30 Congregate Meal 12:00 Bingo / Cards	15 9:00 Library 10:30 Chair Yoga with Julie 11:30 Congregate Meal 12:00 Euchre / Cards	16 9:15 Senior Strength 11:30 Congregate Meal 12:00 Highpoint Bingo	17 9:45 Line Dancing with Julie! 11:00 Computers with Lisa 11:30 Congregate Meal 12:30 Senior Ta Chi 1:00 Crafts	18 11:00 THANKSGIVING POTLUCK!! 11:30 Congregate Meal 12:00 Bingo
21 9:15 Senior Strength 11:00 Ruwe (Medication Review) & Glucose Checks! 11:30 Congregate Meal 12:00 Bingo / Cards	22 9:00 Library 10:30 Chair Yoga with Julie 11:30 Congregate Meal 12:00 Euchre /Cards	23 9:00 Exercise Room 9:15 Senior Strength 11:30 Congregate Meal 12:00 Couponing Class 1:00 Dinner on a Budget	24  CLOSED	25 HAPPY THANKSGIVING!!! ENJOY TIME WITH YOUR FAMILY & FRIENDS! CLOSED
28 9:15 Senior Strength 11:30 Liheap Senior Benefit Programs Presentation 11:30 Congregate Meal 12:00 Bingo/ Cards	29 9:00 Library 10:30 Chair Yoga with Julie 11:30 Congregate Meal 12:00 Euchre/ Cards	30 9:00 Exercise Room 9:15 Senior Strength 11:30 Congregate Meal 12:00 Couponing Class 1:00 Dinner on a Budget		



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