

October 2025

**Carroll County
Senior Center**

**110 6th Street
Carrollton, KY
41008**

**Phone
(502) 732-7026**

**Hours of Operation
Monday – Friday
8:00a.m. – 3:00p.m.**

**Center Manager
Frances Steurer**

**Assistant
Megan Herald**

**E-mail:
fsteurer@carrollcountygov.us**

**Face Book
[Carroll County Senior Center](#)**

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate Meals served daily at 12:00 pm. Call by Friday at noon 732-7026 to order meals a week in advance	10/15/2025 10:00-1:00 Senior Commodities 113 3rd Street 2:30 Community Commodities 113 3rd Street	1 8:00 Coffee Conversations 8:45 Designs with the Tymes Haircuts sign-up required 9:30 Arthritis Exercise/DVD 10:00 Cornhole 1:00 Silver Sneakers Splash @ Camp Kysoc	2 8:00 Coffee Conversations 9:30 Senior Health & Wellness Newsletter 10:00 St. Elizabeth Screening & Medication Review 12:30 Senior's Choice Market-Members Only 1:00 Chair Volleyball & Cards 5:30 Carroll County Homemakers Annual Dinner Meeting	3 8:00 Coffee Conversations 9:30 Arthritis Exercise/DVD 9:30 Local Shopping 10:30 WII 1:00 Silver Sneakers Splash @ Camp Kysoc
6 8:00 Coffee Conversations 8:00 Beginner Pickleball Point Park 10:30 Arthritis Exercise/DVD 12:00 Lunch & Learn/Phones/April Black 1:00 Chair Volleyball & Cards	7 8:00 Coffee Conversations 9:30 Advisory Council 10:30 Drumming with Jennifer Beach 1:00 Chair Volleyball & Cards	8 8:00 Coffee Conversations 9:00 Arthritis Exercise/DVD 10:30 Between the Sheets Book Club/CCPL Cards & Games 1:00 Silver Sneakers Splash @ Camp Kysoc	9 8:00 Coffee Conversations 9:30 Euchre Tournament 12:00 Medicare Enrollment Marketing Violation/SMP 1:00 Chair Volleyball & Cards 6:00-7:00 Aging with Dignity/CCCES	10 8:00 Coffee Conversations 9:30 Arthritis Exercise/DVD 10:30 Learn to Play Hearts 1:00 Silver Sneakers Splash @ Camp Kysoc
13 8:00 Coffee Conversations 8:00 Beginner Pickleball Point Park 10:30 Arthritis Exercise/DVD 11:45 Boscoe's Snack Shack 1:00 Chair Volleyball & Cards	14 8:00 Coffee Conversation 9:00 Sound Bath with Jennifer Beach 12:00 Lunch & Learn w/ Rachel Massie from TRDHD 1:00 Chair Volleyball & Cards	15 8:00 Coffee Conversations 9:00 Biscuit & Gravy Morning 9:30 Arthritis Exercise/DVD 10:00 Medicare Overview with Trent Piper 1:00 Silver Sneakers Splash @ Camp Kysoc	16 8:00 Coffee Conversations 9:00 Medicare Enrollment with Trent Piper 10:00 Vaccine Clinic with TRDHD 1:00 Chair Volleyball & Cards	17 8:00 Coffee Conversations 9:30 Arthritis Exercise/DVD 10:30 Basics Phone Etiquette/Digital Literacy 11:45 Lunch & Learn @ CCCES 1:00 Silver Sneakers Splash @ Camp Kysoc
20 8:00 Coffee Conversations 8:00 Beginner Pickleball Point Park 10:30 Arthritis Exercise/DVD 1:00 Chair Volleyball & Cards	21 8:00 Coffee Conversation 9:00 Crafters Club 9:45 Nutrition for Older Adults @ CCCES 1:00 Dulcimer Gathering/CCPL	22 8:00 Coffee Conversations 9:30 Arthritis Exercise/DVD 10:30 Introduction to Walk with Ease 1:00 Silver Sneakers Splash @ Camp Kysoc	23 8:00 Coffee Conversations 9:00 Driver's License Renewal 10:00 Bingo with Cassie from Signature Health 1:00 Medicare 101@CCCES RSVP by Oct. 9	24 8:00 Coffee Conversations 9:30 Arthritis Exercise/DVD 10:30 tutorial/CCPL 12:00 Lunch & Learn w/ Tri-Ad Health Systems 1:00 Silver Sneakers Splash @ Camp Kysoc
27 8:00 Coffee Conversations 8:00 Beginner Pickleball Point Park 10:30 Nutrition with CCCES 11:45 Boscoe's Snack Shack 1:00 Chair Volleyball & Cards	28 8:00 Coffee Conversations 9:00 Walk with Ease 10:00 Bunco @ Fairview Place 1:00 Chair Volleyball & Cards	29 8:00 Coffee Conversations 9:00 Walk with Ease 10:30 Arthritis Exercise/DVD 1:00 Chair Volleyball & Cards	30 8:00 Coffee Conversations 9:00 Walk with Ease 10:00 Bunco @ Signature Nursing Home 1:00 Chair Volleyball & Cards	31 8:00 Coffee Conversations 9:00 Halloween Movie 12:00 Freaky Friday Finger Food & Costume Contest 10:30 Arthritis Exercise/DVD 1:00 Chair Volleyball & Cards