


<p style="text-align: center;">May 2024</p> <p style="text-align: center;">Carroll County Senior Center</p> <p style="text-align: center;">110 6th Street Carrollton, KY 41008</p> <p style="text-align: center;">Phone (502) 732-7026</p> <p style="text-align: center;">Hours of Operation Monday – Friday 8:00a.m.–3:00p.m.</p> <p style="text-align: center;">Center Manager Frances Steurer Assistant Megan Herald</p> <p style="text-align: center;">E-mail: fsteur@carrollcountygov.us</p> <p style="text-align: center;">Face Book Carroll County Senior Center</p>	<p style="text-align: center;">Monday</p>	<p style="text-align: center;">Tuesday</p>	<p style="text-align: center;">Wednesday</p>	<p style="text-align: center;">Thursday</p>	<p style="text-align: center;">Friday</p>
	<p>05/15/2024 10:00-1:00 Senior Commodities 113 3rd Street 2:30 Commodities 113 3rd Street</p>	<p style="text-align: center;">Congregate Meals offered daily at 12:00 pm Call by Tuesday at noon 732-7026 to order meals a week in advance</p>	<p>1 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise 10:00 Leave Center for Derby Dinner Playhouse/ Footloose 1:00 Cards & Games</p>	<p>2 7:30 Tower Park Spring Senior Games/Ft. Thomas 9:30 Arthritis Exercise/DVD 10:30 Garden Club 1:00 Chair Volleyball</p>	<p>3 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:00 Local Shopping 1:00 Chair Volleyball</p>
	<p>6 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:00 Learn to play Pickle Ball 1:00 Chair Volleyball</p>	<p>7 8:15 Restoration Fitness Gym 9:30 Raspberry Popovers Tutorial/ CCPL 10:30 Between The Sheets Book Club/CCPL 12:00 Lunch & Learn w/ New Castle Nursing & Rehab 1:00-3:00 Diamond Art/CCPL</p>	<p>8 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Cards & Games 1:00 Chair volleyball</p>	<p>9 8:15 Restoration Fitness Gym 9:30 Senior Health & Wellness Newsletter 10:30 Advisory Council 1:00 Chair Volleyball</p>	<p>10 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Pound w/ Megan 1:00 Chair Volleyball</p>
	<p>13 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:00 Spring Senior Games Euchre Tournament/Burlington 1:00 Chair Volleyball</p>	<p>14 8:15 Restoration Fitness Gym 9:30 Picnic Salad Tutorial/ CCPL 10:30 Drumming Circle w/ Jennifer Beach 1:00 Chair Volleyball</p>	<p>15 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Cornhole 1:00 Chair Volleyball</p>	<p>16 8:15 Restoration Fitness Gym 9:30 Wii Bowling League 10:30 Garden Club 12:00 Lunch & Learn with SMP/Scams/Bingo 1:00 Chair Volleyball</p>	<p>17 8:15 River City Ramblers Half Mile Walking Club 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Billiards Tournament 12:00 Lunch & Learn @CCES 1:00 Chair Volleyball 6:00 Homemakers Beach Party/CCES</p>
	<p>20 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:00 Learn to play Pickle Ball 1:00 Chair Volleyball</p>	<p>21 8:15 Restoration Fitness Gym 9:00 RSVP Biscuits & Gravy 10:00 St. Elizabeth Screening & Medication Review 1:00 Chair Volleyball</p>	<p>22 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:00 RSVP Crafters Club @ Fairview Place 1:00 Chair volleyball</p>	<p>23 8:15 Restoration Fitness Gym 9:00 Driver's License Renewal 10:00 Tackling Your Laundry/CCES 1:00 Chair Volleyball</p>	<p>24 8:00 Spring Senior Games/Boone Woods/Burlington 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 American Flag Coloring Contest 1:00 Chair Volleyball</p>
	<p>27 Center Closed </p>	<p>28 8:15 Restoration Fitness Gym 9:30 Get Caught Reading Tutorial/ CCPL 10:00 Nutrition/CCES 1:00 Chair Volleyball</p>	<p>29 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Pokeno/Allie with Fairview Assisted Living 1:00 Chair Volleyball</p>	<p>30 8:15 Restoration Fitness Gym 9:30 Phase 10 10:30 Garden Club 1:00 Tote Bag Decorating/ CCPL</p>	<p>31 8:30 YMCA/Silver Sneakers Fit/Silver Sneakers Splash 9:30 Arthritis Exercise/DVD 10:30 Billiards Tournament 1:00 Chair Volleyball</p>

**Cards, Wii, Cornhole, Games, Puzzles, Color Therapy, Massages, TV viewing, Billiards, Walking and Exercise
Equipment available daily.**

