

Senior Center • February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Black History Month; Visit our quilting display in the Client Services area				National Go Red 4 Women American Heart Association
5	6	7	8	9
		iPhone 4 Seniors Katherine Rouse 9:30-10:30am Special Enrollment JenCare James Alexander 11:30 am		Center Closed Valentine's Day Party at Neighborhood House 9:30 am to 1:30 pm
12	13	14	15	16
African American Archives Tour Western Library 10th Street Location 2:00-3:00 pm	The History of Mardi Gras Est. Tuesday	Entertainment Mr. Artie Seay 11:00am to Noon Senior Commodities 12:00-2:00 pm <i>Ash Wednesday</i>	Galen College of Nursing Students on-site 9:00 am-1:00 pm Medication Safety KY Poison Control Maria Chapman 10:00 -11:00 am	iPhone 4 Seniors Katherine Rouse 9:30-10:30 am Senior Commodities 10:00am to Noon
19	20	21	22	23
	Movie Outing "Black Panther" Location/Time TBA	iPhone 4 Seniors Katherine Rouse 9:30-10:30am		Black History Month Celebration Program Shawnee Library Saturday 2/17/18 1:00-2:00 pm
26	27	28		
Diabetes Support Group Megan Latiff 11:30am 		iPhone 4 Seniors Katherine Rouse 9:30-10:30 am		

These events occur EVERY WEEK (unless otherwise announced)

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am Tai Chi	10:00 am Arthritis Exercise	9:30am Arts & Crafts	9:30 am Tai Chi	10:00 am Line Dancing
10:00 am Yoga	Line Dancing Quilting	10:00 am SHIP Counseling	10:00 am Arthritis Exercise	11:00 am Lunch
10:30 Aerobics	11:00 am Lunch	10:30 Aerobics	Reflections Yoga	12:00 pm BINGO
11:00 am Lunch	12:30 pm BINGO	Computer Class (Lab)	11:00 am Lunch	
12:30 pm BINGO		11:00 am Lunch	12:00 pm BINGO	
		12:30 pm BINGO		

Lunch is provided in partnership with Louisville Metro Government Senior Nutrition Program. Activities are funded in part by Louisville Metro Government, Metro United Way, and the Kentuckiana Regional Planning and Development Agency (KIPDA).

