







	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PLEASE REMEMBER:</b>            * Congregate Meals are available. (Must order 2 days in advance.)            * Exercise Room is open for your enjoyment!            * Wii Games can be played anytime.            * Please stay home if you are sick!</p>					
<p>Williamstown Senior Center            400 North Main Street            Williamstown, KY 41097</p> <p>OPEN 9:00am – 3:00pm            FOR ACTIVITIES</p> <p>Cindy Ray – Center Manager  <a href="mailto:Seniorcenter@wtownky.org">Seniorcenter@wtownky.org</a>            859 824-6415</p>	<p><b>1</b></p>  <p><b>12:30 pm</b> – Mind Exercises</p>	<p><b>2</b> Center is Closed</p>	<p><b>3</b> <b>11 am</b> – Drumming with Jennifer Beach, Healing Hands Holistic Wellness (This is a new opportunity for you. Please come check it out!!)</p>	<p><b>4</b> Center is Closed</p>	<p><b>5</b> <b>11 am</b> – Make Your Derby Hat Craft (bring your own hat – let me know if you need a hat)   <b>Noon</b> – Derby Party – Games &amp; Food (Bring snack!!)   <b>1 pm</b> – Button Flower Craft</p>
	<p><b>8</b> <b>11 am</b> – Medicare SHIP Program with Kayla Oppelt   <b>11am – 1 pm</b> – Senior Commodities, Sherman Full Gospel Assembly   <b>1 pm – 3pm</b> – Food for Friends, St. Williams</p>	<p><b>9</b> Center is Closed</p>	<p><b>10</b> <b>11 am</b> – “Living Well in Our Later Years w. Sherri Hoffman, Anthem BC/BS   <b>1 pm</b> – “Cooking thru the Calendar”, Grant County Extension Office (Sign up by Monday, May 8<sup>th</sup>)</p>	<p><b>11</b> Center is Closed</p>	<p><b>12</b> <b>11 am</b> – <b>BINGOCIZE!!</b>   <b>1 pm</b> – Mother’s Day Tea (Please sign up by Wednesday, May 10<sup>th</sup>)</p>
	<p><b>15</b> <b>11 am</b> – <b>BINGOCIZE!!</b></p>	<p><b>16</b> Center is Closed</p>	<p><b>17</b> <b>11 am</b> – Dealing with Grief w. Kimberly Heestand, Bluegrass Care Navigators</p>	<p><b>18</b> Center is Closed</p>	<p><b>19</b> <b>11 am</b> – Bingo with Bill Smith, Humana   <b>12:30 to 3 pm</b> – Bloom Bar</p>
 <p><b>Come in and play cards!!</b></p>	<p><b>22</b> <b>11 am</b> – <b>BINGOCIZE!!</b>   <b>1 pm</b> – Nutrition Education with Lorie Dunn, Grant County Extension Office</p>	<p><b>23</b> Center is Closed</p>	<p><b>24</b> Field Trip to the Kentucky Castle (Details on the back of the calendar. Must sign up by Friday, May 19<sup>th</sup>!!)</p>	<p><b>25</b> Center is Closed</p>	<p><b>26</b> <b>11 am</b> – <b>BINGOCIZE!!</b>   <b>1 pm</b> – Katie Deno, Senior Medicare Patrol</p>
 <p><b>THANK YOU!</b></p>	<p><b>29</b> <b>Memorial Day</b> (Center is Closed)</p>	<p><b>30</b> <b>Center is Open</b>   <b>11 am</b> – Bunco (Bring summer prize)</p>	<p><b>31</b> “ROCKIN TO THE OLDIES IN THE RURAL COUNTIES”   <b>11 AM</b> AT THE GRANT COUNTY PARK \$5 – FOOD WILL BE PROVIDED (More details on back)</p>		 <p>AGING UNBOUND: MAY 2023</p>

