

## July

### MATTER OF BALANCE CLASS

We are forming our 2nd Matter of Balance class which will begin in July. This class is lead by Carrie and Aitch.

We will meet on Monday's at 9:00. This class was well received by our first class of participants. Reservations are required and seating is limited.

Call to reserve your spot today.

**We will be completing yearly assessments for everyone this month. This is brief paperwork done yearly.**

Meet us a DQ! We will be meeting at DQ on the Second Tuesday this month. We will meet at 5:30PM to enjoy an evening meal together...come on out and enjoy dinner with us.



#### Jammies in July:

Wear you Jammies if you want and enjoy pizza and games with the group. The cost is \$4 each to cover the cost of the meal. If you do not want pizza we can order you a meal from our catering service.

### Family Fun Night

Join us for dinner and a ball game on July 5th. We will enjoy watching a softball game while we eat dinner together. Bring your family and friends to enjoy this event. The Center will provide the main course. Please bring a side dish. \$3 Transportation

#### Farmers Market Vouchers

Vouchers will be available in July. Please contact the office to schedule your appointment. Current proof of income and photo ID are required to apply.

### *Senior Steps-Walk with Ease*

We will start a walking group this month. The group will meet at 8:30 each Monday, weather permitting. We encourage each participant to "buddy up" with a friend so that you can walk at your own pace. We will meet at the center and walk though Legion Park. What if it rains? That's okay. We will exercise as a group in the exercise room.

**Thank you to the Bourbon County Regional Jail for growing and harvesting vegetables for us to enjoy this summer. Our group has enjoyed the produce. This produce is given thought the week to our participants.**

DQ Night is 7/12/2016. Enjoy dinner while supporting the Center. 10% of proceeds benefit our Center.

#### **Day Trips/Events**

Michael's in Ravenna's for Lunch  
Senior Forum by SHIP  
Jammies in July Pizza Party \$4  
Sonic-1/2 price ice cream cones  
Gentle Fitness (Free)

#### **Night Events/weekend:**

Senior Zumba Wed. at 6:00/6:30(Free)  
CIZE Saturdays at 10:30 (\$5/Seniors Free)  
DQ Night 7/12/2016  
Get Fit Night: Tuesdays 5-7PM (free)  
Family Fun Night 7/5

### **In need of HOME REPAIR??**

**Let us know so we can get you signed up for the "In as much" project. This project is sponsored by Central Baptist Church. Call the center to be added to the list.**

Bluegrass Outlet Shopping Trip--August 18th  
(Trip transportation cost is \$3 per person)  
Our group is planning to take a trip to the Bluegrass Outlet Shops in Simpsonville, KY. This will be an independent shopping trip. You will have plenty of time to walk and shop at your own pace. So feel free to enjoy people watching, lunch and shopping. We will need to have at least 8 participants for this trip. If you are interested please see Laurel or Carrie to reserve your seat.