


March 2021

	Monday	Tuesday	Wednesday	Thursday	Friday					
<p>Elsmere Senior Center</p> <p>179 Dell Avenue Elsmere, KY 41018</p> <p>Center Phone: (859) 727-2306</p> <p>Cell Phone: (859) 468-0760</p> <p>Email: cope@cityofelsmere.com</p> <p>Hours of Operation</p> <p>Monday – Friday 9:00 a.m.–3:00 p.m.</p> <p>Center Director</p> <p>Carol Cope</p> 	1	<p>Quote for the Day: “When something bad happens, you have three choices. Let it define you, Let it destroy you...or you can let it strengthen you.” Theodor “Dr. Seuss” Geisel</p>	3	On this day in 1931, the Star-Spangled Banner officially became the National Anthem of the United States.	4	<p>Wave “Hello”: Raise one arm, bent at 90 degree angle. Move only forearm wave elbow back and forth. Repeat Can be done standing or seated.</p>	5	Employee Appreciation Day		
	8	<p>Knee Raises: Plant your feet on ground and raise your knees up. Alternating each knee. Repeat 3 times Can be done standing or seated.</p>	10		11	<p>Shoulder Tap: Place arms out in front of you; palms up, tap your shoulders with your hands. Repeat 5 times. Can be done standing or seated.</p>	12	* Daylight Savings Time Sunday, March 14 and it is also a great time to check/replace batteries for your smoke alarms.		
	15	<p>National Napping Day</p> <p>*On this day in 1869, the Cincinnati Red Stockings became the first professional baseball team</p>	16	<p>Touch the Sky Arm Raise Palms at your thighs; raise hands toward the sky! Wiggle fingers. Lower arms. Repeat Can be done standing or seated.</p>	17	<p>St. Patrick’s Day 12:30 Bingo at Ludlow Presented by the Elsmere Senior Center.</p>	18	<p>Wave “Hello”: Raise one arm, bent at 90 degree angle. Move only forearm wave elbow back and forth. Repeat Can be done standing or seated.</p>	19	* Spring Begins on Saturday, March 20
	22		23	<p>Knee Raises: Plant your feet on ground and raise your knees up. Alternating each knee. Repeat 3 times</p>	24	<p>Choc-covered Raisin Day 12:30 Bingo at Ludlow Presented by the Elsmere Senior Center.</p>	25	<p>Shoulder Tap: Place arms out in front of you; palms up, tap your shoulders with your hands. Repeat 5 times. Can be done standing or seated.</p>	26	
	29		30	<p>Touch the Sky Arm Raise Palms at your thighs; raise hands toward the sky! Wiggle fingers. Lower arms. Repeat Can be done standing or seated.</p>	31	12:30 Bingo at Ludlow Presented by the Elsmere Senior Center.			<p>Did You Know...? Singing uses both sides of the brain and takes people’s mind off their worries. Singing also boost oxygen and blood flow.</p>	