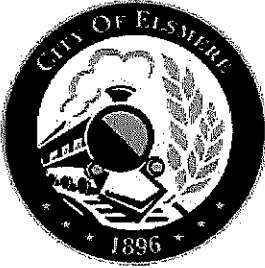
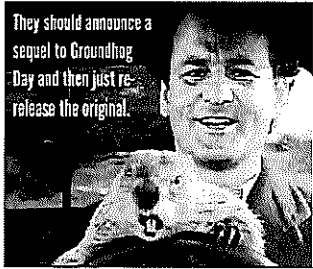


January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Elsmere Community Center</u></p> <p>179 Dell Avenue Elsmere, KY 41018</p> <p><u>Center Phone:</u> (859) 727-2306</p> <p><u>Cell Phone:</u> (859) 468-0760</p> <p><u>Email:</u> cope@cityofelsmere.com</p> <p><u>Hours of Operation</u></p> <p>Monday – Friday 9:00 a.m.–3:00 p.m.</p> <p><u>Center Director</u></p> <p>Carol Cope</p> 	<p>2</p> <p>10:00 Chair Volleyball</p> <p>We Play Every Monday Morning Loads of Laughter</p>	<p>3</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p>4</p> <p><u>At Home Exercise of the Day:</u> Start with hands resting on lap, raise arms and out to chest level. then reach for the sky. Reverse and Repeat.</p> <p>2:00 Campbell County Seniors Tai Chi class via Facebook</p>	<p>5</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p>6</p> <p>9:30 Canasta</p> <p>12th Day of Christmas, Some believe it is "Bad Luck" to take down Christmas decoration before the 12th night!</p>
	<p>9</p> <p>10:00 Chair Volleyball</p> <p>Decorating the center</p>	<p>10</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p>11</p> <p><u>Crafting Day</u></p> <p>11:00 Washcloths Rabbits To RSVP – please call the Elsmere Community Center at 859-727-2306</p>	<p>12</p> <p>9:30 Wii Bowling-Open Play</p> <p>10:00 Mr. Cooper's Tiny Tanks Display!</p> <p>11:30 Kenton County Library</p> <p>12:30 Bingo</p>	<p>13</p> <p>9:30 Canasta</p> <p>Join us for a day of Games and Puzzles!</p>
	<p>16</p> <p>Elsmere Community Center In Observation of Martin Luther King, Jr. Day</p>	<p>17</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p> <p>2:00 Vol. Advisory Discussion</p>	<p>18</p> <p><u>At Home Exercise of the Day:</u> Turn your head left to right, raise up then down and tilt it slowly round and round</p> <p>2:00 Campbell County Seniors Tai Chi class via Facebook</p>	<p>19</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p>20</p> <p>9:30 Canasta</p> <p>**Chinese New Year starts on Sunday, January 22. Year of the Rabbit**</p>
	<p>23</p> <p>10:00 Chair Volleyball</p> <p>Great Exercise Meet New Friends</p>	<p>24</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p>25</p> <p><u>11:30 Movie Day:</u> In observation of the Chinese New Year we will be watching the musical, Flower Drum Song. So stop by, relax and enjoy one of the classics!</p>	<p>29</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>11:30 Nutrition Talk</p> <p>12:30 Bingo</p>	<p>27</p> <p>9:30 Canasta</p> <p>Easy to Learn, Fun to Play!</p>
	<p>30</p> <p>10:00 Chair Volleyball</p> <p>Lots of Fun!</p>	<p>31</p> <p>9:30 Wii Bowling-Open Play</p> <p>11:30 Congregate Meals</p> <p>12:30 Bingo</p>	<p><u>Please Note:</u> Congregate Meals need to be ordered 2 days in advance. You may order a meal for any day of the week.</p> <p>To reserve a meal, please contact Carol at 859-727-2306</p>	 <p>They should announce a sequel to Groundhog Day and then just re-release the original.</p>	