

May



News Notes

Walking

Monday-Friday 8:00-10:00 am
Armstrong Recreation Center
Don't forget to sign in!!

LUNCH PROGRAM

Monday, Wednesday, Friday, 11:15 am
Reservations required in advance
Cost: \$4.01 plus tax (\$4.25 total)



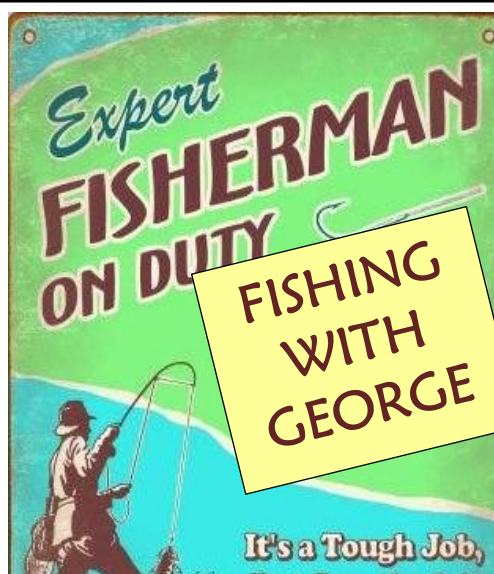
AARP Driver Safety Course

DATE : Monday, June 3rd

“Keep it between the WHITE LINES!”



Tuesday, May 21st
Join us for **ACTIVITIES**
TUESDAYS



May need an up-to-date fishing license.
Bring your own lawn chair and a sack lunch.
Don't forget sunscreen.

Cost - \$5
Includes fishing poles, bait and water bottles



TAI CHI

For people age 55 and over
Instructed by Melissa Bernstrom
Certified Sifu with Nu Chapter Tai Chi

Eight Week Course for only \$60
Every Wednesday 6:30 p.m. – 7:30 p.m.

May 8th through June 26th

Jeffersontown Senior Citizens Center
10631 Watterson Trail
Jeffersontown, KY 40299

To register, please call (502) 267-9112

Tuesday, May 28th
(Weather Permitting)

Lake to be determined

Arrive at Center by 8:30 a.m.

Leave Center at 9:00 a.m.

Return to Center at approximately 2:00 p.m.

SPACE IS LIMITED!! Please sign up at front desk.

Jeffersontown Senior Citizens Center
10631 Watterson Trail
Jeffersontown, KY 40299
(502) 267-9112
Monday-Friday
Open 8:00 am – 3:00 pm
Activities end at 2:30 pm