

SENIOR NEWS & LIVING

Sports of All Sorts

FITNESS, HEALTH & WELLNESS

JANUARY~ 2020

Happy New Year! We will be OPEN for business on **January 1st** from **9am-1pm**.
NO CLASSES & NO PICKLEBALL 1/1/20



JANUARY SENIOR FITNESS CHALLENGE: SIGN UP in Group Fitness

Jingle Your Way into a Healthy New Year... Year!

PICKLEBALL:

1. **10:00 – 2:00 p.m. daily MON-FRI 1 net** will be set aside & designated *for beginner play only*. We all started “somewhere, some time ago.” We need to allow the newbies the opportunity to PLAY without competition to improve their skills & knowledge of the game.
2. Please keep in mind that **Mondays & Fridays** are the *busiest days*.
3. **WEDNESDAY JAN. 8th**: **NKY Senior Winter Games Pickleball Tournament** here at S.O.A.S. So this means **NO REGULAR PICKLEBALL** this day.
4. **TUES. JAN. 14th** from 11:30-1 = *Ladies only Beginning NON-Competitive Pickleball Play* followed by APPETIZERS & Conversation! Bring an appetizer to share, meet new friends & HAVE FUN! **AGAIN on THRS. JAN. 23rd** ☺
5. **BEGINNING PICKLEBALL LESSON #1 = WED. JAN 15th from 11:30 – 1:00.**
#2 = **WED. JAN. 22nd from 11:30 – 1:00.**



Senior LUNCH & LEARN: Monday Jan. 13th: 11:30-12:15 group fitness room
FREE for ALL seniors: **PLEASE SIGN UP** Topic: *The “Simple 7” – KNOW Your Numbers!* Presented by Joyce Jacobs, R.N. from St. Elizabeth



Tuesday Jan. 21st: EUCHRE @ 11:30 – 1:00 p.m. in the Bowling Alley

Get in out of the cold and enjoy popcorn & hot cocoa. BRING A FRIEND & have fun!



Book Club: Group Fitness Room 2:00-3:15 = **Monday Jan. 27th**
BOOK: Where'd You Go, Bernadette BY: Maria Semple (2012, Comedy novel)