








LUNCH SERVED
DAILY AT 11:30

TRIGG COUNTY SENIOR CENTER
(270)522-8341
127 JOY LANE
CADIZ, KY
Iris "Cissy" Lawrence Director

PLEASE CALL
AHEAD TO LET
US KNOW IF YOU
ARE COMING
FOR LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  HAPPY EASTER	2	3 TCHOSP.SPONSER DANCE WITH RUSS CALHOUN BAND 6:30-8:30PM	4 BIBLE STUDY 9:30 LINEDANCE CLASS 1:00	5 LIFELINE HH BINGO 12:00	6	7
8	9 BINGO 12:00 WWE	10 SHADY LAWN BIRTHDAY PARTY AND BINGO 12:00	11 BIBLE STUDY 9:30 LINEDANCE CLASS 1:00 WWE	12 SUNCREST HH BINGO 12:00	13 WWE	14 
15 	16 MUSIC AFTER LUNCH WITH THE BAND "ON CUE" 12:00 WWE	17 DANCE WITH COUNTRY TWANG BAND 6:30-8:30PM	18 BIBLE STUDY 9:30 LINEDANCE CLASS 1:00 WWE	19 CHRONIC DESEASE SELF MGMT. CLASS 9:00-11:00 LIFELINE HH BP'S 10:00	20 WWE	21
22	23 BINGO 12:00 WWE	24	25 BIBLE STUDY 9:30 LINEDANCE CLASS 1:00 WWE	26  CDSM CLASS 9:00- 11:00	27 WWE	28 
29	30 WWE	Our exercise room is open daily from 8-4. WWE is walking program designed for healthier living. (CDSM)Chronic Disease Self Management Class is learning to better manage Chronic diseases. All menu items are subject to change based on availability. Milk/Water/Coffee/Tea are available each day				