



# April 2017 Calendar



Should there be a change in location, date or time for any Senior Friends event for which you have pre-registered, we will notify you prior to the event.

## SENIOR FUN & FITNESS CLASS

Each Tuesday and Thursday, 10:00 a.m.-11:00 a.m. through May 04, 2017. Classes are held at the Lake Cumberland Cancer Treatment Center Community Classroom.; 112 Tradepark Drive, These are gentle exercises for EVERYONE, the overweight, the diabetic, those recovering from surgery, illness or injury, heart patients, and especially those who are sedentary. Every joint and muscle in the body will be utilized yet the exercises are not difficult. The purpose is to regain use and strengthen muscles and joints, improving posture and mobility, increase circulation and to enjoy fellowship with others. For more information or to register, since space is limited, call (606) 678-3274.

## WEDNESDAY, APRIL 12 GET ACQUAINTED BRUNCH

9:15 am – Stop by the Senior Friends office to pick up your meal ticket for a Free Breakfast in Chatter’s Café and Grill. 10:00 a.m. – Senior Friends benefits presentation.

Have you ever been a Senior Friend member? Our free breakfast & Get Acquainted Brunch is designed to offer you a free one-year membership if you have never been a member before. Come to this “Get Acquainted Brunch” and enjoy a FREE delicious breakfast in Chatters Café & Grill. We will provide you with information about all the benefits of your free NEW one-year membership – a \$15 value! Call (606) 678-3274 for your required reservation by Friday, April 7.

## TUESDAY, APRIL 18 MONTHLY MEETING

LCRH Conference Center, Ste, A  
12:00 noon - FREE lunch provided  
Speaker: Charlotte Wong, KY Organ Donor Affiliates  
Topic: Donate Life - Understanding Organ & Tissue Donation; Learn more about the donor registry  
Join us for this informative presentation. Reservations are required and must be received by April 11. Please call (606) 678-3274 to reserve your spot.

## THURSDAY, APRIL 20

### MOVIE-N-MUNCH

LCRH Conference Center, Ste. A

1:30 p.m.

“The Light Between Oceans”

A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat. Call (606) 678-3274 for your required reservation by Thursday, April 13.



## THURSDAY, APRIL 27

### BIRTHDAY PARTY

LCRH Conference Center, Ste A

2:00 p.m. –4:00 p.m.

It’s time for those April “Senior Friend” babies to come and party. Bring a friend and share an afternoon of fun, games, delicious cake and ice cream. Call (606) 678-3274 by Thursday, April 20, for your required reservations.



## FRIDAY, APRIL 28 BINGO

LCRH Conference Center, Ste A

2:00 p.m. –4:00 p.m.

Senior Friends Members come and bring a \$3.00 donation for the American Cancer Society, Relay for Life, Senior Friends Team. Spend the afternoon with “Friends.” A perfect time for fun, fellowship, and refreshments. Senior Friends will provide the coverall prize. Reservations are required and must be received by Friday, April 21. Please call (606) 678-3274 to reserve your spot.



**MON., APRIL 17 - WED., APRIL 19**

**The following activities are open to the community:**

## MASQUERADE \$5 JEWELRY SALE

Mon., April 17, 7:00 - 10:00 p.m.

Tues., April 18, 7:00 a.m. - 9:00 p.m.

Wed., April 19, 7:00 a.m. - 2:00 p.m.

LCRH BASEMENT FOYER

Experience the Frenzy of the \$5.00 Jewelry and Accessories Sale, sponsored by the LCRH Volunteer Auxiliary/ The Gift Shop which sponsors Allied Health

Scholarships at the Somerset Community College.

## TUESDAY, APRIL 11 DINE WITH THE DOCS

LCRH Conference Centers

5:30 pm - Dinner in Chatters Café & Grill

6:30 pm - Speaker: Randall Dalton, M.D., Otolaryngologist

Topic: Oral, Head, and Neck Cancer

Join us on the 2nd Tuesday of each month for a special complementary dinner and an informative program presented by leading medical specialists. Space is limited. Call (606) 678-3274 for your required reservations.



## FRIDAY, APRIL 21 PARKINSON’S SUPPORT GROUP

**April is Parkinson’s Disease Awareness Month**

LCRH Small Dining Room, located in the basement of the hospital.

10:00-11:00 a.m.

Free lunch to follow.

Speaker: Adina Cook

Topic: Parkinson’s Disease 101 Update

A support group for persons diagnosed with Parkinson’s disease and their family and friends. For additional information please call (606) 678-3274.

## SATURDAY, APRIL 22

### MARCH OF DIMES - March for Babies

*Grace Baptist Church:*

Registration : 12:00 p.m.

Walk: 1:00 p.m.

**Donations for the March of Dimes will be accepted in the Senior Friends office through Friday, April 21, 2017.**

## SATURDAY, APRIL 25

### WALK, RUN, AND WAG YOUR TAIL 5K

Registration: 7:00-7:45 a.m.

Race Starts: 8:00 a.m.

The third race in the LCRH Journey to Fitness race series will begin at Burnside Elementary. Proceeds to benefit “Mandy’s Mission Dog Rescue”. More information available by visiting [www.LCRHJourneyToFitness.com](http://www.LCRHJourneyToFitness.com)