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<th>Sunday</th>
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<td>ALL EVENTS LISTED ARE FREE UNLESS OTHERWISE NOTED. An asterisk (*) indicates that registration is required. For more information, feel free to call WKU Aging at 270-745-3177.</td>
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<td>Bluegrass Jam at the Fraternal Order of Police, 5:30 pm (every Thursday)</td>
<td>BG Singles and Friends, Meets 6 pm every Fri, Info: 270-792-9780</td>
<td>Christmas Carriage Rides at Rockn B Farm 6-10pm $5 per rider; 606-309-3407</td>
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<td>Bead Night at Michael’s 3 – 5 pm, $5 + supplies Info: 270-393-2195</td>
<td>*Silver Sneakers Cardio at Bowling Green Parks &amp; Rec; M, W, F 9:45-10:30am Info &amp; rates: 270-393-3582</td>
<td>Great Books Discussion Group, Main Library 6 pm Info: 270-781-4882</td>
<td>Wii Bowling at Warren Co. Senior Ctr. at Community Action 9:00am; every Wed. Info: 270-783-4487</td>
<td>Line Dance Lessons at Ephram White Park Senior Ctr. 6pm, Every Mon/Thurs Info: 270-783-3171</td>
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<td>WKU Hardin Planetarium “When the Universe was Young” 2 pm each Sun. 7pm each Tues./Thurs.</td>
<td>&quot;The Best Friends App-roach: A Caregiver’s Guide&quot; Village Manor, 5pm Info: 270-796-6643</td>
<td>Zumba Gold at Ephram White Park Senior Ctr. 10:30am, Every Mon/Wed Info: 270-783-3171</td>
<td>Bluegrass Jam at the Fraternal Order of Police, 5:30 pm (every Thursday)</td>
<td>BINGO at the VFW 5 pm; every Friday</td>
<td>Country Music Night at Haywood Music Barn 7pm (2nd Sat.) (Bluegrass night on 4th Sat.) Info: 270-646-6023</td>
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<td>Bead Night at Michael’s 3 – 5 pm, $5 + supplies Info: 270-393-2195</td>
<td>*Silver Sneakers Classic at BG Parks &amp; Rec; Tues &amp; Thurs. 9:30-10:20am Info &amp; rates: 270-393-3582</td>
<td>*AARP Smart Driver Course, Med Ctr Health &amp; Wellness Ctr, 9am – 1pm Info: 270-745-0942</td>
<td>Line Dance Lessons at Ephram White Park Senior Ctr. 6pm, Every Mon/Thurs Info: 270-783-3171</td>
<td>BG Singles and Friends, Meets 6 pm every Fri, Info: 270-792-9780</td>
<td>Indoor Community Farmers Mkt. at 2319 Nashville Rd. Sat. 8am-1pm &amp; Tues. 2-6pm</td>
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<td>BINGO at the VFW 5 pm; every Friday</td>
<td>Country Dance &amp; Potluck at Ephram White Park Senior Ctr. 6-9p; $5; Info: 270-202-8910 (2nd &amp; 4th Sat.)</td>
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<td>WKU Hardin Planetarium “When the Universe was Young” 2 pm each Sun. 7pm each Tues./Thurs.</td>
<td>Cancer Support Group, Med Ctr Cancer Treatment Ctr. 5 pm, for info call 270-796-6512</td>
<td>*Alzheimer’s For Caregivers: Middle Stage Med Ctr Health &amp; Wellness Ctr. 1-3pm, Info: 1-800-272-3900</td>
<td>“Nutrition and Aging Tips and Trends” at Village Manor, 3pm Info: 270-796-6643</td>
<td>BG Singles and Friends, Meets 6 pm every Fri, Info: 270-792-9780</td>
<td>Country Line Dancing with a D.J., Ephram White Park Sr. Ctr. 6-9pm; ages 12+ welcome Info: 270-202-8910</td>
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Visit [www.wku.edu/aging/seniorevents](http://www.wku.edu/aging/seniorevents) for the most up-to-date events and information! The online calendar features over 100 events!!

This Senior Events calendar was developed by community volunteers and WKU students. For more information, visit [www.wku.edu/aging/seniorevents.php](http://www.wku.edu/aging/seniorevents.php)
Statement of Purpose: This bulletin is designed to inform citizens 50 and older in the Bowling Green area about events, programs and services offered that might be of interest. A group of citizens has formed as a result of the work of the Age Friendly Cities project to address what we see as an opportunity to communicate among a variety of organizations and the community of adults aged 50+. We would appreciate any feedback you may have. For comments or any additions you would like to see on next month’s flier, please email us at aging@wku.edu.

Warren County Parks & Recreation Department Senior Center at Ephram White Park (WCPRD)
Address: 855 Mt. Olivet Road Phone: (270) 783 – 3171 Regular Hours: 8:00 am – 5:00 pm
The Senior Center hosts many events and all services offered are FREE to anyone aged 55+.

Regular Events Offered at WCPRD Senior Center @ Mt. Olive:
Mondays & Wednesdays – Zumba Gold 10:30 – 11:15 am
Mondays & Thursdays – Line Dance Lessons 6:00 – 7:30 pm
Thursdays – Gospel Singing 12:00 – 2:00 pm

Community Action of Southern KY Senior Center
Address: 200 East Fourth Street Phone: (270) 783 – 4487 Regular Hours: 8:00 am – 2:00 pm
Regular Events Offered at Community Action of Southern KY Senior Center @ 4th Street:
Tuesdays – Bingo 11:00 am
Wednesdays – Wii Bowling 9:00 – 11:00 am

Medical Center: Senior Health Network
For a one-time membership fee of $10 any senior (55+) receives free health screenings, exercise programs and discounts on select programs/screenings offered through the Medical Center. For more information, call 270 – 745 – 1010.

Greenview Regional Hospital: Healthy Aging
Greenview’s Health & Wellness Program, H2U, is for individuals over the age of 50. The program cost is $20 per year. If you participate in just one monthly health screening, you have paid for your membership. For more information, call 270 – 793 – 5104.

Silver Sneakers
The Silver Sneakers fitness program is offered through the Bowling Green Parks and Recreation Department. For more information call 270 – 393 – 3582 and ask about special rates for seniors.

Schedule of Silver Sneakers Classes:
Silver Sneakers Classic: Tuesdays & Thursdays 9:30 – 10:20 am
Silver Sneakers Cardio: Mondays, Wednesdays, & Fridays 9:45 – 10:30 am
Silver Sneakers Yoga: Mondays, Wednesdays, & Fridays 10:40 – 11:30 am
Chair Yoga: Tuesdays & Thursdays 8:30 – 9:20 am

Businesses that Offer Senior Discounts (I.D. Required to Receive Discounts)
Note that information listed may not be accurate and not all businesses offering senior discounts are included. Please contact any business listed to verify accuracy of this information. WKU does not endorse or promote use of any business listed below. This list is provided for information only. If you have a business that offers discount services or products to seniors and would like to be listed below, please contact us at wkuaging@wku.edu.

- Kroger Senior Wednesdays: 5% off purchase every Wednesday
- Tea Room Café: 10% off (50+)
- Wendy’s: 10% off (55+)
- IHOP: 10% off (55+)
- Regal Cinemas: 30% off
- Kohl’s: 15% off (60+)
- Waffle House: 10% off every Mon. (60+)
- McDonald’s: discounts of coffee (55+)
- Big Lots: 10% off
- Southern Lanes: $2.75/game daily

Transportation Services
Community Action of Southern Kentucky offers a transportation service called GO bg transit at a discounted rate for seniors (60+). For more information, call 270-782-3162.

Community Action provides transport for people needing to go to a doctor's appointment or the grocery. There is a wheelchair-accessible bus (not part of the bus routes) that will pick up a person at their home. There is an application process and you must reside in the city of B. G., in a somewhat restricted district. There is a $4 charge/trip. For more information or an application form, call 270-782-3162.

Educational Opportunities
Community Education of Bowling Green Warren County, KY offers classes on a variety of subjects. For more information, call 270-842-4281 or visit their website www.commed.us.

WKU’s Society for Lifelong Learning will be launching its inaugural semester in the Spring of 2015. If you enjoy learning for the sake of learning, call 270-745-1910 or see http://www.wku.edu/sll/ for more information!

This Senior Events calendar was developed by community volunteers and WKU students. It is part of the Age Friendly Cities project supported by the City of Bowling Green and WKU Aging/Center for Gerontology. For more information see www.wku.edu/aging.