

**There's a Senior Center
near you!**

CONTACT US

Elsmere Center

179 Dell Avenue
Elsmere, KY 41018
(859) 727-2306

Ludlow Center

808 Elm Street
Ludlow, KY 41016
(859) 491-9245

Williamstown Center

(in the Williamstown
City Building)
400 North Main Street
Williamstown, KY 41097
(859) 824-6415

*Did you know that center facilities are
available to rent for your holiday & birth-
day parties, family reunions, staff retreats,
and other activities? Inquire today!*

ABOUT NKCAC

For more than 50 years Northern Kentucky Community Action Commission has created opportunities for low income individuals and families to develop the knowledge and resources they need to achieve self-reliance. Serving more than 25,000 annually, our comprehensive range of services include early childhood education, job training, energy and other financial assistance, child abuse prevention, affordable housing, weatherization, health care enrollment, senior centers, and educational services in eight (8) counties, with limited services in 16 additional counties.

For additional information about the NKCAC's
Senior Centers, visit our website at
www.nkcac.org

or call us at **800-783-6607** or **859-581-6607**.

*This information is made possible by State and Federal funding
provided by The Department for Aging and Independent Living.*

*Northern Kentucky Community Action Commission
helps low income individuals and families develop the
knowledge, opportunities, and resources they need to
achieve self-reliance.*

Donations are tax-deductible



717 Madison Avenue
Covington, KY 41011

Phone: 859 581-6607
Toll Free: 800 783-6607
Fax: 859 655-2949



SENIOR CENTERS



THE SENIOR CENTERS OF NORTHERN KENTUCKY

Northern Kentucky Community Action Commission is committed to serving the senior citizens in Northern Kentucky in an atmosphere that acknowledges today's seniors are independent, active, energetic and want to stay involved in the community through activities that will mirror that lifestyle.

With centers located in Elsmere, Ludlow and Williamstown, we offer a safe and affordable place to spend time engaged in meaningful activities that affirm the dignity and self-worth of older adults.

To qualify, a person must be at least 60 years old, and be independent in all areas of personal care and safety. Each of the centers charges a nominal membership fee to offset program expenses.



Ludlow Senior Center

HEALTHY LIFESTYLES FOR

Exercise on your own, or in a class! Each center has a variety of exercise equipment to keep you healthy and active. Exercise classes are also offered throughout the week, and include (varies by center):

- Line Dancing
- Yoga
- Strength Training
- Silver Sneakers
- Walking Programs
- Exercise Equipment available at all locations



Elsmere Senior Center

PROGRAMS AND ACTIVITIES

Our Centers are staffed with caring professionals who have experience and a passion for working with seniors. Seniors socialize and build lasting friendships while participating in fun and educational programming.

- Educational Programs
- Exercise
- Health Promotion Activities
- Technology access and training
- Day trips (at some locations)
- Bingo and other fun games
- Daily Lunches (upon request)
- Card Games, including Bridge, Euchre, Rummy, and other popular games
- Arts and Crafts – classes and projects
- Holiday Parties
- Potluck Meals
- Arts Programs, including dance, drama, literature, and music



Williamstown Senior Center