

March



News Notes

Walking

Monday-Friday 8:00-10:00 am
Armstrong Recreation Center
Don't forget to sign in!!

LUNCH PROGRAM

Monday, Wednesday, Friday, 11:15 am
Reservations required in advance
Cost: \$4.01 plus tax (\$4.25 total)



**Begins Tuesday, April 16th
at 12:00. If interested, please
sign up at the front desk.**

Tornado Safety Tips

Practice and Prepare

Know where you'll meet your family during the tornado (and after). Practice a tornado drill annually. Keep a weather radio in your storm shelter, along with safety supplies.

Seek Shelter

Go to your basement, a small interior room, or under stairs on the lowest floor of the house. If you live in a mobile home, get out and look for a stable building. If outside, find low ground—away from trees and cars—and lie face down with your arms protecting your head.

After the Storm

Stay away from downed power lines, and avoid flooded areas—power lines could be submerged and still live with electricity. Don't enter seriously damaged buildings and avoid using matches and lighters in case of gas leaks.



Source: National Oceanic and Atmospheric Administration and Funnel, Inc.

Know the Signs

Look for swirling clouds.

Watch for quick wind shifts or stark calm after heavy rain.

Listen for a loud roar or rumble that doesn't fade.

The Jeffersontown Arts Program
Presents

The Guilderooy Byrne Irish Celtic Band



Friday, March 15th, 2019
12:00 noon
Jeffersontown Senior Center Ballroom
10631 Watterson Trail
Reservations Required
Call 267-9112

AARP Tax Preparation February 5- April 11th

**Every Tuesday & Thursday
9:30 a.m. – 1:30 p.m.
Doors open at 8:00 a.m.
No appointments;
first come, first served basis.**

**Jeffersontown Senior Citizens Center
10631 Watterson Trail
Jeffersontown, KY 40299
(502) 267-9112
Monday-Friday
Open 8:00 am – 3:00 pm
Activities End 2:30 pm
Jeffersontownky.gov**