

# April




# News Notes

## Walking

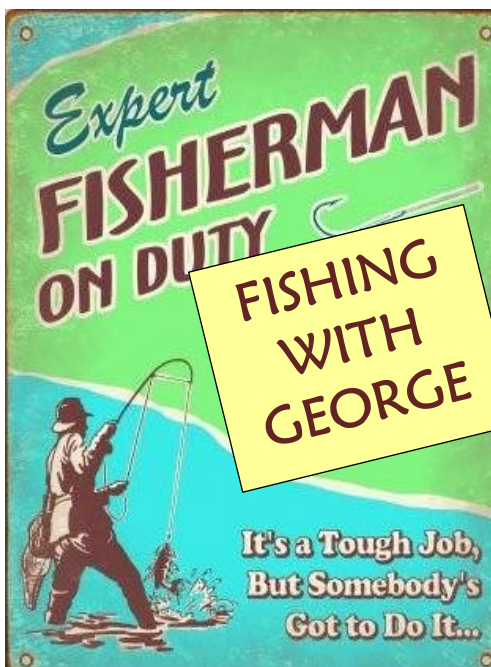
Monday-Friday 8:00-10:00 am  
Armstrong Recreation Center  
Don't forget to sign in!!

## LUNCH PROGRAM

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



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



**May need an up-to-date fishing license.**

**Bring your own lawn chair and a sack lunch. Don't forget sunscreen.**

**Cost - \$5**  
Includes fishing poles, bait and water bottles

**Tuesday, April 30<sup>th</sup>**  
(Weather Permitting)

**Lake to be determined**

**Arrive at Center by 8:30 a.m.**  
**Leave Center at 9:00 a.m.**  
**Return to Center at approximately 2:00 p.m.**

**SPACE IS LIMITED!! Please sign up at front desk.**

**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**


### **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.

**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.



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