March 2020

Florence Senior Activity Center
7431 U.S. 42
Florence, KY

Center Manager
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Assistant Mgr.
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Building & Fitness Room Hours
Monday - Friday
8:30a – 3:00p

Attention:
Please arrive early for any scheduled presentations. No one will be permitted in, after the presentation starts. Thank you for your cooperation.

Lunch:
Please order Wesley hot lunch
1 Day in advance
Lunch arrives 11:30

2) 9:00 – Mah-Jong / Wii Bowl
9:30 – Silver Sneaker Yoga
11:45- Tai – Chi
1:00- Sign Language Review
1:00- Advanced Fitness

8) Sunday
DAYLIGHT SAVINGS TIME

9) 9:00 – Mah-Jong / Wii
9:30 – SS Yoga
11:45- Tai – Chi
12- Cards w Deb $1
1:00- Sign Language Review
1:00 – Advanced Fit

16) Commodities
9:00 – Mah-Jong / Wii Bowl
9:30 – Silver Sneaker Yoga
11:45- Tai – Chi
1:00- Sign Language Review
1:00- Advanced Fit

20) CINCY For The Blind
9:00- Mah-Jong
9:30 Dance Fit
12:30- BINGO

21) SATURDAY
8:00 am
Day Trip
Bardstown
Lunch Train

23) 9:00 – Mah-Jong / Wii Bowl
9:30 – Silver Sneaker Yoga
11:45- Tai – Chi
1:00- Sign Language Review
1:00- Advanced Fit

24) 9:15 – Silver Sneaker Classic
10:15 – Chair Volleyball
11:00- Canasta / Hand & Foot
12:30- Art Lessons

25) 9:00- Wii Bowling
9:30- Gentle Yoga
10:35- Tai Chi
11:35- Silver Sneaker Yoga
10:00- Massage New Beginning
10:35- Tai Chi
11:35- Silver Sneaker Yoga
12:00- Nutrition Education
12:30- BINGO

26) 9:15- Silver Sneakers
10:15- Chair Volleyball
11:00- Canasta / Nickels
11:30-Intro. Line Dance
12:00- Line Dancing

30) 10am Wii Tourney @ Florence
9:00 – Mah-Jong / Wii Bowl
9:30 – Silver Sneaker Yoga
11:45- Tai – Chi
1:00- Sign Language Review
1:00- Advanced Fitness

31) 9:15 – Silver Sneaker Classic
10:15 – Chair Volleyball
11:00- Canasta / Hand & Foot
12:30- Art Lessons

Sock Hop w Elvis
TICKETS NOW ON SALE $20
Date: Saturday April 25, 2020
Time: 3pm
Location: YMCA RC DURR

6) 9:00- Wii Bowling
9:00- Mah-Jong
9:30 Dance Fitness Class
12:30- BINGO

13) 9:00- Wii Bowling
9:00- Mah-Jong
9:30 Dance Fitness Class
12:30- BINGO

18) 9:00- Wii Bowling
9:30- Gentle Yoga
10:35- Tai Chi
11:35- Silver Sneaker Yoga
12:00- Nutrition Education
12:30- BINGO

3) 9:15 – Silver Sneaker Classic
10:15 – Chair Volleyball
11:00- Canasta / Hand & Foot
12:30- Art Lessons

4) 9:00- Wii Bowling
9:30- Gentle Yoga
10:35- Tai Chi
11:35- Silver Sneaker Yoga
11:00- Healthy Living For The Body & Brain- Alzheimer Assoc
12:30- BINGO

5) 9:15- Silver Sneakers
9:30- Hair Cuts- Sammy
9:30 Health Screening Ruwe
10:15- Chair Volleyball
11:00- Canasta / Nickels
11:30-Intro. Line Dance
12:00- Line Dancing

11) 9:00- Wii Bowling
9:30- Gentle Yoga
10:00- Massage New Beginning
10:35- Tai Chi
11:35- Silver Sneaker Yoga
12:30- BINGO

12) 9:15- Silver Sneakers
10:15- Chair Volleyball
11:00- Canasta / Nickels
11:30-Intro. Line Dance
12:00- Line Dancing

19) 9:15- Silver Sneakers
10:15- Chair Volleyball
11:00- Canasta / Nickels
11:30-Intro. Line Dance
12:00- Line Dancing

27) LUNCH & LEARN
9:00- Mah-Jong / Wii Bowling
9:30 Dance Fitness Class
11:30 LUNCH & LEARN- Annuities 101 By: Zois Group
Must Sign-Up
12:30- BINGO

*** DAY TRIP ***
Butler State Park
Lunch and Learn $15
Monday April 13th
Penguin Visit Newport Aquarium