



September 2024



Adding Life To Your Years

Note: Please call only 1 day in advance to reserve a seat for exercise classes.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Skees Senior Activity Center 7431 U.S. 42 Florence, KY</p> <p>Activities for 60 and Over</p> <p>Center Manager Jeannie Hoffman JHoffman@myy.org</p> <p>Assistant Mgr. Teresa Taylor Ttaylor@myy.org</p> <p>Building Hours Fitness Room Monday - Friday 8:30a –2:30p (859) 282-4061 Facebook Page: Boone Ky Senior</p> <p>\$1 Meals on Wheels Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request Must be eaten at center</p>	<p>2)  Center Closed 8:00 am 1st Niagara Falls trip leaves from RC Durr</p>	<p>3) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>4) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Pizza Snack  12:30 - Bingo</p>	<p>5) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>6) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
	<p>9) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>10) 9:00-10:00 Flu Shots w/ Kroger Pharmacy RSVP 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>11)  37th Annual Boone County Senior Picnic Boone County Fairgrounds-9:00 am Center Closed</p>	<p>12) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>13) 9:00- Mah-Jong 9:30 –Dance Fit 10:30 Advisory Council 12:30- Bingo</p>
	<p>16) Commodities 9:00- Mah-Jong 12:30- Art Lessons 8:00 am 2nd Niagara Falls trip leaves from RC Durr</p>	<p>17) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>18) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. With Diane Mason 12:30- Bingo</p>	<p>19) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>20) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
	<p>23) 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>24) 9:30 -11:30 Flu Shots w/ Kroger Pharmacy RSVP 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>25) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<p>26) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>27) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch & Learn- Medicare Changes w/Wendy Kobler. RSVP, sign up @desk 12:30- Bingo</p>
	<p>30) 9:00- Mah-Jong 12:30- Art Lesson</p>				