

April – 2017

Florence Senior Activities Center	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.</p> <p>7431 U.S. 42 Florence, KY</p> <p>Phone: (859) 282-4061</p> <p>Fax: (859) 282-4065</p> <p>Hours of Operation Monday Wed- Thurs & Friday 8:30a –3:00p Tuesdays 8:30a- 5:00p</p> <p>Center Manager Christine Miskell CMiskell@myy.org</p> <p>Assistant Mgr. Jeannie Hoffman JHoffman@myy.org</p>	<p>Sock Hop Tickets \$12 (Space is Limited) RC Durr - Sat. April 29th at 3:00p Elvis, Dancing, Dinner, Raffles</p>	<p>Up Coming Trips April 5 Belterra (Full) May 25 Shaker Village Lunch/Tours May 31 Senior Health Fair-RC Durr June 15 La Comedia- Sister Act</p>	<p>**Now** taking reservations for Atlantic City / Cape May Trip 7 Days / 6 Nights September 23 – 29, 2017 More Info at the front desk</p>	<p>Please sign up at the front desk if you plan to attend any trips, special events or lunches</p>	<p>Attention: If you would like assistance to schedule a free hearing test at Sams (283-0063), <i>we are happy to help</i></p>
	<p>3 9:00 – Mah-Jong 9:30 –Silver Sneaker Yoga Stretch 10:30 – Chair Volleyball Team Practice 10:30- Fitness Room Instruction 11:45 – Tai – Chi 12:00 – Euchre 1:00 – Advanced Fitness</p>	<p>4 Volleyball Competition 9:00- Traveling to Carroll County Grill out Lunch at Carroll Center 9:15 – Silver Sneaker Classic 11:00 –Cards 1:00 – Art Lessons 4:00 - Zumba</p> 	<p>5 9:00- 2:00 Belterra Trip ** BINGO CANCELED TODAY ** 9:30 – Tai-Chi For Arthritis 10:00 – Ruwe Pharmacy Free Blood Pressure & Sugar Checks 10:30- Sign Language Class 12:30 – Gentle Yoga</p> 	<p>6 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>7 9:00 – Wii Bowling / Mah-Jong 10:00 – Zumba Gold 10:30- The Ins and Outs of Your iPhone Class Sponsored by: Boone Co. Library 11:15- Lunch & Learn (Snappy Pizza & Salad) 11:30 **** Refuse To Be A Victim Part 1 of 3 **** Presented by: The NRA Foundation 12:30 – Bingo</p>
	<p>10 9:00 – Mah-Jong 9:30 –Silver Sneaker Yoga Stretch 10:30 – Fitness Room Instruction / Wii 11:45 – Tai – Chi 12:00 – (8 Hand) Euchre Tourney 12:00 – Make Greeting Cards with Deb 1:00- Advanced Fitness</p> 	<p>11 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Canasta /Scrabble 1:00 – Art Lessons 4:00 - Zumba (Canceled)</p>	<p>12 9:30 – Tai-Chi For Arthritis 10:30- Sign Language Class 10:00 – Massage 11:00- Easter Lunch /Spring Raffle 12:00- Dare to Drive Safely- Library 12:30 – Bingo 12:30 – Gentle Yoga</p> 	<p>13 9:15- Silver Sneaker Classic 9:30 - Hair Cuts / Sassy Salon 10:30 – Chair Volleyball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>14 Good Friday Center Closed</p> 
	<p>17 Commodity Day 9:00 – Mah-Jong 9:30 –Silver Sneaker Yoga Stretch 10:30- Fitness Room Instruction / Wii Bowl 11:45 – Tai – Chi 12:00 – Euchre 1:00 – Advanced Fitness</p>	<p>18 9:15 –Silver Sneaker Classic 10:30 – Chair Volleyball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba</p>	<p>19 9:00- Wii Bowling 9:30 – Tai-Chi For Arthritis 10:30- Sign Language Class 11:00- Mexican Dominos 12:00 - Nutrition Ed- Extension Office 12:30 – Bingo 12:30 – Gentle Yoga</p>	<p>20 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 10:30 – Ruwe Pharmacy- Free Pressure & Sugar Checks 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>21 Cincinnati Assoc. Blind, (by appointment only 513-221-8558) 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:30 - Bingo</p>
	<p>24 Wii Bowling Tournament At Independence Senior Center 9:00 – Mah-Jong 9:30 –Silver Sneaker Yoga Stretch 10:30 – Fitness Room Instruction 11:45 – Tai – Chi 1:00 – Advanced Fitness</p> 	<p>25 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Advisory Council 11:00– Canasta / Scrabble 1:00– Art Lessons 4:00– Zumba</p>	<p>26 9:00 – Wii Bowling 9:30 – Tai-Chi For Arthritis 10:00 – Massage / New Beginnings 10:30- Sign Language Class 11:15- Medicare & Snacks- Aetna 12:30 – Bingo 12:30 – Gentle Yoga</p>	<p>27 9:15 Silver Sneaker Classic 10:30 – Chair Volleyball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>28 9:00 – Wii Bowling 9:00 – Mah-Jong 10:00 – Zumba Gold 12:00- Medicare for Diabetics and Heart Disease by Seniors First Care Advisors 12:30 – Bingo & Raffle</p> <p>29 Saturday SOCK HOP RC Rurr @ 3:00</p>  <p>PRESLEY</p>