

**Florence Senior  
Activities Center**  
Fosters independence and  
wellbeing of seniors by  
offering a wide variety of  
social, recreation and  
physical activities.

**7431 U.S. 42  
Florence, KY**

**Phone:**  
(859) 282-4061

**Fax:**  
(859) 282-4065

**Hours of Operation**  
Monday Wed- Thurs &  
Friday  
8:30a –3:00p  
Tuesdays 8:30a- 5:00p

**Center Manager**  
Christine Miskell  
[CMiskell@myy.org](mailto:CMiskell@myy.org)

**Assistant Mgr.**  
Jeannie Hoffman  
[JHoffman@myy.org](mailto:JHoffman@myy.org)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>***Festival Of Trees***</b> Elsmere Senior Center Fundraiser 10:00am to 8:00pm <b>Saturday</b> November 12<sup>th</sup> 2016 "A Gift of Lights and Love" 4ft Themed Trees &amp; Wreaths</p> 	<p><b>1</b> 9:15 – <i>Silver Sneaker</i> 10:30 – Chair Volley Ball <b>11:00- Advisory Council</b> 11:30 –Cards / Canasta 1:00 – Crafts- Sock Snowmen (Must Sign-Up) 4:00 - Zumba</p>	<p><b>2</b> 9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> 10:30- Sign Language Class 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p>	<p><b>3</b> 9:15 <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p><b>4</b> 9:00 – Wii Bowling, Mah-Jong 10:00- Zumba Gold <b>11:30- B-day Cake Magnolia Springs</b> <b>12:00- Author Jon Hartman</b> <b>"Getting Your Affairs In Order"</b> 12:30 – Bingo</p>
	<p><b>6 Sunday- 2 am</b> <b>Set clocks Back</b> <b>1 Hour</b> <b>Daylight Savings</b></p> 	<p><b>7</b> 9:00 – SS <i>Yoga Stretch</i> 9:00 – Mah-Jong 10:00- Fitness Room Instruction 10:00- Wii Bowling 11:00 – Euchre 11:45 – <i>Tai - Chi</i> 1:00 – <i>Advanced Fitness</i></p>	<p><b>8</b> 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 –Cards / Canasta <b>11:15- Balance Workshop / Evidence Based- Genteva</b> 1:00 – Crafts- Painted Apron (Must Sign-Up) 4:00 - Zumba</p>	<p><b>9</b> 9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> <b>10:00 – Massage/New Beginnings</b> 10:30- Sign Language Class 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p>	<p><b>10</b> 9:15 – <i>Silver Sneaker Classic</i> 9:30 - <b>Hair Cuts/Sassy Salon</b> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>
	<p><b>14</b> 9:00 – <i>Silver Sneaker Yoga Stretch</i> 9:00 – Mah-Jong 10:00 – Fitness Room Instruction 10:00 – Wii Bowling / Euchre <b>12:00 – Cards with Deb</b> 11:45 – <i>Tai – Chi with Bobbie Hughes</i> 1:00- <i>Advanced Fitness</i></p>	<p><b>15</b> 9:15 – <i>Silver Sneaker</i> 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Crafts- Painted Ornaments (Must Sign-Up) 4:00 - Zumba</p>	<p><b>16 8:00 Free Carotid Artery Screening By Appointment Only- 859-301-9355</b> 9:30 – <i>Tai-Chi For Arthritis</i> 10:30- Sign Language Class <b>12:00-Nutrition- Boone Co. Extension</b> 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p>	<p><b>17</b> 9:15- <i>Silver Sneaker</i> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i> <b>12:00–Free Cholesterol &amp; Health Clinic- Baptist Health</b></p>	<p><b>18 Cincinnati Assoc. Blind, (by appointment only)</b> 9:00 – Wii Bowling 9:00 - Mah-Jong 10:00- Zumba Gold 12:30 - Bingo</p>
	<p><b>21 ***Commodity Day***</b> <b>9:00 – SS Yoga Stretch (Class Canceled)</b> 9:00 – Mah-Jong 10:00- Fitness Room Instruction 10:00- Wii Bowling / Euchre 11:45 – <i>Tai – Chi with Bobbie Hughes</i> 1:00 – <i>Advanced Fitness</i></p>	<p><b>22</b> 9:15 –<i>Silver Sneaker</i> 10:30 – Chair Volley Ball 11:00 – Canasta <b>11:00- Thanksgiving Pizza Party Sponsor: Domino's</b> 1:00 – Crafts- Greeting Cards 4:00 – Zumba</p>	<p><b>23</b> 9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi with Bobbie Hughes</i> <b>10:00 – Massage/New Beginnings</b> 10:30- Sign Language Class 11:00- Mexican Train Dominoes 12:30 – Bingo <b>12:30 – Gentle Yoga (Class Canceled)</b></p>	<p><b>24</b> <b>Closed</b> </p>	<p><b>25</b> <b>Closed</b> </p>
	<p><b>28 Hosting Wii Bowling Tournament</b> Lunch Sponsored by: <b>Olive Garden &amp; Buca di Beppo</b> <b>9:00 – Silver Sneaker Yoga (Computer Room)</b> 9:00 – Mah-Jong / Euchre 11:45 – <i>Tai – Chi with Bobbie Hughes</i> 1:00 – <i>Advanced Fitness</i></p>	<p><b>29</b> 9:15 – <i>Silver Sneaker</i> 10:30 – Chair Volley Ball 11:00– Canasta 1:00– Craft- Wineglass Candleholder (Must Sign-Up) 4:00– Zumba</p>	<p><b>30 *** TRIP to Potter's Ranch ***</b> <b>Lunch &amp; KY Dulcimers Music</b> 9:30 – <i>Tai-Chi For Arthritis</i> <b>11:30- Western &amp; Southern Life</b> 12:30 – Bingo 12:30– <i>Gentle Yoga</i></p>	<p><b>Weather Notice</b> The Center will be closed whenever Boone County Schools are closed due to inclement weather.</p>	<p><b>Special Events – November</b> 4<sup>th</sup> - Author Jon Hartman 8<sup>th</sup> – Balance Workshop 11<sup>th</sup> Veterans Lunch 16<sup>th</sup> –Mobile Carotid Artery St. E Hospital 22<sup>nd</sup> Thanksgiving Pizza Party 30<sup>th</sup>- Trip to Potter's Ranch</p>