






Florence Senior Center	Monday	Tuesday	Wednesday	Thursday	Friday				
<p>7431 U.S. 42 Florence, KY</p> <p>Center Manager Christine Miskell CMiskell@myy.org</p> <p>Assistant Mgr. Jeannie Hoffman JHoffman@myy.org</p> <p>Phone: (859) 282-4061</p> <p>Fax: (859) 282-4065</p> <p>Building & Fitness Room Monday - Friday 8:30a - 2:30p</p> <p>Lunch: Menu At Desk Please call the center to order Meals on Wheels lunch 1 Day in advance before 1pm Lunch arrives 11:30 \$3 Donation</p>	<p>Take Note: # Must Wear A Mask While In Center # Sign-up is required to attend the 10/22 Lunch & Learn # Call One Day In Advance To Reserve a Spot For Exercise # Grandchildren Not Permitted At This Time # Bring Your Own Snack and Drink If Needed- No Sharing</p>		<p>Sign-up by 10/19</p> 	<p>1) 9 – 2 Private Sewing Group 9:30 –Dance Fit 12:30- BINGO **No Mah-Jong Today**</p>					
					<p>4) 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>5) 9:15 – Silver Sneaker Yoga 10:00- Canasta/Cards 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance</p>	<p>6) 10:45- Gentle Mat Yoga 12:30- Bingo</p>	<p>7) 10:00 – Canasta & Cards 10:00 – Chair Volleyball 12- Silver Sneaker Classic</p>	<p>8) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO</p>
					<p>11) 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>12) 9:15 – Silver Sneaker Yoga 10:00- Canasta/Cards 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance</p>	<p>13) 10:00 Virtual Nutrition-Bok-Choy with Diane Mason Boone Extension 10:45-Gentle Mat Yoga 12:30- Bingo</p>	<p>14) 10:00 – Canasta & Cards 10:00 – Chair Volleyball 12- Silver Sneaker Classic</p>	<p>15) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO</p>
					<p>18) Commodities 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>19) 9:15 – Silver Sneaker Yoga 10:00- Canasta/Cards 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance</p>	<p>20) 10:45- Gentle Mat Yoga 12:30- Bingo</p>	<p>21) Today  10 – 11 Flu Shots- Ruwe 10:00 – Canasta & Cards 10:00 – Chair Volleyball 12- Silver Sneaker Classic</p>	<p>22) LUNCH AND LEARN 9:00- Mah-Jong 9:30 – Dance Fit 11:00- Lunch and Learn provided by Senior Services Alliance **Sign-Up / Space is Limited** 12:30- BINGO</p>
					<p>25) 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>26) 9:15 – Silver Sneaker Yoga 10:00- Canasta/Cards 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance</p>	<p>27) 10:45- Gentle Mat Yoga 12:30- Bingo</p>	<p>28) 10:00 – Canasta & Cards 10:00 – Chair Volleyball 12- Silver Sneaker Classic</p>	<p>29) 9:00- Mah-Jong 9:30 – Dance Fit 12:15-Halloween Give-A-Ways Costumes Welcome (Just for Fun) 12:30- BINGO *Halloween Treat* at the end of the day</p>

Note: There is hand sanitizer and wipes throughout the center for your use. Please do your part by sanitizing any equipment / tables / chairs that you use during your visit. Please remember to wash / sanitize your hands often. Thank you for your help by providing a safe environment.

