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| logoFlorence May 2022  **Adding Life To Your Years** | | | | | |
| **Skees Senior**  **Activity Center**  **7431 U.S. 42**  **Florence, KY**  **Center Manager**  Christine Miskell  [CMiskell@myy.org](mailto:CMiskell@myy.org)  **Assistant Mgr.**  Jeannie Hoffman  [JHoffman@myy.org](file:///C:\Users\gherbert\Desktop\Calendars\JHoffman@myy.org)  **Phone:**  (859) 282-4061  **Building & Fitness Room**  Monday - Friday  8:30a –2:30p  **Meals on Wheels**  **$1 Donation**  **Call the center 48 hrs ahead to reserve meal.**  **Lunch arrives 11:30**  **Meal must be eaten at the center.** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2)  9am Breakfast Bingo  Self-Drive to Story Point    9:00- Mah-Jong  10:00 Cards  12:30- Art Lessons | 3)  9:15 – Silver Sneaker Yoga  10:30- Cards  10:30 –Silver Sneaker  11:45- Beginner Line Dance  12:15- Regular Line Dance | 4)  9:00 – Bridge Class  10:45- Gentle Mat Yoga  12:30- Bingo | 5)  9:30- Tai Chi Arthritis  10:30 –Cards  12- Silver Sneaker Classic  1:00 – Chair Volleyball | 6)  **No Mah-Jong Today**  9:00 Private Sewing Group  9:30 –Dance Fit  **11:00**  **Hosted By Humana**  RSVP- Must Attend the Learn to Have the Lunch  12:30- BINGO |
| 9)  9:00- Mah-Jong  10:00 Cards  12:30- Art Lessons | 10)  9:15 – Silver Sneaker Yoga  10:30- Cards  10:30 –Silver Sneaker  11:45- Beginner Line Dance  12:15- Regular Line Dance | 11) 9:00 – Bridge Class  10:45- Gentle Mat Yoga  11:00- **Discovering Your**  **Tree**  12:30- Bingo | 12)  9:30- Tai Chi Arthritis  10:30 –Cards  12- Silver Sneaker Classic  1:00 – Chair Volleyball | 13)  9:00- Mah-Jong  9:30 –Dance Fit  12:30- BINGO |
| 16) Commodities  9:00 Mah-Jong  10:00 Cards  12:30 Art Lessons | 17)  9:15 – Silver Sneaker Yoga  10:30- Cards  10:30 –Silver Sneaker  11:45- Beginner Line Dance  12:15- Regular Line Dance | 18) **Derby Dinner Trip**  **9am Pick-up at RC Durr**  9:00 Bridge Class  10:45-Gentle Mat Yoga  **12:00-Nutrition Ed**  **with Diane Mason**  12:30- Bingo | 19)  9:30- Tai Chi Arthritis  10:30 –Cards  12- Silver Sneaker Classic  1:00 – Chair Volleyball | 20)  9:00- Mah-Jong  9:30 –Dance Fit  12:30- BINGO |
| 23)  9:00- Mah-Jong  10:00 Cards  12:30- Art Lessons | 24)  9:15 – Silver Sneaker Yoga  10:30- Cards  10:30 –Silver Sneaker  11:45- Beginner Line Dance  12:15- Regular Line Dance | 25)  9:00 – Bridge Class  10:45- Gentle Mat Yoga  12:30- Bingo | 26)  9:30- Tai Chi Arthritis  10:30 –Cards  12- Silver Sneaker Classic  1:00 – Chair Volleyball | 27)  9:00- Mah-Jong  9:30 –Dance Fit  12:30- BINGO |
| 30) **Center Closed**  **Memorial Day** | Download Flower Spring Tree Branch Flowers With Clipart PNG Free |  FreePngClipart31)  9:15 – Silver Sneaker Yoga  10:30- Cards  10:30 –Silver Sneaker  11:45- Beginner Line Dance  12:15- Regular Line Dance | May is national stroke awareness month stroke Vector ImageDownload Flower Spring Tree Branch Flowers With Clipart PNG Free |  FreePngClipart | | **RSVP at the Front Desk**  **Lunch & Learn**  **Friday June 3rd @ 11am**  **Hosted by:**  **Bluegrass Navigators**  \*\* To receive a lunch,  You must be at the presentation |

**Note:** Please call only 1 day in advance to reserve a spot for exercise classes. Remember to bring your own drink / snack if needed. 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.