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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 MiskellCMiskell@myy.org**Assistant Mgr.**Jeannie Hoffman[JHoffman@myy.org](file:///C%3A%5CUsers%5Cgherbert%5CDesktop%5CCalendars%5CJHoffman%40myy.org)**Phone:**(859) 282-4061**Building & Fitness Room** Monday - Friday8:30a –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 BingoSelf-Drive to Story Point9:00- Mah-Jong10:00 Cards12:30- Art Lessons | 3)9:15 – Silver Sneaker Yoga10:30- Cards10:30 –Silver Sneaker 11:45- Beginner Line Dance12:15- Regular Line Dance | 4)9:00 – Bridge Class 10:45- Gentle Mat Yoga12:30- Bingo | 5) 9:30- Tai Chi Arthritis 10:30 –Cards12- Silver Sneaker Classic1:00 – Chair Volleyball | 6)  **No Mah-Jong Today**9:00 Private Sewing Group9:30 –Dance Fit**11:00****Hosted By Humana**RSVP- Must Attend the Learn to Have the Lunch12:30- BINGO |
| 9) 9:00- Mah-Jong10:00 Cards12:30- Art Lessons | 10) 9:15 – Silver Sneaker Yoga10:30- Cards10:30 –Silver Sneaker 11:45- Beginner Line Dance12:15- Regular Line Dance | 11) 9:00 – Bridge Class 10:45- Gentle Mat Yoga11:00- **Discovering Your**  **Tree**12:30- Bingo | 12) 9:30- Tai Chi Arthritis 10:30 –Cards12- Silver Sneaker Classic1:00 – Chair Volleyball | 13) 9:00- Mah-Jong9:30 –Dance Fit12:30- BINGO |
| 16) Commodities9:00 Mah-Jong10:00 Cards12:30 Art Lessons | 17)  9:15 – Silver Sneaker Yoga10:30- Cards10:30 –Silver Sneaker 11:45- Beginner Line Dance12:15- Regular Line Dance | 18) **Derby Dinner Trip****9am Pick-up at RC Durr**9:00 Bridge Class10:45-Gentle Mat Yoga**12:00-Nutrition Ed**   **with Diane Mason**12:30- Bingo | 19)9:30- Tai Chi Arthritis10:30 –Cards12- Silver Sneaker Classic1:00 – Chair Volleyball | 20) 9:00- Mah-Jong 9:30 –Dance Fit12:30- BINGO |
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| 30) **Center Closed** **Memorial Day** | Download Flower Spring Tree Branch Flowers With Clipart PNG Free |  FreePngClipart31) 9:15 – Silver Sneaker Yoga10:30- Cards10:30 –Silver Sneaker 11:45- Beginner Line Dance12:15- 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.