

Skees Senior Activity Center 7431 U.S. 42 Florence, KY	Monday	Tuesday	Wednesday	Thursday	Friday
Center Manager Christine Miskell CMiskell@myy.org Assistant Mgr. Jeannie Hoffman 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.	1) ** Boone County ** Senior Picnic Tickets \$6 each Only Monday 1st Sales Are Entered for \$100 Gift Card. Candy Land Theme 9:00 Mah-Jong 12:30 Art Lesson 	2) 9:15 – Silver Sneaker Yoga 10:30- Cards 10:30 –Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	3) 9:00 – Bridge Class 10:45- Gentle Yoga-DVD 12:30- Bingo	4) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	5) No Mah-Jong Today 9:00 Private Sewing Group 9:30 –Dance Fit 11:00- Brighton Center- Info  12:30- BINGO
	8) 9:00 Mah-Jong 12:30 Art Lessons	9) 9:15 – Silver Sneaker Yoga 10:30- Cards 10:30 –Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	10) 9:00 – Bridge Class 10:45- Gentle Mat Yoga 12:30- Bingo	11) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	12) 9:00- Mah-Jong 9:30 –Dance Fit 11:00- LUNCH AND LEARN Home Watch Care Givers RSVP- Must Attend the “Learn” to receive “Lunch” 12:30- BINGO
	15) Commodities 10a Meet and Greet at RC Durr Center #1 Bus for Sept. 12-15 Biltmore Trip 9:00 Mah-Jong 12:30 Art Lessons	16) 9:15 – Silver Sneaker Yoga 10:30- Cards 10:30 –Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	17) 9:00 – Bridge Class 10:45-Gentle Mat Yoga 12:00-Nutrition Ed with Diane Mason 12:30- Bingo	18) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	19) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO
	22) 9:00- Mah-Jong 10:00- Medicare Updates Legal Aid of Bluegrass  12:30- Art Lessons	23) 9:15 – Silver Sneaker Yoga 10:30- Cards 10:30 –Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	24) 9:30-12:00 4th Wednesday Bridge Game 10:45-Gentle Mat Yoga 12:30- Bingo	25) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	26) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Get a free Narcan training and kit Host: Brighton Center Office of Drug Control 12:30- BINGO
	29) 10a Meet and Greet at RC Durr Center #2 Bus Sept. 26-29 Biltmore Trip 9:00 Mah-Jong 12:30 Art Lessons	30) Line Dance Canceled 9:15 – Silver Sneaker Yoga 10:30- Cards 10:30-Silver Sneaker Video 1:30- Chair Volleyball	31) 9:00 – Bridge Class 10:45-Gentle Mat Yoga 12:30- Bingo		

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.