








## Adding Life To Your Years

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Skees Senior Activity Center</b> 7431 U.S. 42 Florence, KY</p> <p>Activities for Seniors 60 and Over</p> <p><b>Center Manager</b> Christine Miskell <a href="mailto:CMiskell@myy.org">CMiskell@myy.org</a></p> <p><b>Assistant Mgr.</b> Jeannie Hoffman <a href="mailto:JHoffman@myy.org">JHoffman@myy.org</a></p> <p><b>Phone:</b> (859) 282-4061</p> <p><b>Building Hours</b> All Day Fitness Room Monday - Friday 8:30a - 2:30p</p> <p><b>Meals on Wheels</b> \$1 Donation Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal must be eaten at the center.</p>	<p><b>RSVP Day Trips</b> Cash Only at sign-Up Space Is Limited</p> <p>22<sup>nd</sup> Historic Gaines House Tea &amp; Tour \$30 ( Self-Driven ) 29<sup>th</sup> Belterra Casino \$35 Bring \$\$ for Lunch &amp; Play</p>	<p>1) 9:15 <b>Chair Yoga- Video</b> 10:30 Cards 10:30 Silver Sneaker Classic 11:45 Beginner Line Dance 12:15 Regular Line Dance 1:30 Chair Volleyball</p>	<p>2) <b>Day Trip (10am)</b> Brunch at Cracker Barrel 1pm A Self Portrait (Sold-out)</p> <hr/> <p>9:00 Bridge Class 10:45 Gentle Yoga 12:30 Bingo</p>	<p>3) <b>9:30 Tai Chi- Video</b> 10:30 Cards <b>12 Slvr Sneaker Video</b> 1:00 Chair Volleyball</p>	<p>4) No Mah-Jong Today 9:00 Private Sewing Group 9:30 Dance Fit <b>11:00 Lunch &amp; Learn</b> Hosted By Chambers &amp; Grubbs RSVP- Must Attend the "Learn" to receive "Lunch" 12:30- BINGO</p> 
	<p>7) 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>8) 9:15 Silver Sneaker Yoga 10:30 Cards 10:30 Silver Sneaker Classic 11:45 Beginner Line Dance 12:15 Regular Line Dance 1:30 Chair Volleyball</p>	<p>9) 9:00 Bridge Class 10:45 Gentle Mat Yoga 12:30 Bingo</p>	<p>10) 9:30 Tai Chi Arthritis 10:30 Cards 12 Slvr Sneaker Classic 1:00 Chair Volleyball</p> 	<p>11) <b>Salute to Our Veterans</b> 9:00 Mah-Jong / No Dance Fit <b>11:30 Veteran Tribute</b> 12:30 BINGO <b>3pm to 6pm- I Have Wings</b> Jewelry Sale See Flyer</p> 
	<p>14) 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>15) 9:15 Silver Sneaker Yoga 10:30 Cards 10:30 Silver Sneaker Classic 11:45 Beginner Line Dance 12:15 Regular Line Dance 1:30 Chair Volleyball</p>	<p>16) <b>9:00 3<sup>rd</sup> Wed. Bridge Game</b> 10:45 Gentle Mat Yoga <b>12:00 Nutrition Ed with Diane Mason</b> 12:30 Bingo</p>	<p>17) 9:30 Tai Chi Arthritis 10:30 Cards 12 Slvr Sneaker Classic 1:00 Chair Volleyball</p>	<p>18) 9:00 Mah-Jong 9:30 Dance Fit <b>11:00 Thanksgiving Lunch</b> Hosted By Colonial Heights RSVP- Must Attend the "Learn" to receive Lunch 12:30 BINGO</p> 
	<p>21) Commodities</p> <p>9:00 Mah-Jong 12:30 Art Lessons</p>	<p>22) <b>Historic Gaines House 11am Tea &amp; Tour (sold out)</b> 9:15 Silver Sneaker Yoga 10:30 Silver Sneaker Classic 11:45 Beginner Line Dance 12:15 Regular Line Dance 1:30 Chair Volleyball</p> 	<p>23) 9:00 Bridge Class 10:45 Gentle Mat Yoga 12:30 Bingo</p>	<p>24) &amp; 25) <b>Center Closed</b></p> 	
	<p>28) 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>29) <b>CASINO BUS TRIP 9:00</b> 9:15 Silver Sneaker Yoga 10:30 Silver Sneaker Classic 11:45 Beginner Line Dance 12:15 Regular Line Dance 1:30 Chair Volleyball</p>	<p>30) 9:00 Bridge Class 10:45 Gentle Mat Yoga 12:30 Bingo</p>	 <p><b>HOME OF THE Free BECAUSE OF THE Brave</b></p>	

**Note: Please call only 1 day in advance to reserve a seat 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.