



Adding Life To Your Years

Activity Center	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>7431 U.S. 42 Florence, KY</p> <p>Activities for Seniors 60 and Over</p> <p>Center Manager Christine Miskell CMiskell@myy.org</p> <p>Assistant Mgr. Jeannie Hoffman JHoffman@myy.org</p> <p>Building Hours Fitness Room Monday - Friday 8:30a –2:30p (859) 282-4061</p> <p>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. Ask manager for a meal menu</p>	<p>Jan 20, 2023 We are planning a Renfro Valley overnight trip More details to come</p>	<p>Inclement Weather Policy Watch Your Local News The Center is Closed Whenever Boone County Schools Close Due To Inclement Weather. *Open Regular Hours on Delays*</p>	<p>1) 9:30- Tai Chi Arthritis 10:30 –Cards 12-Silver Sneaker 1:00 –Chair Volleyball</p>	<p>2 No Mah-Jong 9:00- Private Sewing Group 9:30 –Dance Fit 12:30- BINGO</p>	<p> "Maybe Christmas" he thought "doesn't come from a store" Maybe Christmas... perhaps... means a little bit MORE!!</p> <p>16) 9:00- Mah-Jong / 9:30 –Dance Fit 11:00 Christmas Party ** RSVP / Space is Limited ** Party Host- Story Point Living Lunch & RAT PACK Christmas Show Please arrive and be seated by 11:00 1:00- Free 2 Card Limit Christmas BINGO</p> <p> CLOSED Wishing you a very MERRY CHRISTMAS</p> <p>30) HAPPY New Year 9:00- Mah-Jong / Dance Fit-Canceled 11:00- New Year Cheer Lunch & Learn Hosted By: Magnolia Springs Living RSVP Lunch / Learn / Raffle 12:30- BINGO</p>	
	<p>5) Thank You to the Art Group who made ornaments and decorated the tree 9:00 Mah-Jong 12:30 Art Class</p>	<p>6) 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</p>	<p>7) 9:00 – Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>8) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker 1:00 –Chair Volleyball</p>		<p>9) 9:00- Mah-Jong 9:30 –Dance Fit 10:30 Advisory Council 12:30- BINGO</p>
	<p>12) Thank You to those who adopted a senior this Christmas. Adopt – A – Senior ---Gifts Are Due Today--- 9:00 Mah-Jong 12: 30 Art Lessons </p>	<p>13) 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</p>	<p>14) 9:00 – Bridge Class 10:45- Mat Yoga 12:00-Nutrition Ed with Diane Mason 12:30- Bingo</p>	<p>15) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker 1:00 -Chair Volleyball</p>		<p>16) 9:00- Mah-Jong / 9:30 –Dance Fit 11:00 Christmas Party ** RSVP / Space is Limited ** Party Host- Story Point Living Lunch & RAT PACK Christmas Show Please arrive and be seated by 11:00 1:00- Free 2 Card Limit Christmas BINGO</p>
	<p>19) Commodities 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>20) 9:15 – Silver Sneaker Yoga 10:30 –Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>21) 9:00 3rd Wed. Bridge Game 10:45- Mat Yoga 12:30- Bingo</p>	<p>22) 9:30- Tai Chi Arthritis 10:30 –Cards 12:00- SS-Video 1:00 -Chair Volleyball</p>		<p>16) 9:00- Mah-Jong / 9:30 –Dance Fit 11:00 Christmas Party ** RSVP / Space is Limited ** Party Host- Story Point Living Lunch & RAT PACK Christmas Show Please arrive and be seated by 11:00 1:00- Free 2 Card Limit Christmas BINGO</p>
	<p>26) Center Closed</p>	<p>27) 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</p>	<p>28) 9:00 – Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>29) 9:30- Tai Chi Arthritis 10:30 –Cards 12- Silver Sneaker 1:00 –Chair Volleyball</p>		<p>16) 9:00- Mah-Jong / 9:30 –Dance Fit 11:00 Christmas Party ** RSVP / Space is Limited ** Party Host- Story Point Living Lunch & RAT PACK Christmas Show Please arrive and be seated by 11:00 1:00- Free 2 Card Limit Christmas BINGO</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.