

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>2) Center Closed For Happy New Year</p>	<p>3) Chair Yoga Video 9:15 - 10:30- Cards 10:30 - Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>4) Bridge Class 9:00 - 10:45- Mat Yoga 12:30- Bingo</p>	<p>5) Tai Chi Arthritis 9:30- 10:30 - Cards 12- Silver Sneaker 1:00 - Chair Volleyball</p>	<p>6) Dance Fit Canceled 9:00- Mah-Jong- In Study 9:00- Private Sewing Group 11:00- Lunch & Learn- RSVP Hosted By: Ivy Knoll Must attend learn to have lunch 12:30- BINGO</p>
	<p>9) Mah-Jong 9:00 Mah-Jong 12:30 Art Class</p>	<p>10) 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>11) Bridge Class 9:00 - 10:45- Mat Yoga 12:30- Bingo</p>	<p>12) Tai Chi Arthritis 9:30- 10:30 - Cards 12- Silver Sneaker 1:00 - Chair Volleyball</p>	<p>13) Dance Fit Canceled 9:00- Mah-Jong 12:30- BINGO</p>
	<p>16) Center Closed for Martin Luther King Jr. Day</p>	<p>17) 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>18) 9:00 - Bridge Game 10:45- Mat Yoga 12:00-Nutrition Ed with Diane Mason 12:30- Bingo</p>	<p>19) 9:30- Tai Chi Arthritis 10:30 - Cards 12- Silver Sneaker 1:00 - Chair Volleyball</p>	<p>20) 12:45 Bus is Leaving for Renfro Valley 12:30 Group will meet at R.C Durr 9:00- Mah-Jong 9:30 - Dance Fit 12:30- BINGO</p>
	<p>23) Commodities Renewal 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>24) 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>25) 9:00 - Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>26) 9:30- Tai Chi Arthritis 10:30 - Cards 12:00- SS-Video 1:00 - Chair Volleyball</p>	<p>27) 9:00- Mah-Jong 9:30 - Dance Fit 12:30- BINGO</p>
	<p>30) 9:00 Mah-Jong 12:30 Art Lessons</p>	<p>31) 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>Watch Your Local News The Center is Closed Whenever Boone County Schools Close Due to Inclement Weather. *Open Regular Hours on Delays*</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.