





March 2023

Adding Life To Your Years

Tickets NOW on Sale \$20
Groovin At the Y
Senior Dance
Saturday April 29th 3pm



Skees Senior Activity Center 7431 U.S. 42 Florence, KY Activities for 60 and Over Center Manager Christine Miskell CMiskell@myy.org Assistant Mgr. Jeannie Hoffman JHoffman@myy.org Building Hours Fitness Room Monday - Friday 8:30a - 2:30p (859) 282-4061 Facebook: Boone KY Senior Meals on Wheels Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Watch Local News Weather The Center is Closed Whenever Boone County Schools Close Due To Inclement Weather *Open Regular Hours on Delays*</p> 	<p>6) 9:00- Mah-Jong 12:30- Art Class</p>	<p>7) 9:15- SS Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>1) 9:00- Bridge Class 10:45- Mat Yoga 12:30- Bingo</p> <p>8) 9:00- Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>2) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p> <p>9) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p>
<p>12) Sunday Daylight Savings</p>  <p>13) 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>14) 9:15- SS Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>15) 9:30 Special Bridge 10:30 Ruwe Pharmacy Vaccine Shots- RSVP 10:45- Mat Yoga 12:00- Nutrition with Diane Mason 12:30- Bingo</p>	<p>16) PIZZA PARTY 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Pizza Party Donated By Snappy 1:30- Chair Volleyball</p>	<p>17) 9:00- Mah-Jong 9:30- Dance Fit Lunch & Learn 11:00- Host: Acute Hearing RSVP- Attend Learn get Lunch 12:30- BINGO</p> 	<p>18) Trivia @ Florence Center 2pm - 4pm Doors Open 1:30 Cash at sign-up</p> 
<p>20) Commodities 9:00- Mah-Jong 12:30- Art Lessons</p> 	<p>21) 9am StoryPoint Breakfast Bingo- Self Drive Space is Limited RSVP 9:15- SS Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>22) 9:00- Bridge Class 10:45- Mat Yoga 12:30-Bingo</p>	<p>23) Acute Hearing 9:00 am RSVP Free Hearing Test 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>24) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- BINGO</p>	
<p>27) 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>28) 9:15- SS Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>29) 9:00- Bridge Class 10:45- Mat Yoga 12:30-Bingo</p>	<p>30) La Comedia Trip "Sleuth" 9am Load Bus @ The Y 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>31) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- 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.