










May 2023

Adding Life To Your Years



Note: Please remember to call only 1 day in advance to reserve a seat for exercise classes.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Skees Senior Activity Center 7431 U.S. 42 Florence, KY</p> <p>Activities for 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 Facebook: Boone Ky Senior</p> <p>Meals on Wheels \$1 Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Must be eaten at the center Meal menu upon request</p>	<p>1) 9:00- Mah-Jong 12:30- Art Class</p>	<p>2) 9:15- SS Chair Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>3) 9:00- Bridge Class 10:45- Mat Yoga 12:30- Bingo</p> <p>Bet Now \$2 Per Entry</p> 	<p>4) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p> 	<p>5) Wear Your Derby Hat Day 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 -Dance Fit 12:30- BINGO</p>  <p>Saturday Horses Race</p>
	<p>8) 9:00- Mah-Jong 12:30- Art Class</p> 	<p>9) 9:15- SS Chair Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>10) 9:00- Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>11) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p> <p>Health Fair @ StoryPoint 1-3</p>	<p>12) Happy Mother's Day 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Lunch & Learn- RSVP Host: Ivy Knoll Senior Living Must Attend the Learn to Get Lunch 12:30- BINGO</p> 
	<p>15) Commodities 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>16) 11am Day Trip Gaines Tea / Tour 9:15- SS Chair Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p> 	<p>17) 9:00 Special Bridge Game 10:45- Mat Yoga 12:00- Nutrition Ed with Diane Mason 12:30- Bingo</p>	<p>18) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>19) 9:00- Mah-Jong 9:30 -Dance Fit 10:30- Advisory Council 12:30- BINGO</p>
	<p>22) Senior Saints Trip 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>23) 9:15- SS Chair Yoga 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>24) 9:00- Bridge Class 10:45- Mat Yoga 12:00- PIZZA Lunch Salad, Cookie Donated By Snappy US 42 12:30- Bingo</p>	<p>25) 9:30- Tai Chi Arthritis 10:30- Cards 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>26) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- BINGO</p>
	<p>29) Center Closed</p>  <p>MEMORIAL DAY</p>	<p>30) 9:15- SS Yoga- Video 10:30- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>31) 9:00- Bridge Class 10:45- Mat Yoga 12:30- Bingo</p>	<p>Up-Coming Day Trips (Space is limited / Cash @ sign-up) Mon. June 26- Cincinnati Zoo \$30 (Must have 10 to go) Y Bus Mon. July 10- History Museum & Omnimax-\$40 Y Bus (Must have 10 to go)</p> <p>Senior Events- Sponsored By Senior Services Alliance 11:00 Fri. June 9- Food Truck & Music at RC Durr 11:00 Fri. July 14- Senior Centers Picnic Central Park Shelter One / 9190 Camp Ernst Rd. Union</p>	

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 wash / sanitize your hands often. Thank you for your help by providing a safe environment.