






June 2023



Adding Life To Your Years

Note: Please 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 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 Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request</p>	<p>Day Trips (Space is limited / Cash @ Sign-up) <u>Must have at least a group of 10 participating / Y Bus</u> Mon. June 12- Krohn's Conservatory \$15 Mon. June 26- Cincinnati Zoo \$30 (Weather Permitting) Mon. July 10- History Museum & Omnimax- \$40 Free Events Sponsored By: Senior Services Alliance Fri. June 9- BBQ Food Truck & Vendor Fair at RC Durr Fri. July 14- Senior Center Picnic @ Idlewild Park Burlington</p>		<p>Important Notice Mat Yoga & Chair Yoga Class Schedule Change</p> <p>***Instructor: Phoenix*** Wed. 10:15 Mat Yoga Thurs. 10:45 Chair Yoga</p>	<p>1) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>2) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 -Dance Fit 12:30- BINGO</p>
	<p>5) 9:00- Mah-Jong 12:30- Art Class</p>	<p>6) 10:00- 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 10:15- Mat Yoga 12:30- Bingo</p>	<p>8) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- Chair Yoga- DVD 11:30 Pizza Snack  Donated By Snappy Tomato Pizza 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>9) 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Free BBQ Lunch / Food Truck and Vendor Fair @ RC Durr Center Sponsored By Senior Services Alliance 12:30- BINGO</p>
	<p>12) 9:30 Day Trip AT KROHN CONSERVATORY  ** Bring Money for Lunch 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>13) 10:00- 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 10:15- Mat Yoga 12:30- Bingo</p>	<p>15) 9:30- Tai Chi Arthritis 10:30- Cards 10:45- Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>16) LUAU PARTY LUNCH & LEARN 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Host is: Colonial Heights Please RSVP and Gardens Must attend the Learn to have Lunch 12:30- BINGO</p>
	<p>19) Commodities 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>20) 10:00- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>21) 9:00- Bridge Class 10:15- Mat Yoga 12:00- Nutrition Ed with Diane Mason 12:30- Bingo</p>	<p>22) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>23) 9:00- Mah-Jong 9:30 -Dance Fit 10:30- Advisory Council 12:30- BINGO</p>
	<p>26) 9am Zoo Day Trip  ***Bring money for lunch 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>27) 10:00- 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 10:15- Mat Yoga 12:30- Bingo</p>	<p>29) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>26) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- BINGO</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 to wash / sanitize your hands often. Thank you for your help by providing a safe environment.