

## 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><b>Skees Senior Activity Center</b> 7431 U.S. 42 Florence, KY</p> <p>Activities for <b>60</b> and Over <i>Around</i></p> <p><b>Center Manager</b> Christine Miskell <a href="mailto:CMiskell@myy.org">CMiskell@myy.org</a></p> <p><b>Assistant Mgr.</b> Jeannie Hoffman <a href="mailto:JHoffman@myy.org">JHoffman@myy.org</a></p> <p><b>Building Hours</b> Fitness Room Monday - Friday 8:30a - 2:30p (859) 282-4061</p> <p>Facebook Page: <a href="#">Boone Ky Senior</a></p> <p><b>\$1 Meals on Wheels</b> Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request Must be eaten at center</p> <p>**Please do your part by sanitizing any equipment / tables / chairs that you use during your visit.**</p>	<p><b>Scotland / Ireland 2025 Senior Cruise</b> If Interested Please Attend <b>1:30 Info. Meeting Thursday Nov 16</b></p>	<p><b>I Have Wings Jewelry Sale</b> <b>A Girl Needs Her Bling!</b> Friday Nov.10 3pm - 6pm</p>	<p>1) 9:00- Bridge Class 10:15- Mat Yoga <b>11:30- Nutrition Ed with Diane Mason</b> 12:30- Bingo</p>	<p>2) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>3) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo</p>
	<p>6) 8:30 Fitness Room 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>7) <b>Paint Texture Holiday Cards with Robin 9:30 / 11:00 (Sessions are Full)</b> 10:00- Hand &amp; Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>8) 9:00- Bridge Class</p> <p><b>9:30 Paint Textured Holiday Cards with Robin (Session is Full)</b></p> <p>10:15- Mat Yoga 12:30 - Bingo</p>	<p>9) 9:30- Tai Chi Arthritis <b>10:00- Mexican Train Dominos Game</b> 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>10) <b>Veterans Luncheon</b> 9:00- Mah-Jong <b>Must RSVP</b> 9:30 -Dance Fit <b>11:00- Hosted By:</b> 12:30- Bingo</p> <p><b>3:00- Jewelry Sale</b></p>
	<p>13) <b>** Adopt a Senior **</b> <b>Tags will be available beginning Nov.13</b> <b>Return By</b></p> <p>9:00- Mah-Jong 12:30- Art Lessons</p>	<p>14) 10:00- Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball</p>	<p>15) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<p>16) <b>9:30 Vaccine Clinic</b> 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball <b>1:30- Scotland/ Ireland Cruise Info. Meeting</b></p>	<p>17) <b>Thanksgiving Lunch</b> 9:00- Mah-Jong <b>Must RSVP</b> 9:30 -Dance Fit <b>11:00 Hosted By:</b> COLONIAL HEIGHTS SENIOR LIVING 12:30- Bingo</p>
	<p>20) <b>Commodities</b> 8:30 Fitness Room 9:00- Mah-Jong 12:30- Art Lessons Art Class Decorates Special Christmas Tree <b>*** Donated ***</b> <b>Snappy Pizza US 42</b></p>	<p>21) <b>Paint Textured Holiday Cards with Robin 9:30 / 11:00 (Sessions are Full)</b> 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 10:15- Mat Yoga 12:30- Bingo</p>	<p>23) <b>Center Closed</b></p>	<p>24) <b>Center Closed</b></p> <p><i>Happy Thanksgiving!</i></p>
	<p>27) 8:30 Fitness Room 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>28) <b>Opryland Christmas Getaway Trip Leaving From RC Durr</b> 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 10:15- Mat Yoga 12:30- Bingo</p>	<p>30) → 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p><b>Renfro Valley overnight with OakRidge Boys on Dec.1<sup>st</sup></b></p>