



February

Adding Life To Your Years



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

Skees Senior	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity Center 7431 U.S. 42 Florence, KY</p> <p>Activities for 60 and Over</p> <p>Interim Center Manager Jeannie Hoffman JHoffman@myy.org</p> <p>Building Hours Fitness Room Monday - Friday 8:30a –2:30p (859) 282-4061 Facebook Page: Boone Ky Senior</p> <p>\$1 Meals on Wheels 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>Saturday April 20 – Groovin at the Y \$20 Tickets go on sale February 14th Upcoming Trips May 27-31 Renew in the Smokies Retreat September 2-6 1st Niagra Falls Trip September 16-20 2nd Niagra Falls Trip</p>		<p>1) 9:30- Tai Chi DVD 10:00- Cards 10:45- Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>2) 9:00 Private Sewing Group 9:00 Trips Sign Up 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
	<p>5) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>6) 10:00- Hand & Foot 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 11:30 Nutriton Ed. With Diane Mason 12:30 - Bingo</p>	<p>8) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>9) 9:00- Mah-Jong 9:30 –Dance Fit 10:30 Advisory Council 12:30- Bingo</p>
	<p>12) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>13) 10:00- Hand & Foot 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 11:30 Pizza Snack- Donated by: HWY 42 12:30- Bingo</p>	<p>15) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>16) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Mardi Gras Lunch&Learn with Floral Hills Funeral Home RSVP required, see staff 12:30- Bingo</p>
	<p>19) Commodities 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>20) 10:00- Hand & Foot 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 12:30- Bingo</p>	<p>22) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>23) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
	<p>26) 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>27) 10:00- Hand & Foot 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- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p><u>WEATHER REMINDER:</u> <u>if Boone County schools are closed due to inclement weather, this center is also CLOSED!</u> <u>A delay does not affect us.</u></p>