





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

Skees Senior Activity Center 7431 U.S. 42 Florence, KY Activities for 60 and Over Interim Center Manager Jeannie Hoffman JHoffman@myy.org <u>Building Hours</u> Fitness Room Monday - Friday 8:30a –2:30p (859) 282-4061 <u>Facebook Page:</u> Boone Ky Senior <u>\$1 Meals on Wheels</u> Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request Must be eaten at center **Please do your part by sanitizing any equipment / tables / chairs that you use during your visit. **	Monday	Tuesday	Wednesday	Thursday	Friday
	 Tickets NOW on Sale \$20 Groovin At the Y Senior Dinner Dance Saturday April 20 ^h 3pm	 Spring Fest May 17th Y'Alls Stadium	WEATHER REMINDER: if Boone County schools are closed due to inclement weather, this center is also CLOSED! A delay does not affect us.		1) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch& Learn Elder Law& Estate Planning Stages Law Firm RSVP required- signup at desk 12:30- Bingo
	4) 9:00- Mah-Jong 12:30 - Art Lessons	5) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	6) 9:00- Bridge Class 10:15- DVD Mat Yoga 12:30 - Bingo	7) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	8) 9:00- Mah-Jong 9:30 –Dance Fit 10:30 Advisory Council 12:30- Bingo
	10) Sunday Daylight Savings 	11) 9:00 - Mah -Jong 12:30 Art Lessons	12) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	13) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo	14) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball
	18) Commodities 9:00- Mah-Jong 11:30 Pizza Snack Donated by: HWY42  12:30- Art Lessons	19) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	20) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30- Bingo	21) 8:30 Breakfast Bingo @Legacy Living RSVP required 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	22) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch&Learn Transitional Living with Care - Julie Curtis RSVP required, signup at desk 12:30- Bingo
	25) 9:00- Mah-Jong 12:30- Art Lesson	26) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	27) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo	28) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	29) Center Closed 