

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</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>1)  9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>2) 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>3) 9:00- Bridge Class 10:15- Mat Yoga DVD 12:30- Bingo</p>	<p>4) 9:30 Tai Chi Arthritis DVD 10:00- Cards 10:45- SS Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>5) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Lunch & Learn Crown Ridge Senior Living RSVP required-signup @ desk 12:30- Bingo</p>
	<p>8) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>9) 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>10) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Pizza Snack  12:30 - Bingo</p>	<p>11) 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>12) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo</p>
	<p>15) Commodities 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>16) 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>17) 9:00- Bridge Class 9:00 Joy w/Ruwe Pharmacy signup @desk 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30- Bingo</p>	<p>18) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>19) 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Lunch & Learn -Life Center RSVP required signup @ desk 12:30- Bingo</p> 
	<p>22) 9:00- Mah-Jong 12:30- Art Lessons</p>	<p>23) 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>24) 9:00 American Sign Museum Day Trip, \$17 signup @ desk 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<p>25) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS 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>
	<p>29) 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>30) 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> May 7th - Spring Tea at Gaines Tavern, \$30 RSVP @ desk May 17th - Spring Fest at Y'all's Stadium, Free 10 am - 2 pm May 21th - Boone County Underground Railroad Bus Tour. \$50 RSVP @ desk</p>		<p>Grooving at the Y Saturday April 20th 3 pm Tickets required</p> 