





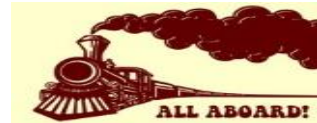

July 2024

Adding Life To Your Years

Quarter Auction
Fundraiser – July 16th
Newport Elks Lodge
See flyer for details



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 Jeannie Hoffman Jhoffman@myy.org</p> <p>Assistant Mgr. Teresa Taylor Ttaylor@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>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 11:30 –Claris Tablet Presentation& Pizza Snack</p> <p> 12:30- Bingo</p>	<p>4)  Center Closed</p>	<p>5) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 –Dance Fit 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 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 11:00 –LUNCH & LEARN Western &Southern RSVP @ desk 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 10:15- Mat Yoga DVD 11:30 Nutrition Ed. with Diane Mason 12:30- Bingo</p>	<p>18) 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>19) 9:00- Mah-Jong 9:30 –Dance Fit 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 -DVD Line Dance Cancelled 1:30- Chair Volleyball</p>	<p>24) 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-DVD 1:00- Chair Volleyball</p>	<p>26) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 –LUNCH & LEARN Your CBD Store RSVP@desk 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>31) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<div data-bbox="1291 1250 1680 1542" data-label="Text"> <p> Trip to Bardstown 7/30 & 7/31 Stephen Foster Story, lunch on Kentucky Dinner Train See staff for details! Space is limited.</p> </div> <div data-bbox="1690 1258 2037 1477" data-label="Text"> <p> Birthday Party 37th Annual Boone County Senior Picnic September 11, 2024 Tickets on sale 8/1/2024 \$6</p> </div>	