







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>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>37th Annual Boone County Senior Picnic September 11, 2024 Tickets on sale August 1 \$6</p>			<p>1) 9:00 –Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>2) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
	<p>5) 9:00-Mah-Jong 12:30 Art Lessons</p>  <p>1:00 Meet & Greet for Niagara Falls Sept. 2-6 trip at Boone County Senior Ctr. (in YMCA)</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 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 Cancelled 12:30- Bingo</p>
	<p>12) 9:00- Mah-Jong</p>  <p>10:00 Meet & Greet for Niagara Falls Sept.16-20 trip at Boone County Senior Ctr. (in YMCA) 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 DVD 12:30- Bingo</p>	<p>15) 9:30Tai Chi Arthritis DVD 10:00- Cards 10:45- SS Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>16) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch & Learn Hope for best, plan for the worst- presented by Bluegrass Care Navigators & NKADD RSVP @ desk 12:30- Bingo</p> 
	<p>19) Commodities 9:00- Mah-Jong 11:30 Pizza Snack</p>  <p>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 11:30 Nutrition Ed. with Diane Mason 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 Day Trip B&B Lunch Cruise RSVP @ desk</p>  <p>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>30) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>