







# October 2024



## Adding Life To Your Years

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

|   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
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| <p><b>Skees Senior Activity Center</b><br/>7431 U.S. 42<br/>Florence, KY</p> <p>Activities for  and Over</p> <p><b>Center Manager</b><br/>Jeannie Hoffman<br/><a href="mailto:JHoffman@myy.org">JHoffman@myy.org</a></p> <p><b>Assistant Mgr.</b><br/>Teresa Taylor<br/><a href="mailto:Taylor@myy.org">Taylor@myy.org</a></p> <p><b>Building Hours</b><br/>Fitness Room<br/>Monday - Friday<br/>8:30a –2:30p<br/>(859) 282-4061<br/>Facebook Page:<br/><a href="#">Boone Ky Senior</a></p> <p><b>\$1 Meals on Wheels</b><br/>Call the center 48 hrs ahead to reserve meal.<br/>Lunch arrives 11:30<br/>Meal menu upon request<br/>Must be eaten at center</p> |  <p>Tickets on sale 10/1<br/><b>Senior Center Murder Mystery Lunch -\$15</b><br/><b>Saturday November 9</b><br/><b>At Story Point in Union</b></p> | <p>1)<br/>10:00- Hand &amp; Foot Cards<br/>10:30- Silver Sneaker<br/>11:45- Beginner Line Dance<br/>12:15- Regular Line Dance<br/>1:30- Chair Volleyball</p>  | <p>2)<br/>9:00- Bridge Class<br/>10:15- Mat Yoga<br/>12:30 - Bingo</p>  | <p>3)<br/>9:30- Tai Chi Arthritis<br/>10:00- Cards<br/>10:45- SS Chair Yoga<br/>12:00- Silver Sneaker<br/>1:00- Chair Volleyball</p>  | <p>4)<br/>9:00 Private Sewing Group<br/>9:00- Mah-Jong<br/>9:30 –Dance Fit <b>Cancelled</b><br/>12:30- Bingo</p>   |
|   | <p>7)<br/>9:00- Mah-Jong<br/>12:30 - Art Lessons</p>  | <p>8)<br/>10:00- Hand &amp; Foot Cards<br/>10:30- Silver Sneaker<br/>11:45- Beginner Line Dance<br/>12:15- Regular Line Dance<br/>1:30- Chair Volleyball</p>  | <p>9)<br/>9:00- Bridge Class<br/>10:15- Mat Yoga<br/>12:30 - Bingo</p>  | <p>10)<br/>9:30- Tai Chi Arthritis<br/>10:00- Mexican Train<br/>Dominos /Cards<br/><b>10:45- SS Chair Yoga DVD</b><br/>12:00- Silver Sneaker<br/>1:00- Chair Volleyball</p>   | <p>11)<br/>9:00- Mah-Jong<br/>9:30 –Dance Fit<br/><b>11:00 Lunch&amp;Learn</b><br/><b>Heaven Sent &amp; Amedisys</b><br/><b>RSVP –sign up @ desk</b><br/>12:30- Bingo</p>  |
|   | <p>14)<br/>9:00- Mah-Jong<br/>12:30- Art Lessons</p>  | <p>15)<br/>10:00- Hand &amp; Foot Cards<br/>10:30- Silver Sneaker<br/>11:45- Beginner Line Dance<br/>12:15- Regular Line Dance<br/>1:30- Chair Volleyball</p> | <p>16)<br/>9:00- Bridge Class<br/>10:15- Mat Yoga<br/><b>11:30 Nutrition Ed.</b><br/><b>With Diane Mason</b><br/>12:30- Bingo</p> | <p>17)<br/>9:30- Tai Chi Arthritis<br/>10:00- Cards<br/>10:45- SS Chair Yoga<br/>12:00- Silver Sneaker<br/>1:00- Chair Volleyball</p>   | <p>18)<br/>9:00- Mah-Jong<br/>9:30 –Dance Fit<br/>12:30- Bingo</p>   |
|   | <p>21)<br/><b>Commodities</b><br/>9:00- Mah-Jong<br/>12:30- Art Lesson</p>  | <p>22)<br/>10:00- Hand &amp; Foot Cards<br/>10:30- Silver Sneaker<br/>11:45- Beginner Line Dance<br/>12:15- Regular Line Dance<br/>1:30- Chair Volleyball</p> | <p>23)<br/>9:00- Bridge Class<br/>10:15- Mat Yoga<br/>12:30- Bingo</p>  | <p>24)<br/>9:30- Tai Chi Arthritis<br/>10:00- Cards<br/>10:45- SS Chair Yoga<br/>12:00- Silver Sneaker<br/>1:00- Chair Volleyball</p>   | <p>25)<br/>9:00- Mah-Jong<br/>9:30 –Dance Fit<br/><b>11:00- Lunch&amp;Learn</b><br/><b>Halloween Party with</b><br/><b>Homewatch Care Givers</b><br/><b>RSVP – sign up @ desk</b><br/>12:30- Bingo</p>  |
|   | <p>28)<br/>9:00- Mah-Jong<br/>12:30- Art Lesson</p>   | <p>29)<br/>10:00- Hand &amp; Foot Cards<br/>10:30- Silver Sneaker<br/>11:45- Beginner Line Dance<br/>12:15- Regular Line Dance<br/>1:30- Chair Volleyball</p> | <p>30)<br/>9:00- Bridge Class<br/>10:15- Mat Yoga<br/>12:30- Bingo</p>  | <p>31)<br/>9:30- Tai Chi Arthritis<br/>10:00- Cards<br/>10:45- SS Chair Yoga<br/>12:00- Silver Sneaker<br/>1:00- Chair Volleyball</p>  | <p><b>Christmas Overnight Trip</b> to Carmel Indiana 11/14-11/15<br/>Motown Christmas Show<br/>Dinner &amp; Holiday Mart<br/>\$270/ per person/double room. On sale Friday 10/4</p>  |

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