








Adding Life To Your Years

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	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Center Manager Jeannie Hoffman JHoffman@myy.org</p>	<p>November 9 –  Murder Mystery @ StoryPoint starts at 12:30 (tickets required) November 14 – Overnight trip to Carmel, Indiana leaves from the Y in Burlington at 1:00 pm</p>		<p>Christmas Tea  at the Gaines Tavern December 3- \$30, spots go on sale November 1st.</p>		<p>1) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
<p>Assistant Mgr. Teresa Taylor Ttaylor@myy.org</p>	<p>4) 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>5) 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>6) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<p>7) 9:30- Tai Chi Arthritis 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>8) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo</p>
<p>Building Hours Fitness Room Monday - Friday 8:30a –2:30p (859) 282-4061 Facebook Page: Boone Ky Senior</p>	<p>11) 9:00- Mah-Jong 11:00 Veteran's Day Lunch w/Linnemann Funeral Home  RSVP @ desk 1:00- Art Lessons</p>	<p>12) 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>13) 9:00- Bridge Class 9:30 Paint Holiday Cards w/ Robin, sign up @ desk 10:15- Mat Yoga 12:30- Bingo</p>	<p>14) 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>15) 9:00- Mah-Jong 9:30 Dance Fit 12:30- Bingo</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>18) Commodities 9:00- Mah-Jong 12:30- Art Lesson Adopt a Senior Tags available @ desk </p>	<p>19) 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>20) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. With Diane Mason 12:30- Bingo</p>	<p>21) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>22) 9:00- Mah-Jong 9:30 Dance Fit 11:00 Thanksgiving Lunch Sponsored by Colonial Heights, RSVP @ desk  12:30- Bingo</p>
	<p>25) 9:00- Mah-Jong 12:30- Art Lesson</p>	<p>26) 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>27) 9:00- Bridge Class 10:15- Mat Yoga DVD 11:00 Pizza Snack  12:30- Bingo</p>	<p>28) Center Closed 29) Center Closed </p>	