








January 2025

Adding Life To Your Years

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



Skees Senior Activity Center	Monday	Tuesday	Wednesday	Thursday	Friday
<p>7431 U.S. 42 Florence, KY</p> <p>Activities for</p> 	<p>ATTENTION: The center is CLOSED whenever Boone County Schools close due to inclement weather. *Open Regular Hours on Delays*</p>	<p>Mark your calendar! Registration begins Jan 2 Renew in the Smokies Retreat -Knoxville, TN June 2-6, \$345/person Contact Rene'e at 859-334-6518 Rmcnabb@myy.org</p>	<p>1) Center Closed</p> 	<p>2) 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>3) 9:00 Private Sewing Group 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo</p>
<p>Center Manager Jeannie Hoffman JHoffman@myy.org</p>	<p>6) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>7) 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>8) 9:00- Bridge Class 10:15- Mat Yoga 11:00 Smart Phone/ Tablet Crash Course 12:30 - Bingo</p>	<p>9) 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>10) 9:00- Mah-Jong 9:30 -Dance Fit cancelled 12:30- Bingo</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>13) 9:00- Mah-Jong 12:30 - Art Lessons</p>	<p>14) 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>15) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30 Bingo</p>	<p>16) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>17) 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Lunch & Learn Fall Prevention w/ Connecting Hearts, RSVP@desk 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>20) Center Closed Martin Luther King Jr. Day</p> 	<p>21) 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>22) 9:00- Bridge Class 9:30 Painting Hearts w/Robin, sign up @desk 10:15- Mat Yoga 12:30- Bingo</p>	<p>23) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>24) 9:00- Mah-Jong 9:30 -Dance Fit 10:30 Advisory Council 12:30- Bingo</p>
	<p>27) Commodities 9:00- Mah-Jong 11:30 Pizza Snack</p>  <p>12:30 Art Lessons</p>	<p>28) 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>29) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo</p>	<p>30) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball</p>	<p>31) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo</p>