



# February 2025

## Adding Life To Your Years

**Renew in the Smokies Retreat, June 2-6** in Tennessee \$345 for double + transportation cost. Detailed brochure available.



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

Skees Senior Activity Center	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7431 U.S. 42 Florence, KY</b> Activities for <b>60</b> and Over	3) 9:00- Mah-Jong 12:30 - Art Lessons	4) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	5) 9:00- Bridge Class 10:15- Mat Yoga 12:30 - Bingo	6) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	7) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo 
<b>Center Manager</b> Jeannie Hoffman <a href="mailto:JHoffman@myy.org">JHoffman@myy.org</a>  <b>Assistant Mgr.</b> Teresa Taylor <a href="mailto:Ttaylor@myy.org">Ttaylor@myy.org</a>	10) <b>9:00 am- *1<sup>st</sup> day to sign up for the Fall Bus trips to New Hampshire at the Boone Cty Senior Ctr at the Y</b> 9:00- Mah-Jong 12:30 - Art Lessons 	11) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	12) 9:00- Bridge Class 10:15- Mat Yoga <b>12:30- Bingo, with special guest caller: City of Florence Mayor Dr. Julie Metzger Aubuchon!</b>	13) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	14) 9:00- Mah-Jong 9:30 -Dance Fit <b>11:00 Lunch &amp; Learn with Floral Hills Funeral Home</b> <b>RSVP @ desk</b> 12:30- Bingo
<b>Building Hours</b> <b>Fitness Room</b> <b>Monday - Friday</b> <b>8:30a -2:30p</b> <b>(859) 282-4061</b>	17) <b>Commodities</b> 9:00- Mah-Jong 12:30- Art Lessons	18) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	19) 9:00- Bridge Class 10:15- Mat Yoga <b>11:30 Nutrition Ed. With Diane Mason</b> 12:30- Bingo	20) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	21) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
<b>Facebook Page: Boone Ky Senior</b>  <b>\$1 Meals on Wheels</b> Call the center 48 hrs ahead to reserve meal. Lunch arrives 11:30 Meal menu upon request Must be eaten at center	24) 9:00- Mah-Jong 12:30- Art Lesson  <b>Mark your calendars! Groovin - Saturday April 26 at 3:00 pm - tickets (\$25) go on sale Monday March 3, 2025!</b> 	25) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	26) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo	27) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	28) 9:00- Mah-Jong 9:30 -Dance Fit <b>11:00 Heart Health with Senior Helpers</b> <b>12:00 Pizza Snack</b>  <b>Donated by: HWY 42</b> 12:30- Bingo

**\*ATTENTION: The center is CLOSED when Boone County Schools are closed for inclement weather. \***

**\*Open regular hours if there is delay.\***