



March 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

7431 U.S. 42
Florence, KY

Activities for
60 and Over

Center Manager

Jeannie Hoffman
JHoffman@myy.org

Assistant Mgr.

Teresa Taylor
TTaylor@myy.org







Building Hours

Fitness Room
Monday - Friday
8:30a - 2:30p
(859) 282-4061

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[Boone Ky Seniors](#)

\$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

	Monday	Tuesday	Wednesday	Thursday	Friday	
  	3) 1 st day to purchase Groovin tickets - \$25 9:00- Mah-Jong 12:30 - Art Group	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 DVD 12:30 - Bingo	6) 9:30- Tai Chi Arthritis DVD 10:00- Cards 10:45- SS Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball	7) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo	
	9) Sunday Daylight Savings 	10) 9:00 - Mah-Jong 12:30 - Art Group	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 DVD 11:00 -Scam Presentation by Florence Police Department 12:30- Bingo	13) 9:30- Tai Chi Arthritis DVD 10:00- Mexican Train Dominos/Cards 10:45- SS Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball	14) 9:00- Mah-Jong 9:30 -Dance Fit cancelled 12:30- Bingo
	17) Commodities 9:00- Mah-Jong 12:30- Art Group	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 11:30 Nutrition Ed. With Diane Mason 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	
	24) 9:00- Mah-Jong 12:30- Art Group	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 11:00 PACE Senior Community Care Pizza Snack +Dessert  Donated by: HWY 42 12:30- Bingo	
	31) 9:00- Mah-Jong 11:00 -What is an Algorithm w/Rick Sellnow RSVP @desk 12:30- Art Group	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>*ATTENTION: The center is CLOSED when Boone County Schools are closed for inclement weather.* *Open regular hours if there is delay.*</p> </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Groovin at the Y! Saturday April 26th Get your tickets before they sell out!</p>  </div>		