



# May 2025

## Adding Life to Your Years



Upcoming in June-  
Luau Bunco \$15  
Sat. June 7<sup>th</sup> 1-3 pm  
Reserve your spot now-  
Space is limited!



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

| <div>Skees Senior<br/>Activity Center<br/>7431 U.S. 42<br/>Florence, KY</div> <div>Activities for<br/><div>63</div>and<br/>Over</div> <div><div>Center Manager</div><div>Jeannie Hoffman<br/><a href="mailto:JHoffman@myy.org">JHoffman@myy.org</a></div><div>Assistant Mgr.</div><div>Teresa Taylor<br/><a href="mailto:Ttaylor@myy.org">Ttaylor@myy.org</a></div><div><div>Building Hours</div><div>Fitness Room</div><div>Monday - Friday<br/>8:30a –2:30p<br/>(859) 282-4061</div><div><div>New Facebook<br/>Page:</div><div>Follow us @<br/>Boone Ky Seniors</div></div><div><div>\$1 Meals on Wheels</div><div>Call the center 48 hrs<br/>ahead to reserve meal.<br/>Lunch arrives 11:30<br/>Meal menu upon request<br/>Must be eaten at center</div></div></div></div> | Monday                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                           | Wednesday                                                                                                                                                                                               | Thursday                                                                                                                                                              | Friday                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div><div>The Glitz</div><div>Day Trip:<br/>The Glitz &amp;<br/>Eckert's Orchard in<br/>Versailles, KY<br/>\$85 – RSVP@desk</div><div></div></div> |                                                                                                                                                                                                   | <div>Spring Tea \$30 -<br/>Gaines Tavern<br/>May 13 @ 11:00<br/>Sign up now-<br/>Space is limited!</div> <div></div> | 1)<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                                              | 2)<br>9:00- Mah-Jong<br>9:30 –Dance Fit<br>12:30- Bingo                                                                   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 5)<br>9:00- Mah-Jong<br>9:30 Cinco de Mayo<br>Bingo Blitz at<br>StoryPoint, RSVP@desk<br>12:30 - Art Group                                                                                                                          | 6)<br>10:00- Hand & Foot Cards<br>10:30- Silver Sneaker<br>11:45- Beginner Line Dance<br>12:15- Regular Line Dance<br>1:30- Chair Volleyball                                                      | 7)<br>9:00- Bridge Class<br>10:15- Mat Yoga<br>12:30 - Bingo                                                                                                                                            | 8)<br>9:30- Tai Chi Arthritis<br>10:00- Mexican Train<br>Dominos /Cards<br>10:45- SS Chair Yoga<br>12:00- Silver Sneaker<br>1:00- Chair Volleyball                    | 9)<br>9:00- Mah-Jong<br>9:30 –Dance Fit<br>11:00- Lunch & Learn<br>w/Ivy Knoll Senior Living<br>RSVP@desk<br>12:30- Bingo |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 12)<br>9:00- Mah-Jong<br>12:30 - Art Group                                                                                                                                                                                          | 13)<br>10:00- Hand & Foot Cards<br>10:30- Silver Sneaker<br>11:00 Spring Tea-Gaines<br>Tavern, RSVP required<br>11:45- Beginner Line Dance<br>12:15- Regular Line Dance<br>1:30- Chair Volleyball | 14)<br>9:00- Bridge Class<br>10:15- Mat Yoga<br>11:00-Digital Literacy<br>w/Rick Sellnow<br>RSVP@desk<br>12:30 Bingo                                                                                    | 15)<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                                             | 16)<br>9:00- Mah-Jong<br>9:30 –Dance Fit<br>12:30- Bingo                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 19)<br>Commodities<br>9:00- Mah-Jong<br>12:30 - Art Group                                                                                                                                                                           | 20)<br>10:00- Hand & Foot Cards<br>10:30- Silver Sneaker<br>11:45- Beginner Line Dance<br>12:15- Regular Line Dance<br>1:30- Chair Volleyball                                                     | 21)<br>9:00- Bridge Class<br>10:15- Mat Yoga<br>11:30-Nutrition Ed.<br>with Diane Mason<br>12:30- Bingo                                                                                                 | 22)<br>9:30- Tai Chi Arthritis<br>10:00- Cards<br>10:45- SS Chair Yoga<br>12:00- Silver Sneaker DVD<br>1:00- Chair Volleyball                                         | 23)<br>9:00- Mah-Jong<br>9:30 –Dance Fit<br>12:30- Bingo                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 26) Center Closed                                                                                                                                                                                                                   | 27)<br>10:00- Hand & Foot Cards<br>10:30- Silver Sneaker<br>11:45- Beginner Line Dance<br>12:15- Regular Line Dance<br>1:30- Chair Volleyball                                                     | 28)<br>9:00- Bridge Class<br>10:15- Mat Yoga<br>12:30- Bingo                                                                                                                                            | 29)8:15 Day Trip -Bus<br>pickup at RC DURR YMCA<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 | 30)<br>9:00- Mah-Jong<br>9:30 –Dance Fit cancelled<br>12:30- Bingo                                                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div><div>MEMORIAL<br/>DAY</div></div>                                                                                                           |                                                                                                                                                                                                   |                                                                                                                                                                                                         |                                                                                                                                                                       |                                                                                                                           |