









June 2025

Adding Life to Your Years

June 19th 9:00 -11:00 AM
Kroger & St. Elizabeth
Vaccine & Health Screenings –
Blood Pressure, Sugar Check
Sign up @ the front desk



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  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 New Facebook Page: Follow us @ Boone Ky Seniors \$1 Meals on Wheels Call the center 48 hrs ahead to reserve a meal. Lunch arrives at 11:30 Meal menu upon request Must be eaten at center | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|---|
| | 2) 9:00- Mah-Jong 12:30 -Art Group | 3) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball | 4) 9:00- Bridge Class 10:15- Mat Yoga 11:00 Digital Literacy w/Rick Sellnow RSVP@desk 12:30 - Bingo  | 5) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball | 6) 9:00- Mah-Jong 9:30 –Dance Fit cancelled 12:30- Bingo  Saturday June 7 Luau Bunclo 1-3 RSVP Req'd |
| | 9) 9:00- Mah-Jong 12:30 -Art Group | 10) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball | 11) 9:00- Bridge Class 10:15- Mat Yoga 12:30 - Bingo | 12) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball | 13) 9:00- Mah-Jong 9:30 –Dance Fit cancelled 12:30- Bingo |
| | 16) Commodities 9:00- Mah-Jong 12:30 -Art Group | 17) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:15 Pizza Snack  1:30- Chair Volleyball | 18) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30 Bingo | 19) 9:00- Vaccine & Health Screenings RSVP@desk 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball | 20) 9:00- Mah-Jong 9:30 –Dance Fit  11:00 –Lunch&Learn w/ Heaven Sent Care RSVP@desk 12:30- Bingo |
| | 23) 9:00- Mah-Jong 9:30 British Isle Cruise Meeting– Boone County Senior Center @ YMCA 12:30 -Art Group | 24) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball | 25) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo | 26) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball | 27) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo |
| 30) 9:00- Mah-Jong 12:30 -Art Group |  Attention: As we await a timeframe for the installation of the new projector please watch for notice of alternative sites for programming. The multipurpose room where exercise classes and bingo take place will be affected during the installation process. We will update everyone as soon as possible! | | | | |