



July 2025

Adding Life to Your Years

Attention:
 **Please** 
 see revised calendar
 for week of July 1st!!



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 63 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 Facebook Page: Boone Ky Senior \$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
	 Get your \$2 ticket from staff to join us at the Y'alls on July 8th game starts at 7:00 pm	1) 8:30 – 2:30 -Exercise Room Open 10:00 Hand & Foot Cards All other activities at Government Center 8100 Ewing Blvd.	2) 8:30 – 2:30 Exercise Room Open 9:00 Bridge Class 11:00 Digital Literacy Class with Rick Sellnow Yoga & Bingo at Government Center 8100 Ewing Blvd.	3) 8:30 – 2:30 -Exercise Room Open 10:00 Hand & Foot Cards All other activities at Government Center 8100 Ewing Blvd.	4)  Center Closed
	7) 9:00- Mah-Jong 12:30 - Art Group	8) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball 7:00 pm Y'alls Game	9) 9:00- Bridge Class 10:15- Mat Yoga 12:30 - Bingo	10) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	11) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch &Learn w/ Linnemann Funeral RSVP@desk 12:30- Bingo
	14) 9:00- Mah-Jong 12:30 - Art Group	15) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	16) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30 Bingo	17) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	18) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo
	21) Commodities 9:00- Mah-Jong 12:30 - Art Group	22) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	23) 9:00- Bridge Class 10:15- Mat Yoga 11:00 Lunch & Learn w/Hamilton CapTel RSVP@desk  12:30- Bingo	24) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	25) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo
	28) 9:00- Mah-Jong 12:30- Art Group	29) 10:00- Hand & Foot Cards 10:30- Silver Sneaker DVD 1:30- Chair Volleyball	30) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo	31) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker DVD 1:00- Chair Volleyball	Boone County Senior Picnic Tickets go on sale August 1st!