



 Joy Experience
Workshop
August 11 & 18
1:00 – 3:00 pm
Boone Cty Senior Ctr
RSVP 859-334-6518

August 2025

Adding Life to Your Years

Boone County Senior Picnic
September 10, 2025
Tickets on sale
August 4th, \$6



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

Facebook Page:
[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
 September 24th Derby Dinner Playhouse Come From Away \$85.00-tickets go on sale 8/5 Please arrive at Y at 9:30		 Wednesday 8/6 1-3 pm- Meet & Greet for 1st New Hampshire Bus trip (9/7- 9/13) at Boone County Senior Ctr in YMCA		1) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
4) 9:00- Mah-Jong 12:30 - Art Group *All Boone County Senior Picnic tickets sold today will be entered to win \$100 gift card*	5) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	6) 9:00- Bridge Class 10:15- Mat Yoga 11:00-Digital Literacy w/Rick Sellnow RSVP@desk 12:30 - Bingo 	7) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	8) 9:00- Mah-Jong 9:30 -Dance Fit Cancelled 12:30- Bingo
11) 9:00- Mah Jong 9:30- 11:30 -  Meet & Greet for 2nd New Hampshire Bus trip (9/14-9/20) at Boone County Senior Ctr. in YMCA 12:30 - Art Group 1:00 Joy Experience at Y	12) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	13) 9:00- Bridge Class 10:15- Mat Yoga 11:15- Medicare Presentation- Legal Aid of Bluegrass RSVP@desk 12:00 Pizza Snack  Snappy Tomato Pizza 12:30 Bingo	14) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker DVD 1:00- Chair Volleyball	15) 9:00- Mah-Jong 9:30 -Dance Fit 11:00 Lunch & Learn w/ Fyzical Therapy & Balance Center RSVP@desk 12:30- Bingo 
18) Commodities 9:00- Mah-Jong 12:30 - Art Group 1:00 Joy Experience at Y	19) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	20) 9:00- Bridge Class 10:15- Mat Yoga 11:30-Nutrition Ed. with Diane Mason 12:30- Bingo	21) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	22) 9:00- Mah-Jong 9:30 -Dance Fit Cancelled 12:30- Bingo
25) 9:00- Mah-Jong 12:30 - Art Group	26) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	27) 9:00- Bridge Class 10:15- Mat Yoga  11:15- Ice Cream Social with Advocates for Aging Well RSVP@desk 12:30- Bingo	28) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	29) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo w/Special Guest Caller Florence Fire Chief Rodney Wren 