



September 2025

Adding Life to Your Years



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 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
	1)  Center Closed	2) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	3) 9:00- Bridge Class 10:15- Mat Yoga 11:00 Digital Literacy w/Rick Sellnow RSVP@desk 12:30 - Bingo 	4) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	5) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo
	8) 9:00- Mah-Jong 12:30 -Art Group 1st New Hampshire bus leaves on Sunday 9/7 @ 8:00 am from YMCA	9) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	10) Boone County Senior Picnic September 10, 2025 Center Closed 	11) 9:30- Tai Chi Arthritis 10:00- Mexican Train Dominos /Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	12) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo
	15) Commodities 9:00- Mah-Jong 12:00 Pizza Snack* 12:30 -Art Group 2nd New Hampshire bus leaves on Sunday 9/14 @ 8:00 am from YMCA	16) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	17) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed. with Diane Mason 12:30 Bingo	18) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	19) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- Bingo
	22) 9:00- Mah-Jong 12:30 -Art Group	23) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	24) 9:00- Bridge Class 9:45- Derby Dinner - Come From Away Bus leaves from YMCA 10:15- Mat Yoga 12:30- Bingo	25) 9:30- Tai Chi Arthritis 9:30-Kroger Flu/Vax Clinic 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	26) 9:00- Mah-Jong 9:30 –Dance Fit 11:00 Lunch & Learn w/ The Ormsby Luxury Retirement Living 12:30- Bingo 
	29) 9:00- Mah-Jong 12:30 -Art Group	30) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	 Thursday September 25 Kroger Flu/Vaccine Clinic 9:30 – 11:30 Sign up @ desk		*Pizza Snack donated by  Snappy Tomato Pizza