



October 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
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
Starting soon- Cardio Drumming Mondays at 9:00 am Must RSVP on Fridays 	October 23, 2025 10:45 am Day Trip  Mrs. Teapots Tea Room Lunch and shopping in Bellevue, KY \$5 (lunch on your own)	1) 9:00- Bridge Class 10:15- Mat Yoga DVD 11:00 Digital Literacy w/Rick Sellnow RSVP@desk 12:30 -Bingo w/ special guest caller Josh Hunt -Florence City Administrator 	2) 9:30- Tai Chi Arthritis DVD 10:00- Cards 10:45- SS Chair Yoga DVD 12:00- Silver Sneaker 1:00- Chair Volleyball	3) 9:00- Mah-Jong 9:00 Private Sewing Group 9:30 -Dance Fit 11:00 Kyle w/Elite Medical- (Diabetic Shoes) will be here to answer questions 12:30- Bingo
6)  Center Closed All Week	7)  Parking Lot Resurfacing	8)  Parking Lot Resurfacing	9)  Parking Lot Resurfacing	10)  Center Closed All Week
13) 9:00- Mah-Jong 9:00- Cardio Drumming 10:00 - Cardio Drumming 12:30-Art Group	14) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	15) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed w/ Diane Mason 12:30 Bingo	16) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	17) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
20) Commodities 9:00- Mah-Jong 9:00- Cardio Drumming 10:00-Cardio Drumming (RSVP on Friday before) 12:30-Art Group	21) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	22) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Pizza Snack  Snappy Tomato Pizza 12:30- Bingo	23) 9:30- Tai Chi Arthritis 10:00- Cards 10:30-Day Trip 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	24) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
27) 9:00- Mah-Jong 9:00- Cardio Drumming 10:00-Cardio Drumming (RSVP on Friday before) 12:30-Art Group	28) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	29) 9:00- Bridge Class 10:15- Mat Yoga 12:30- Bingo	30) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	31) 9:00- Mah-Jong  9:30 -Dance Fit 11:00 Halloween Party w/Homewatch Caregivers RSVP@desk 12:30- Bingo