







April 2018

<i>Florence Senior Activities Center</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Attention: If you would like assistance to schedule a free hearing test at <i>Sams (283-0063)</i>, we are happy to help.</p> <p>7431 U.S. 42 Florence, KY</p> <p>Phone: (859) 282-4061</p> <p>Fax: (859) 282-4065</p> <p>Building & Fitness Room Hours <i>Mon, Wed, Thurs & Friday</i> 8:30a – 3:00p <i>Tuesdays 8:30a- 5:00p</i></p> <p>Center Manager <i>Christine Miskell</i> CMiskell@myy.org</p> <p>Assistant Mgr. <i>Jeannie Hoffman</i> JHoffman@myy.org</p>	<p>2 9:00 – Mah-Jong 9:30 – Chair Yoga 10:30- Euchre 11:45- Tai - Chi 1:00 – Advanced Fitness</p>	<p>3 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Canasta / Hand & Foot Cards 1:00– Art Lessons 4:00– Zumba</p>	<p>4 9:00- Wii Bowling 9:30 – Gentle Yoga 10:35- Tai Chi Class 11:30- Sign Language Class 11:20- Pizza Snack 11:30- Positive Approach To Being A Senior Adult- Boone Co Library 12:30 – Bingo</p> 	<p>5 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 10:30- Ruwe Health Screening 11:00 Canasta / Nickels 11:30 – Line Dance Instruction 12:00- Line Dancing</p>	<p>6 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:00- Life Insurance and Why It's Important Sponsored by: Hummel Hatfield Insurance 12:30- Bingo</p>
	<p>9 9:00 – Mah-Jong 9:30 –Gentle Yoga- DVD 10:30- Euchre 11:45- Tai – Chi 12:00- Make Greet Cards with Deb 1:00 – Advanced Fitness- Elizabeth</p>	<p>10 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Canasta / Hand & Foot Cards 1:00– Art Lessons 4:00– Zumba- Charlin</p>	<p>11 9:30 – Gentle Yoga- DVD 10:00 – Massage / New Beginnings 10:35- Tai Chi Class 11:30- Sign Language Class 12:30 – Bingo</p>	<p>12 9:15- Silver Sneaker Classic 9:30- Hair Cuts / Sassy Salon 10:30 – Chair Volleyball 11:00 – Canasta / Nickels 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>13 Welcome Back Spring Potluck 9:00 – Wii Bowling / Mah-Jong 10:00 – Zumba Gold 11:30- Spring Potluck (Must sign-up) Turkey Metts Provided- Bring a Side Dish 12:30- Bingo</p> 
	<p>16 *** Commodity Day *** 9:00 – Mah-Jong 9:30 –Chair Yoga 10:30 – Euchre 11:45- Tai - Chi 1:00 – Advanced Fitness</p>	<p>17 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Canasta / Hand & Foot Cards 1:00– Art Lessons 4: 00 - Zumba</p>	<p>18 9:00- Wii Bowling 9:30 – Gentle Yoga 10:35- Tai Chi Class 11:30- Sign Language Class 12:00 - Nutrition Education 12:30 – Bingo</p> 	<p>19 9:15 – Silver Sneaker Classic 10:30- Ruwe Health Screening 10:30- Chair Volleyball 11:00 – Canasta / Nickels 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>20 Cincinnati Assoc. Blind, (by appointment only 513-221-8558) 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:30- Bingo</p>
	<p>23 9:00 Wii Bowling Tourney Host- Independence Senior Cntr 9:00 – Mah-Jong 9:30 –Chair Yoga 10:30 – Euchre 11:45- Tai - Chi 1:00 – Advanced Fitness-</p>	<p>24 9:15 – Silver Sneaker Classic 10:30 – Chair Volleyball 11:00- Advisory Council 11:00- Canasta / Hand & Foot Cards 1:00– Art Lessons 4:00– Zumba</p>	<p>25 9:00- Wii Bowling 9:30 – Gentle Yoga 10:00 – Massage / New Beginnings 10:35- Tai Chi Class 11:30- Sign Language Class 12:30 – Bingo</p>	<p>26 9:15 – Silver Sneaker Classic 10:30- Chair Volleyball 11:00 – Canasta / Nickels 11:30 – Line Dance Instruction 12:00 - Line Dancing</p>	<p>27 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:30- Bingo</p>
	<p>30 9:00 – Mah-Jong 9:30 –Chair Yoga 10:30 – Euchre 11:45- Tai - Chi 1:00 – Advanced Fitness</p>	<p>Branson 5 Night Trip *** Waiting List Only *** See front desk for more info. or call  Renee McNabb (859) 334-6518</p>			<p>Belterra Trip Kellogg Ave. Ohio The horses will be running on this day also Friday May 18th *** Space Available on RC Durr Bus***  Renee McNabb (859) 334-6518</p>