

September – 2017

Florence Senior Activities Center	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><u>Attention:</u> If you would like assistance to schedule a free hearing test at <i>Sams</i> (283-0063), we are happy to help.</p>	 See Front Desk To Reserve Your Appointment for October's Open Enrollment with Senior Medicare Patrol Space Is Limited	<p>Flu Shots Sept. 7th Provided by Ruwe Pharmacy Sign-up at Front Desk Medicare Part B</p>	<p>Come Join Our NEW Program *** FALLS TALK *** Tues. 9/19/2017 @ 11am Attend a Self-Motivating Modification Program *** Sign-up at Front Desk ***</p> 	<p>Up Coming Day Trip Belterra See Front Desk For More Information</p> 	<p>1 <i>Labor Day Lunch</i> 9:00 – Wii Bowling / Mah-Jong 10:00 – Zumba Gold 11:30- Labor Day Lunch- Sponsored By: Heart To Heart Home Care 12:00- Presentation 12:30- <i>Bingo</i></p> 	
<p>7431 U.S. 42 Florence, KY</p> <p><u>Phone:</u> (859) 282-4061</p>	<p>3 <u>Sunday</u> Grand parent's Day At Florence Freedom Ballpark 1:00 pm</p>	<p>4 CENTER CLOSED HAPPY LABOR DAY!</p>	<p>5 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volleyball 11:00- Canasta 1:00 – Art Lessons 4: 00 - <i>Zumba- Subbing is Elizabeth</i></p>	<p>6 9:00- Wii Bowling 9:30 – <i>Tai-Chi-Subbing is Bobbie</i> 10:30- <i>Sign Language Class</i> 12:30 – Bingo 12:30 – <i>Gentle Yoga- Subbing Bobbie</i></p>	<p>7 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volleyball 10:30 – Ruwe Pharmacy- Flu Shots 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>8 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:30- <i>Bingo</i></p> <p>9 <u>Saturday</u> Boone County Pooch Fest 10:00 am</p> 
<p><u>Hours</u> Monday Wed- Thurs & Friday 8:30a – 3:00p Tuesdays 8:30a- 5:00p</p>	<p>11 9:00 – Mah-Jong 9:30 – <i>Silver Sneaker Yoga Stretch</i> 10:30- Fitness Room Instruction 11:45 – <i>Tai – Chi</i> 12:00- Make Cards with Deb 12:00 – Euchre Tournament 1:00 – <i>Advanced Fitness</i></p>  	<p>12 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volleyball 11:00- Canasta 1:00 – Art Lessons 4: 00 - <i>Zumba</i></p>	<p>13 Boone County 9-2 Senior Picnic 9:30 – <i>Tai-Chi For Arthritis</i> 10:00 – Massage / New Beginnings 10:30- <i>Sign Language Class</i> 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p> 	<p>14 9:15- <i>Silver Sneaker Classic</i> 9:30 - Hair Cuts / Sassy Salon 10:30 – Chair Volleyball 11:00 – Canasta 11:30 – <i>Line Dance</i> 12:00 - <i>Line Dancing</i></p>	<p>15 Cincinnati Assoc. Blind, (by appointment only 513-221-8558) 9:00 – Wii Bowling / Mah-Jong 10:00 – Zumba Gold 11:30- Diabetes 101 From: Senior First Care Advisers 12:30- <i>Bingo</i></p>	
<p><u>Center Manager</u> Christine Miskell CMiskell@myy.org</p> <p><u>Assistant Mgr.</u> Jeannie Hoffman JHoffman@myy.org</p>	<p>18 Commodity Day 9:00 – Mah-Jong 9:30 – <i>Silver Sneaker Yoga Stretch</i> 10:30- Fitness Room Instruction 11:45- <i>Tai - Chi</i> 12:00 – Euchre 1:00 – <i>Advanced Fitness</i></p>	<p>19 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volleyball 11:00– Canasta 11:00- Senior Falls Talk With NKADD 1:00– Art Lessons 4:00– Zumba</p> 	<p>20 9:00- Wii Bowling 9:30 – <i>Tai-Chi For Arthritis</i> 12:00 – Nutrition Ed- Extension 10:30- <i>Sign Language Class</i> 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p>	<p>21 9:15 – <i>Silver Sneaker Classic</i> 10:30 Ruwe Pharmacy Free Blood Pressure & Sugar Check 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>22 9:00 – Wii Bowling 9:00- Mah-Jong 10:00 – Zumba Gold 12:30- <i>Bingo</i></p> <p>23 <u>Saturday</u> Senior's Trip To: Atlantic City / Cape May 23rd to 29th Questions Call 334-6518 HAVE FUN, BE SAFE</p>	
	<p>25 Wii Bowling Tournament Host: Atria Highland Crossing Co-Host- Florence 9:00 – Mah-Jong 9:30 – <i>Silver Sneaker Yoga Stretch</i> 10:30- Fitness Room Instruction 11:45- <i>Tai - Chi</i> 1:00 – <i>Advanced Fitness</i></p>	<p>26 Free Cholesterol Screening 9:15 – <i>Silver Sneaker Classic</i> 10:30-Cholesterol Screening- BLHC 10:30 – Chair Volleyball 11:00- Advisory Council 11:30- Canasta 1:00 – Art Lessons 4: 00 - <i>Zumba</i></p> 	<p>27 9:00- Wii Bowling 9:30 – <i>Tai-Chi For Arthritis</i> 10:00 – Massage / New Beginnings 10:30- <i>Sign Language Class</i> 12:30 – Bingo 12:30 – <i>Gentle Yoga</i></p>	<p>28 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volleyball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>29 9:00 – Wii Bowling / Mah-Jong 10:00 – Zumba Gold 12:00- Medicare 101 Senior First Care Advisors 12:30- <i>Bingo</i></p>	