

...supporting the
independence and
dignity of older adults.

**Florence Senior
Activities Center**

**7431 U.S. 42
Florence, KY**

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Hours of Operation

Monday Wed- Thurs &
Friday

8:30 a.m.–3:00p.m.
Tuesday – 8:30 – 5

Center Manager

Geri Herbert

Assistant Mgr.

Marty Herbert

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 22nd – April 29th  Art Students Display your work week. Come and see what our class has accomplished!	1. 10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 – Card / Canasta 11:00 – Walk with Ease 1:00 – Art Lessons 1:00 – Mah Jong 4:00 – Zumba	52 9:30 – Tai-Chi 10:00 - Massage 12:30 – Bingo 12:30 – Gentle Yoga 12:00 – Health Collaborative (Ruwe Pharm/ Visiting Angels & Drs. To You)	3. 10:00 – Zumba Gold 11:00 – Cards /Canasta 11:30 –Line/Dance Instruct 12:00 – Line Dancing 1: 00 – Mah-Jong	4. 9:30 - Bridge 11:00 – Mah-Jong 11:00 Tai-Chi 12:00 – Aging in Place 12:30 – Bingo
	7. 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness 11:00 - Crafts 11:00 - Scrabble	8- 10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 –Cards / Canasta 1:00 – Art Lessons 1:00 – Mah Jong 4:00 – Zumba	9. 9:30 – Tai-Chi 9:30 – Burl Phar. Manicures 12:30 – Bingo 12:30 – Gentle Yoga	10- 9:30 – Hair Cuts 10:00 - Zumba Gold 11:00 – Cards / Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong 4:PM – Pot Luck Bingo	11 11:00 – Mah-Jong 11:00 Tai-Chi 12:30 – Bingo 1:00 – Colonial Heights &Gardens
	14 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness 11:00 - Crafts 11:00 – Mexican Train Dominos 12:00 – Crafts with Debbie	15 10:00 - Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong 4:00 – Zumba	16- 9:30 – Tai-Chi 10:00 - Massage 12:00 – Nutritional Talk 12:30 – Bingo 12:30 – Gentle Yoga	17 – 10:00 - Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	18 Good Friday – Center Closed  Happy Easter
	21-. (Commodities) 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness 11:00- - Crafts	22 – 10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong	23 9:30 – Tai-Chi 11:00 – Estate Planning 12:30 - Bingo 12:30 – Gentle Yoga 1:00 – Florence Police Dept.	24 – 10:00 - Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	25 11:00 Mah Jong 11:00 Tai-Chi 12:30 – Bingo 12:00 – Aging in Place 1:00 – Senior Solutions sponsored Bingo
	28 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness 11:00 - Crafts 11:00 - Scrabble	29 10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong	30 9:30 - Tai-Chi 12:30 - Bingo 12:30 – Gentle Yoga 10:00 – Derby Party Carrollton	Available Every Day <ul style="list-style-type: none"> • Cards • Puzzles • Walking Club • Corn Hole • Exercise Room • Board Games NEW: -4 th : Bridge 7 th & 28 th Scrabble – 14 th : Mexican Train Dominos	Special Events in April 1 st :- Walk with Ease 2 nd – Health Collaborative 7 th : - Crafts with Debbie 18 th – Colonial Heights 22 – 29 – Art Show 23 rd : - Estate Planning (BCL) 23 rd : Florence Police Dept. 25 th : MySeniorSolutions Bingo