February – 2014

…supporting the independence and dignity of older adults.

Florence Senior Activities Center

7431 U.S. 42
Florence, KY

Phone:
(859) 282-4061
Fax:
(859) 282-4065

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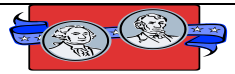
FSAC@insightbb.com

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
. Daily Activities Include: • Cards • Puzzles • Walking Club • Corn Hole • Exercise Room • Board Games • TV • Library	**Special Events – February** • **13: Pot – Luck Bingo** • **26 – Heroin / FPD**			
3. 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness	**4 -** 10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong 4:00 - Zumba	**5.** 9:30 – Tai-Chi **10:00 - Massage** 12:30 – Bingo 12:30 – Gentle Yoga	**6 -** 10:00 – Zumba Gold 11:00 – Canasta 11:30 –Line/Dance Instruct 12:00 – Line Dancing 1: 00 – Mah-Jong	**7** 11:00 – Mah-Jong 11:00 Tai-Chi 12:30 – Bingo
10 (Commodities) 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness	**11** 10:00 - Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong 4:00 - Zumba	**12** - 9:30 – Tai-Chi **9:30 – Burl Phar. Manicures** 10:00 - Massage 12:30 - Bingo 12:30 – Gentle Yoga	**13 - 9:30 – Hair Cuts** 10:00 - Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong **3PM – POT LUCK Bingo**	 **14.** 11:00 – Mah-Jong 11:00 Tai-Chi 12:30 – Bingo
 **17–.** 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness	**18 –**10:00 – Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong	**19** 9:30 – Tai-Chi **10:00 - Massage** **12:00 – Nutritional Talk** 12:30 - Bingo 12:30 – Gentle Yoga	**20 –** 10:00 - Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	**21 Cinti Assoc Blind** 11:00 Mah Jong 11:00 Tai-Chi 12:30 – Bingo 12:00 – Aging in Place
24 9 AM – Yoga Stretch 10:00 – Fitness Trainer 11:00 – Fun & Fitness	**25 –** 10:00 - Senior Strength 11:00 – Fitness Trainer 11:00 – Canasta 1:00 – Art Lessons 1:00 – Mah Jong 4:00 - Zumba	**26** 9:30 – Tai-Chi 12:30 - Bingo 12:30 – Gentle Yoga 1:00 – **Police Dept – Heroin Talk**	**27–** 10:00 - Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	**28** 11:00 – Mah-Jong 11:00 Tai-Chi 12:30 – Bingo