



# January – 2016



<i>Florence Senior Activities Center</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.</p>	<p><b>Special Events January</b>            11<sup>th</sup> – Cards with Deb (crafts)            13<sup>th</sup> - Manicure            13t &amp; 2th Massage            20 – Library Program –Fitness and Health for Seniors            22<sup>nd</sup> – Monthly Pot Luck</p>	<p><b>Available Daily</b></p> <ul style="list-style-type: none"> <li>• Cards</li> <li>• Puzzles</li> <li>• Walking Club</li> <li>• Crafts</li> <li>• Board Game</li> </ul> <p>Exercise Room</p>	<p><b>PLEASE NOTE:</b> The following programs have been dropped for the Month of January :  <b>Massage</b>  <b>Fun and Fitness</b>  <b>Friday – Tai - Chi ---</b></p>	<p>Programming for these classes should resume again in February.</p> <p>Please see me if you have any questions.</p>	<p>1 – Center Closed</p> 
<p><b>7431 U.S. 42</b>  <b>Florence, KY</b></p> <p><b>Phone:</b>            (859) 282-4061</p> <p><b>Fax:</b>            (859) 282-4065</p> <p><b>E-mail:</b>            fsacgeneral@gmail.com</p>	<p><b>4</b></p> <p>9:00 – Yoga Stretch            9:00 – Mah-Jong            12:00 - Euchre</p>	<p><b>5</b></p> <p>9:15 – Senior Strength            10:30 – Chair Volley Ball            11:00 –Cards / Canasta            1:00 – Art Lessons            4:00 - Zumba</p>	<p><b>6</b></p> <p>9:00 AM – Wii Bowling  <b>9:30 – Tai-Chi</b>            10:30 – Sign Language            12:30 – Bingo            12:30 – Gentle Yoga</p>	<p><b>7</b></p> <p>10:00 – Zumba Gold            11:00 – Canasta            11:30 – Line Dance Instruct            12:00 - Line Dancing            1:00 – Mah-Jong            1:00 – Wii Bowling</p>	<p><b>8 –</b></p> <p>9:00 – Wii Bowling            11:00 – Mah-Jong            12:30 - Bingo</p>
<p><b>Hours of Operation</b></p> <p><i>Monday Wed- Thurs &amp; Friday</i>            8:30 a.m.–3:00p.m.  <i>Tuesday – 8:30 – 5</i></p> <p><b>Center Manager</b>  <i>Geri Herbert</i>  <b>Assistant Mgr.</b>  <i>Marty Herbert</i></p>	<p><b>11- 9 AM – Yoga Stretch</b>            9:00 – Mah-Jong  <b>12:00 – Cards with Deb</b>            12:00 - Euchre</p>	<p><b>12</b></p> <p>9:15 - Senior Strength            10:30 – Chair Volley Ball            11:00 – Canasta            1:00 – Art Lessons            4:00 – Zumba</p>	<p><b>13 9:00 AM – Will Bowling</b>            9:30 – Tai-Chi-  <b>9:30 – Manicure</b>            10:30 – Sign Language            12:30 – Bingo            12:30 – Gentle Yoga</p>	<p><b>14 - 9:30 - Hair Cuts</b>            10:00 – Zumba Gold            11:00 – Canasta            11:30 – Line Dance Instruct            12:00 - Line Dancing            1:00 – Mah-Jong .</p>	<p><b>15 -</b></p> <p>9:00 – Wii Bowling            11:00 – Mah-Jong  <b>11:30 - Monthly Pot Luck</b>            12:30 - Bingo</p>
<p><b>18 MLK Day</b>  <b>- Commodities</b>            9:00 – Yoga Stretch            9:00 – Mah-Jong            12:00 - Euchre</p>	<p><b>19–</b></p> <p>9:15 – Senior Strength            10:30 – Chair Volley Ball            11:00 – Canasta            1:00 – Art Lessons            4:00 – Zumba</p>	<p><b>20 9:30 – Tai-Chi</b>            11:00 – Dominoes            11:00 – <b>Fitness Nutri for Snrs.</b>            10:30 – Sign Language  <b>12:00 Nutrition Education</b>            12:30 – Bingo            12:30 – Gentle Yoga -</p>	<p><b>21</b></p> <p>10:00 – Zumba Gold            11:00 – Canasta            11:30 – Line Dance Instruct            12:00 - Line Dancing            1:00 – Mah-Jong            1:00 – Wii Bowling</p>	<p><b>22 – Cincinnati Assoc. Blind</b></p> <p>9:00 – Wii Bowling            11:00 – Mah-Jong            12:30 - Bingo</p>	
<p><b>25 –</b></p> <p>9:00 – Yoga Stretch            9:00 – Mah-Jong            12:00 - Euchre</p>	<p><b>26</b></p> <p>9:15 - Senior Strength            10:30 – Chair Volley Ball            11:00 – Canasta            1:00 – Art Lessons            4:00 – Zumba</p>	<p><b>27</b></p> <p>9:00 AM – WiiBowling  <b>9:30 – Tai-Chi</b>            10:30 – Sign Language            12:30 – Bingo            12:30 – Gentle Yoga</p>	<p><b>28</b></p> <p>10:00 – Zumba Gold            11:00 – Canasta            11:30 – Line Dance Instruct            12:00 - Line Dancing            1:00 – Mah-Jong</p>	<p><b>29 -</b></p> <p>9:00 – Wii Bowling            11:00 – Mah-Jong            12:30 - Bingo</p>	