January – 2015

…supporting the independence and dignity of older adults.

Florence Senior Activities Center

7431 U.S. 42
Florence, KY

Phone:
(859) 282-4061
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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
Available Every Day • **Cards** • **Puzzles** • **Walking Club** • **Corn Hole** • **Exercise Room** • **Crafts** • **Board Games**	**Special Events January** 14th: Stay Fit While You Sit 19th: Closed MLK Day 21st: Financing Opts. For In-Home Care 23rd: Estate Planning	**Please: Note Change of dates for Massage. To the 2nd and 4th Wednesday each month.**	**1.** **Center Closed** 	**2** 11:00 – Mah-Jong 11:00 – Tai-Chi 12:30 – Bingo
5 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00 – Fitness Trainer 11:00 – Fun & Fitness 11:00 – Crafts	6- 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 - Zumba	**7 9**:30 – Tai-Chi 12:30 – Bingo 12:30 – Gentle Yoga	**8** 10:00 – Zumba Gold 11:00 – Cards / Canasta 11:30 – **Line Dance Instruct** 12:00 - **Line Dancing** 1:00 – Mah-Jong **3:00 – Pot Luck Bingo**	**9** 11:00 – Mah-Jong 11:00 Tai-Chi 12:00 – Aging in Place 12:30 – Bingo
12–.(Commodities 9 AM – Yoga Stretch 9:00 – Mah-Jong 10:00 – Fitness Trainer 11:00 – Fun & Fitness **12:00 –Cards with Debbie**	**13** 9:15 - Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	**14 9**:30 – Tai-Chi **9:30 – Manicure** 9:30 – Sign Language **10:00 – Massage** 11:00 – Mexican Train Dominos 12:30 – Bingo 12:30 – Gentle Yoga **1:00 – Stay Fit While You Sit**	**15– 9:30 – Hair Cuts** 10:00 – Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	**16** 11:00 – Mah-Jong 11:00 Tai-Chi 12:30 – Bingo
19 Center Closed in honor of Martin Luther King 	**20 –** 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	**21** 9:30 – Tai-Chi- 9:30 – Sign Language **11:00 – Library Program "Financing Opts for In-Home Care**". **12:00- Nutritional Lecture** 12:30 – Bingo 12:30 – Gentle Yoga	**22.** 10:00 – Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	**23** 11:00 – Mah-Jong 11:00 – Tai-Chi 12:00 – Aging in Place 12:30 – Bingo **1:00 PM – Estate Planning**
26 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00 – Fitness Trainer 11:00 – Fun & Fitness	**27–** 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	**28** 9:30 – Tai-Chi- 9:30 – Sign Language **10:00 - Massage** 12:30 – Bingo 12:30 – Gentle Yoga	**29** 10:00 – Zumba Gold 11:00 – Canasta 11:30 – Line Dance Instruct 12:00 - Line Dancing 1PM – Mah-Jong	**30** 11:00 – Mah-Jong 11:00 – Tai-Chi 12:30 – Bingo