



# February – 2016

<i>Florence Senior Activities Center</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.</b></p>	<p><b>1</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 12:00 - Euchre</p>	<p><b>2</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 - Zumba</p>	<p><b>3</b> 9:00 – Wii Bowling 9:30 – Tai-Chi 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga</p>	<p>49:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling</p>	<p><b>5</b> 9:00 – Wii Bowling <b>10:00 – Zumba Gold</b> 11:00 – Mah-Jong 12:30 - Bingo</p>
<p><b>7431 U.S. 42 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>8</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 12:00 – Euchre <b>12:00 – Cards with Deb</b></p>	<p><b>9</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 - Zumba</p>	<p><b>10</b> 9:00 AM – Wii Bowling 9:30 – Tai-Chi <b>9:30 – Manicure</b> <b>10:00 - Massage</b> 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga</p>	<p><b>11 9:15 – Senior Strength</b> 9:30 - Hair Cuts <b>10:30 – Chair Volley Ball</b> 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling</p>	<p><b>12– 9:00 – Wii Bowling</b> <b>10:00 – Zumba Gold</b> 11:00 – Mah-Jong 11:00 – Aging in Place <b>11:30 - Monthly Pot Luck</b> 11:30 – Aging in Place 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.</p> <p><i>Tuesday – 8:30 – 5</i></p> <p><b>Center Manager</b> Geri Herbert</p> <p><b>Assistant Mgr.</b> Marty Herbert</p>	<p><b>15-</b> Center Closed – President’s Day</p> 	<p><b>16</b> 10:00 Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba</p>	<p><b>17</b> 9:00 AM – Will Bowling 9:30 – Tai-Chi- 10:30 – Sign Language 12:00 <b>Nutrition Education</b> 12:30 – Bingo 12:30 – Gentle Yoga</p>	<p><b>18 –</b> 9:15 Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong</p>	<p><b>19 -Cincinnati Assoc. Blind</b></p> <p>9:00 – Wii Bowling <b>10:00 – Zumba Gold</b> 11:00 – Mah-Jong 12:30 - Bingo</p>
<p><b>Commodities</b></p> <p>9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 11:45 – Tai - Chi 12:00 - Euchre</p>	<p><b>22</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>23–</b></p> <p>9:30 – Tai-Chi 11:00 – Dominoes <b>10:00 - Massage</b> 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga -</p>	<p><b>24</b></p> <p>9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling</p>	<p><b>25</b></p> <p>9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling</p>	<p><b>26 – 9:00 – Wii Bowling</b> <b>10:00 – Zumba Gold</b> 11:00 – Mah-Jong 11:30 – Aging in Place. 12:30 - Bingo</p>
<p><b>29 – Wii Tournament – Campbell Cty.</b></p> <p>9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 11:45 – Tai Chi 12:00 – Euchre <b>Sadie Hawkins Day</b></p>	<p><b>PLEASE NOTE:</b> <b>The Center will be closed whenever Boone County Schools are closed due to inclement weather.</b> <b>Additional Classes:</b> <b>Mondays:</b> 10:30 - Advanced Fitness 11:45 – Tai Chi with Bobbie</p>	<p><b>Class Changes:</b></p> <p><b>** - Zumba Gold at moved from Thursday to 10 AM Fridays -</b></p> <p><b>Senior Strength is now on both Tuesdays and Thursdays at 9:15</b></p>	<p><b>Special Events February</b></p> <p>08<sup>th</sup> – Cards with Deb (crafts) 10<sup>th</sup> - Manicure 10<sup>th</sup> &amp; 24<sup>th</sup> Massage 17<sup>th</sup> – Nutritional Education 12<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> <li>• Exercise Room</li> </ul>	