

Boone County SeniorCenter

HOURS
8:30-2:30
Mon-Fri.

October 2025

Adding Life to Your Years


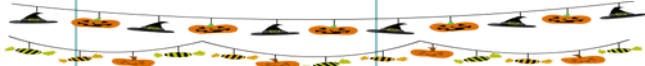


Phone: 859-334-6518
Center Manager:
Rene'e McNabb
Rmcnabb@myy.org
Assistant Manager:
Sara Dauwe
***Follow us on FB:**
Boone Ky Seniors

***Wed. 10/29 1:15pm.**
Black and Orange Line
Dance Party— Free and
Fun!
*** Inclement Weather Poli-**
cy: We follow Boone
County School weather

R.C. Durr YMCA
5874 Veterans Way
Burlington, KY 41005



Mon	Tue	Wed	Thu	Fri
		1 9 Zumba 10 Bingo 11 Effective Exercise Essentials 12 Silver Sneakers Classic 1 Chair Volleyball	2 9 Strength Lite 9:30 Bible Study 12 Euchre 12:30 Mat Yoga	3 10 Bingo 10:15 Silver Sneaker Classic 11:15 Mat Yoga 12 BUNCO 12:15 Chair Yoga
6 9:30 Bingo Blitz Sponsored by Caring Excellence Presentation: Home Safety 12 Silver Sneakers Classic 1 Chair Volleyball	7 9 Strength Lite 9 Cards 12 Euchre 12:30 Silver Sneakers Chair Yoga	8 9 Zumba 10 Bingo 11 Effective Exercise Essentials 12 Silver Sneakers Classic 1 Chair Volleyball	9 9 Strength Lite 9:30 Bible Study 12 Euchre 12:30 Mat Yoga	10 10 Bingo 10:15 Silver Sneaker Classic 11:15 Mat Yoga 12 NO BUNCO 12:15 Chair Yoga
13 12 Silver Sneakers Classic 1 Chair Volleyball 9:30-2:30 Comfort Quilters @ Main Library. 	14 9 Strength Lite 9 Cards 12 Euchre 12:30 Silver Sneakers Chair Yoga	15 9 Zumba 9:30 Nutrition Education 10 Bingo 11 Effective Exercise Essentials in fitness center 12 Silver Sneakers Classic 1 Chair Volleyball	16 9 Strength Lite 9:30 Bible Study 12 Euchre 12:30 Mat Yoga	17 10 Bingo 10:15 Silver Sneaker Classic 11:15 Mat Yoga 12 BUNCO 12:15 Tai Chi for Arthritis
20 12 Silver Sneakers Classic 1 Chair Volleyball	21 9 Strength Lite 9 Cards 12 Euchre 12:30 Silver Sneakers Chair Yoga	22 9 Zumba 10 Bingo 11 Effective Exercise Essentials in fitness center 12 Silver Sneakers Classic 1 Chair Volleyball	23 9 Strength Lite 9:30 Bible Study 12 Euchre 12:30 Mat Yoga	24 10 Bingo 10:15 Silver Sneaker Classic 11:15 Mat Yoga 12 BUNCO 12:15 Tai Chi for Arthritis
27 10 Movie Matinee: Practical Magic 12 Silver Sneakers Classic 1 Chair Volleyball 10-1 Comfort Quilters @ main library end of Year gathering. NO sewing machines.	28 9 Strength Lite 9 Cards 12 Euchre 12:30 Silver Sneakers Chair Yoga	29 9 Zumba 10 Bingo 11 Effective Exercise Essentials in fitness center 12 Silver Sneakers Classic 1:15 Black & Orange Halloween Linedance Free FUN! 	30 9 Strength Lite 9:30 Bible Study 12 Euchre 12:30 Mat Yoga	31 Happy Halloween! 9 Party-bring a treat to share— Costume judging at 11am. 10 Bingo 10:15 Silver Sneaker Classic 11:15 Mat Yoga 12 BUNCO 12:15 Tai Chi for Arthritis

Fitness center can be used during operating hours of M-F 9am-12pm. Must sign in at center.

Lunch served @ 11:30, 48hr advance Reservation required by 11:30am see menu *

***Registration for exercise classes is requested 24hrs in advance to reserve your spot as space allows..**

***RSVP for Mon class on Fri.**

Note: Please call only 1 day in advance to reserve a seat for exercise classes.

Skees Senior ActivityCenter

7431 U.S. 42
Florence, KY

Activities for
60 and Over

Center Manager

Jeannie Hoffman
JHoffman@myy.org

Assistant Mgr.

Teresa Taylor
Ttaylor@myy.org

Building Hours

Fitness Room
Monday - Friday
8:30a - 2:30p
(859)282-4061

Facebook Page:

[Boone Ky Seniors](#)










\$1 Meal on Wheels
Call the center 48hrs

ahead to reserve meal.

Lunch arrives 11:30

Meal menu upon request

Must be eaten at center

Monday	Tuesday	Wednesday	Thursday	Friday
Starting soon- Cardio Drumming Mondays at 9:00 am Must RSVP on Fridays 	October 23, 2025 10:45am Day Trip Mrs. Teapots Tea Room Lunch and shopping in Bellevue, KY \$5 (lunch on your own) 	1) 9:00- Bridge Class 10:15- Mat Yoga DVD 11:00 Digital Literacy w/Rick Sellnow RSVP@desk 12:30 -Bingo w/ special guest caller Josh Hunt -Florence City Administrator 	2) 9:30- TaiChiArthritisDVD 10:00-Cards 10:45-SSChairYogaDVD 12:00-Silver Sneaker 1:00-Chair Volleyball	3) 9:00- Mah-Jong 9:00PrivateSewing Group 9:30 -Dance Fit 11:00 Kylew/Elite Medical- (Diabetic Shoes) will be here to answer questions 12:30- Bingo
6)  Center Closed All Week	7) 	8)  Parking Lot Resurfacing	9)  Parking Lot Resurfacing	10)  Center Closed All Week
13) 9:00- Mah-Jong 9:00- Cardio Drumming 10:00 - Cardio Drumming 12:30-Art Group	14) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	15) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Nutrition Ed w/ Diane Mason 12:30 Bingo	16) 9:30- Tai Chi Arthritis 10:00- Cards 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	17) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
20) Commodities 9:00- Mah-Jong 9:00- Cardio Drumming 10:00-Cardio Drumming (RSVP on Friday before) 12:30-Art Group	21) 10:00- Hand & Foot Cards 10:30- Silver Sneaker 11:45- Beginner Line Dance 12:15- Regular Line Dance 1:30- Chair Volleyball	22) 9:00- Bridge Class 10:15- Mat Yoga 11:30 Pizza Snack  12:30- Bingo	23) 9:30- Tai Chi Arthritis 10:00- Cards 10:30-Day Trip 10:45- SS Chair Yoga 12:00- Silver Sneaker 1:00- Chair Volleyball	24) 9:00- Mah-Jong 9:30 -Dance Fit 12:30- Bingo
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