**Mon** | **Tue** | **Wed** | **Thu** | **Fri**
--- | --- | --- | --- | ---
1 | **NO GROUP EXERCISE DUE TO FLOOR REPAIRS AUG 30th-SEPT 3rd** | 1 | 2 | 3
 | 10 Bingo | 9:30 Bible Study | 12 Euchre | 10 Bingo | 12 BUNCO $2
 || | | || |
* **All Centers Closed** | **All Centers Closed** | **All Centers Closed** | **All Centers Closed** | **All Centers Closed**
6 | Center Closed in Observance of Labor Day | 7 | 8 | 9
 | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 10 Bingo | 9:30 Bible Study 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 10 Bingo | 12 Silver Sneakers Classic 12 BUNCO $2
 || | | || |
13 | 12 Silver Sneakers Classic 1 Chair Volleyball * note time change* | 14 | 15 | 16
 | 12 Silver Sneakers Classic 1 Chair Volleyball * note time change* | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 10 Bingo | 12 Silver Sneakers Classic 1 Chair Volleyball * note time change* | 10 Bingo | 12 Silver Sneakers Classic 12 BUNCO $2
17 | 12 Silver Sneakers Classic 1 Chair Volleyball *note time change* | 21 | 22 | 23
 | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | FB – Virtual Nutrition Ed. with Diane Mason, Boone Co. Extension Office 10 Bingo 12 Silver Sneakers Classic | 24
 | 10:30-3:30 Comfort Quilters @ Hebron Library | 10:30-3:30 Comfort Quilters @ Hebron Library | 9:30 Bible Study 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 10 Bingo | 12 Silver Sneakers Classic 12 BUNCO $2
27 | 9:30 Flu shots with RuweRX – Must RSVP | 28 | 29 | 30
 | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 9 Cards/Domino’s 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 10 Bingo | 9:30 Bible Study 12 Euchre 12 Silver Sneakers Yoga 1:30 Cardio Fit | 12 Silver Sneakers Classic 12 BUNCO $2
 || | | || |

*Fitness center can be used during the hours of operation 9-12*

If Boone County is a “red covid county” mask must be worn in senior center at all times for all programs. We will update as soon as the county changes.

Phone: 859-334-6518  
Fax: 859-534-5777  
E-mail: rmcnabb@myy.org  
FB- Boone Ky Senior

RC Durr YMCA  
5874 Veterans Way  
Burlington, Ky. 41005

Lunch served @ 11:30, Reservation required the day before by 11:30am
# September 2021
## Adding Life To Your Years

### Florence Senior Center
7431 U.S. 42  
Florence, KY

**Center Manager**  
Christine Miskell  
CMiskell@myy.org

**Assistant Mgr.**  
Jeannie Hoffman  
JHoffman@myy.org

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

### Building & Fitness Room
Monday - Friday  
8:30a – 2:30p

**Lunch: Menu At Desk**  
Please call the center to order  
Meals on Wheels lunch  
1 Day in advance before 1pm  
Lunch arrives 11:30 $3 Donation

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| **Take Note:**  
# Flu Shot sign-up at Front Desk/ Deadline Tues 9/21  
# Must Wear A Mask While In Center  
# Bring Your Own Snack and Drink If Needed- No Sharing  
# Call One Day In Advance To Reserve a Spot For Exercise  
# Enter Center No Earlier Than 10 Minutes Before Activity  
# Grandchildren Not Permitted At This Time  |
| 6) **CLOSED** LABOR DAY | 7) 9:15 – Silver Sneaker Yoga  
10:00- Canasta/Cards  
10:30 – Silver Sneaker Classic  
11:45- Beginner Line Dance  
12:15- Regular Line Dance  |
| 8) **Center Closed**  
Boone County Senior Picnic  
Roaring 20’s  
*See You There*  |
| 13) 9:00- Wii Bowling  
9:00- Mah-Jong  
12:30- Art Lessons  |
| 14) 9:15 – Silver Sneaker Yoga  
10:00- Canasta/Cards  
10:30 – Silver Sneaker Classic  
11:45- Beginner Line Dance  
12:15- Regular Line Dance  |
| 15) 10:45- Gentle Mat Yoga  
12:30- Bingo  |
| 20) **Commodities**  
9:00- Wii Bowling  
9:00- Mah-Jong  
12:30- Art Lessons  |
| 21) 9:15 – Silver Sneaker Yoga  
10:00- Canasta/Cards  
10:30 – Silver Sneaker Classic  
11:45- Beginner Line Dance  
12:15- Regular Line Dance  |
| 22) 10:45- Gentle Mat Yoga  
12:30- Bingo  |
| 23) **Flu Shots Today**  
10 – 12 Flu Shots- Ruwe  
10:00 – Canasta & Cards  
10:00 – Chair Volleyball  
12- Silver Sneaker Classic  |
| 27) 9:00- Wii Bowling  
9:00- Mah-Jong  
12:30- Art Lessons  |
| 28) 9:15 – Silver Sneaker Yoga  
10:00- Canasta/Cards  
10:30 – Silver Sneaker Classic  
11:45- Beginner Line Dance  
12:15- Regular Line Dance  |
| 29) 10:45- Gentle Mat Yoga  
12:30- Bingo  |
| 30) 10:00 – Canasta & Cards  
10:00 – Chair Volleyball  
12- Silver Sneaker Classic  |

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**Note:** There is hand sanitizer and wipes though out the center for your use. Please do your part by sanitizing any equipment / tables / chairs that you use during your visit. Please remember to wash / sanitize your hands often. Thank you for your help by providing a safe environment.

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**Deadline:** 9/21
## Walton Senior Center SEPTEMBER 2021
### Adding Life to Your Years

#### Days & Hours of Operation:
- Mon, Wed, & Thursday 8:30a-3p
- Closed Tue & Friday

#### Phone:
- (859) 485-7611

#### Address:
- 40 North Main St.
- Walton, KY 41094

#### Senior Program Director for Seniors
- Diana Tripp, CSW
- Dtripp@myy.org

#### Volunteer Assistant
- Peggy Chambers

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| 9a Senior Strength DVD  
10a TONK/cards  
12p Euchre | 8:30 Cards  
9:30 Dance Fitness with Jessica  
12p BINGO |                   |             | 10    |
| 6 CENTER CLOSED  
Labor Day | 7 CENTER CLOSED  
Boone County Senior Picnic  
see you there! | 8 CENTER CLOSED  
Boone County Senior Picnic  
see you there! | 9 8:30 Cards  
9:30 Dance Fitness with Jessica  
12p BINGO |                   |
| 13    | 14    | 15        | 16        | 17    |
| Commodities  
10a Dominoes  
1p Gentle Yoga with Sara | 10a Dominoes  
1p Gentle Yoga with Sara | 10a Senior Strength DVD  
10a TONK/cards  
12p Euchre | 8:30 Cards  
9:30 Dance Fitness with Jessica  
12p BINGO |                   |
| 20    | 21    | 22        | 23        | 24    |
| 10a Dominoes  
1p Gentle Yoga with Sara | 10a Dominoes  
1p Gentle Yoga with Sara | 10a Senior Strength DVD  
10a TONK/cards  
10a Nutrition Ed  
Virtual on FB  
12p Euchre | 8:30 Cards  
9:30 Dance Fitness with Jessica  
12p BINGO |                   |
| 27    | 28    | 29        | 30        |       |
| 10a Dominoes  
11:30-12:15 Flu Vaccinations  
1p Gentle Yoga | 9a Senior Strength DVD  
10a TONK/cards  
12p Euchre | *OLD FASHIONED DAY in Walton,  
Saturday September 11th.  Vendors, Food, & Fun! | | |

*When Boone Co. is RED on the COVID–19 county map, Masks will be required for all staff, participants, guests to enter the center. At this time no food or drink will be served or shared at the Senior Center (other than ordered lunch). Please only bring your individual/personal drink or food. Meals on Wheels lunch is available with 24 hour Advanced reservation, suggested $3 voluntary donation.