



Senior Centers of R.C. Durr YMCA – Adding Life to Your Years

January 2021 Virtual Calendar BOONE COUNTY, FLORENCE, & WALTON

MON	TUE	WED	THU	FRI	
				1 New Year's Day WELCOME 2021! Center Closed	
4 SS Classic	5 Gentle Yoga SS Yoga 10a *Zoom Bingo	6 SS Classic 10a FB live, Trivia & health facts	7 Gentle Yoga SS Yoga 1p *Zoom Bingo	8 SS Classic	
11 SS Classic Commodities for Walton 9:30a-12:30p	12 Gentle Yoga SS Yoga 10a *Zoom Bingo	13 SS Classic 10a FB live, Coffee & Chat with staff	14 Gentle Yoga SS Yoga 1p *Zoom Bingo	15 SS Classic	
18 Martin Luther King Jr. Day Center Closed	19 Gentle Yoga SS Yoga 10a *Zoom Bingo	20 SS Classic 10a Nutrition Ed- Cauliflower & FB live, Staff Favorite recipes	21 Gentle Yoga SS Yoga 1p *Zoom Bingo	22 SS Classic	
25 SS Classic Commodities for Florence 10a-2p	26 Gentle Yoga SS Yoga 10a *Zoom Bingo	27 SS Classic 10a FB live watch party, Healthy Living for your Brain & Body, Alzheimer Assoc.	28 Gentle Yoga SS Yoga 1p *Zoom Bingo	29 SS Classic	

Staff answer phones at the Florence Senior Center Mondays –Friday 9a-2p

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Senior Center Staff

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*** Zoom Bingo reservation must be made one day in advance.**

Offerings are posted daily on our FB page Boone Ky Senior. Links to Fitness classes are sent by email at the beginning of each week and links to Educational offerings will be sent on their scheduled day from no-reply@mjminnovations.com. Please call us to update your contact information.
 SS (Silver Sneaker), FB (Facebook)