

# CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

## FEBRUARY 2024

**\* Registration required and/or payment due**

Mon	Tue	Wed	Thu	Fri
<p><b><u>Every Monday</u></b> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 WOW 9:30 Pinochle 10:00 Canasta 11:00 Wii Bowling 12:00 Nickels 1:00 Chair VB 1:30 Choga</p>	<p><b><u>Every Tuesday</u></b> Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 10:20 Line Dancing 9:30 Poker 11:30 Yoga I* 12:30 Euchre 1:45 Tai Chi</p>	<p><b><u>Every Wednesday</u></b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Belly Dancing* 11:00 Wii Bowling 12:30 Pinochle 1:00 Chair VB 1:30 Tai Chi* 3:00 Virtual Tia Chi</p>	<p><b><u>Every Thursday</u></b> Exercise Equipment Computer / Library Pacesetters 9:00 Wow 10:15-11:15 Line Dancing 11:30 Yoga II* 12:00 Nickels 12:30 Pinochle 1:30 Choga</p>	<p><b><u>Every Friday</u></b> Exercise Equipment Computer / Library Pacesetters 8:45 Yoga* 9:30 Fit Friends 10:00 Manipulation 10:00 Mah Jongg 10:15 Line Dance 10:30 Hand &amp; Foot 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB</p>
			1	2 <b>New Time: 10:15-11:30 Line Dance</b>
5 <b>12:00 Nickels <u>New in Feb.</u></b>	6	7 Belterra Day 	8 <b>1:00 Tech Day*</b>	9 <b>New Time: 10:15-11:30 Line Dance</b>
12 <b>12:00 Nickels <u>New in Feb.</u></b>	13 <b>10:00 Movie Day*</b>	14 <b>New Tai Chi Session</b>	15 <b>1:00 Tablet and Smart Phone Class*</b>	16 <b>9:30 Paper Towel Painting Class New Time: 10:15-11:30 Line Dance</b>
19 <b>President's Day Center is Closed</b>	20 <b>9:00 Painting Class*</b>  CSFP	21	22	23 <b>New Time: 10:15-11:30 Line Dance <u>NO YOGA</u></b>
26 <b>9:00 Craft Class*</b>  <b>12:00 Nickels <u>New in Feb.</u></b>	27 <b>New Tai Chi Session</b>	28 <b>Last day to RSVP* for March Belterra Day New Belly Dance Class</b>	29	

**February 7th, Wednesday: Belterra Day 10:00am-10:00pm.** You must be a registered senior center member & RSVP at the center each month. **The last day to register for the March trip is February 28th.**

**February 8th, Thursday: Tech Day 1:00-2:00pm:** Schedule an appointment to go over any electronic devices you may be having trouble with. Clara from the Campbell County Public Library will be happy to help guide you. [Registration is required](#) for this free service. Register at the front counter or call Marsha at 859/572-4300.

**February 13th, Tuesday: Movie Day 10:00am -** This month's movie is *Maybe I Do*, a romantic comedy starring Diane Keaton, Richard Gere and Susan Sarandon. Donation is \$1.00. [Please register at the front counter.](#)

**February 15th, Thursday: Tablet and Smart Phone Class. 1:00pm.:** Having difficulties with a tablet or smart phone? Be sure to register for Clara from the Campbell County Public Library's class. [Registration is required for this free class. Please register at the front counter.](#)

**February 16th, Friday: Paper Towel Painting Class 9:30am:** Painting with paper towels instead of paint brushes is a unique and fun way to paint. The fun begins at 9:30am when Kimberlee of Hospice of the Bluegrass hosts *Painting a Snowman Using Paper Towels*. [Please register at the front counter.](#)

**February 19th, Monday: Presidents' Day-Center Closed**

**February 20th, Tuesday: Painting Class 9:00am.:** Suggested Donation \$5.00 payable when you sign up. [Registration is required. Please register at the front counter.](#) Theresa Connaughton, along with *Michelle the Painter*, will be teaching this class. No refunds for no shows.

**February 26th, Monday: Craft Class 9:00am.** This month's project will be a Spring candy jar. Suggested donation: \$5.00 payable when you register. [Please register at the front counter.](#) No refunds for no shows.

**Mondays at 12:00pm: Nickels** in the dining room. New in February.

**Friday Line Dance Class: New Time 10:15-11:30am**

**MASSAGES BY H2 HEALTH WILL RETURN IN APRIL**