

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JUNE 2024

(859)/572-4300

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

Mon	Tue	Wed	Thu	Fri
<p><u>Every Monday</u> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 9:30 WOW 10:00 Canasta/Hand & Foot 11:00 Wii Bowling 1:30 Choga</p>	<p><u>Every Tuesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 10:20 Line Dancing 9:30 Poker 11:30 Yoga I * 12:30 Euchre 12:45 Chair Tai Chi* 1:45 Tai Chi*</p>	<p><u>Every Wednesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Belly Dancing* 11:00 Wii Bowling 12:00 Pinochle 1:30 Tai Chi* 3:00 Virtual Tai Chi</p>	<p><u>Every Thursday</u> Exercise Equipment Computer / Library Pacesetters 9:00 WOW 10:15-11:15 Line Dancing 11:30 Yoga II * 12:00 Nickels 12:00 Pinochle 1:30 Choga</p>	<p><u>Every Friday</u> Exercise Equipment Computer / Library Pacesetters 8:45 Choga 9:30 Fit Friends 10:00 Manipulation 10:00 Mah Jongg 10:15 Line Dancing 10:30 Hand & Foot 11:00 Wii Bowling 11:15 Line Dancing 1:00 Bingo 1:00 Chair VB</p>
3	4 9:00AM Tai Chi in the Park AJ Jolly by the stage June 4-July 9	5 10:30AM Meals On Wheels Tablet Intro Belterra Day* 	6	7 12:00PM June Birthdays* 
10	11 NEW Yoga I Session* 9:30-11:00AM Aging In Place 10:00 AM Painting Class*	12 NO Pinochle 11-12:30PM Eat Better For Less	13 NEW Yoga II Session* 1:00 Tech Day* 	14
17 9:00AM Craft Class* Handmade Cards	18 10:00AM Movie* “The Book Club” 	19	20	21
24	25	26 1:30 PM NEW Tai Chi Session* 12:00 Noon Last day to register* For July Belterra	27 11:00 AM Book Club 	28

June 4th, Tuesday— Tai Chi in the Park 9:00 AM Join Jessie for an outdoor session of Tai Chi! AJ Jolly Park, by the stage.

June 5th, Wednesday—Belterra Day— Beginning at 10:00AM. You must be a registered senior center member. The last day to register for July trip is June 26th, at 12:00 PM

June 5th, Wednesday—10:30AM Meals on Wheels Claris Tablet Introduction Class *Register at the front counter*

June 11th, Tuesday, Aging in Place, 9:30-11:00AM - *Register at the front counter* Blood pressure, sugar level test, Oxygen, etc.

June 11th, Tuesday, Painting Class* 10:00AM— Frog — *Register at the front counter* or See Pat. \$5.00 payable when you register. No refunds for no shows. **Rhonda Deaton from Morning Star Pottery** is leading the class, and providing the ceramics.

June 11th, Tuesday, New Yoga I Session* 11:30AM - *Register with Jessie in the Wellness Center.*

June 12th, Wednesday, 11:00AM Eat Better for Less—Cooking demos, tips and tools and hands-on activities. Allison Bowen of the CC Extension Office will be the facilitator. *Please register at the front counter.*

June 13th, Thurs., New Yoga II Session* 11:30AM - *Register with Jessie in the Wellness Center.*

June 13th, Thurs., Tech Day, 1:00PM. *Register at the front counter* Been having trouble with your phone or computer? Clara from the Campbell County Public Library will be happy to help guide you.

June 17th, Monday, Craft Day* 9:00AM— *Register at the front counter.* \$5.00 payable when you register. No refunds for no shows. Create your own greeting cards- 2 Cards with envelopes!

June 18th, Wednesday, Movie Day* 10:00AM— *Register at the front counter.* This month’s movie is “ The Book Club-The Next Chapter” starring Diane Keaton, Jane Fonda, Candice Burgin and Mary Steenburgen. Donation is \$1.00, includes popcorn and soft drink.

June 26th, Thurs., New Tai Chi Session* 1:30PM - *Register with Jessie in the Wellness Center.*

June 27th, Thurs., 11:00AM — Book Club Meeting Discuss the current book and receive the next book to read. Light Refreshments will be served. *See Pat for Registration*