

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

AUGUST 2024

(859)/572-4300

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

Mon	Tue	Wed	Thu	Fri
<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	<u>Every Tuesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 10:20 Line Dancing 9:30 Poker 11:30 Yoga * 12:30 Euchre 12:45 Chair Tai Chi* 1:45 Tai Chi*	<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 Tia Chi	<u>Every Thursday</u> Exercise Equipment Computer / Library Pacesetters 9:00 WOW 10:15-11:15 Line Dancing 11:30 Yoga * 12:00 Nickels 12:00 Pinochle 1:30 Choga	<u>Every Friday</u> Exercise Equipment Computer / Library Pacesetters 8:45 Choga 10:00 Manipulation 10:00 Mah Jongg 10:15 Line Dancing 11:15 Line Dancing 10:30 Hand & Foot 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB
Don't forget to buy your ticket (\$10) for the senior picnic!	Senior Picnic Wednesday, September 25th. "Pirates At Penderly Park."		1 11:30AM Yoga* New Session	2
5	6	7 Belterra Day* 	8 1:00 PM* Tech Day 	9 11:00AM Lunch and Learn BG Care Navigators Presentation* 12:00 Noon August Birthdays*
12	13 10:00AM Paint Class*	14	15 No Choga	16
19	20 10:00 AM Movie Day* 	21 10:00AM New Belly Dancing Session* 1:30 PM New Tai Chi Session*	22	23 11:00AM Medicare Presentation*
26 9:00AM Craft Class*	27	28 Last day to register* for September Belterra trip.	29 11:00 AM Book Club* 	30

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

August 8th, 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.

August 9th, Friday, Sign up for Lunch and Learn with BG Navigators— They will discuss the Myths about Hospice Care and also the differences between Hospice and Palliative Care. *Register at the front counter*

August 9th, Friday, Join us in celebrating our July Birthdays! *Register at the front counter*

August 13th, Tuesday, Painting Class* 10:00AM— *Register at the front counter* or See Pat. \$5.00 payable when you register. No refunds for no shows.

August 20th, Tuesday, Movie Day* 10:00AM— *Register at the front counter.* This month's movie is "Night at the Museum", starring Ben Stiller. Donation is \$1.00, includes popcorn and soft drink.

August 23rd, Friday, 11:00AM Medicare Presentation—

August 26th, Monday, Craft Class* 9:00AM— *Register at the front counter.* \$5.00 payable when you register. No refunds for no shows. Pint jar covered in flat glass marbles with tea light inside.

August 29th, 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*

SENIOR PICNIC - "PIRATES AT PENDERLY PARK", Wednesday, September 25th. Tickets are on sale now for \$10.00 until 3:00 pm on September 24th. Tickets will be \$15.00 at the gate.