

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300


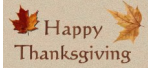
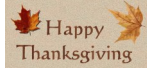
3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

NOVEMBER 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 12:00 Nickels 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 I * 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 12:30 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 II * 12:00 Nickels 12:30 Pinochle 1:30 Choga	<u>Every Friday</u> Exercise Equipment Computer / Library Pacesetters 8:45 Yoga* 9:30 Fit Friends 10:00 Line Dancing 10:00 Manipulation 10:00 Mah Jongg 10:30 Hand & Foot 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB
				1 11:00AM Dementia Presentation NO Yoga
4	5 New Tai Chi* New Chair Tai Chi* 10:00 AM Paint Ceramic Tree	6 9:00—10:30AM Flu, Covid & RSV Vaccines* Belterra Day*	7	8 11:00AM Connecting Hearts-Fall Prevention
11 CENTER CLOSED 	12 10:00AM Painting Class	13 11:00AM Heaven Sent Care & Snr. Living Locators & Amedisys New Tai Chi*	14 Tech Day 1:00*	15 11:00AM Oak Street Health 12:00 Nov Birthdays Last day to RSVP for Thanksgiving Dinner
18	19 CSFP 10:00 AM Movie Day*	20 New Belly Dance Session*	21 11:00AM Book Club	22 NO Choga 11:15AM Annual Thanksgiving Dinner*
25	26 10:00AM Craft Class	27 Last day to register* for December Belterra trip	28 CENTER CLOSED 	29 CENTER CLOSED 

November 1st, Friday— 11:00AM Presentation Dementia by Marvin Knobloch

November 5th, Tuesday, 10:00 AM Paint a Ceramic Christmas Tree—Cost is \$5 due at registration. No refunds for no shows. [Register at the front counter](#)

November 6th, 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 December trip is November 27th.

November 6th, Wednesday, Flu, Covid & RSV Vaccines 9:00-10:30AM - Registration is required. Please provide your Medicare card & any other insurance cards. Please provide your VA Insurance card as well as a Military ID & full social security number. Vaccinations are provided by Ruwe Pharmacy.
[Registration at the front counter is required.](#)

November 8th, Friday, 11:00AM -Connecting Hearts Home Care Home Care, Home Health Care and Placement Services—Fall Prevention [Register at the front counter](#)

November 11th, Monday, Veterans Day - SENIOR CENTER CLOSED

November 12th, Tuesday, Painting Class, 10:00AM —[Registration is required.](#) Cost is \$5.00. No refunds for no shows. Follow Michelle the Painter— Tea pot on a Window Sill

November 13th, 11:00 AM Presentation by Heaven Sent In Home Care & Senior Living Locators & Amedisys

November 14th, Thursday, 1:00PM Tech Day 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.

November 15th, Friday 11:00AM Presentation Oak Street Health Care [Register at the front counter](#)

November 15th, Friday 12:00 Noon—Join us in celebrating November Birthdays! [Register at the front counter](#)

November 19th, Tuesday, Movie Day, 10:00AM— [Register at the front counter.](#) This month’s movie is “FREE BIRDS” A pair of turkeys travel to the first Thanksgiving, to take turkeys off the menu forever. Includes a soft drink and popcorn. Donation is \$1.00.

November 22nd, Friday, 11:15AM Annual Thanksgiving Dinner—Enjoy our annual dinner of roasted turkey, dressing, mashed potatoes & gravy, green beans, cranberry sauce,, rolls & dessert. [Reserve your seat by November 15th.](#) The cost of \$10.00 is due when you register. Enjoy playing some bingo after the dinner.

November 26, Tuesday, 10:00AM Craft Day [Registration @ front desk-required.](#) Christmas ornaments made from painting small clay pots! Cost is \$5 due at registration. No refunds for no shows

November 28, Thursday and November 29th, Friday SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY