

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300


3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

FEBRUARY 2025

(859) 572-4300

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

Mon	Tue	Wed	Thu	Fri
<p>Every Monday Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 WOW 9:30 Pinochle 10:00 Canasta/Hand & Foot 11:00 Wii Bowling 12:00 Nickels 1:30 Choga</p>	<p>Every Tuesday 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*</p>	<p>Every Wednesday 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>Every Thursday Exercise Equipment Computer / Library Pacesetters 9:00 Wow 10:15 Line Dancing 11:30 Yoga* 12:00 Nickels 12:00 Pinochle 1:30 Choga</p>	<p>Every Friday 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 Line Dancing 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB</p>
3	<p>4 9:30AM Pottery Paint Class* New Beginners Tai Chi*</p>	5 Belterra Day	6	7
10	<p>11 9:30AM Painting Class*</p>	12	<p>13 1:00 Tech Day*</p>	<p>14 11:00AM Lunch & Learn* How to detect Symptoms of a Heart Attack</p>
<p>17 President's Day Center is Closed</p> 	<p>18 10:00 Movie Day*</p> <p>CSFP</p>	19	20	<p>21 11:00 My Chart Basics*</p>
24	<p>25 9:30AM Craft Class*</p>	<p>26 New Tai Chi*</p> <p>Last day to RSVP* for March Belterra Day</p>	<p>27 11:00AM Book Club</p>	28

February 5th, 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 26th.**

February 11th, Tuesday: Painting Class 9:30AM: \$5.00 payable when you sign up. *Please register at the front counter.* Follow Michelle the Painter, Winter Stroll No refunds for no shows.

February 13th, 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. *Please Register at the front counter*

February 14th, Friday, 11:00AM: Lunch and Learn with Julie Finn will be guiding the presentation on “How to Detect symptoms of a Heart Attack”. *Registration Required at the front counter*

February 17th, Monday: Presidents' Day-Center Closed

February 18th, Tuesday: Movie Day 10:00AM - This month's movie starring Jane Fonda and Lilly Tomlin, is *Moving On*, Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before. Donation is \$1.00. *Please register at the front counter.*

February 21st, Friday, 11:00AM —Richard Sellnow with the UK/Extension Office will be presenting The Basics of using MY Chart. *Please Register at the front counter*

February 25th, Tuesday: Craft Class 9:30AM. This month's project will be a hanging flower pot with artificial plants. \$5.00 payable when you register. *Please register at the front counter.* No refunds for no shows.

February Challenge— Walk 1 mile a day. Pick up walking tracker sheet in the Wellness Center.

Fill it out and turn in by March 7th. Completed Trackers will be put in a Raffle drawing to win a prize!