

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300


3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

MARCH 2025

(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 WOW 9:30 Pinochle 10:00 Canasta/Hand & Foot 11:00 Wii Bowling 12:00 Nickels 1:30 Choga*</p>	<p><u>Every Tuesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 9:30 Poker 10:20 Line Dancing 11:30 Yoga* 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 Line Dancing 11:30 Yoga* 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 Dance 10:30 Hand & Foot 11:00 Wii Bowling 11:00 Line Dancing 1:00 Bingo 1:00 Chair VB</p>
<p>March is National Nutrition Month. Use the Wellness Center 15 times during the month for a chance to win a gift card!</p>				
3	<p>4 New Chair Tai Chi Session* 9:30AM Pottery Paint Class*</p>	<p>5 Belterra Day</p> 	<p>6 New Yoga Session*</p>	7
10	<p>11 9:30AM Painting Class*</p>	<p>12 New Belly Dance Session*</p>	<p>13 1:00PM Tech Day*</p>	<p>14 Last day to register for Community Day</p>
17	<p>18 10AM Movie* New Yoga Session* New Tai Chi for Beginners session* CSFP</p>	19	<p>20 New Yoga Session*</p>	21
24	<p>25 9:30AM Craft Class*</p>	<p>26 Last day to register for the April Belterra trip.</p>	<p>27 11:00AM Book Club</p>	<p>28 Community Day*</p>
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March 4th, Tuesday, 9:30AM: Pottery Painting Class: Come join the fun! This month's project is a bunny. **Cost: \$5.00 due at registration. No refunds for no shows. [Please register at the front counter.](#)**

March 5th, Wednesday: Belterra Day 10:00AM-10:00PM. You must be a registered senior center member & RSVP at the senior center each month. **The last day to register for the April trip is Wednesday, March 26th at 12:00 noon. No late registrations accepted.**

March 11th, Tuesday, 9:00AM: Painting Class. Paint a Michelle the Painter Bunny and Butterfly. Suggested donation \$5.00 payable when you register for the class. No refunds for no shows. **[Please register at the front counter.](#)**

March 13th, Thursday, 1:00-2:00PM: Tech Day. Schedule an appointment to go over any electronic devices you may be having trouble with. Clara from the Campbell County Public will be happy to guide you. **[Please register at the front counter](#)**

March 17, Mondays from 9:00AM-11:00AM. Matter of Balance Class. 8 week class. **[Pre-registration required. Please register at the front counter.](#)** See Jessie in the Wellness Center for more details.

March 18th, Tuesday, 10:00AM: Movie Day. This month's movie is *Ticket to Paradise*, starring George Clooney and Julia Roberts. A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. Includes soft drink and popcorn. Donation: \$1.00. **[Please register at the front counter.](#)**

March 25th Monday, 9:30AM: Craft Class. This month's class will be an Easter Egg Wreath. Suggested donation \$5.00 payable when you register. **[Please register at the front counter.](#)** No refunds for no shows.

March 28th, Friday, 11:00AM : Community Day / Disaster Preparedness Day: This year's program will include insight on what to do during a disaster, how to prepare for a disaster and what to do after a disaster. There will give-aways, door prizes, a City BBQ lunch, Bingo and chair volleyball. There is no charge for this worthwhile event. **[Reg-istration is required.](#)**