

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

Hours of operation 8:30am-3:00pm

January 2020

Mon	Tue	Wed	Thu	Fri
Every Monday 9:30 Fitness Friends 9:30 Pinochle 9:30 W.O.W. 10:00 Canasta 11:00 Wii Bowling 12:45 Game Day 1:00 Chair Volley. 1:00 Tai Chi-free	Every Tuesday 9:30 Line Dance 9:30 Poker 10:00 Bridge 10:30 Chair Yoga 12:00 Yoga II 12:30 Euchre 1:30 Tai Chi Reike/Appt. Only	Every Wednesday 9:30 Fitness Friends 9:30 W.O.W 11:00 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet 1:00 Chair Volley. 1:00 Chair Tai Chi, Free	Every Thursday 9:30 Line Dance 9:30 Poker 10:00 Bridge 11:30 Yoga I 12:30 Pinochle 12:30 Nickels 1:30 Bingo 2:00 Chair Yoga Free	Every Friday 9:30 Fitness Friends 10:00 Young at Heart Band 10:00 Mah Jongg 11:00 Wii Bowl. 1:00 Chair Volley. 1:30 Bingo Reike/Appt. Only
		1 Center Closed 	2	3
6 New free session of Tai Chi begins today.	7	8 Belterra Park 10-11:30 Wellness Clinic New free session of Tai Chi begins today.	9	10
13	14 10:00 Popcorn & Movie	15 9:00 Painting Class	16 10-11:00 Tech Day 12:00 Carmel Manor-Lunch and Learn	17
20  Center is Closed	21 New Tai Chi Session 10:00 CSFP 11:00 Sr. Advocacy	22 10:00 Tech Help	23 10:00 Cent\$ible Chef	24
27	28	29	30	31

Jan. 1st, HAPPY NEW YEAR!! The Center is closed.

Jan. 8th, Wednesday, Belterra Park Day, since we are closed the first Wednesday of January, the date has been changed to the second Wednesday. Next month will go back to the first Wednesday.

Jan. 8th, Wednesday, Wellness Clinic—10:00—11:00. If you are in need of vaccinations for the flu, hepatitis, shingles, or whooping cough; please see Theresa to get registered.

Jan. 14th, Tuesday, Popcorn and Movie—10:00. Downton Abbey—The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary and their royal entourage descent on the eponymous mansion.

Jan. 15th, Wednesday, Painting Class—10:00. Class is limited to 12 and the cost is \$4.00 due when you sign up.

Jan. 16th, Thursday, Tech Day—10:00—11:00. Bring in your iphone or other devise for one on one help.

Jan 16th, Thursday, Carmel Manor, Lunch and Learn— This informative presentation provides information about the history and services Carmel Manor provides to senior residents. They are celebrating 70 years overlooking the Ohio River. Registration is required by January 14th.

Jan 22nd, Wednesday, Tech Class—10:00-11:00. Did you receive a new electronic device for Christmas and are having trouble navigating? Join us for this free class provided by the Campbell County Public Library. Register at the front counter.

Jan. 23rd, Thursday, Cent\$ible Chef—10:00. Join us for this cooking class provided by the Extension Office. Learn about healthy eating and how to prepare meals that are delicious, healthy and inexpensive. A light lunch is provided of the meal cooked today. RSVP at the front counter.