

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JANUARY 2021

VIRTUAL CALENDAR

Mon	Tue	Wed	Thu	Fri
Every Monday Pacesetters <u>ALL</u> CLASSES	Every Tuesday Pacesetters & ACTIVITIES ARE	Every Wednesday Pacesetters VIRTUAL. THERE	Every Thursday Pacesetters ARE <u>NO</u> IN-PERSON	Every Friday Pacesetters CLASSES.
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4 11:00 Tai Chi Registration begins for Craft Class Call 572-4300	5	6 11:00 Chair Yoga	7 11:00 Cooking Class	8 11:00 Cardio Strength
11 11:00 Tai Chi	12	13 11:00 Chair Yoga	14	15 11:00 Cardio Strength Last day to Register For Craft Class
18 <u>NO</u> Tai Chi  1929 1968	19	20 11:00 Chair Yoga 10:00am –2:00pm Pick-up Craft Class Supplies	21 11:00 Cooking Class 10:00am –2:00pm Pick-up Craft Class Supplies	22 11:00 Cardio Strength 10:00am –2:00pm Pick-up Craft Class Supplies
25 11:00 Tai Chi	26 10:00 Craft Class	27 11:00 Chair Yoga	28	29 11:00 Cardio Strength

JANUARY 1, 2021 (FRIDAY) Happy New Year! No Cardio Strength Class.

JANUARY 4 (MONDAY): Craft Class registration begins. This month's project will be a Winter Snowman Door Hanger. The cost for the class is \$5.00.

JANUARY 8 (FRIDAY): December Pacesetters miles due in to Jessie. Call 547-3665. You may leave a message
JANUARY 7 (THURSDAY) and JANUARY 21 (THURSDAY): Cooking Class 11:00am. Dishes will be simple, cost effective and many times will be Many ingredients you will probably have on hand already.

JANUARY 15 (FRIDAY): Last day to register for the **Craft Class.**

JANUARY 18 (MONDAY): MLK, Jr. Day. No Tai Chi Class.

JANUARY 20 (WEDNESDAY) -JANUARY 22 (FRIDAY) Pick-up Craft Class supplies between **10:00am-2:00pm**

JANUARY 26 (TUESDAY): 10:00 am Craft Class on Facebook Live.

PLEASE NOTE: When participating in Tai Chi, Chair Yoga and Cardio Strength classes on Facebook Live, be sure to hit the **Like** button. By hitting the **Like** button, Silver Sneakers members and United Health Care members will receive credit with your respective insurance companies for taking these classes and so will the Senior and Wellness Center.

EMERGENCY COLD SHELTER OF NKY DONATION DRIVE: Again this year we are collecting new socks, hats, gloves and scarves. The Cold Shelter serves NKY men. For your convenience a donation box is located outside the main entrance to the Senior Center Monday-Friday from 9:00 am-3:30 pm. We will collect during the month of January.

LIBRARY SERVICES: Coming soon! A *Little Library* located outside the main entrance to the facility. Or if you would like to check out a book/s from the center's inside library call the center 859-572-4300 and a staff member will be more than happy to assist you.