

# CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER




Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

Hours: 8:30 am - 3:00 pm

## OCTOBER 2021

| Mon   | Tue  | Wed  | Thu  | Fri  |
|---|--|--|--|--|
| <p><b>Every Monday</b><br/>Exercise Equipment<br/>Chair Yoga<br/>Fit Friends<br/>Pacesetters<br/>Wii Bowling</p>  | <p><b>Every Tuesday</b><br/>Exercise Equipment<br/>Line Dance<br/>Pacesetters<br/>Poker<br/>Tai Chi<br/>Yoga I<br/>Tai Chi</p> | <p><b>Every Wednesday</b><br/>Exercise Equipment<br/>Fit Friends<br/>Knit/ Crochet<br/>Pacesetters<br/>Tai Chi<br/>Wii Bowling</p> | <p><b>Every Thursday</b><br/>Exercise Equipment<br/>Chair Yoga<br/>Pacesetters<br/>Poker<br/>WOW<br/>Yoga II</p>                                   | <p><b>Every Friday</b><br/>Exercise Equipment<br/>Bingo<br/>Fit Friends<br/>Mah Jongg<br/>Pacesetters<br/>Wii Bowling</p>  |
| <p>Belterra is back! Everyone <b>must</b> re-register. Last day to register and sign up for the November outing will be Monday, October 25. <b>Must</b> register in person; no phone calls.</p> |  |  |  | 1  |
| 4   | 5  | 6<br><b>Belterra</b>   | 7<br><b>No WOW Class</b><br><br>September<br>Pacesetter miles<br>to Jessie 547-3665  | 8<br><b>11:00 Cooking Class</b><br><br> |
| 11<br><b>10:00 Flu Shots &amp; Pfizer Booster</b>   | 12<br><b>No Yoga Class</b>   | 13   | 14<br><b>No Yoga Class</b><br><b>9:00 Craft Class</b><br><br> | 15   |
| 18<br><b>CSPF Pick Up</b>   | 19<br><b>10:00 Movie Day</b><br><br>        | 20<br><b>New session of Tai Chi begins</b>   | 21   | 22   |
| 25  | 26   | 27   | 28   | 29   |

**FIT FRIENDS: Mondays and Wednesdays: 9:30am-10:30am** Registration and Physician form must be up to date. Call 547-3665 to register or see Jessie. Class size is limited.

**Wii BOWLING: Mondays, Wednesdays and Fridays at 11:00am.** Monday and Wednesday are practice days; Friday is tournament day. See Jessie to sign-up

**LINE DANCE: Tuesdays only.** \*Session #1: 9:30am-10:10am \*Session #2: 10:20am-11:00am Call 547-3665 to register. You **must** pre-register. Registration and Physician form must be up to date.

**TAI CHI: Wednesdays 1:30pm-2:30pm** New six-week session begins Wednesday, October 20. Instructor: Jessie Shields. Registration and Physician form must be up to date. Call 547-3665 or see Jessie to register. Class size is limited.

**WOW: Thursdays at 10:00am** with Ginny Howard. Registration and Physician form must be up to date. Call 547-3665 or see Jessie to register. Class size is limited.

**COOKING / NUTRITION CLASS: Friday, October 8 at 11:00am.** The class will be what is called a hybrid class. Take part in the class either in-person or virtually on Facebook Live. This month the featured dish will be air fryer lemon chicken. Candy corn fruit cocktail and butter finger cake. Please register with either Marsha or Jessie.

**CHAIR YOGA: Mondays and Thursdays 1:30pm-2:30pm** New six-week session begins Instructor: Jessie Shields. Registration and Physician form must be up to date. Call 547-3665 or see Jessie to register. Class size is limited.

**FLU SHOTS & PFIZER BOOSTER SHOTS: Monday, October 11 10:00am-11:00am.** Call 572-4300 to sign up or see Marsha or Jessie. Please bring insurance cards. For Booster Shot, please bring vaccination card.

**CRAFT CLASS: Thursday, October 14 at 9:00am.** The class will create a candy corn picture using buttons. Space is limited. Donation: \$5.00. Call 572-4300 or see Marsha to register for the class.

**MOVIE DAY: Tuesday, October 19 10:00am** This month's featured attraction will be Disney's *Halloweentown*. Bring your own beverage. Individual mini popcorn bags will be served. Suggested donation: \$1.00. Call 572-4300 or see Marsha to register.

**BINGO: Fridays only. 1:00pm-2:30pm** Cards go on sale at 12:15pm. Attendance size is limited. Bring your own snacks and beverages.

**NO WOW CLASS THURSDAY, OCTOBER 7**

**NO YOGA CLASS TUESDAY, OCTOBER 12 AND THURSDAY, OCTOBER 14.**