




# CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

## JUNE 2022

Mon	Tue	Wed	Thu	Fri
<p><b><u>Every Monday</u></b> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 10:45-11:45 WOW 10:00 Canasta 11:00 Wii Bowling 1:30 Choga</p>	<p><b><u>Every Tuesday</u></b> Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 10:20 Line Dancing 9:30 Poker 11:30 Yoga I 12:30 Euchre 1:45 Tai Chi</p>	<p><b><u>Every Wednesday</u></b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 11:00 Wii Bowling 12:30 Pinochle 1:30 Tai Chi 2:30 Virtual Tia Chi</p>	<p><b><u>Every Thursday</u></b> Exercise Equipment Computer / Library Pacesetters 9:00 Wow 10:15-11:15 Line Dancing 11:30 Yoga II 12:00 Nickels 12:30 Pinochle 1:30 Choga</p>	<p><b><u>Every Friday</u></b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10-1 Mah Jongg 11:00 Wii Bowling 1:00 Bingo</p>
		<p><b>1 Newport Racing &amp; Gaming Day</b></p>	<p><b>2</b> Nat'l Leave the office early day.</p>	<p><b>3</b></p>
<p><b>6</b> No Choga</p>	<p><b>7 No Tai Chi</b> <b>9:00 Painting Class</b></p> 	<p><b>8 No Tai Chi</b> <b>11:30 Anthem Lunch &amp; Learn</b></p>	<p><b>9 No Choga</b> <b>9:00 Painting Class</b> <b>1:00 Tech Day</b></p>	<p><b>10</b></p>
<p><b>13</b></p>	<p><b>14 10:00 Movie Day</b> <b>12:30 Craft Class</b></p>  <p><b>New Tai Chi Session</b></p>	<p><b>15 10-2:00 World Elder Abuse Day</b> <i>All other events are cancelled except the Wellness Center</i></p>	<p><b>16 9:30 Craft Class</b></p> 	<p><b>17</b> <b>11:00 Humana Lunch &amp; Learn</b></p>
<p><b>20</b></p>	<p><b>21</b> <b>CSFP Pick Up</b></p>	<p><b>22</b> <b>New Tai Chi Session</b></p>	<p><b>23</b> <b>Last day to register for Newport Racing &amp; Gaming</b></p>	<p><b>24</b> <b>White Elephant Bingo</b></p>
<p><b>27</b></p>	<p><b>28</b> <b>New Yoga Session</b></p>	<p><b>29 11:00 Nutrition Class</b> <b>National waffle iron day.</b></p>	<p><b>30</b></p>	

**Newport Racing and Gaming Day. Everyone must be registered. Last day to register and/or sign up for the July outing is Wednesday, June 23rd Must sign up monthly in person, no phone calls.**

**June 1st, Wed., Newport Racing and Gaming Day, 10:00am.**

**June 7th, Tues., Painting Class, 9:00am. Registration begins June 1st.** The cost is \$4.00 due at registration. No refunds for no shows. We will be following a tutorial starting at 9:00. You can view this tutorial ahead by visiting Youtube and searching for "Michelle the Painter", subject is "An ocean sunset with a sailboat".

**June 8th, Weds., 11:30 Presentation, Anthem**—This Lunch and Learn is on hypertension, and healthy behaviors. Come to get answers to your medical questions. **RSVP by June 3rd.** Seating is limited.

**June 9th, Thurs., Tech Day 1:00-2:00**—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. **Registration is required** for this free service. See Theresa to register.

**June 9th, Thurs., Painting Class, 9:00am. Registration begins June 1st.** The cost is \$4.00 due at registration. No refunds for no shows. We will be following a tutorial starting at 9:00. You can view this tutorial ahead by visiting Youtube and searching for "Michelle the Painter", subject is "An ocean sunset with a sailboat".

**June 14th, Tues., Movie Day, 10:00am** "Hello, My Name Is Doris" - An unassuming 60 year old who takes a self-help seminar after her mother's death is inspired to be more open and pursue a decades-younger co-worker. Staring Sally Field, Max Greenfield & Tine Daly. **Please see Theresa to register.** \$1.00 donation requested.

**June 14th, Tues., Craft Class, 12:30**—Class is limited to 6. **Registration begins June 1st.** Cost is \$5.00 due when registering. No refund for no shows.

**June 15th, Weds., 10:00am—2:00pm—World Elder Abuse Day Presentation**—Join this event at the Campbell County Sr. Center to end elder abuse. Learn how to prevent it and report it. There will be activities and games, bingo, Wii bowling and corn hole. Door prizes will be raffled. Lunch provided courtesy of Legacy Living Florence. **RSVP required by calling Heather Hopton at ema@nkadd.org or call 859-283-8179. The Center will be closed to all other events EXCEPT the wellness center.**

**June 16th, Thurs., Craft Class, 9:30am** Class is limited to 6. **Registration begins June 1st.** Cost is \$5.00 due when registering. No refund for no shows.

**June 17th, Fri., Humana 11:00, Lunch and Learn**—**Registration is required** by Tuesday, June 14th.

**June 24th, Fri., White Elephant Bingo 1:00**—Bring a white elephant gift to use as a prize for bingo winners.

**June 29th, Nutrition Class, 11:00.** Join us in making a nutritious, easy and inexpensive meal. This class will also be live on our Facebook page. **Registration is required** by Mon. June 27th for the in-person class. See Theresa.