




CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JULY 2022

Mon	Tue	Wed	Thu	Fri
<p><u>Every Monday</u> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 9:00 WOW 10:00 Canasta 11:00 Wii Bowling 1:30 Choga</p>	<p><u>Every Tuesday</u> 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><u>Every Wednesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 11:00 Wii Bowling 12:30 Pinochle 1:30 Tai Chi 2:30 Virtual Tai Chi</p>	<p><u>Every Thursday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Wow 10:15 Line Dancing 11:30 Yoga II 12:00 Nickels 12:30 Pinochle 1:30 Choga</p>	<p><u>Every Friday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Minipulation 10-1 Mah Jongg 11:00 Wii Bowling 1:00 Bingo 1:00 Chair Volleyball</p>
<p>Be sure to check out the July lunch menu.</p>				<p>1 July 4th Grill Out Wellness Center is Closed at 1:00</p>
<p>4  Center is Closed</p>	<p>5</p>	<p>6 Newport Racing & Gaming Day Fit Friends in Wellness Center</p>	<p>7 9:00 Painting Class </p>	<p>8 11:15 Lunch & Learn Medicare Resource Center <i>RSVP</i> Chair Volleyball Starts</p>
<p>11 No WOW</p>	<p>12 10:00 Movie Day</p>	<p>13</p>	<p>14 No WOW 9:30 Craft Class 1:00 Tech Day</p>	<p>15 11:45 Lunch & Learn Legal Aid of the Blue Grass –Must <i>RSVP</i></p>
<p>18</p>	<p>19 CSFP Pick Up 9:00 Painting Class </p>	<p>20 11:00 Nutrition Class</p>	<p>21</p>	<p>22 White Elephant Bingo 11:30 Lunch & Learn Humana-Must <i>RSVP</i></p>
<p>25 11:00 Senior Scams</p>	<p>26 New Tai Chi Session Begins</p>	<p>27</p>	<p>28 No Choga</p>	<p>29 11:30 People Working Cooperatively Last day to sign up for Aug. casino trip.</p>

July 1st, Fri., Grill Out—11:30. Today we will be announcing an exciting project coming to the Senior Center. Join us to find out what it is. We will also be celebrating the 4th of July and grilling out. The cost of the lunch is \$4.00. Reservations must be made by June 28th. See Theresa or Marsha to RSVP. Bingo will follow lunch.

July 4th, Monday, Happy 4th of July—The center is closed.

July 6th, Wed., Newport Racing and Gaming Day, 10:00am.

July 7th, Thurs., Painting Class, 9:00am. Register beginning July 5th.. The cost is \$4.00 due at registration. No refunds for no shows. Watch the Youtube tutorial of “Michelle the Painter”, “Sunshine Dragonflies”.

July 8th, Fri., Medicare Resource Center Lunch and Learn, 11:15. **Registration Required** by Tuesday the 5th.

July 12th, Tues., Movie & Popcorn Day, 10:00am—Windfall, a man breaks into a tech billionaire’s empty vacation home but things go sideways when the arrogant mogul and his wife arrive for a last minute getaway. \$1.00 donation is accepted. [Please register.](#)

July 14th, Thurs., Craft Class, 9:30am. **Registration** begins July 5th. The cost is \$5.00 and due at registration. No refunds for no shows.

July 14th, 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

July 15th, Fri., Legal Aide of the Blue Grass—Lunch and Learn, 11:45. The topic today will be “Wills and Power of Attorney”. **Registration Required** by Tuesday the 12th.

July 19th, Thurs., Painting Class, 9:00am. Register beginning July 5th.. The cost is \$4.00 due at registration. No refunds for no shows. Watch the Youtube tutorial of “Michelle the Painter”, “Sunshine Dragonflies”.

July 20th, 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 Monday, July 8th. See Theresa to register.

July 22nd, Fri., Lunch & Learn—Humana 11:30 Topic is “When Life Gives You Lemons!”. **Registration is required** by Tuesday, July 19th.

July 22nd, Fri., White Elephant Bingo 1:00—Bring a white elephant gift to use as a prize for bingo winners.

July 25th, Mon., Senior Scams 11:00—Find out how not to be scammed! Join us with presenters Cassie Young from the FBI and Angela Weinel from the Campbell County Police Department. Please RSVP to Theresa or Marsha.

July 29th, Fri., People Working Cooperatively—11:30 Do you need help with repairs on your furnace, a/c or water heater? Does not matter if you rent or own. See if you qualify for this free service. RSVP to Theresa or Marsha.