


# CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

## SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p><b>Every Monday</b> Ex. Equipment Computer/Library Pacesetters 9:30 WOW 9:30 Fit Friends 9:30 Pinochle 10:00 Canasta 11:00 Wii Bowling 1:00 Chair Volleyball 1:30 Choga</p>	<p><b>Every Tuesday</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>Every Wednesday</b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 11:00 Wii Bowling 12:30 Pinochle 1:00 Chair Volleyball 1:30 Tai Chi 2:30 Virtual Tia Chi</p>	<p><b>Every Thursday</b> Exercise Equipment Computer / Library Pacesetters 9:00 Wow 10:15 Line Dancing 11:30 Yoga II 12:00 Nickels 12:30 Pinochle 1:30 Choga</p>	<p><b>Every Friday</b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Manipulation 10:00 Mah Jongg 11:00 Wii Bowling 1:00 Bingo 1:00 Chair Volleyball</p>
<p><b>Tickets for the Sr. Picnic are on sale at the Sr. Center-\$10.00. Also at the Admin Building, 1098 Monmouth. Tickets are \$15 at the gate.</b></p>	<p style="color: red;">Coming in October, Making Connections. Check the front counter for more information or call 859/572-4300.</p>	<p style="color: red;">Our annual Halloween party will be October 28th. Prizes for the best costumes.</p>	<p><b>1</b> <b>1:00 Tech Day</b> <b>No WOW Today</b></p>	<p><b>2</b></p>
<p><b>5 Center is Closed</b></p> 	<p><b>6</b></p>	<p><b>7</b> <b>Newport Racing &amp; Gaming Day</b></p>	<p><b>8</b> <b>9:00 Painting Class</b></p>	<p><b>9</b> <b>People Working Cooperatively 11:30</b></p>
<p><b>12</b></p>	<p><b>13</b> <b>10:00 Movie Day</b>  <b>New Tai Chi Session</b></p>	<p><b>14</b> <b>11:00 Nutrition Class</b>  <b>New Tai Chi Session</b></p>	<p><b>15</b> <b>9:15 Gardening Meeting</b></p>	<p><b>16</b> <b>11:45 Home Helpers Lunch &amp; Learn</b></p>
<p><b>19</b></p>	<p><b>20</b> <b>CSFP Pick Up</b> <b>9:00 Painting Class</b> <b>No Yoga Today</b></p>	<p><b>21</b></p>	<p><b>22</b> <b>9:00 Craft Class</b>  <b>No Yoga Today</b></p>	<p><b>23</b> <b>White Elephant Bingo</b></p>
<p><b>26</b></p>	<p><b>27</b> <b>New Yoga Session</b></p>	<p><b>28 Senior Picnic @ Pendery Park, 11:00—3:00</b>  <b style="color: red;">Center is Closed</b></p>	<p><b>29</b></p>	<p><b>30</b></p>

**September 1st, 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. [Register at the front counter](#) for this free service.

**September 7th, 10:00 Newport Gaming and Racing— Opens at 10am. See Theresa to register if new.**

**September 8th, Painting Class, 9:00am.** [Registration](#) begins September 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”. The painting is called “*Ghost Scared by Bats*”.

**September 9th, Friday, People Working Cooperatively—11:30.** Join us for this informational presentation on free KY Weatherization programs for homeowners and renters. See if you would be eligible for this free professional cleaning and tuning of your furnace as well as a carbon monoxide check of all natural gas appliances. One person will receive a \$25 gift card. Must be present for the whole presentation to be eligible. [Register](#) at the front counter.

**September 13th, Tuesday, 10:00, Movie & Popcorn Day, “The Starling”.** After Lilly suffers a loss, a combative starling makes a nest beside her quite home. The feisty bird taunts and attracts the grief-stricken Lilly. On her journey to expel the starling, she rediscovers her will to live and capacity for love. Stars Melissa McCarthy. Donation is \$1.00. [Please register at the front counter.](#)

**September 14th, Wednesday, Nutrition Class, 11:00.** Join us in making a nutritious, easy and inexpensive meal. \$3.00 registration fee is required, to be refunded when you attend. [Registration is required](#) by September 9th at the front counter.

**September 15th, Thursday, Garden Meeting, 9:15.** Please join us for our first official meeting. We need and want your input on what to plant in our new raised beds and what type of classes we should be scheduling. No experience necessary. No registration required.

**September 16th, Friday, Home Helpers, 1 1:45 - Home Helpers**—Join us to find out what home care this group can provide to Veterans as well as other seniors. This is a Lunch and Learn. [Please RSVP by 12:00pm on 9/14,](#)

**September 20th, Tuesday, Painting Class, 9:00am.** [Registration](#) begins September 1st. The cost is \$4.00 due at registration. No refunds for no shows. The painting is called “*Ghost Scared by Bats*”.

**September 22nd, Thurs., Craft Class, 9:00am.** [Registration](#) begins September 1st. The cost is \$5.00 and due at registration. No refunds for no shows.

**September 28th, Wed., Senior Picnic. The Center will be closed.**