


CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

FEBRUARY 2023

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| <p><u>Every Monday</u> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 WOW 9:30 Pinochle 10:00 Canasta 11:00 Wii Bowling 1:00 Chair VB 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 1:00 Chair VB 1:30 Tai Chi 3:00 Virtual Tia Chi</p> | <p><u>Every Thursday</u> 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><u>Every Friday</u> Exercise Equipment Computer / Library Pacesetters 9:00 Chair Fit 9:30 Fit Friends 10:00 Manipulation 10:00 Mah Jongg 10:30 Hand & Foot 11:00 Wii Bowling 1:00 Bingo</p> |
| | | 1 Belterra Day | 2 | 3 |
| 6 | 7 | 8 9:15 Garden Class | 9 10:00 Craft Class 1:00 Tech Day | 10 |
| | | |  | |
| 13 | 14 10:00 Movie Day 1:00 Smart Phone Class | 15 New Tai Chi Class | 16 | 17 |
| 20 President's Day Center is Closed | 21 9:00 Painting Class CSFP New Tai Chi Class | 22 | 23 9:00 Painting Class No Chair Yoga | 24 |
| | | |  | |
| 27 | 28 New Yoga Class | March 1 Beltterra Trip | 2 New Yoga Class | 3 |

Feb. 1st, Wednesday—Beltterra Day— Beginning at 10:00am. You must be a registered senior center member. The last day to register for the March 1st trip is February 23rd.

Feb. 8th, Wednesday—Garden Class, 9:15—The January class was cancelled due to weather. This class has been rescheduled for today.

Feb. 9th, Thurs., Craft Class, 10:00am. Registration begins February 1st. The cost is \$5.00 due at registration. No refunds for no shows.

Feb. 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. Register at the front counter or call Theresa at 859/572-4300.

Feb. 14th, Tues., Movie Day, 10:00am “Ticket to Paradise” with Julia Roberts and George Clooney - Donation is \$1.00. Please register at the front counter.

Feb. 14th, Tues., Smart Phone Class, 1:00-2:00 —Learn about downloading new apps on your phone. Join Clara from the Campbell County Public Library [at the center](#) for this class. Registration by February 13th at the front counter or by calling Theresa at 859/572-4300. This is a free class.

Feb. 20th, Monday—President's Day, the Center is Closed.

Feb. 21st, Tues., Painting Class, 9:00am. [Registration](#) begins February 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Titmouse and Tulips”.

Feb. 23rd, Thurs., Painting Class, 9:00am. [Registration](#) begins February 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Titmouse and Tulips”.

Feb., 23rd, Thursday. This is the **last day to register** for the March 1st Beltterra trip.

[Walk For Your Health](#) contest starts February 1st. Visit our Wellness Center for details on participating and how to win prizes!