

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

MARCH 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 1:00 Chair Volleyball</p>
<p>Weight loss challenge. Weigh in this week.</p>		<p>1 Belterra Day</p>	<p>2</p>	<p>3</p>
<p>6 Pick up NCAA brackets this week in the Wellness Center. Cost is \$1.00.</p>	<p>7 New Yoga Session</p>	<p>8</p>	<p>9 9:00 Craft Class 1:00 Tech Day</p>	<p>10 Last day to turn in NCAA bracket.</p>
<p>13</p>	<p>14 10:00 Movie Day</p>	<p>15</p>	<p>16 9:00 Painting Class New Yoga Session</p>	<p>17</p> 
<p>20</p>	<p>21 9:00 Painting Class CSFP</p> 	<p>22 10:00 Belly Dance Demo</p> 	<p>23 9:00 am Garden Class</p>	<p>24</p>
<p>27 Last day to register for the Belterra trip.</p>	<p>28</p>	<p>29 9:30—11:00 Ruwe Pharmacy</p>  <p>New Tai Chi Session</p>	<p>30</p>	<p>31</p>

March 1st, Wednesday—Belterra Day— Beginning at 10:00am. You must be a registered senior center member. The last day to register for April trip is March 27th.

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

March 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.

March 14th, Tues., Movie Day, 10:00am “Elvis” - Donation is \$1.00. Please register at the front counter.

March 16th, Thurs., Painting Class, 9:00am. *Registration* begins March 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Roses are Red, Violets are Blue”.

March 21st, Tues., Painting Class, 9:00am. *Registration* begins March 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Roses are Red, Violets are Blue”.

March 22nd, Wed., Belly Dance Demonstration @ 10:00am— Join us to see what Belly Dancing is all about. If there is enough interest, we will be offering classes.

March 23rd, Thurs., Garden Meeting @ 9:00. Join us to learn about starting plants from seeds.

March 27th, Thursday. This is the *last day to register* for the April 1st Belterra trip.

March 29th, Wed., Ruwe Pharmacy @ 9:30—11:00am— Do you need to up date any of your vaccines? They will be offered today. You may also talk to a pharmacist about any questions you have about your medications.

Registration is required. You will need to bring your insurance cards. Please see the sign up sheet at the front counter or call Theresa @ 859/572-4300. *Deadline to register is March 27th.*