

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

MAY 2023

(859)/572-4300

*** Registration required and/or payment due.**

Mon	Tue	Wed	Thu	Fri
<u>Every Monday</u> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 9:30 WOW 10:00 Canasta/Hand & Foot 11:00 Wii Bowling 1:30 Choga	<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*	<u>Every Wednesday</u> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Belly Dancing* 11:00 Wii Bowling 12:30 Pinochle 1:30 Tai Chi* 3:00 Virtual Tia Chi	<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	<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 VB
1 11:30am Derby Party * WOW 9:00am	2	3 Belterra Day*	4	5 10:30am Medicare Presentation*
8 10:45 Garden Class* No Choga	9 10:00 Movie Day*	10	11 1:00 Tech Day*	12 10:30am Presentation* Legal Aid of the Blue Grass
15	16 <u>No</u> Yoga 9:00 Painting Class* CSFP 	17	18 <u>No</u> Yoga 9:00 Painting Class* 	19 10:30am Lunch & Learn* Dedicated Senior Medical Center
22	23	24	25 9:00 Craft Class*  <u>No</u> Yoga or Choga	26
29 CENTER CLOSED 	30	31 Last day to register* for June Belterra trip.		

May 3rd, Wednesday—Belterra Day— Beginning at 10:00am. You must be a registered senior center member. The last day to register for June trip is May 31st.

May 5th, Fri., Medicare Presentation, 10:30am - *Register at the front counter* or contact Theresa at the Center.

May 8th, Monday, Garden Class 10:45am—Open to everyone.

May 9th, Tuesday, Movie Day, 10:00am— *Register at the front counter.* This month’s movie is “Murder Mystery” starring Adam Sandler and Jennifer Aniston. Donation is \$1.00

May 11th, Thurs., Tech Day 1:00-2:00pm—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.

May 12th, Fri., Legal Aid of the Blue Grass, 10:30am— Medicare Benefit Update. There have been many changes in Medicare. Get some of your questions answered at this presentation. All attendees will be eligible to win a \$10 Kroger gift card. *Registration is required* at the front counter or contact Theresa at the Center.

May 16th, Tues., Painting Class, 9:00am. *Registration* begins May 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Coffee Lover’s Dream”.

May 18th, Thurs., Painting Class, 9:00am. *Registration* begins May 1st. The cost is \$5.00 due at registration. No refunds for no shows. View a tutorial on Youtube; search for Michelle the Painter, “Coffee Lovers Dream”.

May 19th, Fri., Lunch and Learn, Dedicated Senior Medical Center, 10:30am - Join us for a light lunch while learning about the care and fun activities held at this center. *Registration is required* by Tuesday, May 16th.

May 25th, Thurs., Craft Class 9:00am. *Registration* begins May 1st. The cost is \$5.00 due at registration. No refunds for no shows.

MAY 1ST, MONDAY—DERBY PARTY— Join us for a grilled lunch of hot dogs and sides for \$3.00. Then let the betting begin! Races are \$.25 per horse per race (please bring quarters). A prize will be given for the best derby hat. ***Reservations and payment due by April 25th.***