

# CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER




Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

**JULY 2024**  
(859)572-4300

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

Mon	Tue	Wed	Thu	Fri
<p><b>Every Monday</b> Ex. Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 9:30 WOW 10:00 Canasta/Hand &amp; Foot 11:00 Wii Bowling 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 * 12:30 Euchre 12:45 Chair Tai Chi* 1:45 Tai Chi*</p>	<p><b>Every Wednesday</b> Exercise Equipment Computer / Library Pacesetters 9:30 Fit Friends 10:00 Belly Dancing* 11:00 Wii Bowling 12:00 Pinochle 1:30 Tai Chi* 3:00 Virtual Tai Chi</p>	<p><b>Every Thursday</b> Exercise Equipment Computer / Library Pacesetters 9:00 WOW 10:15-11:15 Line Dancing 11:30 Yoga * 12:00 Nickels 12:00 Pinochle 1:30 Choga</p>	<p><b>Every Friday</b> Exercise Equipment Computer / Library Pacesetters 8:45 Choga 9:30 Fit Friends 10:00 Manipulation 10:00 Mah Jongg 10:15 Line Dancing 10:30 Hand &amp; Foot 11:00 Wii Bowling 11:15 Line Dancing 1:00 Bingo 1:00 Chair VB</p>
1	2	3 <b>Belterra Day*</b>  <b>NEW TAI CHI SESSION</b>	4 <b>CENTER CLOSED</b> 	5
8 <b>No CHOGA</b>	9 <b>1:00-3:00PM Massage</b>	10 <b>NEW BELLY DANCE SESSION</b>	11 <b>9:30-11:00AM Aging in Place*</b> <b>1:00PM Tech Day*</b>	12
15	16 <b>10:00AM Paint Class*</b> <b>NEW CHAIR TAI CHI SESSION*</b> <b>NEW TAI CHI SESSION*</b> <b>11:00AM TANK Transit On-Demand Presentation CSFP</b>	17	18 <b>11:00AM TANK Transit On-Demand Presentation</b>	19 <b>12:00PM July Birthdays*</b> 
22 <b>9:00AM Craft Class*</b> <b>No Choga</b>	23 <b>10:00AM Movie Day* Dolittle</b> <b>NEW YOGA SESSION*</b> <b>No Tai Chi</b>	24 <b>No Tai Chi</b>	25 <b>11:00 AM Book Club*</b>  <b>No Choga</b>	26 <b>1:00PM Christmas in July Bingo</b>  <b>No Choga</b>
29	30	31 <b>12:00PM Last day to register* For August Belterra</b>	1 <b>August NEW YOGA SESSION*</b>	

**July 3rd, Wednesday, Belterra Day - Beginning at 10:00AM.** You must be a registered senior center member. The last day to register for August trip is July 31st, at 12:00 PM

**July 4th, Thursday— Independence Day—Senior Center Closed**

**July 9th, Tuesday, 1:00-3:00pm: Health Massages by H2.** Massages are provided at no charge. *Please register at the front counter.*

**July 11th, Thursday, Aging in Place, 9:30-11:00AM -** *Register at the front counter* Blood pressure, sugar level test, Oxygen, etc. Shingles-Pneumonia-RSV-Covid Injections

**July 11th, Thursday, Tech Day, 1:00PM.** *Register at the front counter* Been having trouble with your phone or computer? Clara from the Campbell County Public Library will be happy to help guide you.

**July 16th, Tuesday, Painting Class\* 10:00AM—** *Register at the front counter* or See Pat. \$5.00 payable when you register. No refunds for no shows. Paint your own wine glass!

**July 16 & 18th, Tuesday & Thursday, 11:00AM TANK Transit On-Demand Presentation—** Please come and see what they have to offer with these new services!

**July 19, Friday, Join us in celebrating our July Birthdays!** *Register at the front counter* Wendy Kobler is presenting information on *The Inflation Reduction Act*

**July 22nd, Monday, Craft Class\* 9:00AM—** *Register at the front counter.* \$5.00 payable when you register. No refunds for no shows. Clay pot with solar light.

**July 23rd, Tuesday, Movie Day\* 10:00AM—** *Register at the front counter.* This month's movie is "Dolittle" starring Robert Downey, Jr. Donation is \$1.00, includes popcorn and soft drink.

**July 25th, Thurs., 11:00AM — Book Club Meeting—**Discuss the current book and receive the next book to read. Light Refreshments will be served. *See Pat for Registration*

**July 26, Friday, Christmas in July BINGO -** Bingo winners will receive their envelope plus a mystery bag prize! **Gift Exchange—**If you want to participate, Bring a gift in a gift bag.