

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300



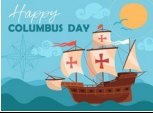


3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

OCTOBER 2024

(859) 572-4300

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

Mon	Tue	Wed	Thu	Fri
<p>Every Monday Exercise Equipment Computer/Library Pacesetters 9:30 Fit Friends 9:30 Pinochle 9:30 WOW 10:00 Canasta Hand & Foot 11:00 Wii Bowling 12:00 Nickels 1:30 Choga</p>	<p>Every Tuesday Exercise Equipment Computer / Library Pacesetters 9:30 Line Dancing 10:20 Line Dancing 9:30 Poker 11:30 Yoga I * 12:30 Euchre 12:45 Chair Tai Chi* 1:45 Tai Chi*</p>	<p>Every Wednesday 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 Tia Chi</p>	<p>Every Thursday Exercise Equipment Computer / Library Pacesetters 9:00 WOW 10:15-11:15 Line Dancing 11:30 Yoga II * 12:00 Nickels 12:00 Pinochle 1:30 Choga</p>	<p>Every Friday Exercise Equipment Computer / Library Pacesetters 8:45 Choga* 9:30 Fit Friends 10:15 Line Dancing 10:00 Manipulation 10:00 Mah Jongg 10:30 Hand & Foot 11:15 Line Dancing 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB</p>
	<p>1 9:00—10:30 AM Flu, Covid & RSV Vaccines*</p>	<p>2 Belterra Day*</p> 	<p>3</p>	<p>4 11:00AM Presentation Dedicated Seniors Medical Center</p>
<p>7</p>	<p>8</p>	<p>9 New Belly Dancing Session* New Tai Chi *</p>	<p>10 1:00 Tech Day*</p> 	<p>11</p>
<p>14 CENTER-CLOSED</p> 	<p>15 10:00 AM Movie Day* NO TAI CHI</p>	<p>16</p>	<p>17</p>	<p>18 12:00 NOON October Birthdays 1:00 PM Bingo Halloween Potluck</p>
<p>21</p>	<p>22 10:00AM Painting Class* New Yoga Session*</p>	<p>23</p>	<p>24 11:00AM Book Club New Yoga Session*</p>	<p>25 11:15AM Annual Halloween Party* </p>
<p>28</p>	<p>29 9:00 AM Craft Class* New Tai Chi * New Chair Tai Chi*</p>	<p>30 Last day to register or Belterra.</p>	<p>31</p> 	<p>ANNUAL THANKSGIVING DINNER Friday Nov. 22 Make plans to join us!</p>

October 1st, Tuesday, Flu, Covid & RSV Vaccines 9:00-10:30am - *Registration is required.* Please provide your Medicare card & any other insurance cards. Please provide your VA Insurance card as well as a Military ID & full social security number. Vaccinations are provided by Ruwe Pharmacy.

October 2nd, Wednesday—Belterra Day— 10:00am - 10:00pm. You must be a registered senior center member & RSVP at the center each month. The last day to register for November trip is October 30th.

October 4th, Friday, 11:00AM Presentation by Daniel Barrett, Dedicated Seniors Medical Center.

October 10th, Thursday, 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. *Register at the front counter is required.*

October 14th, Monday Senior Center Closed

October 15th, Tuesday, Movie Day, 10:00am—*Register at the front counter.* This month's movie is "Transylvania". Dracula, who operates a high-end resort away from the human world, goes into overprotective mode when a boy discovers the resort and falls for the count's teenaged daughter. Donation is \$1.00.

October 18th, Friday 12:00 Noon—Join us in celebrating **October Birthdays!** *Register at the front counter*

October 18th, Friday, 1:00 PM—**BINGO Halloween Pot Luck**-Bring light bites and appetizers to share!

October 22nd, Tuesday, Painting Class 9:00am—*Registration is required.* Cost is \$5.00. No refunds for no shows. Follow Michelle the Painter—Birch Trees

October 24, 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*

October 25th, Friday - Halloween Party. 11:15am Join us for a spooky ghoulish time! Wear your costume and be eligible to win a prize! 3 Categories; Most Original, Funniest, and Best Overall! Stay after the party to play bingo. *Registration is required by October 18th.* We will be serving Pizza courtesy of Kevin Brooks from the Barrington. Donation is \$1.00

October 29th, Tuesday, Craft Class 10:00am—*Registration required.* Cost is \$5 due at registration. No refunds for no shows