

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JANUARY 2025

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 Hand & Foot 11:00 Wii Bowling 12:00 Nickels 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 * 12:30 Euchre 12:45 Chair Tai Chi* 1:45 Tai Chi*</p>	<p><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 Tai Chi</p>	<p><u>Every Thursday</u> Exercise Equipment Computer / Library Pacesetters 9:00 Wow 10:15-11:15 Line Dancing 11:30 Yoga * 12:00 Nickels 12:30 Pinochle 1:30 Choga*</p>	<p><u>Every Friday</u> 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 11:00 Line Dancing 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB</p>
		<p>1 Center Closed HAPPY NEW YEAR 2025</p>	2	3
6	<p>7 9:30 AM Painting Class* New Tai Chi Session* New Chair Tai Chi*</p>	<p>8 Belterra Day*</p> 	9	<p>10 11:00 AM Larry Broering Presentation</p>
<p>13 Weight Loss Challenge Begins*</p>	<p>14 9:30AM Pottery Paint Class*</p>	<p>15 New Tai Chi Session*</p>	<p>16 Choga 1:00PM-1:45PM</p>	<p>17 11:30AM Miracle Ear Presentation</p>
<p>20 Center Closed</p> 	<p>21 10:00AM Movie* CSFP</p>	<p>22 New Belly Dance Session*</p>	<p>23 11:00 AM Book Club New Yoga Session*</p>	<p>24 11:00AM Photo Editing Presentation</p>
27	<p>28 9:30AM Craft Class* New Yoga Session*</p>	<p>29 Last Day to RSVP* for February Belterra Day</p>	30	31

There will be **NO TECH DAY** this Month

January 1st, Wednesday SENIOR CENTER CLOSED FOR NEW YEAR'S DAY

January 7th, Tuesday, Painting Class*, 9:30 AM —Registration is required. Cost is \$5.00. No refunds for no shows. Follow Michelle the Painter— Winter Stroll.

January 8th, Wednesday—Belterra Day— 10:00 AM - 10:00 PM. You must be a registered senior center member and RSVP at the center each month. **The last day to register for February trip is January 29th.**

January 10th, Friday—Larry Broering will be presenting on Viking River Cruises, in Eastern Europe.
[Register at the front counter](#)

January 13th, Monday— The Weight Loss Challenge begins! See Jessie in the Wellness Center.

January 14th, Tuesday, Pottery Painting Class 9:30 AM —Registration is required. Cost is \$5.00. No refunds for no shows. Join us in painting a ceramic snowman.

January 17th, Friday, 11:30 AM Presentation by Angie Smith with Miracle Ear. [Register at the front counter](#)

January 20th, Monday - SENIOR CENTER CLOSED FOR Martin Luther King, Jr. Day

January 21st, Tues., Movie Day*, 9:30 AM— Register at the front counter. When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to save the world from a second ice age. Includes a soft drink and popcorn. Donation is \$1.00.

January 24th, Friday, 11:00AM —Richard Sellnow with the UK/Extension Office will be presenting how to edit photos on your phone. [Register at the front counter](#)

January 28th, Tuesday, 9:30 AM Craft Class. [Register at the front counter](#) Paint your own Bird House. Cost is \$5.00 due at registration. No refunds for no shows.