

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

MAY 2024

(859)572-4300

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

Mon	Tue	Wed	Thu	Fri
<p>Every Monday 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</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 10:00 Manipulation 10:00 Mah Jongg 10:00 Line Dancing 10:30 Hand & Foot 11:00 Line Dancing 11:00 Wii Bowling 1:00 Bingo 1:00 Chair VB</p>
		<p>1 Belterra Day* 9:30 Garden Mtg 12:00 New Pinochle Time **</p>	<p>2 New Yoga II Session*</p>	<p>3</p>
<p>6</p>	<p>7 10:00 Painting Class* Gnome</p>	<p>8 New Tai Chi Session*</p>	<p>9 12:30 Derby Party </p>	<p>10</p>
<p>13</p>	<p>14 10:00am Movie Day* Mack & Rita</p>	<p>15 11-12:30 Eat Better for Less New Tai Chi Session*</p>	<p>16 1:00pm Tech Day* 5:30pm Volunteer Dinner</p>	<p>17 ***NO LINE DANCING</p>
<p>20 9:00am Craft Class* Mugs</p>	<p>21 10-11:00am Aging in Place No Tai Chi Class</p>	<p>22</p>	<p>23 11:00am Book Club</p>	<p>24 11:30am Grill Out </p>
<p>27 CENTER CLOSED </p>	<p>28 1:45 NEW Tai Chi Session*</p>	<p>29 11-12:30pm Eat Better for Less Last day to register* for June Belterra 10:00 New Belly Dance Session*</p>	<p>30</p>	<p>31</p>

May 1st, 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 29th.

May 2nd, Thur., New Yoga II Session 11:30am - [Register at the front counter](#) or contact Jessie at the Center.

May 7th, Tuesday, Painting Class 10:00am—Gnomes—Sign Up at front counter or See Pat.

May 8th, Wednesday, New Tai Chi, 1:00pm— [Register at the front counter](#). This month's movie is "Mack & Rita" starring Diane Keaton. Donation is \$1.00 Popcorn and soft drink included.

[May 9th, Thurs., DERBY PARTY 12:30](#) Desert Bar

May 14th, Tues., Movie Day, 10:00am— [Register at the front counter](#). This month's movie is "Mack & Rita" starring Diane Keaton and Elizabeth Lail. Donation is \$1.00 Popcorn and soft drink included.

May 15th, Wednesday, 11:00am Eat Better for Less—Cooking demos, tips and tools and hands-on activities. Allison Bowen of the CC Extension Office will be the facilitator. [Please register at the front counter](#).

May 16th, Thurs., Tech Day, 1:00pm. 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.

May 16th, Thurs., VOLUNTEER DINNER 5:30pm

May 20th, Thurs., Craft Class, 9:00am. [Registration](#) begins May 1st. The cost is \$5.00 due at registration. No refunds for no shows. Create your own design on a coffee mug!

May 21st, Fri., [Aging in Place](#), 10:00am - [Registration is required](#) by Tuesday, May 14th. Blood pressure, sugar level test, Oxygen, etc.

May 23, Thurs., 11:00am—Book Club Meeting

May 24th, Thurs., [Memorial Day Grill Out](#) 11:30am. [Registration](#) begins May 1st.

May 29th, Wed, EAT BETTER FOR LESS [Please Register at the front counter](#)

June 4th—9am Tai Chi @ [A J Jolly Park](#)