

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

Hours of operation 8:30am-3:00pm

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
Every Monday 9:30 Fitness Friends 9:30 Pinochle 11:00 W.O.W. Lite 1:00 Chair Volleyball 1:30 Bingo	Every Tuesday 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:00 Yoga 12:30 Euchre 1:30 Tai Chi	Every Wednesday 9:30 Fitness Friends 11:00 W.O.W 11:00 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet 1:00 Chair Volley.	Every Thursday 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:30 Bingo	Every Friday 9:30 Fitness Friends 9:30 Mah Jongg 10:00 Young at Heart Band 11:00 Wii Bowl. 1:00 Chair Vball 1:30 Bingo
	1	2 Belterra Park	3	4
7	8 Election Day  CENTER CLOSED	9	10 10:00 Diabetic Support Group	11 10:00 Honor Our Veterans
14 9:00 Painting Class	15 10:00 Manicures 1:30 Tai Chi Begins 2:00 Sr. Advocacy	16 9:00 Painting Class	17 10:30 Cent\$ible Chef Bake Sale	18 Thanksgiving Dinner 11:30
21 9:30 Well. Clinic 10:00 CSFP Pickup	22 9:30 Chair Volleyball with NKU	23 9:00 Craft Class	24  CENTER CLOSED	25 CENTER CLOSED
28 9:30 Wii Tourney at Florence Senior Center	29 12:00 Yoga Begins	30 Last day to sign up for Belterra.		

November 2nd, Wednesday, 10:00-Belterra Park Casino. Signup deadline was October 26th. Now accepting signups for the December 7th.

November 8th, Tuesday, ELECTION DAY, CENTER IS CLOSED.

November 10th, Thursday, 10:00 Diabetic Support Group Meeting.

November 11th, Friday, 10:00- Honor Our Veterans. The Young at Heart Band will play patriotic music and we will have cookies and punch for everyone to enjoy. All Veterans are encouraged to attend and will be recognized.

November 14th, Monday, 9:00—Painting Class

November 15th, Tuesday, 10:00—Free Manicures by Missy.

November 15th, Tuesday, 1:30- Tai Chi. This form of exercise combines slow, gentle movements with an emphasis on body awareness and deep breathing. Suggested donation: \$18 for 6 weeks.

November 16th, Wednesday, 9:00- Painting Class

November 17th, Thursday- Bake Sale and Raffle. Help make this year's event a success. Volunteers are needed to sell and donate baked goods. Stop by on the 17th and take some raffle chances or pick up some delicious homemade treats. Check out the flyers on the front counter to find out what our profits will fund this year!

November 17th, Thursday, 10:30-Cent\$ible Chef: Holiday Shortcuts. Join Carol Palmieri and learn new tips for planning and prepping ahead for holiday meals. Sign up at the front counter.

November 18th, Friday, 11:30—Thanksgiving Lunch—Now accepting reservations for our annual Thanksgiving Lunch. The cost is \$8.00 per person due when signing up. Deadline for reservations is November 11th.

November 21st, Monday, 9:30—11:00 Wellness Clinic- Free blood pressure, blood sugar and cholesterol screenings compliments of Baptist Life Communities.

November 23rd Wednesday, 9:00—Craft Class—Using our painting from this month, we will be making holiday greeting cards. Cost will be \$4.00 due when signing up.

November 24th, Thursday and November 25th, Friday—Thanksgiving holiday, the CENTER IS CLOSED.

Nov. 29th- Tuesday, 12:00pm, Yoga. Class is designed for all ability levels! Our instructor Patty guides the class offering options for beginners and those who have practiced Yoga for years. Suggested donation \$18 / 6 weeks.

November 30th, Wednesday, Last day to sign up for the December Belterra Trip.