

CAMPBELL COUNTY SENIOR CENTER & WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JUNE 2010

Mon	Tue	Wed	Thu	Fri
<u>Every Monday</u> 9:30 Fitness Friends 9:30 Pinochle 11:00 Wii Bowl 1:00 Bingo	<u>Every Tuesday</u> 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:00 Yoga 12:30 Euchre 1:00 Wii Bowl 2:00 Tai Chi	<u>Every Wednesday</u> 9:00 Poker 9:30 Fitness Friends 10:30 Health Rhythms 11:30 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet 1:30 Chair Volleyball	<u>Every Thursday</u> 9:30 S. Rummy 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:00 Bingo	<u>Every Friday</u> 9:30 Fitness Friends 10:00 Young at Heart Band 11:00 Wii Bowl 12:00 Bridge 1:00 Bingo
CHECK YOUR NUMBERS AND FIND OUT YOUR BLOOD PRESSURE.	1	2 12:00 Painting Class	3	4
7 12:00 BP and Med Checks	8 10:00 Popcorn and a Movie	9	10 10:00 Diabetes Support Group Luncheon Meeting	11
14 10:30 Well Balanced Workshop	15 12:00 Yoga Begins 2:00 Senior Advocacy Meeting <i>Today is World Abuse Awareness Day</i> Wear Purple Today!	16 12:00 Painting Class	17 8:30 BP Checks 10:30 Container Gardening Class 	18
21 12:00 BP and Med Checks 	22 2:00 Tai Chi Begins	23 12:00 Bluegrass Seniors Club Meeting 12:30 Bingo sponsored by Amedisys	24	25
28	29	30		

June 8-Tues. 10:00am-Popcorn and a Movie: Today's Feature is "Amelia." This is the story of Amelia Earhart, a neat movie you do not want to miss. Sign Up Today!!

June 10-Thur. 10:00am-Diabetes Support Group Luncheon Meeting: Today's Topic for discussion is "Depression." Be sure to attend and learn more about Diabetes from guest speaker—Great Program!!

June 14- Mon. 10:30am-Well Balanced Workshop presented by Commonwealth Physical Therapy. Opportunities include FREE balance screenings and evaluations, Q & A with a physical therapist, and information on improving balance and fall prevention. Pick up a flyer at the front counter to learn more.

June 15-Tues.-World Elder Abuse Awareness Day. Public Call-To-Attention Celebrates the 5th Annual World Elder Abuse Awareness Day. Show the world you care about ending elder abuse and neglect by wearing something purple on June 15th.

June 15- Tues. 12:00pm- Yoga. New six week session starts. Suggested donation \$18 for 6 weeks.

June 17-Thurs. 8:30am-Blood Pressure Checks. Carla of Health South will be doing Blood Pressure Checks. Be sure to have yours checked today!!

June 17- Thurs. 10:30am- Contain Yourself! Come Pot a Plant. Join Terri Turner and Kate Vaught from the Extension Office and pot a plant. Pots, soil, & young plants will be furnished. Space is limited to the first 20 participants. Sign up today!

June 22- Tues. 2:00pm- Tai Chi. New six week session starts. Suggested donation \$18 for 6 weeks.

June 23- Wed. 12:30pm- Bingo. Join us for a special Wednesday afternoon Bingo sponsored by Amedisys Home Health Care. The Bingo theme is Healthy Eating and prizes will be given to the winners. Sign up today!