


November 2022 Calendar pg. 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 31</p> <p>Community Exploration</p>  <p style="color: red; text-align: center;">WEAR COSTUMES</p> <p>HALLOWEEN PARTY AT DREX FOR ALL LOCATIONS</p> <p>Wellness Master Strickland (Drex/PK) (Parkcrest will meet at DREX)</p> <p>DAILY CHRONICLE</p>	<p>1</p> <p>Community Exploration</p> <p>CYCLONES GAME!!</p> <p>Meals on Wheels (Drex)</p>  <p style="text-align: center;">UPDATE</p> <p>Wellness Monthly Building and Common Sense Safety Check</p> <p>Continuing Knowledge Learn about the game and rules of hockey</p> <p>Creative Expression Create your own hockey game or have an air hockey tournament</p> <p>DAILY CHRONICLE</p>	<p>2</p> <p>Community Exploration</p> <p>Creative Aging: Blue Chip Duo (all locations @ Drex)</p> <p>Meals on Wheels (Parkcrest)</p> <p>Wellness Meditation</p> <p>Continuing Knowledge National Stress Awareness Month—Ways to Identify if you are stressed</p> <p>Creative Expression Make Stress Balls or Fidgets</p> <p>DAILY CHRONICLE</p>	<p>3</p> <p>Community Exploration</p> <p>Volunteer (Allyn)</p> <p>Zoo or Bowling Bring \$\$</p> <p>Wellness Master Strickland (Allyn)</p> <p>Body Moving Basics—We Thrive Together (10:00)</p> <p>Continuing Knowledge Research old and new board games</p> <p>Creative Expression Craft a LIFE SIZE board game</p> <p>DAILY CHRONICLE</p>	<p>4</p> <p>Community Exploration</p> <p>Movie Day in the Gym @ Drex</p> <p>Wellness DANCE PARTY FRIDAY!!</p> <p>Continuing Knowledge Workday for each individual's location for future presentation</p> <p>DAILY CHRONICLE</p>



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<p>7</p> <p>Community Exploration Cincinnati Police Safety Class (11:30 –2:00 @ Drex Gym) Cincinnati Nature Center (Allyn)</p> <p>Wellness Master Strickland (Drex/Pk), Yoga (Allyn), UC Healthy Bearcats (PK)</p> <p>Continuing Knowledge Police Safety</p> <p>Creative Expression Thanksgiving Table Decoration</p> <p>DAILY CHRONICLE</p>	<p>8</p> <p>Community Exploration Book Club (Drex) Meals on Wheels (Parkcrest) Zoo or Bowling Bring \$10</p> <p>Wellness Using Lotions, Creams, and Hand Sanitizer Walking Groups</p> <p>Continuing Knowledge Virtual Trip-We Thrive Together @ 1:00</p> <p>Creative Expression Thanksgiving Table Decoration</p> <p>DAILY CHRONICLE</p>	<p>9</p> <p>Community Exploration Mobile Smart Home Tour (PK) Meals on Wheels (Drex) Movies Bring \$10.00</p> <p>Wellness Chair Exercise w/Mona — We Thrive Together 10:00</p> <p>Continuing Knowledge What is a SMART home?</p> <p>Creative Expression Thanksgiving Table Decoration</p> <p>DAILY CHRONICLE</p>	<p>10</p> <p>Community Exploration Goshen Library (Allyn) Ken Anderson Just Brew Coffee House in Silverton or Harrison Bring \$\$ for Coffee and/or Lunch</p> <p>Wellness Master Strickland (Allyn) Dangers of Caffeine Walking Group</p> <p>Continuing Knowledge Why Do We Celebrate Veteran’s Day? Veteran’s Day Celebrations around Cincinnati</p> <p>Creative Expression Thanksgiving Decorations</p> <p>DAILY CHRONICLE</p>	<p>11</p> <p style="font-size: 2em; color: orange;">NO PROGRAM</p> <p style="font-size: 2em; color: orange;">CLOSED FOR STAFF IN-SERVICE</p>

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<p>14</p> <p>Community Exploration Matthew 25 (Drex) Zoo/Movies/Bowling (\$10)</p> <p>Wellness Master Strickland (Drex & Pk) UC Healthy Bearcats (PK) Participant Choice (Allyn)</p> <p>Continuing Knowledge Research The Sound of Music</p> <p>Creative Expression Listen to Songs from The Sound of Music Discuss your favorite musical/ Play Music Trivia Game</p> <p>DAILY CHRONICLE</p>	<p>15</p> <p>Community Exploration Little Women Shakespeare Theatre Downtown (pre-purchased tickets) Matthew 25 (ParKcrest) Meals on Wheels (Drex)</p> <p>Wellness Isometric Exercises</p> <p>Continuing Knowledge Outdoor Scavenger Hunt</p> <p>Creative Expression Make picture from Scavenger Hunt Collection</p> <p>DAILY CHRONICLE</p>	<p>16</p> <p>Community Exploration Book Club (Drex) Meals on Wheels (PK) Cincinnati Art Museum</p> <p>Wellness Oral Care Walking Group</p> <p>Continuing Knowledge Research Walt Disney</p> <p>Creative Expression Watch Original Mickey Mouse Learn to Draw Mickey Mouse</p> <p>DAILY CHRONICLE</p>	<p>17</p> <p>Community Exploration Creative Aging—Ricky Nye Participant Choice</p> <p>Wellness Master Strickland (Allyn) Stretching, Walking Group</p> <p>Continuing Knowledge What makes up an Ecosystem Why is it important?</p> <p>Creative Expression Create a mini ecosystem</p> <p>DAILY CHRONICLE</p>	<p>18</p> <p>Community Exploration GE Volunteers (Drex) Florence Mall or Turfway Park Racing</p> <p>Wellness DANCE PARTY FRIDAY!!</p> <p>Continuing Knowledge What is Upcycling? Work on Presentations</p> <p>Creative Expression Upcycle with left over materials</p> <p>DAILY CHRONICLE</p>

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<p>21</p> <p>Community Exploration Matthew 25 (Parkcrest) Volunteer (Allyn) Cincinnati Art Museum</p> <p>Wellness Master Strickland (Drex/Pk) UC Healthy Bearcats (PK) Yoga (Allyn) How to Make a Healthy Thanksgiving</p> <p>Continuing Knowledge History of Thanksgiving</p> <p>Creative Expression Scarecrow Craft</p> <p>DAILY CHRONICLE</p>	<p>22</p> <p>Community Exploration Reading Library (Drex) Meals on Wheels (Parkcrest) Give Like a Mother (Allyn)</p> <p>Wellness Manners and safety for the Thanksgiving Meal</p> <p>Continuing Knowledge Macy's Thanksgiving Day Parade Highlights</p> <p>Creative Expression Thanksgiving Table Decorations</p> <p>DAILY CHRONICLE</p>	<p>23</p>  <p>ENJOY THANKSGIVING MEAL AT EACH LOCATION</p>	<p>24</p> <p>Program Closed</p> 	<p>25</p> <p>Program Closed</p>

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<p>28</p> <p>Community Exploration Volunteer (Allyn) Price Hill Library (PK) Participant Choice</p> <p>Wellness Master Strickland (Drex/Pk)</p> <p>Continuing Knowledge What is your Zodiac Sign? What does it mean?</p> <p>Creative Expression Zodiac Sign Art</p> <p>DAILY CHRONICLE</p>	<p>29</p> <p>Community Exploration Reading Library (Drex) Meals on Wheels (Drex) Give Like a Mother (Allyn)</p> <p>Wellness Yoga Moves</p> <p>Continuing Knowledge What is Resonance? How does it affect Bridges?</p> <p>Creative Expression Play Bridge Building Games</p> <p>DAILY CHRONICLE</p>	<p>30</p> <p>Community Exploration Book Club (Drex) Volunteering (Allyn) Meals on Wheels (Parkcrest)</p> <p>Wellness Walking Group</p> <p>Continuing Knowledge Work on Presentations</p> <p>Creative Expression Open Art—Share Creations with the group</p> <p>DAILY CHRONICLE</p>	<p>December 1</p> <p>Community Exploration Volunteer (Allyn) Eat Out—Bring \$15</p> <p>Wellness Master Strickland (Allyn)</p> <p>Continuing Knowledge What is Mixed Media Art?</p> <p>Creative Expression Mixed Media Winter Art</p> <p>DAILY CHRONICLE</p>	<p>December 2</p> <p>Community Exploration Basketball at Drex (All) Participant's Choice</p> <p>Wellness DANCE PARTY FRIDAY!!</p> <p>Continuing Knowledge PRESENTATION DAY!!!</p> <p>Creative Expression Mixed Media Art cont.</p> <p>DAILY CHRONICLE</p>