

August 2022 Calendar pg. 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Community Explorat1ion Book Club (Drex) Matthew 25 (Parkcrest) Crossroads (Allyn) Cincinnati Zoo or Bowling Bring \$8</p> <p>Wellness Walking Group Allyn goes Swimming</p> <p>Craft or Physical Hobbies</p>	<p>2</p> <p>Community Explorat1ion Book Club (Drex) Matthew 25 (Drex) Crossroads (Allyn) Lunken Airport Farmers Market or Findlay Market</p> <p>Wellness Go Fly a Kite! Allyn goes Swimming</p> <p>Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>3</p> <p>Community Exploration Groups from all locations - Creative Aging Concert Series At Drex The Golden Eagles Meals on Wheels (Drex) Thrift Stores</p> <p>Wellness Zumba for Beginners Allyn Goes Swimming</p> <p>Craft or Physical Hobbies</p>	<p>4</p> <p>Community Exploration Volunteer (Allyn) Meals on Wheels (Parkcrest) Visit Smale Park Bring \$2 for Carousel</p> <p>Wellness Dance to 70's Music Allyn Goes Swimming</p> <p>Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>5</p> <p>Community Exploration Participant's Choice (Allyn) Parkcrest and Drex go Swimming at Camp Allyn</p> <p>Wellness Check Swimming Supplies, Sunscreen, Lunches, etc.</p> <p>Craft or Physical Hobbies</p>

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<p>8</p> <p>Community Exploration Matthew 25 (Drex) Cincinnati Nature Center (Allyn) General Custer's Putt-Putt & Ice cream (Parkcrest) Bring \$9</p> <p>Wellness Stretching Exercises Allyn Goes Swimming</p> <p>Craft or Physical Hobbies</p>	<p>9</p> <p>Community Exploration Matthew 25 (Parkcrest) Reading Library(Drex) Zoo or Bowling Bring \$10</p> <p>Wellness Musical Chairs Game Allyn Goes Swimming Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>10</p> <p>Community Exploration Reading Library (Drex) Meals on Wheels (Parkcrest) Movies Bring \$7.75 Or Dollar Store</p> <p>Wellness Beach Ball Toss Allyn Goes Swimming</p> <p>Craft or Physical Hobbies</p>	<p>11</p> <p>Community Exploration Volunteer (Allyn) Meals on Wheels (Drex) Hobby Group Choice</p> <p>Wellness Silver Sneakers Class online Allyn Goes Swimming Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>12</p> <p>Community Exploration Advocacy Discussion at Allyn Parkcrest and Drex go Swimming at Allyn KONA ICE Truck at Allyn</p> <p>Wellness Check Swimming Supplies, Sunscreen, Lunches, etc.</p> <p>Craft or Physical Hobbies</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>Community Exploration Matthew 25 (Parkcrest) Krohn Conservatory Prismatica Science of Color Show Bring \$10 Hobby Group's Choice</p> <p>Wellness Week (Physical) Master Strickland 10:00 (Drex) Master Strickland 11:00 (Parkcrest)</p> <p>Craft or Physical Hobbies</p>	<p>16</p> <p>Community Exploration Reading Library (Drex) Matthew 25 (Drex) Putz's Ice Cream (Parkcrest)\$ Creamy Whip (Allyn) Bring \$5</p> <p>Wellness Week (Social) American Sign Language Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>17</p> <p>Community Exploration Go to Newport on the Levee or Play Pickle ball at Lunken Playfield Bring \$5.00 Matthew 25 (Parkcrest) Meals on Wheels (Drex) Reading Library (Drex)</p> <p>Wellness Week (Intellectual) Listen to a Ted Talk</p> <p>Craft or Physical Hobbies</p>	<p>18</p> <p>Community Exploration Creative Aging Concert Series 10:00 @ Drex Tai Chi with Jennifer Woods Goshen Library (Allyn) Meals on Wheels (Parkcrest)</p> <p>Wellness Week (Spiritual) Meditation (Drex & Parkcrest) Master Strickland 11:15-11:45 (Allyn) Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>19</p> <p>PROGRAM CLOSED</p> <p>For IN-SERVICE</p> <p>PROGRAM CLOSED</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>Community Exploration Matthew 25 (Drex) Volunteer (Allyn) Casino Bring ID \$\$ or Zoo</p> <p>Wellness (Emotional) Master Strickland 10:00 (Drex) Master Strickland 11:00 (Parkcrest) 5 Wellness Questions (Allyn)</p> <p>Craft or Physical Hobbies</p>	<p>23</p> <p>Community Exploration Matthew 25 (Parkcrest) Reading Library (Drex) Krohn Conservatory Prismatic Science of Color Bring \$10</p> <p>Wellness (Occupational) 5 minute cleaning of your space Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>24</p> <p>Community Exploration Book Club (Drex) Volunteering (Allyn) Meals on Wheels (Parkcrest) Play Outdoor Games; Lawn Darts, Corn Hole</p> <p>Wellness Walking Group Outside</p> <p>Craft or Physical Hobbies</p>	<p>25</p> <p>Community Exploration Meals on Wheels (Drex) Shopping at Five Below or Dollar Store</p> <p>Wellness Dance Party! Master Strickland 11:15-11:45 (Allyn) Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>26</p> <p>Community Exploration Gardening Stores of Krohn Conservatory Prismatic Science of Color Show Bring \$10</p> <p>Wellness Garden Discussion to prepare for Fall and the Health Benefits of Gardening</p> <p>Craft or Physical Hobbies</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Community Exploration Matthew 25 (Parkcrest) Eat Lunch in the Park and then choose Favorite Ice Cream Place Bring \$5.50</p> <p>Wellness Master Strickland 10:00 (Drex) Master Strickland 11:00 (Parkcrest) ASL (Allyn) Allyn Goes Swimming</p> <p>Craft or Physical Hobbies</p>	<p>30</p> <p>Community Exploration Matthew 25 (Drex) Reading Library (Drex) Lunken Playfield for Farmer's Market, Sightseeing or Pickle Ball Bring \$5</p> <p>Wellness Silver Sneaker Exercise Class online Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>31</p> <p>Community Exploration Cincinnati Fire Museum Bring \$8 or Book/Record Store Meals on Wheels (Drex) Queen City Kitchen (Parkcrest)</p> <p>Wellness Watch Funny Dog and Cat Videos</p> <p>Craft or Physical Hobbies</p>	<p>Sept 1</p> <p>Community Exploration Meals on Wheels (Parkcrest) Cincinnati Police Museum Bring \$8 Or Hardware/Craft Store</p> <p>Wellness Sing Karaoke Master Strickland 11:15-11:45 (Allyn) Gym or Tech Lab</p> <p>Musical or Thinking Hobbies</p>	<p>Sept 2</p> <p>Community Exploration Sawyer Point, Smale Park and Newport on the Levee</p> <p>Wellness Fall Nutrition</p> <p>Say Goodbye to HOBBY SUMMER and move back to regular programming. Give and share ideas. Take items home and share what you would like to do/make for fall.</p> <p style="text-align: center;">PROGRAM CLOSED MONDAY 9/5/2022 FOR LABOR DAY</p>