

February 2024 Calendar pg. 1

Monday	Tuesday	Wednesday	Thursday	Friday
2/5	2/6	2/7	2/8	2/9
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn - Crossroads (V) Drex - Matthew 25 (V) Drex - Visit Parkcrest Pkcrst- Crossroads Oakley (V) Parkcrest - Esther Price Candies - Bridgetown \$	Allyn- New Richmond Library (Vision Boards) Drex - Meals On Wheels (V) Drex - Cinci Nature Ctr (V) Parkcrest - Matthew 25 (V) Parkcrest - Juggler and Balloon Artist Performance	Allyn- Creavtive Aging @Drex Drex - Book Club Drex - Visit a Pet Store Pkcrst - Meals On Wheels (V) Pkcrst - Creative Aging @ Drex	Allyn- Meijer Drex - Crossroads Oakley (V) Parkcrest - Bowling \$6.50	Allyn- Visit Local Library Drex - Bryan Equipment (V) Drex - Participant Choice Parkcrest - Local Library Pkcrst - Coffee Shop \$5-10
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Manners Matter Allyn- Fitness w/ Barb Drex - Master Strickland Drex - Healthy Bearcats Parkcrest - Master Strickland	YouTube Chair Aerobics Oral Care Healthy Cooking Basics	Parkcrest - Fitness w/ Barb Drex--Wiser Now Wednesday	Bring something that is meaningful to you and tell about it! Allyn- Master Strickland Friendship Builders	Video: Top 20 Healthiest Foods Fun Friday Dance Party !! Drex - Fitness w/ Barb
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Black History Month Influential African Americans Milestones of The Civial Rights Movement	Famous people from Cincinnati Hobby Ideas A - Z	ASL Hangman Who am I? Job Quiz Finish the Lyrics	TBT TV Theme Song Trivia Vintage Toys That Hold Nostalgic & Monetary Value	Current Events All About Batman Super Bowl 2024 Open Discusion & Predictions
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Valentine's Day Card Making Project for Local Care Facilities Card Games Cooking Class	Valentine's Day Card Making Project for Local Care Facilities Dice Games	Valentine's Day Card Making Project for Local Care Facilities Ensemble Theatre Improv Class 10:00-11:00 (Drex & Parkcrest)	Valentine's Day Card Making Project for Local Care Facilities Would You Rather Questions	Valentine's Day Card Making Project for Local Care Facilities Smart Board Gaming

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Monday	Tuesday	Wednesday	Thursday	Friday
2/12	2/13	2/14	2/15	2/16
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn- Nature Center (V) Drex - Crossroads Oakley (V) Drex - Liberty Center Pkrst - Matthew 25 (V)	Allyn- Crossroads (V) Drex - Matthew 25 (V) Pkrst - Meals On Wheels (V) Parkcrest - Participant Choice	Allyn-Valentine's Day Cards to Local Care Facilities Drex - Meals On Wheels (V) Pkrst & Drex - Pen Pals Prkcrst - Dave & Busters \$23 for game card	Allyn- Jungle Jim's Drex - Book Club Pkrst - Crossroads Oakley (V) Parkcrest - Art Museum	Allyn- Bryan Equipment (V) Drex - Participant Choice Parkcrest - Bowling \$6.50
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Manners Matter Allyn- Fitness w/ Barb Drex - Master Strickland Drex - Healthy Bearcats Parkcrest - Master Strickland	Yoga Winter Skin Care Tips	Drex-Wiser Now Wednesday Parkcrest - Fitness w/ Barb	Allyn- Master Strickland Friendship Builder Video: How the Food You Eat Affects Your Brain	<i>Baby Pictures day! Bring in a picture of you as a baby!</i> Benefits of Physical Activity Fun Friday Dance Party !! Drex - Fitness w/ Barb
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Happy Chinese New Year! Learn about Chinese New Year & Zodiac Animal 2024 The World's Top 10 Rose Gardens How To Grow, Prune & Care For A Rose Bush	Mardi Gras Themed Activites Fat Tuesday Fun Mardi Gras True or False Let The Good Times Roll	ASL 25 Valentine's Day Signs Random Games Using Smartboard	Allen's Humminbird Nest Cam Humminbird Facts	On This Day Facts & Historical Events
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Make Chinese paper lanterns	Make Mardi Gras Mask YouTube Behind The Scenes Of How New Orleans Mardi Parade Floats Are Made	Ensemble Theatre Improv Class 10:00-11:00 (Drex & Pa rkcrest) Bingo	Draw A Humminbird Dice Gmes	Fun Friday Group Games

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Monday	Tuesday	Wednesday	Thursday	Friday
2/19	2/20	2/21	2/22	2/23
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
President's Day Agency Closed	Allyn- Crossroads East (V) Drex - Meals On Wheels (V) Drex - Kenwood Theater \$10 Parkcrest - Matthew 25 (V)	Allyn- Bass Pro Shop Drex - Book Club Drex - Walmart Parkcrest - Meals On Wheels (V) then out to lunch \$15	Creative Aging @ Drex Allyn- Overstock Guys Drex - Crossroads Oakley (V) Drex - The Brickery Cafe & Play \$5-10 Pkcrst - Creative Aging and basketball @ Drex	Allyn- Batavia Bowl \$8. -10. Drex - Bryan Equipment (V) Drex - Visit a Game Store Parkcrest - Scene 75 Blacklight Mini gLif - \$15
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
President's Day Agency Closed	Zumba Deep Breathing Exercises	Bring in a picture of your family, friends, or pet! Drex-Wiser Now Wednesday Parkcrest - Fitness w/ Barb	Allyn- Master Strickland Friendship Builder	Benefits of a Good Nights Sleep Fun Friday Dance Party !! Drex - Fitness w/ Barb
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
President's Day Agency Closed	Hlstory of fairy tales- Read your favorite fairy tales Act out some fairy tales	National Haiku Month Learn about Haiku Make a Haiku	Woolworth Day What is Woolworth?	Diesel Engine Day- Learn history of and how Diesel Engines work work
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
President's Day Agency Closed	Make a Stepping Stones T Shirt	Make a Stepping Stones T Shirt Ensemble Theatre Improv Class 10:00-11:00 (Drex & Parkcrest)	GO FC Cincinnati! -First Game of CONCACAF CUP -Who is on the team? -Make a giant GO FCC Banner	Tennis Day Learn history and how it's played Wii Tennis!

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Monday	Tuesday	Wednesday	Thursday	Friday
2/26	2/27	2/28	2/29	3/1
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn- Crossroads East (V) Drex - Crossroads Oakley (V) Drex - Book Club Parkcrest - Matthew 25 (V) then Skyline for lunch - \$15	Allyn- Mall Walking Drex - Matthew 25 (V) Drex - Cincinnati Art Museum Parkcrest - Meals On Wheels (V) Parkcrest - Library - get books for reading day tomorrow	Allyn- Cincinnati Art Museum Drex - Meals On Wheels (V) Drex - Bowling \$10 Pkcrst - The Brickery Cafe & Play @ Newport on the Levee	Allyn- Hobby Lobby Drex - Cincinnati Prem. Outlet Drex - Zoo Parkcrest - Crossroads Oakley (V) Parkcrest - Grocery shop for breakfast tomorrow	Allyn- Bryan Equipment (V) Drex - Findlay Market Drex - Check out a Car Dealership Parkcrest - Participant Choice PJ DAY - Make breakfast & watch a movie in your PJ's
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Manners Matter Allyn- Fitness w/ Barb Drex - Master Strickland Drex - Healthy Bearcats Parkcrest - Master Strickland	Bring in a picture or yearbook from high school! Chair Exercises - each participant lead an exercise	You got Rhythm? Clapping patterns and repeating Drex-Wiser Now Wednesday Parkcrest Fitness w/ Barb	Allyn- Master Strickland Friendship Builder Video: 10 Go-To Foods for Healthy Eating!	Wear PJ's and talk about healthy sleep habits Drex - Fitness w/ Barb
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Hamburger Monday! Video: History of Hamburgers in US What's <i>your</i> favorite burger?	International Polar Bear Day Learn About Polar Bears 17 Surprising Facts about Snow	Winter Reading Fun Winter Mad Libs Group Fill In The Blank	Learn About Leap Day Customs & Traditions Facts & Historical Events On This Day	Pick a fun movie to watch in your PJ's
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
No-Bake Peanut Butter and Chocolate Bites	Drex - V&V Art Class Parkcrst - V&V Art Class Step By Step How To Draw A Polar Bear	Ensemble Theatre Improv Class 10:00-11:00 (Drex & Parkcrest) Talent Show at each location!	Name that Tune Music Trivia	Make Breakfast!