

January 2024 Calendar pg. 1

Monday	Tuesday	Wednesday	Thursday	Friday
1/1	1/2	1/3	1/4	1/5
Program Closed	Community Outing— Allyn- Crossroads (V) Drex - Book Club Parkcrest - Meals on Wheels (V) All Sites - Open Your Heart Project @ Drex	Community Outing— Allyn- Creative Aging @ Drex Drex - Meals on Wheels (V) Drex - Five Below Parkcrest - Creative Aging and Basketball @ Drex All Sites - Open Your Heart Project @ Drex	Community Outing— Allyn- Mathew 25 M (V) Drex - Thrift Store Drex - Visit Parkcrest Pkrst - Crossroads Oakley (V) All Sites - Open Your Heart Project @ Drex	Community Outing— Allyn- Bryan Equipment (V) Drex - Jungle Jim's Fairfield Drex - Dave and Buster's \$\$ Parkcrest - Bowling \$6.50 All Sites - Open Your Heart Project @ Drex
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
	Friendship Builder Manners Matter Light Stretching	Wiser Now Wednesday Parkcrest - Fitness with Barb	Allyn - Master Strickland Chair Yoga	Drex - Fitness with Barb Dance Party Friday Do the Chicken Dance!
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
	National Science Fiction Day Learn about Science Fiction Books and Movies	Harlem Globetrotter Famous Basketball Players	Random Trivia Day Current Events	National Bird Day Ornithology
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
	Pictionary Drex - Open Your Heart Project	Jepordary Drex - Open Your Heart Project	Game Day Drex - Open Your Heart Project	Make a Pinecone Bird Feeder Drex - Open Your Heart Project

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Monday	Tuesday	Wednesday	Thursday	Friday
1/8	1/9	1/10	1/11	1/12
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn- Crossroads (V) Drex - Mathew 25 (V) Drex - Book Club Parkcrest - Crossroads Oakley (V) <i>All Sites - Open Your Heart Project @ Drex</i>	Allyn- Mall Walking Drex - Meals on Wheels (V) Drex - IKEA Parkcrest - Matthew 25 (V) <i>All Sites - Open Your Heart Project @ Drex</i>	Allyn- Local Library Drex - Bowling \$10 Drex - Record Store Pkcrst - Meals on Wheels (V) <i>All Sites - Open Your Heart Project @ Drex</i>	Allyn - Thirft Shopping Drex - Crossroads Oakley (V) Drex - Participant Choice Parkcrest - American Sign Museum \$ <i>All Sites - Open Your Heart Project @ Drex</i>	Allyn- Petsmart or ARF Drex - Bryan Equipment (V) Drex - Coffee Shop \$5-10 Parkcrest - Cincinnati Museum Center \$8.00 <i>All Sites - Open Your Heart Project @ Drex</i>
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Drex And Parkcrest - Master Strickland Drex - Healthy Bearcats Allyn - Fitness with Barb	Youtube Workout Winter Safety Tips	Wiser Now Wednesday Parkcrest - Fitness with Barb Wheel of Wellness	Allyn - Master Strickland Light Stretching Exercises	Drex - Fitness with Barb Music & Movement Shake a tambourine as you move!
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Famous Places In Ohio What sport was invented in Ohio?	Learn about The American Sign Museum	The Story of Helen Keller	How Dice Are Made Games Using Dice	Book Club - Pick a Book or Short Story to Read Out Loud
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Card Games Drex - Open Your Heart Project (until done)	Bingo Drex - Open Your Heart Project (until done)	Would You Rather? Drex - Open Your Heart Project (until done)	How to Draw Dice Drex - Open Your Heart Project (until done)	Individual Choice Of Activity Drex - Open Your Heart Project (until done)

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Monday	Tuesday	Wednesday	Thursday	Friday
1/15	1/16	1/17	1/18	1/19
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Program Closed	Allyn- Crossroads (V) Drex - Mathew 25 (V) Drex - Cincinnati Art Museum Pkcrest - Meals on Wheels (V) Pkcrest - Coffee Shop \$5-10	Allyn- Clermont Co Library Drex - Meals on Wheels (V) Drex - Walmart Parkcrest - Jungle Jim's Pkcrst - Drex for game room and basketball	Allyn- Creative Aging @ Drex Drex - Liberty Center Drex - Book Club Pkcrst- Creative Aging @ Drex Pkcrst - Crossroads Oakley (V)	Allyn- Bryan Equipment (V) Drex - Donut Shop \$5 Drex - Sign Museum \$15 Parkcrest - New Life Furniture (V) then out to lunch \$
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Program Closed	What is a Vegetarian Diet and Why Do People Like It? Chair Yoga	Wiser Now Wednesday Parkcrest - Fitness with Barb	Allyn - Master Strickland Ear Health - How loud is too loud on your ear drums?	Drex - Fitness with Barb Dance Party Friday
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Program Closed	Appreciate a Dragon Day Learn About Famous Dragons	Learn about the Historic Brink's Robbery	Thesaurus Day What is a Thesaurus? Learn new words from one.	Dolly Parton's Birthday Learn about Dolly Parton.
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Program Closed	Draw or Make a Dragon	Learn About Crochet and Try It	Continue to Try Crochet!	Learn to sing Dolly Parton songs.

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Monday	Tuesday	Wednesday	Thursday	Friday
1/22	1/23	1/24	1/25	1/26
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn- Crossroads (V) Drex - Mathew 25 (V) Drex - Pet Store Parkcrest - Crossroads Oakley (V) Parkcrest - Farbach Warner Winter Woodland program @ 11:00 am	Allyn- Cincinnati Art Museum Drex - Meals on Wheels (V) Drex - Half Priced Books Parkcrest - Mathew 25 (V) Parkcrest - 1/2 Day trip to Dollar Tree to shop for craft projects!	Allyn and Drex- Bass Pro Shop Drex - Visit Parkcrest Pkcrst - Meals on Wheels (V) Pkcrst - PetSmart and Northgate Mall	Allyn- Hobby Lobby Drex - Crossroads Oakley (V) Drex - Craft Store Parkcrest - Art Museum	Allyn- Mall Walking Drex - Bryan Equipment (V) Drex - Book Club Parkcrest - Cincinnati Museum Center \$8.00
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Drex And Parkcrest - Master Strickland Drex - Healthy Bearcats Allyn - Fitness with Barb	What Is Self-Care, And Why Is It So Important for Your Health?	Wiser Now Wednesday Parkcrest - Fitness with Barb	Allyn - Master Strickland Do the Hokey Pokey, Electric Slide, and Cupid Shuffle!	Drex - Fitness with Barb Wellness Walk
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Research Dollar Tree craft projects and choose 2 projects you'd like to do.	Compliment Day - give each other positive compliment	Brain Health: Try this: Global Belly Laugh Day - Read Jokes, watch funny Vines or AFV	"Goodnight, John Boy" - Learn about The Waltons TV show	Book Club - Pick a Book or Short Story to Read Out Loud
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Make snowflakes and snowmen (with bottle caps)	Dollar Tree Craft Project!	Create a funny cartoon like photo Fun Brain Games and Puzzles	Opposite Day - Play a game name things and have other say something that is the opposite of it	Dollar Tree Craft Project!

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Monday	Tuesday	Wednesday	Thursday	Friday
1/29	1/30	1/31	2/1	2/2
Community Outing—	Community Outing—	Community Outing—	Community Outing—	Community Outing—
Allyn- Crossroads (V) Drex - Crossroads Oakley (V) Drex - Kenwood Theatre Parkcrest - Mathew 25 (V)	Allyn- Walmart Drex - Participant Choice Drex - Kenwood Theatre \$10 Pkcrst-Meals on Wheels (V)	Allyn- UC Clermont Art Gallery Drex - Meals on Wheels (V) Drex - Book Club Parkcrest - Visit a Local Library	Allyn- Jungle Jim's Drex - Coffee Shop \$5 Drex - Bowling \$10 Pkcrst - Crossroads Oakley (V)	Allyn- Bryan Equipment (V) Drex - Jungle Jim's Batavia Drex - Mernard's Parkcrest - Bowling \$6.50
Wellness —	Wellness —	Wellness —	Wellness —	Wellness —
Drex And Parkcrest - Master Strickland Drex - Healthy Bearcats Allyn - Fitness with Barb Sit and Get Fit: March Into Monday	Ways to Reduce Mental Stress Sit and Get Fit: Tummy Tuesday	Wiser Now Wednesday Parkcrest - Fitness with Barb Sit and Get Fit: Warrior Wednesday	Allyn - Master Strickland How to Beat the Winter Blues Sit and Get Fit: Thighs and Calves Thursday	Drex - Fitness with Barb Sit and Get Fit: Firm Arms Friday
Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —	Continuing Knowledge —
Cincinnati History Week: Unique Places such as Coney Island	Cincinnati History Week: Porkopolis and Flying Pigs	Cincinnati History Week: Sports The Cincinnati Red Stockings	Cincinnati History Week: Music Hall and The Cincinnati Art Museum	Cincinnati History Week: Organized Crime and Gangs in Cincinnati
Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—	Creative Expression—
Make Rice Krispie Treats!	Draw or Paint A Flying Pig	Inspire Your Heart with Art Day Look At Famous Art Work using the smartboard Create A Group Art Project	Name That Tune	Groundhog Day Traditions

Jan 17 - Brink's Robbery - <https://www.history.com/this-day-in-history/brinks-armored-car-depot-robbery-boston-1950>

Jan 22 - Bottle Cap Snowmen (scroll down on this link): - <https://www.tasteofhome.com/collection/winter-crafts/>
Paper Bag Snowflakes
Sing "Let it Snow"

Jan 29 - Feb 2 SIT and GET FIT - <https://activityconnection.com/monthly-product/exercise-wellness-2023-10/>
Good Instructions to print out ahead of time

Feb 1 How to Beat the Winter Blues - <https://newsinhealth.nih.gov/2013/01/beat-winter-blues>

Cross Lateral Brain Exercises Video - <https://www.youtube.com/watch?v=oJd87dXVRz8>