

AUGUST 2022

BLACK = VIRTUAL
BLUE = IN-PERSON
RED = DEADLINE TO RSVP



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:30 – 10am: Daily Calm 11am – 12pm: Diane Shields; Douglas MacArthur 1:30 – 3pm: Monday Movie RSVP for Dice & Donuts	9:30 – 10am: Daily Calm 10 – 11am: Better Balance Safer You @ Carnegie Ctr 2:00 – 4:00pm: Dice & Donuts @ Carnegie Center 6:30 – 7:30pm: Growing & Serving Anywhere	9:30 – 10am: Daily Calm	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow RSVP for Picnic & Walk	9:30 – 10am: Daily Calm 11:30am – 12:30pm: Picnic in Alms Park 12:30 – 1:30pm: Walk in Alms Park RSVP for Reds Game RSVP for Caregivers RSVP for Book Club	10 – 11am: Tai Chi Flow Plus
7	8	9	10	11	12	13
	9:30 – 10am: Daily Calm 10 – 10:30am: Mindfulness Journaling 1:30 – 3pm: Monday Movie	9:30 – 10am: Daily Calm 10 – 11am: Better Balance Safer You @ Carnegie Ctr 6:30 – 7:30pm: Growing & Serving Anywhere	9:30 – 10am: Daily Calm 10:30am – 12:30pm: Caring for the Caregivers Writing Experience RSVP for Bronte Bistro	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow	9:30 – 10am: Daily Calm 5 – 6:30pm: Bronte Bistro Dinner 6:30 – 8:30pm: Ron Purdon Concert	10 – 11am: Tai Chi Flow Plus
14	15	16	17	18	19	20
	9:30 – 10am: Daily Calm 1:30 – 3pm: Monday Movie	9:30 – 10am: Daily Calm 10 – 11am: Better Balance Safer You @ Carnegie Ctr 6:30 – 7:30pm: Growing & Serving Anywhere	9:30 – 10am: Daily Calm 12:30: REDS VS. PHILLIES RSVP for Madeira Farmer's Market	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 4-5pm: Madeira Farmers' Market RSVP for Sip & Stroll	9:30 – 10am: Daily Calm 11am – 1pm: Bellevue Sip & Stroll; Meet at Mrs. Teapots	10 – 11am: Tai Chi Flow Plus
21	22	23	24	25	26	27
	9:30 – 10am: Daily Calm 10 – 10:30am: Mindfulness Journaling 11:30am – 3pm: Domino Divas & Dudes @ Seasons 1:30 – 3pm: Movie	9:30 – 10am: Daily Calm 10 – 11am: Better Balance Safer You @ Carnegie Ctr 6:30 – 7:30pm: Growing & Serving Anywhere	9:30 – 10am: Daily Calm 1 – 2pm: Bible Conversations – Introduction RSVP for City Stops	9:30 – 10am: Daily Calm 10 – 11am: Chair Yoga 11 – 11:45am: Tai Chi Flow 1 – 2pm: Book Club; The Catcher in the Rye	9:30 – 10am: Daily Calm 4 – 5:30pm: City Stops @ Schoolhouse Restaurant RSVP for Meet & Greet RSVP for Art Museum	10 – 11am: Tai Chi Flow Plus
28	29	30	31			
	9:30 – 10am: Daily Calm 1:30 – 3pm: Monday Movie	9:30 – 10am: Daily Calm 10 – 11am: Better Balance Safer You @ Carnegie Ctr 11:45am – 2pm: Lunch @ Terrace Café & Cincinnati Art Museum 6:30 – 7:30pm: Growing & Serving Anywhere	9:30 – 10am: Daily Calm 4 – 6pm: Members Meet & Greet @ Arthur's Café Hyde Park	READ THE IN-PERSON & VIRTUAL ACTIVITY SHEETS FOR PROGRAM DETAILS		