

August



Deupree House

2026
Life Enrichment & Wellness

Printed: July 27th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12-2: Lunch (G39) 2:00 National Treasure(EC) 2:00 Knitting(CR) 3:00/05 Bus to St. Mary's Church*
2 10:00 Sunday Service 11-1 Brunch (G39)	3 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) <i>BOTH CLASSES ON VIDEO</i> 12:00 Lunch-CY OR CR 12:50/55 Bus to Hyde Park Plaza* 2:00 Heritage Presentation: Amusement Parks in Greater Cincinnati (EC) 2:30 Chair Yoga with Christy (C) 7:00 Game Night (CR)	4 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (C) 2:00 Clark & Jones Trio Concert (EC) 5:15 Rosary (C)	5 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 11:30 Mind Fit (CO) 1:00 Art with Marty (EC) 2:30 Aqua Aerobics (P) 3:30 Perk-Up with Peggy (CO)	6 9:30-10:15 Resident Led Aqua Aerobics (P) 9:50/55 Bus to Hyde Park Plaza * 10:30 Recycling Pick Up-outside of apartment door 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge(CR)* 1:30 Mahjong (AS) 1:30 Mahjong Lessons (CO)	7 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 2:00 Lessons from the Great Books (EC) 7:30 The Sheep Detective (EC)	8 1-3 Tech Guy at DH* 12-2: Lunch (G39) 2:00 The Sheep Detective(EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
9 10:00 Sunday Service 11-1 Brunch (G39)	10 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) <i>BOTH CLASSES ON VIDEO</i> 12:00 Lunch-CY OR CR 12:50/55 Bus to Hyde Park Plaza * 2:00 Linda Busken Jergens Poetry Book Reading (EC) 2:30 Chair Yoga with Christy (C) 7:00 Poker (CR)	11 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 1:00 Book Club (EC) 1:05/10 Bus to Kenwood/Trader Joe's * 2:30 Trivia with Christopher (EC) 4:35/5:00 Rosary & Mass (C)	12 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 11:30 Mind Fit (CO) 2:00 Past, Present and Future of Findlay Market (EC) 2:30 Aqua Aerobics (P) 3:30 Perk-Up with Peggy (CO)	13 9:30-10:15 Resident Led Aqua Aerobics (P) 9:50/55 Bus to Hyde Park Plaza* 10:00 Saint of the Day (CR) 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge (CR)* 1:30 Mahjong (AS) 1:30 Mahjong Lessons (EC)	14 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 10:30/35 Bus to Dorothy Lane Market*  2:00 Lessons from the Great Books (EC) 7:30 CODA (EC)	15 12-2: Lunch (G39) 2:00 CODA (EC) 2:00 Knitting (CR) 2:30/35 Bus to St. Cecilia Church*



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Sunday Service 11-1 Brunch (G39) 5:00/05 Dinner out to Meritage Restaurant in Glendale*	17 9-9:30 ALTERATIONS (AS)* 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) <i>BOTH CLASSES ON VIDEO</i> 12:00 Lunch-CY OR CR 12:50/55 Bus to Hyde Park Plaza* 1:00 Movie and Popcorn: Michael (EC) 2:30 Yoga with Christy (C) 7:00 Game Night (CR)	18 9:30-10:15 Aqua Aerobics (P) 10:00 Baby Goat Visit (EC) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 5:15 Rosary (C) 7:30 Vince Phelan & Steve Phillips Concert (EC)	19 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 11:30 Mind Fit (CO) 1:00 Art with Marty (EC) 2:00 Cincinnati Art Museum Presentation: The Story of Art in Cincinnati (EC) 2:30/35 Bus to MPL for Nourishing Minds with Rabbi (EC)* 2:30 Aqua Aerobics (P) 3:30 Perk-Up with Peggy (CO)	20 9:30-10:15 Resident Led Aqua Aerobics (P) 9:50/55 Bus to Hyde Park Plaza* 10:00 Saint of the Day (CR) 10:30 Recycling Pick Up-outside of apartment door 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge (CR)* 1:30 Horticulture (EC)* 1:30 Mahjong (AS) 5:00 Monthly Cocktail Party (CR)	21 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 2:00 Lessons from the Great Books (EC) 7:30 North by North West (EC)	22 1-3 Tech Guy at DH* 12-2: Lunch (G39) 2:00 North by North West (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
23 10:00 Sunday Service 11-1 Brunch (G39)	24 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) <i>BOTH CLASSES ON VIDEO</i> 12:00 Lunch-CY OR CR 12:50/55 Bus to Hyde Park Plaza * 2:30 Chair Yoga with Christy (C) 4:00 Resident Council (EC) 7:00 Poker (CR)	25 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 12:35/40 Bus to Rookwood, Fresh Market, Walmart, BMV * 3:30 Kona Shaved Ice Truck (CR) 4:35/5:00 Rosary & Mass (C)	26 9:30-10:15 Chair Class (CR) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (CR) 10:30-1 Marketing Event in the Event Center 11:30 Mind Fit (CO) 2:00 Therapy Talk with Emily Keeping: Posture Clinic (EC) 2:30 Aqua Aerobics (P) 3:30 Perk-Up with Peggy (CO) 4:30 Happy Hour with Phil & Joe (CR)	27 PODIATRIST: DR. PATEL 8-2 (AS)* 9:30-10:15 Resident Led Aqua Aerobics (P) 9:50/55 Bus to Hyde Park Plaza* 10:00 Saint of the Day (CR) 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge (CR)* 1:30 Mahjong (EC)	28 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 2:00 Lessons from the Great Books (EC) 7:30 9 to 5 (EC)	29 12-2: Lunch (G39) 2:00 9 to 5 (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
30 10:00 Sunday Service 11-1 Brunch (G39)	31 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) <i>BOTH CLASSES ON VIDEO</i> 12:00 Lunch-CY OR CR 12:50/55 Bus to Hyde Park Plaza* 2:30 Yoga with Christy (C) 3:00/05 Bus to MPL for Switchback Duo Concert* 7:30 Hospice 101 (EC) →					

EC=Event Center
C=Chapel
CR=Club Room
G39=Grille 39

DR=Dining Room
P=Pool
CO=Conference Room
FZ=Fitness Zone

Green= wellness classes
Red*=sign up required
Black=no sign up required

Saturday Lunch in Grille 39 12-2 p.m.
Sunday Brunch in Grille 39 11-1
Saturday & Sunday Dinner for Grille 39-**Reservations Needed**
5:00 5:30 6:00

Activity Level
 -Mild walking, Plenty of seats and places to stop and catch your breath
 - Walking, sporadic seating options