



Deupree House

2026
Life Enrichment & Wellness
Printed 9/28/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30-10:15 Aqua Aerobics (P) 9:50/55 Bus to HP 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* 1:30 Mahjong (AS)	2 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 1:00 Canasta (AS) 2:00 Lessons from the Great Books-Virtual Lecture (EC) 6:20/25 Bus to Symphony* 7:30 Silver Linings Playbook (EC)	3 8:45/50 Walk to End Alzheimer's* 1-3 Tech Guy at DH* 12:00/05 Bus to MET Opera @ Cinemark * 12-2: Lunch (G39) 2:00 PM Silver Linings Playbook (EC) 2:00 Knitting(CR) 3:00/05 Bus to St. Mary's Church*
4 9:45/50 Bus to HP Art Show* 10:00 Sunday Service (C) 11-1 Brunch (G39) 1:00 Bengals Game (CR) 	5 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 12:50/55 Bus to Hyde Park Plaza* 2:00 Heritage Presentation: Historic Haunting Part I (EC) 2:30 Yoga with Christy (C) 3:00 OT Mini Series: Technology-Online Ordering (AS) * 7:00 Poker (CR)	6 9:30/35 Bus to Board of Elections for early voting* 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 2:00 Wolves and Wolfdogs at The Red Riding Hood Rescue Project (EC) 5:15 Rosary (C)	7 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) 12:00 Lunch-CY or CR 1:00 Art with Marty (CO) 2:00-3:00 Balance Assessments (EC) 2:30 Aqua Aerobics (P) 3:30 Perk Up with Peggy (CO) 7:30 Astronomer, Dean Regas: Plants (EC)	8 9:30-10:15 Aqua Aerobics (P) 9:50/55 Bus to HP Plaza * 10:00 Saint of the Day (CR) 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge* 1:30 Mahjong (AS)	9 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 1:00 Canasta (AS) 2:00 Lessons from the Great Books-Virtual Lecture (EC) 7:30 Windtalkers (EC)	10 12-2: Lunch (G39) 2:00 PM Windtalkers (EC) 2:00 Knitting(CR) 3:00/05 Bus to St. Mary's Church*
11 10:00 Sunday Service (C) 11-1 Brunch (G39) 1:00 Bengals Game (CR)  2:55/3:00 Bus to Linton Series* 5:00/05 Bus to Dinner out at Montgomery Inn (Boathouse) *	12 9:30-10:15 Chair Class (EC) 10:45-11:30 Chair Class (EC) BOTH ON VIDEO 12:50/55 Bus to HP Plaza* 2:00 Rookwood Pottery Display Presentation (CR) 2:30 Yoga with Christy (C) 3:00 OT Mini Series: Community Mobility-Navigating Safely (AS) * 7:00 Game Night (C)	13 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 (CR)*note location change 5:15 Rosary (C)	14 9:30-10:15 Chair Class (CR) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (CR) 10-2 Auxiliary Fall Bazaar (EC) 12:00 Lunch-CY or CR 2:30 Aqua Aerobics (P) 3:30 Perk Up with Peggy (CO)	15 9:30-10:15 Aqua Aerobics (P) 9:50/55 Bus to HP 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* 1:30 Horticulture (EC)* 1:30 Mahjong (AS)	16 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 1:00 Canasta (AS) 2:00 Lessons from the Great Books-Virtual Lecture (EC) 7:30 Rudy (EC)	17 1-3 Tech Guy at DH* 12-2: Lunch (G39) 2:00 PM Rudy (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*



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18 10:00 Sunday Service (C) 11-1 Brunch (G39)	19 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 12:50/55 Bus to HP Plaza* 2:00 Movie & Popcorn: Tony (EC) 3:00 OT Mini Series: Aging In Place- Staying Safe Within My Home (AS) * 7:00 Poker (CR)	20 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 10:50/55 Bus to Music & Lunch at Christ Church Cathedral* 11:30 Tai Chi with Michael (EC) 2:00 Women's Financial Health Event (EC) SIGN UP THROUGH FUND DEVELOPMENT* 5:15 Rosary (C)	21 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 10:30 AT YOUR DOOR CLOTHING DRIVE 11:30 Mind Fit (CO) 12:00 Lunch-CY or CR 1:00 Art with Marty (CO) 2:30 Meet with Maisie (CR) 2:30 Aqua Aerobics (P) 3:30 Perk Up with Peggy (CO)	22 9:30-10:15 Aqua Aerobics (P) 9:50/55 Bus to HP Plaza* 10:00 Saint of the Day (CR) 11:30 Tai Chi with Michael (EC) 1:00 Duplicate Bridge* 1:30 Mahjong (AS) 3-4 Memorial Service for Ginnie Belben (CR)	23 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 1:00 Canasta (AS) 2:00 Lessons from the Great Books-Virtual Lecture (EC) 4:30 DH Pig Roast (CR) 7:30 The Rocky Horror Picture Show (EC)	24 12-2: Lunch (G39) 12:45/50 Bus to Ensemble Theater* 2:00 PM The Rocky Horror Picture Show (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
25 10:00 Sunday Service (C) 11-1 Brunch (G39) 1:00 Bengals Game (CR) 	26 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 12:50/55 Bus to HP Plaza* 1:00 Cancer Support Group (PDR) 2:30 Yoga with Christy (C) 3:00 OT Mini Series: Low Vision- Small Changes (AS) * 4:00 Resident Council (EC) 7:00 Game Night (CR)	27 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael 12:35/40 Bus to Rookwood, Fresh Market, Walmart, & BMV* 4:35/5:00 Mass & Rosary (C) 7:30 Hymn Sing (EC)	28 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) 12:00 Lunch-CY or CR 2:30 Aqua Aerobics (P) 2:00 Therapy Talk: Eating Right. Immune Support & Nutrition (EC) 3:30 Perk Up with Peggy (CO) 4:30 Happy Hour with Phil & Joe (CR) 7:30 Mentalist Chad Collyer (EC)	29 9:30-10:15 Aqua Aerobics (P) 9:50/55 Bus to HP Plaza* 10:00 Saint of the Day (CR) 10-3 Vaccine Clinic (EC) 11:30 Tai Chi with Michael (C) 1:00 Duplicate Bridge* 1:30 Mahjong (AS) 4:30 Halloween Cocktail Party (CR)	30 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 9:35/40 Bus to Symphony 1:00 Canasta (AS) 2:00 Lessons from the Great Books-Virtual Lecture (EC) 7:30 Clue (EC)	31 1-3 Tech Guy at DH* 12-2: Lunch (G39) 2:00 PM Clue (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church* 6:20/25 Bus to Symphony 

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