



Deupree House

2026
Life Enrichment & Wellness

Printed: August 26th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green= wellness classes Red*=sign up required Black=no sign up required		1 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 12:00 Lunch-CY OR CR 3:30 Native American Art from the Southwest Presentation and Gallery Opening (EC) 5:15 Rosary (C) 7:00 Game Night (CR)	2 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 Aqua Aerobics (P) 1:00 Art with Marty (CO) 2:00-4 75 th ERS CELEBRATION (CR & EC)	3 9:30-10:15 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 Mahjong (AS)	4 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 (EC) 7:30 Field of Dreams (EC)	5 1-3 Tech Guy at DH* 2:00 Field of Dreams (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
6 10:00 Sunday Service 11-1 Brunch (G39) 1:00/05 Bus to Pops Concert *	7 NO WELLNESS CLASSES OR TRANSPORTATION TODAY 11:30-1 Picnic Buffet 	8 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (EC) 12:00 Lunch-CY OR CR 1:00 Book Club (EC) 1:05/10 Bus to Kenwood/Trader Joe's* 2:30 Trivia with Christopher(EC) 4:35/5 Rosary & Mass (C)	9 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 Grief 101: Spirituality & Grief Finding Meaning & Hope (EC) 3:30 Perk up with Peggy (CO)	10 9:30-10:15 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) 3:30 Coffee & Information (EC) 4:30 Deupree Auxiliary Annual Fund Drive Kick Off Cocktail Party(CR)	11 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 (EC) 7:30 Sully (EC)	12 2:00 Sully (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
13 10:00 Sunday Service 11-1 Brunch (G39) 1:00 Bengals Game (CR) 	14 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 Heritage Presentation: Radio Waves (EC) 2:30 Chair Yoga with Christy (C) 7:00 Game Night (CR)	15 9:30-12 Health Fair (EC) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (C) 12:00 Lunch-CY OR CR 2:00 Movie & Popcorn: The Devil Wears Prada (EC) 5:15 Rosary (C)	16 9:30-10:15 Chair Class (EC) 10:15-10:30 Balance Class 10:45-11:30 Chair Class (EC) 10:00/05 Bus to Affordable Living Community Tour Pedretti Place*-sign up through Fund Development  11:30 Mind Fit (CO) 1:00 Art with Marty (CO) 2:30/35 Bus to MPL for Nourishing Minds with Rabbi (MPL)* 3:30 Perk up with Peggy (CO) 2:30 Aqua Aerobics (P)	17 9:30-10:15 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 Horticulture Class* (EC) 5:00 Monthly Cocktail Party(CR)	18 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 (EC) 7:30 Young Washington (EC)	19 12:00/05 Bus to MET Opera @ Cinemark * 1-3 Tech Guy at DH* 2:00 Young Washington (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 Sunday Service 11-1 Brunch (G39) 1:00 Bengals Game (CR)  5:00/05 Bus to dinner at National Exemplar*	9-9:30 Alteration (AS)* 21 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* 2:30 Chair Yoga with Christy (C) 2:00 Meet & Greet with Dining Hostess, Kelsey Morgenstern (CR) 7:30 Hot Topics: Medical AI (EC)	22 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael (C) 12:00 Lunch-CY OR CR 12:35/40 Bus to Rookwood, Fresh Market, BMV, & Walmart* 2:00 Movie & Popcorn: The Devil Wears Prada 2 (EC) 5:00 Rosary & Mass (C) 7:00 Poker (CR)	23 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 CSO Chamber Concert (EC) 2:30 Aqua Aerobics (P) 3:30 Perk up with Peggy (CO)	24 9:30-10:15 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)	25 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 (EC) 5:40/45 Bus to ERS Gatherings for Good: Falcon's Landing at Meshewa House*  7:30 Solo Mio (EC)	26 2:00 Solo Mio (EC) 2:00 Knitting (CR) 3:00/05 Bus to St. Mary's Church*
27 10:00 Sunday Service 11-1 Brunch (G39)  1:00 Bengals Game (CR) 1:00/05 Bus to Pops Concert *	28 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* 2:30 Chair Yoga with Christy (C) 4:00 Resident Council (EC) 7:00 Game Night (CR)	29 9:30-10:15 Aqua Aerobics (P) 10:30 Bible Study (CR) 11:30 Tai Chi with Michael 12:00 Lunch-CY OR CR 12:10/15 Bus tour Back to School in the Grove at Spring Grove* 5:00 Rosary (C) 6:20/25 Bus to Cincinnati Chamber Music*	30 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 Therapy Talk: Urinary Incontinence Program (EC) 2:30 Aqua Aerobics (P) 3:30 Perk up with Peggy (CO) 4:30 Happy Hour with Phil & Joe (CR)		Save the Date: At your door clothing drive. Wednesday, October 21st More details to come. 	

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