



CRC MEMBERSHIP INFORMATION

To participate in this program, you must have an active CRC Membership. A membership for Seniors (individuals ages 50+) costs \$10. This membership is valid for 1 year from the date of purchase and can be used at any CRC center throughout the city.

If you would like to purchase a membership or renew your membership, please see a staff member at the front desk.



Hirsch Recreation Center

3630 Reading Road

Cincinnati, OH 45229

Phone: 513-751-3393



Hirsch Recreation Center

Senior Activities
(Ages 50 +)

Days of the week:
Tuesday, Wednesday,
Thursday

Time Frame:
10 am - 2 pm



TUESDAY

TRAVELING EXPERIENCES

On Tuesdays, the group will travel outside of the center to explore Cincinnati. Transportation will be provided by Hirsch for those who do not wish to drive.

Traveling experiences include trips to the:

- Movies
- Restaurants
- Grocery Store
- Thrift Stores
- Downtown Cincinnati
- Museums
- The Zoo
- Cincinnati Parks
- Sporting Events
- Golf outings

Contribution to planning trip locations is encouraged! If there is a place you would like to explore, please let us know.

WEDNESDAY

TECHNOLOGY ASSISTANCE, FITNESS, AND CRAFTS

On Wednesdays, a staff member will be available to assist with any technology needs the group may have. Group members will be able to ask questions and receive 1:1 assistance with their devices. Classes or information sessions will be provided to the group to address technology needs in the areas of cell phones, computers, tablets, cameras, etc.

Seniors will also have access to the gym and outdoor walking track during this time. Organized fitness classes or gym-based activities will be offered upon interest level.

ARTHELPS activities will also be offered on Wednesdays. Some projects started on Wednesday will be carried over and completed on Thursday.

THURSDAY

ARTHELPS

On Thursdays, the focus of the program will be ARTHELPS.

ARTHELPS is a program designed by Cassandra McIn and focuses on using arts based activities to build relationships and reduce stress and anxiety.

ARTHELPS activities include but are not limited to:

- Journaling
- Essential oils sachets
- Vision Boards
- Paint pour activities
- Mandala art
- Making necklaces
- Self-beliefs
- Fashion Art
- WOOP (Wish Outcome Obstacle Plans)



Come join us as we travel, learn, create, and have fun together!