

Cincinnati Recreation Commission

MACA, EWAC, and WHAC Month – April 2024
Bush Recreation Center 2640 Kemper Lane – 281-1286

Upcoming programs:

- Stop the Violence – Community Awareness April 4th 6:30 at Bush Recreation Center. Partnership with Cincinnati Police Department
- Mother's Day Special Event – partnership with Evanston Center. Tuesday, May 7th 11:30a – 2:00p. Live Jazz Band, lunch provided. \$20.00 per person, please contact Karen at Bush 513-281-1286
- Senior Tai Chi Classes Tue & Thurs at Bush Center 1:30 – 2:00pm – Please speak with Mr. Price 513-281-1286
- Summer Day Camp registration – spaces are still available. Cincinnati Foundation Scholarship application available until April 15th.
- COA program at Walnut Hills Library 2355 Kemper Lane Wednesday, April 9th 2 – 4pm. Learn about programs available to seniors – Recreation, Closing Health Gap, Pro Senior, and Hamilton County Prosecutor Office
- 513 Relief & Hamilton County Office of Youth Programs – Youth Employment Kickoff Hiring ages 14 – 21. Saturday, April 13th from 10a – 3p at Evanston Recreation Center 3204 Woodburn Ave.
- Clifton Center Swap Saturday, April 27th 10a – 2p at Clifton Center 320 Mc Alpin Ave. Unwanted/unneeded items to share. Bring what you can, take what you like.
- Senior Flex & Fit at North Avondale Center Tues & Thurs 10:00 – 11:30a
- Pickleball lessons – April – May Monday 10:15 – 11:15 am - beginners and advance Monday 6 – 8:30 @ Larch. Lessons \$70 for 8 sessions

CRC Center Membership Information – cards are valid at all CRC centers (additional fees for fitness rooms).

Seniors \$10.00 (50 plus)
Adults \$25.00 (25 – 49 yr)
Young Adults \$10.00 (18 – 24 yr)
Junior \$2.00 (5 – 17 yr)



Surviving Domestic Violence & Toxic Relationships

Community Awareness Program & Resource Event
Bush Recreation Center, 2640 Kemper Ln (45206)

Thursday, April 4th at 6:30 pm



513RELIEF & HAMILTON COUNTY OFFICE OF YOUTH

YOUTH EMPLOYMENT KICK OFF

HIRING AGES 14-21

LEARN MORE !



APPLY HERE!



DJ EBONY J WYNN



POPCORN & SNO-CONES

APRIL
13TH

10-3
PM

GAME TRUCK

EVANSTON RECREATION CENTER
3204 WOODBURN AVE.



Hamilton County
Office of Youth
Youth Employment Program

JFS
HAMILTON COUNTY
JOB & FAMILY SERVICES





BUY NOTHING SWAP

at Clifton Recreation Center

**SATURDAY, APRIL 27th
10 AM - 2 PM**

320 McAlpin Ave, Cincinnati, Ohio 45220

Bring your unneeded/unwanted
items to share!
Bring what you can, take what you like.



EVANSTON RECREATION CENTER

3204 Woodburn Avenue

Mothers' Day Event

Tuesday, May 7th 11:30-2:00 pm

LIVE FUNK JAZZ featuring a HIP HOP DJ

Cost: \$20.00

Lunch provided

www.cincyrec.org

Cincinnati Recreation Commission

For more information, please contact Kim at Evanston Center 513.861.9417 or Karen at Bush Center 513.281.1286

SENIORS FLEX & FIT

Mobility, Flexibility, and Fitness Class for Seniors



Where: North Avondale Recreation

When: April 2nd-May 23rd-Tuesday's and Thursday's
from 10-11:30 A.M.

Cost: \$15

Includes 16 classes with a certified personal trainer
Smoothies and Snacks will be provided along with nutritional benefits

Scan QR code for Online
Registration





STAY *As You Age* CONNECTED

There's so much to learn as we age! Join Council on Aging and a team of experts to get connected to programs, services and resources that can help you or a loved one live life to its fullest – and on your terms!

Aging Connections

April 9, 2024 | 2 – 4 pm

Walnut Hills Branch Library
2533 Kemper Lane, 45206



Scan here to learn more and register by April 5

Questions? Call Lisa: 513-345-2019

more →

What you'll learn:



Talk with us about programs, services and benefits that can help you be independent in your home and stay connected to your community. Find out if you are eligible!



Fraud is everywhere and scammers are trying new tactics every day – tactics aimed at older adults. Information is power! Experts from Pro Seniors and the Hamilton County Prosecutor's Office will share information to help prevent you from becoming a victim.



What would you do if you needed to shelter in place at home for days without electricity? Learn why it is especially important for older adults to be prepared in an emergency – and ways to do it.



You're always at an appropriate age to have fun! And fun is just what CRC offers. Learn about events designed for older adults through Cincinnati Recreation Centers.



Health challenges affect everyone – no matter the color of their skin. It's often necessary to advocate for yourself, but not easy to do. Learn how The Center for Closing the Health Gap can help.

Special thanks to the Walnut Hills Branch of the Cincinnati & Hamilton County Public Library for providing space for this event.

Questions? Call Lisa: 513-345-2019.





4601 Malsbary Road
Blue Ash, OH 45242
(513) 721-1025
(800) 252-0155
www.help4seniors.org

Press Release

Media Contact:

Paula Smith, Communications Director
(513) 509-9211; psmith@help4seniors.org

Lisa Kruse, Communications Specialist
(513) 814-4233; lkruse@help4seniors.org

Council on Aging event will connect Hamilton County older adults and caregivers to important resources

Individuals must register for this free event by April 5

BLUE ASH, OHIO, March 29, 2024 – Council on Aging (COA) is partnering with the Public Library of Cincinnati and Hamilton County and other Hamilton County agencies to connect area older adults and caregivers to important information, resources and benefits that can help improve their quality of life.

More than 132,000 Hamilton County residents are age 65 or older – with 30% living in the City of Cincinnati. Nearly one-third have at least one disability. Called Aging Connections, this event features experts from COA, Pro Seniors, the Hamilton County Prosecutor's Office, Hamilton County Emergency Management Agency, Cincinnati Recreation Commission and the Center for Closing the Health Gap.

What	Aging Connections, Hamilton County
When	Tuesday, April 9, 2024; 2:00 – 4:00 pm
Where	Walnut Hills Branch Library; 2355 Kemper Lane, 45206

The event is free, but registration is required by April 5. Event attendees can expect an information-filled day including:

- [Council on Aging](#) staff can provide information about programs and resources to age in place, caregiver support, free health and wellness programs, utility assistance and more.
- [Hamilton County Emergency Management](#) will share why it's especially important for older adults to be prepared in an emergency – and ways to do it.
- Representatives from [Cincinnati Recreation Commission](#) will be on hand to discuss when and where you can enjoy CRC events designed for older adults.
- Representatives from the [Center for Closing the Health Gap](#) will share knowledge that may help older adults when dealing with health challenges – no matter the color of their skin.
- Experts from [Pro Seniors](#) and the [Hamilton County Prosecutor's Office](#) will share information about common frauds and scams targeting older adults and what you need to know to NOT become a victim.

Further event details and registration information can be found on COA's website:
www.help4seniors.org.

About Council on Aging

(MORE)

Council on Aging of Southwestern Ohio (COA) is a nonprofit organization dedicated to enhancing quality of life for older adults, people with disabilities, their families and caregivers. COA promotes choice, independence, dignity and well-being through a range of services that help people remain independent for as long as possible.

COA is a state-designated Area Agency on Aging serving Butler, Clermont, Clinton, Hamilton and Warren counties. One call to COA links people to the wide variety of agencies, information and programs that serve older adults and people with disabilities.

In 2023, COA provided more than 1.4 million hours of in-home care services to 26,691 individuals and responded to more than 72,000 requests for information and referral.

Regional Headquarters:

4601 Malsbary Road, Blue Ash, OH 45242 | 513-721-1025 | 800-252-0155 | www.help4seniors.org

###

Cincinnati Recreation Commission

PICKLEBALL LESSONS

April 1st- May 22nd

Mondays, Beginner 10:15am-11:15am

Monday's Advanced 6-8:30pm 1805 Larch Ave.

Tuesdays Beginner 6pm & Intermediate 7pm

Wednesday's 10:15-11:15

Location: North Avondale Rec

617 Clinton Springs Ave

45229

\$70 for 8 sessions

