

July 2009

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- **July 1—*Women's Health at Twelve***. Summertime series of brown bag video conferences. Meeting at PLAN at 11:00. *Successful Aging: Sleepless in San Diego*. Dr. Daniel Kripke discusses factors and remedies that will help us sleep better as we get older. Xavier University Women's Center (1415 Dana Ave. Cincinnati, OH 45229 513-745-3940).
- **July 3—*Fourth of July Celebration*** at PLAN. Meeting at PLAN at 4:00. We will have a cookout, games, door prizes and more. Our cookout will be outside at the back of the building; if it rains or gets too hot we can move inside. Register early, transportation is limited. This is a NO HOURLY fee event. Cost—\$8.00

- **July 6—Cincinnati Museum Center**. Meeting at PLAN at 10:00. We can pick a museum or two. Then we'll have lunch. See the following pages for a schedule of event for each museum. Cost—\$8.00 (one museum), \$12.00 museum pass (all museums)
- **July 8—Picnic at Sharon Woods**. Meeting at the shelters near the Sharon Center at 11:30. Cost—\$9.00. Includes chicken lunch and drink.
- **July 9—Clay Beads and More with Angie**. We had a great time last month and people really made some awesome beads. There is a lot more to make than beads. Don't be afraid to try. It's very relaxing too. Stop in the office and see what we made! Meeting at PLAN at 2:00. Cost depends on what you make.
- **July 10—Friday Night Grill out and Fishing**. Meeting at Lake Isabella (10174 Loveland-Madeira Road) at 5:00. Cost—depends on meal + fishing \$6.00.
- **July 11—Delhi's Taste of Rock & Blues**. Meeting at McDonald's (5010 Delhi Ave) at 6:30. Cost—depends on what you want to eat. I will bring some chairs. We will be walking some, but we can sit and listen to music too. *Time Piece* starts playing at 6:30.
- **July 12—Kings Island**. Meeting at PLAN at 1:30. Cost—\$32.99. If you don't like the roller coasters, there are lots of shows to see and good food to eat
- **July 13—Dinner at Ruby Tuesdays**. Meeting at restaurant (11255 Reed Hartman Hwy 45241 513-469-7829) at 5:00. Cost—price of meal.
- **July 15—Mama Mia**. Timeless songs such as Dancing Queen, I Have a Dream, Voulez-Vous, and Take a Chance on Me, are ingeniously woven into an enchanting tale of love, laughter and friendship. On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the Greek island paradise they last visited 20 years ago. Night after night audiences are having the time of their lives at this irresistible musical, isn't it about time you did too? Meeting at PLAN at 7:00 (Showtime 8:00). Cost—\$38.00.
- **July 16—Twilight Tour at Spring Grove**. Meeting at PLAN at 6:15. Cost—\$6.00. See the following pages for a description of the tour.
- **July 16—Bats & Battles in Louisville**. This is an all day event presented by Cincinnati Museum Center. See the next page for details. If you are interested in going to this event, please call Debbie for details.

- **July 21—Crafts—Wind Chimes & kaleidoscopes.** Meeting at PLAN at 1:00. We will be working on wind chimes and kaleidoscopes. Cost—either project will range \$5.00—\$15.00. Different varieties will be available.
- **July 22—Lunch and Games at Dave & Buster's.** Meeting at Dave & Buster's (11775 Commons Drive, Springdale) at 12:00. Cost—price of meal and/or games. Call early—transportation is limited!
- **July 27—Reds Game VS** We had a great time last month and people really made some awesome beads. There is a lot more to make than beads. Don't be afraid to try. Its very relaxing too. Stop in the office and see what we made! Meeting at PLAN at 2:00. Cost depends on what you make.
- **July 28—Crafts—Stepping Stones & Mosaics.** Meeting at PLAN at 1:00. We'll be working outside, so if it's raining, we will probably reschedule it. Cost—\$10.00—\$15.00
- **July 31—Bowling & Pizza.** Meeting at Crossgate Lanes (4230 Hunt Rd) at 5:00. Cost—\$9.00