

10 QUESTIONS: Henry Allen

By Lisa Biedenbach. To suggest a member to profile for "10 Questions," call Director of Operations Lisa Biedenbach, 513-217-4915, or email lbiedenbach@centralconnections.org.

How long have you been coming to Central Connections?

Since 2014. I needed to exercise and get my heart pumping to release stress in my life.

What programs do you participate in?

I participate in SilverSneakers exercise class 4 days a week. I feel better after exercise. I also enjoy Painting with Purpose classes on Wednesdays.

Have you always been an artist?

Yes, as a kid I drew cartoons and took art classes. As an adult, I work in acrylics and like to paint animals and people. It relaxes me. I used to work in clay sculpture at times.

What are your other hobbies?

I ride a bike, play video games like Nintendo Wii, and watch TV, movies, and sports. I watch science, history, and sci fi channels. Since I played baseball and basketball as a kid and softball into my 30s as catcher and outfielder, I like to

watch my favorite sports teams: for baseball it's the Cincinnati Reds and Los Angeles Dodgers, and for basketball it's the Los Angeles Lakers, Houston Rockets, Milwaukee Bucks, and Utah Jazz.

Where did you grow up?

I grew up in Middletown and graduated from Middletown High School. I left town after high school and headed for California, and I returned to Middletown in 2007. I've lived in Cleveland, and in California lived in Compton, Los Angeles, Fresno, and San Diego.

What kind of work have you done?

Mostly I have done maintenance and security work for different companies.

Who is family for you?

Four of my seven sisters are living and my many nieces and nephews.

What is something few people know about you?

I love to grill and often grill for my family, usually cooking steaks, pork chops, ribs, chicken, burgers, and sausages at their homes. Also, I am a quiet, private person and I do not like fussiness. As a Buddhist, I pray daily.



Henry Allen can often be seen at Central Connections with his paintings created in Painting with Purpose classes. He earned a crown years ago at a 50s dance when he was chosen king.

What is the significance of the crown?

When I returned to Cincinnati and attended a 50s dance at Trinity Manor, the dance band held a raffle for a king and queen, and I was chosen king.

What is on your bucket list?

To visit friends in Los Angeles and to lose weight. 🌿