

November Activities



Bingo

**Thursday, November 6th
at 3:30pm**

Join us in the community room to play a few rounds of bingo! If you bingo, you win a prize!



Thanksgiving Celebration

Thursday, November 13th at 3:30

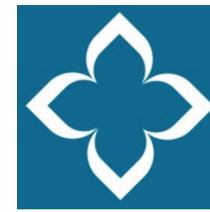
Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us. **You must sign up by Wednesday, November 5th to be included in the headcount for meals. We cannot guarantee meals to anyone who does not sign up by that day.**



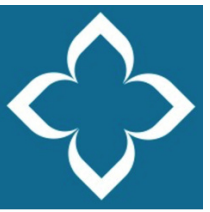
IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

Mon., Nov. 24 at 3:30

Join your neighbors as we decorate the community for the Holiday Season! Sing Christmas Carols, eat cookies and hang ornaments. Help spread the Holiday Cheer!



CENTRAL PARKWAY RESIDENT NEWSLETTER November 2025



Transportation

The bus fare is \$2. Please bring reusable bags for groceries. There is a limit of **3 bags**. No push carts or wagons are allowed on the bus. **Bus drivers will not be able to assist you in getting bags/senior boxes on OR off of the bus. If you need assistance, please prepare for that ahead of time.**

PHONE LINE 513-431-9767

All reservations must be called into the transportation line by 2:00 p.m. two days before any scheduled trip. Please leave the destination, your name, phone #, the property name & if you have a walker or wheelchair. There will be a \$2 charge per trip. Bus drivers will only wait 10 minutes after the designated times.

Bus Schedule

11/5 at 10:00 Kroger
11/7 at 11:40 Hard Rock Casino
11/11 at 10:40 Cracker Barrel
11/12 at 11:00 Free Store
11/17 at 10:25 C R Deals
11/19 at 10:00 Walmart
11/26 at 9:30 Cinti Mural Tour

11/26 Mural Tour with Tonya & Manndy
Enjoy an up close view of several downtown murals and meet one of the artists. You don't want to miss this!

CALLS WILL BE MADE FOR ADJUSTED TIMES

Building Information

Joyce, Community Manager:

513-381-4193

Sue & Alli, Activities:

513-527-7058

Tonya & Manndy

Transportation:

513-431-9767

Rebecca, Service Coordinator:

513-818-6376

Wes, Wellness Manager:

513-818-6377

Afton, Wellness Asst.:

513-813-7155

Maintenance:

1-877-235-1331

November Birthdays

Tracy Ibrahim 11/15



RESIDENT LIFE

Bible Study

2nd & 4th Monday each month.
3:00pm-4:00pm in the community room.



Pest Inspection

Thursday, November 20 1pm-4pm

Inspections are scheduled the third Thursday of the month. *See calendar for specific floors being inspected.

Reminder: Refusal of extermination will lead to lease violation.



SERVICE COORDINATION

Service Coordination Info

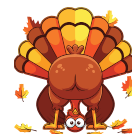
Service Coordinator Rebecca Moats is available to assist with resources, services, or paperwork questions you November have. Rebecca works in the Community Room on Tuesday



NOVEMBER LAUGHS



1. What is the most negative month of the year?
NO-vember.
2. Why do people love November?
Because they simply fall for it.
3. Why did the pilgrim's pants keep falling down?
Because his buckle was on his hat.
4. What is the most knowledgeable month of the year?
Know-vember.
5. What would be everyone's favorite season if money grew on trees?
Fall.
6. Why didn't the turkey feel like eating in November?
Because it was stuffed.
7. What is Humpty Dumpty's favorite month?
November. Because he had a great fall.



Chair Exercise

Get ready for an exciting fitness experience with Wellness Assistant, Johnnie Morant! Elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us each week and embark on a journey to enhance your strength and balance. Don't miss out on this fantastic opportunity to prioritize your health and wellness. See you there!

Wellness Advisory Council

Thurs., Nov. 6 at 2:00

Join us each month in the community room to discuss the future life enrichment and wellness programming coming to your community. We are building a holistic wellness program unique to the residents at your community and want your input. We look forward to seeing you there.

WELLNESS

Personal Training

Interested in personal training? Schedule a session with ERS wellness Manager Wes or ERS wellness assistant Johnnie, to have a customized exercise program written for you. Call Wes at 859-567-0839 or Johnnie at 513-299-8275 to schedule today!



Daven Roberson Music's Thankful Jam:

Thurs., Nov. 20 at 12:00

Start the holiday season off right with live music, food, games and prizes from Daven with Soul Music for Seniors.



November is a good time to focus on health and safety

Get vaccinated:

Stay up-to-date on your COVID-19 vaccine and other recommended immunizations to protect against illness, especially as colder weather approaches.

Stay active and hydrated:

Maintain your exercise routine, even if it means moving indoors, and drink plenty of fluids to avoid dehydration, which can be more common during the holidays.

Improve home safety:

Enhance lighting, especially in walkways and to the bathroom, and use nightlights. Move frequently used items to lower shelves to avoid overexertion.

Dress for the weather:

Be mindful of icy conditions by wearing sturdy, non-slip footwear and dressing in layers.