

# November Activities



## Bingo

**Monday, Nov.3 at 3:30**

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



## Quarter Bingo

**Wednesday, Nov.12th at 10:00**

It's raining quarters! Every bingo wins a quarter. Last game, cover all for \$1.00

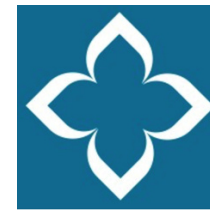
## Turkey Shoot Trivia Monday, November 10 at 3:30

Let's have some fun with trivia! Answer correctly and get a chance to shoot a turkey. Come win fun prizes

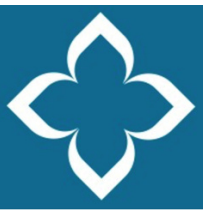


## Thanksgiving Celebration Monday, November 17th at 3:30

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 Sunday, November 9<sup>th</sup> to be included in the headcount for meals. We cannot guarantee meals to anyone who does not sign up by that day.**



# MARLOWE 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

11/4 at 12:20	Ross
11/6 at 10:30	Kroger
11/7 at 10:50	Hard Rock Casino
11/10 at 10:25	Cracker Barrel
11/13 at 11:30	Free Store
11/18 at 11:00	C R Deals
11/20 at 10:30	Walmart
11/21 at 9:00	Cinti Mural Tour

**11/21 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:

513-527-7050

Sue & Alli, Activities:

513-527-7058

Ann, Service Coordinator:

513-218-5237

Wes, Wellness Manager:

513-818-6377

Afton, Wellness Asst.:

(513)813-7155

Tonya & ManndyTransportation:

(513) 431-9767

Maintenance:

1-877-235-1331

## November Birthdays

**Johnetta Key 11/2**

**Marilyn Simmons 11/14**

**Catherine Stanford 11/25**

**Donna Chenault 11/29**



# WELLNESS PROGRAMS



## Exercise Class Every Tuesday 10:30

Get ready to 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!

## Gentle Yoga & Latin Dance – Join Us Directly After Exercise!

After your regular exercise class, you're invited to stay for a relaxing Gentle Yoga session followed by a lively Latin Dance experience, including easy-to-follow steps from Salsa, Bachata, and Merengue. It's a fun way to keep moving and connect with others—no extra sign-up needed. Just stay if you'd like to join!

## Personal Training Opportunity

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!

## Wellness Advisory Council: Nov.20 at 10:15

Got a suggestion? Join members of the ERS Wellness Team to share your feedback on Wellness programming and help us bring the best to your community.

**Movie**



**Wednesday, Nov. 19 at 2pm**

Be sure to sign up and suggest a movie.

*Marlowe is a residential community of Episcopal Retirement Services*

## Cooking Class with Chef Anthony



**Tues., Nov. 11 at 12:30**

Chef Anthony is coming to your community to teach a cooking class. The class will take place in the Community Room, space is limited so sign up today. Join Chef Anthony Jordan for a hands-on cooking lesson and a delicious meal. This month's recipe: Black-Eyed Pea & Collard Stew with Smoked Turkey and Cornbread.

## Resident Life



## Tailgate Party Sunday, Nov. 16 at 12:00 Bengals vs Steelers



Join your neighbors in the Community Room for a Football Tailgate Party. More information to come.



## Pest Inspection

**Thursday, November 13th  
9:30am to 11:00am**



Inspections are scheduled the second Thursday of the month. Residents do not need to be home, but maintenance and the pest inspector will be entering each apartment.

# SERVICE COORDINATOR

## Service Coordinator News

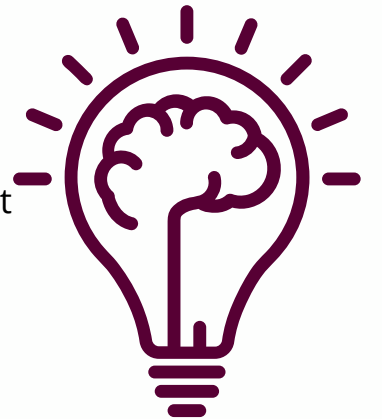
**\*NEW PHONE NUMBER, READ BELOW\***

Office Hours: Mondays, 8:30am to 3:30pm (See flyer on my office door for any schedule changes)

You can reach me Monday thru Friday on my direct line at **513-218-5237** for any Service Coordinator questions. –Ann

## Mind Matters with Ashley from 1N5 on Wednesday, November 5 at 2pm

Due to popular demand, Mind Matters with Ashley from 1N5 will continue on the first Wednesday of the month at 2pm. 1N5 provides education designed to build mental health literacy, increase knowledge of mental health resources, and normalize conversations about mental health. All residents are welcome and encouraged to attend these engaging and interactive sessions. Please sign up and call Ann with any questions.



## Voting in November 4 General Election

Polls Open 6:30am to 7:30pm; Marlowe Court polling location: Pleasant Hill Academy (Side entrance – Cafeteria), 1350 North Bend Road

If you would like to have an absentee ballot mailed to you instead of going to the polls, Vote by Mail Applications can also be found in the manila envelope on the Community Room bulletin board. Vote by Mail applications are accepted until 8:30pm on October 28. If you have any questions or need assistance, please call Ann at 513-218-5237



## Bingo and Medicare/Health Insurance Information with Lisa from One Life on Monday, November 3 at 1:30pm

Please join to meet Lisa Chambers from One Life. Lisa is a Senior Market Advisor and will share helpful information about health insurance and Medicare. Medicare Open Enrollment runs from October 15 to December 7. Lisa will also call bingo with chances to win prizes.

## COVID-19 Vaccinations & Flu Shots

COVID-19 and flu vaccinations are available at local pharmacies, including Walgreens, Kroger, and CVS. If you need assistance scheduling a COVID-19 vaccination and/or flu shot, please contact Ann at 513-218-5237.



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