

# November Activities

**BIRTHDAY bingo!**

## BIRTHDAY BINGO

**Wed., Nov. 5 at 2:00**

Join us for Bingo! If your birthday is in November, you get two BINGO cards! Bingo followed by cake & ice cream in celebration of those with birthdays in November.

## POKENO

**WED., NOV. 12 AT 2:00**

You asked for it and you got it! Pokeno is back! It's been a few months since we have played. Come and join us! Win money! And most importantly have fun!



## Thanksgiving Celebration

**Wednesday, November 19<sup>th</sup> at 2:00**



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 Tuesday, November 11<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.**

## Wellness



**Daven Roberson Music's Thankful Jam**  
**Wed., Nov. 12 at 12:30**

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

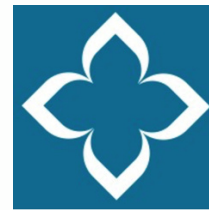
**Cooking Class Monday, Nov. 17 at 1:00**

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.

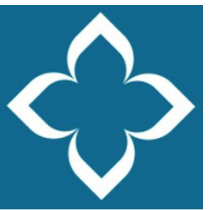
**Wellness Advisory Council**  
**Nov. 10 at 3:30**

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.

*Manse is a residential community of Episcopal Retirement Services*



# MANSE 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. 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 10:25	Kroger
11/6 at 10:25	Hard Rock Casino
11/11 at 11:25	Free Store
11/14 at 10:25	Cracker Barrel
11/18 at 10:25	Walmart
11/20 at 10:30	C R Deals
11/25 at 9:25	Cinti Mural Tour

**11/25 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

Manager:

Tonya & Manndy Transportation:

513-431-9767

Cathy, Recertification:

513-572-1402

Wes, Wellness Mgr:

513-818-6377

Johnnie, Wellness Asst.:

513-470-8315

Rebecca, Service Coordinator:

513-818-6376

JoAnne, Activities:

513-272-1118 x104

**Maintenance:**

**1-877-235-1331**

## November Birthdays

**Johnathon Hornschemeier 11/5**

**Pam Ficklin 11/7**

**Gary Herring 11/25**



*Manse is a residential community of Episcopal Retirement Services*

# November Activities

**BIRTHDAY bingo!**

## BIRTHDAY BINGO

**Wed., Nov. 5 at 12:30**

Join us for Bingo! If your birthday is in November, you get two BINGO cards! Bingo followed by cake & ice cream in celebration of those with birthdays in November.

## POKENO

**WED., NOV. 12 AT 12:30**

You asked for it and you got it! Pokeno is back! It's been a few months since we have played. Come and join us! Win money! And most importantly have fun!



## Thanksgiving Celebration

**Wednesday, November 19<sup>th</sup> at 12:00**

**\*note time change\***

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 Tuesday, November 11<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.**

# Wellness

## Wellness Advisory Council

**Friday, Nov. 28 at 11:00**

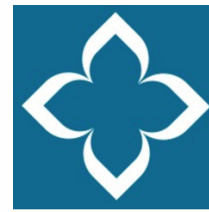
Got a suggestion? Join members of the ERS Wellness Team to share your feedback on Wellness programming and help us bring the best to your community.

## HAIRCUTS FROM THE HEART

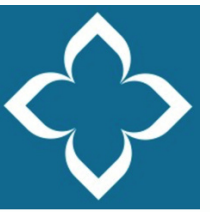
**Friday, November 7<sup>th</sup> 1-4pm**



Haircuts will be from 1-4. First come, first served!



# WALNUT 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. 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 10:20 Kroger**  
**11/6 at 10:20 Hard Rock Casino**  
**11/11 at 11:20 Free Store**  
**11/14 at 10:20 Cracker Barrel**  
**11/18 at 10:20 Walmart**  
**11/20 at 10:25 C R Deals**  
**11/25 at 9:20 Cinti Mural Tour**

**11/25 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

Business Office Hours Tues. & Thurs.

Manager:

Tonya & Manndy Transportation:

513-431-9767

Cathy, Recertification:

513-221-0865

Wes, Wellness Mgr:

513-818-6377

Johnnie, Wellness Asst.:

513-470-8315

Rebecca, Service Coordinator:

513-818-6376

JoAnne, Activities:

513-272-1118 x104

**Maintenance:**

**1-877-235-1331**

## November Birthdays

**Trina Floyd 11/10**

**Derrick Greer 11/19**

**Lillie Kemp 11/19**

**Duane Hill 11/19**

**Favorite Wilson 11/22**





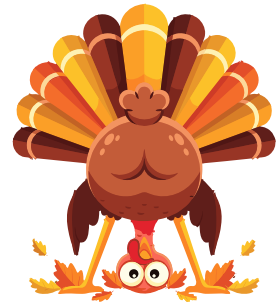
# November Activities



## BINGO

**Tuesday, November 4th  
at 3:30pm**

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



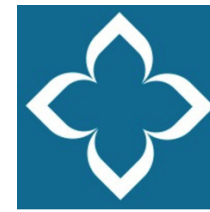
**TURKEY SHOOT TRIVIA  
Tuesday, November 11  
at 3:30**

First one to answer the trivia question correctly gets to go on a turkey shoot. Take aim and win some fun prizes!

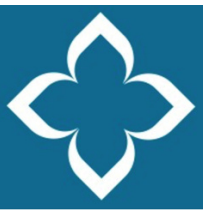


**Thanksgiving Celebration  
Tuesday, November 25<sup>th</sup> at 12:30 at Knowlton  
Bus Pick-Up: 12:10pm**

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 Monday, November 17<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.**



## ST. PIUS 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. 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 12:00 Ross**  
**11/6 at 10:00 Kroger**  
**11/7 at 11:20 Hard Rock Casino**  
**11/10 at 10:00 Cracker Barrel**  
**11/13 at 11:00 Free Store**  
**11/20 at 10:00 Walmart**  
**11/21 at 9:30 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

Aquashia, Community Manager:

Monday & Friday 8:30am-  
4:30pm

513-750-0951

Sue & Alli, Activities:

513-527-7058

Tonya & Manndy

Transportation:

513-431-9767

Maria, Service Coordinator:

513-882-7195

Wes, Wellness Manager:

513-818-6377

Afton, Wellness Asst.:

513-813-7155

**Maintenance:**

**1-877-235-1331**

### November Birthdays

**Craig Prophett 11/16**



# RESIDENT LIFE

## Pest Inspection

Thursday, November 13th  
12:00pm to 1:00pm  
Inspections are scheduled the second Thursday of the month.



## Senior Food Boxes Monday, Nov. 17th

Food boxes are delivered the third Monday of the month.



**Dr. Fley**  
**Tuesday, Nov. 11 at 8:30**

# WELLNESS

## 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!



## 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.

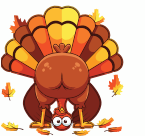
### Dress for the weather:

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

## 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.





# November Activities



## Thanksgiving Bingo

**Tuesday, November 4th  
at 12:30pm**

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

## Quarter Bingo

**Friday, Nov.7th at 10:00**

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

## Turkey Shoot Trivia Tuesday, November 11 at 12:30

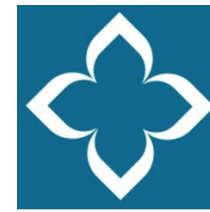
Let's have some fun with trivia!  
Answer correctly and get a chance to shoot a turkey. Come win fun prizes



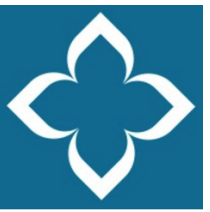
## Thanksgiving Celebration

**Tuesday, November 25<sup>th</sup> at 12:30**

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 Monday, November 17<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.**



# KNOWLTON 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. 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 10:10 Ross**  
**11/6 at 10:10 Kroger**  
**11/7 at 11:10 Hard Rock Casino**  
**11/10 at 10:10 Cracker Barrel**  
**11/13 at 11:10 Free Store**  
**11/17 at 10:40 C R Deals**  
**11/20 at 10:10 Walmart**  
**11/21 at 9:20 Cinti Mural Tour**

**11/21 Mural Tour with Tonya & Manddy**  
**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

Patrice, Community Manager:

513-222-2825

Sue & Alli, Activities:

513-527-7058

Rebecca, Service Coordinator:

Thursdays 10:00-3:30

513-818-6376

Wes, Wellness Mgr:

513-818-6377

Afton, Wellness Asst.:

513-813-7155

Tonya & Manddy Transportation:

513-431-9767

Maintenance:

1-877-235-1331

## November Birthdays

**Carl Thomas 11/15**

**Lisa Jones 11/17**



# RESIDENT INFORMATION

## Resident Council Meeting

Thursday November 6th at 6:00pm

First Thursday of the month



## Hospitality Community Meeting

Wednesday, November 5th at 5pm

First Wednesday of the month



## Senior Food Boxes

Monday November 17th

Food boxes are delivered the third Monday of the month.



## Resident Games

Every Saturday:

Bingo -4 pm to 6pm

Pokeno 6pm



## All Resident Meeting

Thursday November 13th at 6:00pm

Second Thursday of the month



## Bible Study

Every Monday at 11:00



## Pest Inspection

Thursday, November 13th

11:00am to 12:00pm

Inspections are scheduled the second Thursday of the month.



## 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.



# WELLNESS PROGRAMS

## WISE Program

Tuesdays at 2:30pm

Join speakers from Talbert House for a 6-week mental health program covering topics of stress, anxiety, depression, grief and more. Come learn about ways to improve your mental and physical health in a welcoming environment.



## Cooking Class with Chef Jordon Anthony

Tue., Nov18 at 1:00

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.



## CMC Lunch & Learn: King Records and Herzog Studios:

Fri., Nov. 14 at 1:00

Hear how King Records became an independent record label recording and manufacturing bluegrass, country, jazz, doo-wop, R&B and made James Brown, the Godfather of Soul. A catered lunch is provided.

## Wellness Advisory Council

Thurs., Nov. 20 at 9:00

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.

## Exercise Class

Every Wednesday 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!



## 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!

## Bingoscize

Wednesdays & Fridays at 11:30am

Join Afton for a 10-week session of Bingocize. This class combines exercise and health information with the fun of Bingo.



# 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!

## Quarter Bingo

**Friday, Nov.14th at 10:00**

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



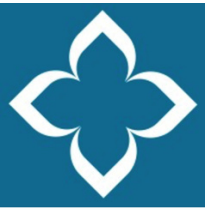
**Thanksgiving Celebration  
Friday, November 21st at 12:30**

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 12<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.**

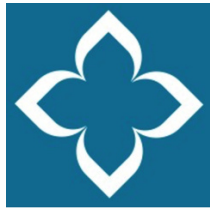


**IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS  
Tues., Nov. 25 at 3:00**

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!



# ELBERON 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 10:45 Kroger**  
**11/11 at 10:15 Cracker Barrel**  
**11/12 at 11:45 Free Store**  
**11/18 at 10:10 C R Deals**  
**11/19 at 10:30 Walmart**  
**11/26 at 9:15 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

**Aquashia, Community Manager:**  
**Tuesday-Thursday 9:30am-5pm**

**513-750-0950**

**Sue & Alli, Activities:**

**513-527-7058**

**Tonya & Manndy**

**Transportation:**

**513-431-9767**

**Maria, Service Coordinator:**

**513-882-7195**

**Wes, Wellness Manager:**

**513-818-6377**

**Afton, Wellness Asst.:**

**513-813-7155**

**Maintenance:**

**1-877-235-1331**

## November Birthdays

**Lynette Harris 11/28**



# RESIDENT LIFE

**Hair Cuts From The Heart**  
**Friday, Nov. 26 at 9:00**  
In the community room  
Sign up sheet on the bulletin board

## Pest Inspection

**Thursday, November 13th**  
**1:00pm to 3:00pm**  
Inspections are scheduled the second Thursday of the month.



**Dr. Fley**  
**Tuesday, Nov. 11 10:30**  
**In the clinic**

## 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?  
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Fall.
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7. What is Humpty Dumpty's favorite month?  
November. Because he had a great fall.



# WELLNESS

## Exercise Class Every Monday 1:00

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!

## Wellness Advisory Council Tues., Nov. 25 at 12:00

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.

## Daven Roberson Music's Thankful Jam Mon., Nov. 24 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.**

## 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!

## Cooking Class with Chef Jordon Anthony Thurs., Nov. 13 at 1:00

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.





# November Activities



## Bingo

**Thursday, November 6th  
at 12:30pm**

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



## Quarter Bingo

**Friday, Nov. 21st at 10:00**

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



## Thanksgiving Celebration

**Thursday, November 20th at 12:30**

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.

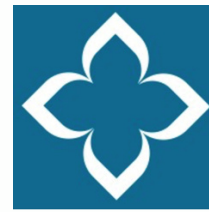
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## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

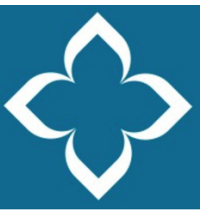
**Fri., Nov. 21 at 10:45**



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!



# FOREST 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

**11/3 at 10:30 Kroger**

**11/5 at 10:30 Belterra Casino**

**11/12 at 8:45 Play & Lunch**

**11/14 at 11:30 Free Store**

**11/17 at 10:30 Walmart**

**11/18 at 10:30 C R Deals**

**11/24 at 9:30 Cinti Mural Tour**

**11/12 Play "Romeo & Juliet" at Madera High School followed by Lunch (\$5.00). The \$5.00 for play & lunch must be paid by Thurs., Nov. 7. Put in Activity Mailbox with your name.**

**11/24 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!**

## Building Information

Patrice, Community Manager:

513-222-2825

Sue & Alli, Activities:

513-527-7058

Tonya & Manndy

Transportation:

513-431-9767

Maria, Service Coordinator:

513-882-7195

Wes, Wellness Manager:

513-818-6377

Johnnie, Wellness Asst.:

513-470-8315

**Maintenance:**

**1-877-235-1331**

## November Birthdays

**Carolyn Welch 11/30**





## 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.



## 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.

*Forest is a residential community of Episcopal Retirement Services*

# WELLNESS



## Exercise Class Every Friday at 3:00

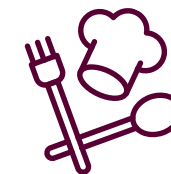
Get ready to elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us each week and embark on a journey to enhance your strength and balance. Don't miss out on this fantastic opportunity to prioritize your health and wellness. See you there!

## Wellness Advisory Council Fri., Nov. 28 at 1:30

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.

## 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!



## Cooking Class with Chef Jordon Anthony Mon., Nov. 10 at 1:00

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

## Pest Inspection Thursday, November 20th 9:30am to 10:30pm

Inspections are scheduled the third Thursday of the month.



## Hair Cuts From The Heart Tuesday, Nov. 25 at 9am

Haircuts in the community room Sign up sheet on the bulletin board



## Dr. Fley Tuesday, Nov. 11 10:30 In the clinic

*Forest is a residential community of Episcopal Retirement Services*



# 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**

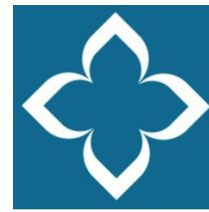
Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us. **You must sign up by Wednesday, November 5<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.**



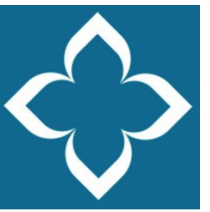
## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

**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

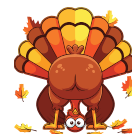
Service Coordinator Rebecca Moats is available to assist with resources, services, or paperwork questions you November have. Rebecca works in the Community Room on Tuesday



## 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.**



# November Activities



## Bingo

**Thursday, November 6th  
at 1:30pm**

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



**Thanksgiving Celebration  
Friday, November 14th at 12:30**

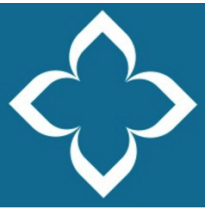
Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us. **You must sign up by Wednesday, November 5<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.**



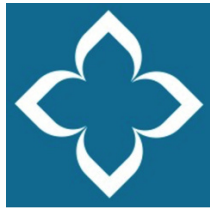
**IT'S BEGINNING TO LOOK A LOT LIKE  
CHRISTMAS**

**Thurs., Nov. 20 at 4:00**

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!



# PEDRETTI 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 10:30 Kroger**  
**11/11 at 10:00 Cracker Barrel**  
**11/12 at 11:30 Free Store**  
**11/19 at 10:20 Walmart**  
**11/18 at 10:00 C R Deals**  
**11/26 at 9:00 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!**

## Building Information

Business Office Hours:

Manager:

Cathy, Recertification:

513-221-0865

Wes, Wellness Manager:

513-818-6377

Afton, Wellness Asst.:

513-813-7155

Elizabeth Driscoll, Service Coordinator:

513-817-1750

Sue & Alli, Activities:

513-527-7058

Tonya & Manndy Transportation:

(513) 431-9767

**Maintenance:**

**1-877-235-1331**

## Birthdays



# WELLNESS

## Chair Exercise

Get ready for an exciting fitness experience 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!

## 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!

## Cooking Class with Chef Jordon Anthony: Tues., Nov. 4 at 1:00



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. Cooking Class: 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.



## Movie Tuesday, November 18<sup>th</sup> at 3pm

Be sure to sign up and suggest a movie.

# RESIDENT LIFE



## 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.



## 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.





# 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

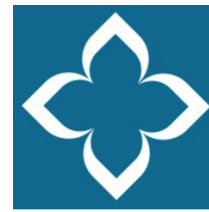
## Turkey Shoot Trivia Monday, November 10 at 3:30

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

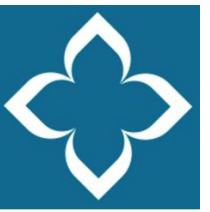


## Thanksgiving Celebration Monday, November 17th at 3:30

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

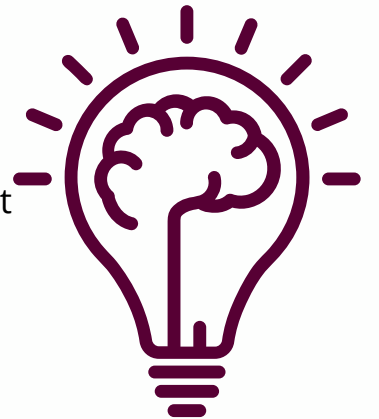
**\*NEW PHONE NUMBER, READ BELOW\***

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.



*Marlowe is a residential community of Episcopal Retirement Services*



# November Activities



## Bingo

**Monday, Nov.3 at 12:30**

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



## Quarter Bingo

**Wed., Nov.5th at 10:00**

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

## Turkey Shoot Trivia

**Monday, Nov. 10 at 12:30**

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

## VETERAN'S DAY CELEBRATION WITH LUNCH & BAND at St. Paul

**Tue., Nov. 11 bus pick up at 12:40**

Everyone is invited but we especially hope our veterans will all come so we can honor and thank you for your service to our country. Please sign up by Monday, Nov. 3



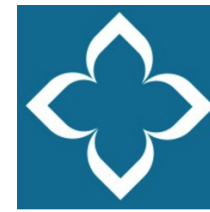
## Thanksgiving Celebration

**Monday, November 24th at 12:30**

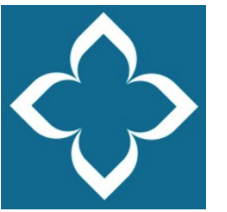
Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us.

**You must sign up by Monday, November 17<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.**

*Madison Villa is a residential community of Episcopal Retirement Services*



# MADISON VILLA RESIDENT NEWSLETTER November 2025



## Building Information

Lisa Davis, Community Manager:  
513-527-7057 Office open 10:00-3:00  
Cathy Williams, Recert. Clerk:  
M-T 8:30-4:30pm and Wed. 8:30-1pm.

Sue & Alli, Activities:  
513-527-7058

Bekah, Service Coordinator:  
513-527-7044

Wes, Wellness Mgr:  
513-818-6377

Johnnie, Wellness Asst.:  
513-470-8315

Tonya & Mannndy Transportation:  
513-431-9767

**Maintenance:**  
**1-877-235-1331**

## Important Notices:

1. Remember to put your apartment number on your check or money orders.
2. Make sure your phone number is up to date with management.
3. There is to be absolutely **NO** smoking of any kind at the gazebo, or anywhere on the premises.

## November Birthdays

Pamela Williams 11/2

Dwight Turner 11/9

Marilyn Evans 11/13

Frank Brown 11/15

Kimberly Turney 11/22

Charles Bell 11/27



## 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 9:45	MEAC
11/4 at 10:00	Kroger
11/6 at 10:00	Hard Rock Casino
11/11 at 11:00	Free Store
11/14 at 10:00	Cracker Barrel
11/17 at 10:00	C R Deals
11/18 at 10:00	Walmart
11/25 at 9:00	Cinti Mural Tour

**11/25 Mural Tour with Tonya & Mannndy**  
**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***

*Madison Villa is a residential community of Episcopal Retirement Services*

# RESIDENT LIFE

**Bible Study**  
Every Thursday at  
11:00am!



**Pest Inspection**  
**Wednesday, November 19th**

**9:30am - 12:00pm**

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



**Resident Meeting**  
**Thursday, November 6 at 8:30am**

Join us in the community room on the first Thursday of the month at 8:30.



**Crochet Class**  
**Wednesday, November 5, 12 & 19 at 1pm**  
(time and days subject to change)

## SERVICE COORDINATOR

**Service Coordinator Info:**

**You can reach Bekah or leave a message at: 513-527-7044**

**Office hours: Monday-Thursday 9am-4:30pm or Friday 8:30am-11:30am.**

 **Bekah's - Third Thursdays Music Series**  
**Thur. November 20<sup>th</sup> at 2pm**  
Performer to be announced

**Food Boxes**

Tuesday, November 11 10:30-11:00am

Food boxes are delivered the second Tuesday



**The Ohio Senior Farmers' Market Nutrition Program** If you have not spent the full \$50 credit on your card, you can still use it until Nov 30 at participating Farmers markets.



**Haircuts from the Heart**  
**Tuesday, November 11<sup>th</sup> 1-4**  
Haircuts will be on the 2<sup>nd</sup> Tuesday of the month from 1-4. You must sign up with Bekah.

**Coffee & Conversation with Bekah**  
**Thurs., Nov, 13th at 1:00**  
Coffee, Tea, and donuts provided.

**Food Pantry at MEAC**

The food Pantry shopping hours are Tuesdays from 9:30-11:45am & 12:30-3pm. Last Tues each month 1-6 pm. To shop, bring ID and official document dated within the last 30 days. **Call Bekah with questions about MEAC services.**

# WELLNESS PROGRAMS

**Exercise Class**

Every Monday & Wednesday  
11:00

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!

**MORE CLASSES ADDED EVERY MONDAY AT 11AM**

**Cooking Class with Chef Jordon Anthony:**  
**Fri., Nov. 7 at 12:00**

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.

**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!

**CMC Lunch & Learn: King Records and Herzog Studios:**  
**Tues., Nov. 4 at 1:00**

Hear how King Records became an independent record label recording and manufacturing bluegrass, country, jazz, doo-wop, R&B and made James Brown, the Godfather of Soul. A catered lunch is provided.

**Wellness Advisory Council:**  
**Fri., Nov 21 at 10:00**

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.

**Bingoscize**  
**Mondays & Fridays at 3:30pm**

Join in on the fun as we merge chair exercise with bingo!

*Happy Thanksgiving*



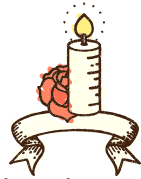
# November Activities

## BIRTHDAY bingo!

### BIRTHDAY PARTY BINGO & BAND

**Tuesday, November 4th at 12:00**

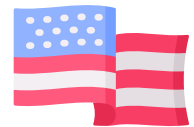
Come and celebrate our neighbors with November birthdays! Bingo followed by cake & ice cream while listening to the band. If your birthday is in November you get two BINGO cards!



### ALL SOULS REMEMBRANCE SERVICE Thursday, November 6<sup>th</sup> at 1:00 (DR)



Join us in the dining room for a remembrance service of all of those who died this past year who lived at SPV. We also will remember your family members who died, so if you have a family member who died between November 2024 thru October 2025, let JoAnne know before November 3<sup>rd</sup> so she can prepare to have your loved one remembered.



**VETERANS  
DAY**

### VETERAN'S DAY CELEBRATION WITH LUNCH & BAND at St. Paul Tue., Nov. 11 at 1:00

Everyone is invited but we especially hope our veterans will all come so we can honor and thank you for your service to our country. Please sign up in the dining room by Tuesday, Nov. 4th.



### Thanksgiving Celebration

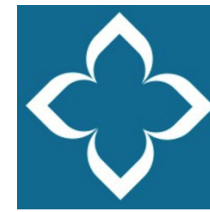
**Tuesday, November 18th at 12:30**

Please join us in giving thanks this year at our Thanksgiving Celebration in the dining 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 Monday, November 10<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.**

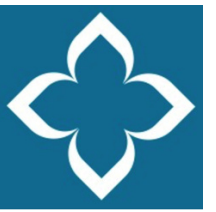
## IMPORTANT NOTICE

The Fire Department wants residents and their guests to know that the fire lanes are **NO PARKING** at any time. They were here recently on a call and were not able to get close to the building because cars were parked in the fire lane. Fire Lanes are marked with yellow lines and signs.

*St.. Paul Village is a residential community of Episcopal Retirement Services*



## ST. PAUL VILLAGE 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

**11/3 at 10:00 Kroger**

**11/4 at 9:30 MEAC**

**11/5 at 10:00 Belterra Casino**

**11/12 at 8:15 Play & Lunch**

**11/14 at 11:00 Free Store**

**11/17 at 10:00 Walmart**

**11/20 at 10:00 C R Deals**

**11/24 at 9:00 Cinti Mural Tour**

**11/12 Play "Romeo & Juliet" at Madera High School followed by Lunch (\$5.00). The \$5.00 for play & lunch must be paid by Thurs., Nov. 7. Put in Activity Mailbox with your name.**

**11/24 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!**

### Building Information

Kristen Community Manager: 272-1118 x 1892

Office Hours Mon.-Fri. 8:30-4:30

Portia, Front Desk: 272-1118 x 1891

Karen, Recertification: 272-1118 x 1893

JoAnne, Activities: 272-1118 x 1889

Michelle & Maria, Service

Coordinators: 513-527-2394

Wes, Wellness Mgr: 513-818-6377

Johnnie, Wellness Asst.:(513)470-8315

Tonya & Manndy Transportation: (513) 431-9767

**Maintenance: 1-877-235-1331**

### November Birthdays

**Mikki Glover 11/6**

**David Trost 11/7**

**Ronnie Phillips 11/9**

**Paul Matthews 11/10**

**Juliet Jaques 11/12**

**Sylvia Coleman 11/15**

**Lena Willis 11/15**

**Andrew Marko 11/16**

**Thomas Nauer 11/16**

**Sandra Lovette 11/19**

**Kamal Khoury 11/22**

**Inell Cox 11/22**



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# RESIDENT LIFE

**IMPORTANT REMINDERS:** Please thoroughly read the letters left on your door on July 15<sup>th</sup> from management. The following are key points from that letter:

- Trash & Dumpsters: DO NOT put large items outside the dumpster. Best Way will not empty dumpsters if trash is leaning up against them.
- Pest Control & Filter Changes: Always check monthly calendars for these schedules. Pest inspections in November will be on the 8<sup>th</sup> & 22<sup>nd</sup>. The next filter change will be in November. (Make sure the space in front of your geothermal closet is kept clear at ALL TIMES).
- Laundry Room Update The office no longer manages the laundry machines. Please call 513-542-9800 to report any issues with washers and dryers.

**ALERT:** Please be careful and attentive as you are coming in and out of our parking lot or passing by the construction zone on Stewart. There is much more traffic on the street.

## Reserved for private events

Rec Room 11/8/25 3:00-8:00  
Rec Room 11/22/25 1:00-6:00  
Dining Room 11/27/25 3:00-8:00  
Rec Room 11/16/25 12:00-5:00  
Rec Room 11/27/25 1:00-6:00

## Spiritual Services

**St. Paul Prayer Group**  
**Thursdays at 1:30 (RR)**



Join your neighbors in spontaneous prayer, reflections, Bible reading and praise songs every Thursday.

**Catholic Mass is Streamed**  
**Sundays at 9:30am**



Catholic Mass is streamed on Sundays at 9:30am in the Meditation Room. All are welcome.

## Resident Council Store

The resident council store will be **open Mondays, Wednesdays & Fridays from 3:00-6:00PM**

## RESIDENT COUNCIL MEETING

**November 20th at 3:30**

All residents are invited to attend! They will be held on the third Thursday of the month at 3:30pm in the DR.



**Pest Inspection**  
**Friday, November 14 & 28**  
**9:00am to 12:00pm**

Inspections are scheduled the 2nd & 4th Friday of the month.

## Join us each Saturday at 10am in the Dining Room

Ballet is coming to St. Paul Village, directed by our very own Kathy Sunday. Come and join us to learn ballet from one of the greats! Get moving with your friends, stretch, learn, laugh, and have a great time. Accessible for all experience levels

## Extra Activities

### Resident Council 25cent Bingo

Second Sunday of each month, you can come play resident led bingo for just 25 cents a board!

### VOLLEYBALL Thursdays

**2:30 in the Dining Room**

It's a fun way to get some exercise! It's easy to learn...we stay seated and we use a beach ball! Come and join us! If you don't want to play, come and cheer the players on!

### Coffee Time with Walter:

8:30-10 am every morning M-F in the recreation room. Wake up to fresh coffee, music, conversation and laughter with Walter and your neighbors. It's a great way to start your day

### Walking Club

Monday-Friday at 10  
Meeting in the DR by 10. Walk around the main floor of the C building.



**COMPUTER & CELLPHONE**  
**Tuesday, November 12 at 2-4:00**  
**in the Rec Room**

Need help with your phone or computer? **Sign up in the dining room.**

# WELLNESS PROGRAMS

## Cooking Class with

**Chef Jordon Anthony:**  
**Fri., Nov. 21 at 1:00**

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.

## WISE Program

**Tues., Nov. 10<sup>th</sup> at 2:00pm**

Join speakers from Talbert House for a 6-week mental health program covering topics of stress, anxiety, depression, grief and more. Come learn about ways to improve your mental and physical health in a welcoming environment.

## 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!

## Thanksgiving on the Ohio Frontier

**Mon., Nov. 3 at 11:00**

Join Naturalist Carol Mundy for a historical and visual presentation on Cincinnati life in the 1820s, when the harvest time feast looked very different from your Thanksgiving feast today.



## Exercise Class

**Every Wednesday 1:00**

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!

## Wellness Advisory Council:

**Fri., Nov 21 at 9:00**

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.

# SERVICE COORDINATOR

**513-527-2394**

## Thanksgiving Dinners from St. Cecelia

If any resident is interested in getting a meal, then they would need to call the service coordinators, 513-527-2394 **NO LATER THAN Wednesday, November 19<sup>th</sup>. The meals will be delivered to their apartments on Thanksgiving Day, Thursday, November 27<sup>th</sup> sometime between 10am - 12pm.**



**Surfin' the Web presented by M.O.W.**  
**Monday, November 10th at 11:00am**

Meals on Wheels presents a tech class on the second Monday of every month at SPV in the dining room from 11am-12pm. **November topic is: Password Management**



**Dr. Fley**  
**Tuesday, Nov. 11 10:30**  
**In the clinic**



**HAIRCUTS FROM THE HEART**  
**Thursday, November 13<sup>th</sup> 1-4pm**

Haircuts will be on the 2<sup>nd</sup> Thursday of the month from 1-4. You must get a number from the front desk before going to the clinic.



**Senior Food Boxes**  
**Tuesday, November 11 10:30-11:30**

Food boxes are delivered the second Tuesday of the month.



## Door Decorating Contest

This December there will be a holiday door decorating contest at St Paul Village. There will be three winners: 1st, 2nd and 3rd place for gift cards.

### Rules:

1. Your apartment number must be clearly visible. You may leave it undecorated around your number or if you cover up your numbers, make numbers bold and as large as the numbers on your door and place them on your door.
2. No lights or anything that involves using an extension cord.
3. Participants must have their doors decorated by Tuesday, December 2nd.
4. The doors will be judged on Tuesday, December 9th.



Have fun!!



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