

October Activities

BIRTHDAY bingo!

BIRTHDAY PARTY BINGO & BAND

Tuesday, October 7th at 12:00

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



OCTOBERFEST and LUNCH

Tuesday, October 21st at 12:30 (DR)

Activities is hosting a multi-property Octoberfest event in the dining room at St. Paul Village. There will be pretzels & beer cheese, authentic German music and dancing, and of course games! Please sign up if you'd like to join us! **THERE IS A \$2 ENTRY FEE THAT MUST BE PAID TO THE ACTIVITIES MAILBOX WITH A PAYMENT SLIP AND SEALED IN AN ENVELOPE BY OCT. 13**

Sign up by Monday, October 13th

LUNCH AND LEARN about PACE

Tuesday, October 14th at 12:30

PACE is a service for older adults ages 55+, who live in Hamilton County, and who meet nursing level of care and need assistance. We are aimed at helping the aging population to stay in their home and their community for as long as possible, but we do so much more than just home care. **Sign up by Tuesday, October 7th.**



CMC Presents: The Sad, Seamy, Sinister Side of Cincinnati & Lunch

Friday, October 24th at 12:30

Join us to hear about the sinister side of Cincinnati in this exciting presentation offered by the Cincinnati Museum Center! Lunch will be served. **You must sign up by Oct. 16**

FALL CRAFT

Tuesday, October 28th at 12:30

Let's brighten up our building by making a decoration for our apartment doors.



Resident Led Activities

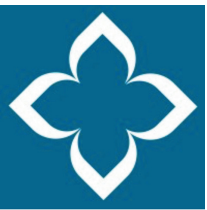
Harvest Fest Dance

Sponsored by SPV Resident Council
Friday, October 3rd
6pm-9pm
With our very own DJ Walter Howard
\$5 per person
Hot dogs, slaw, beans and cider will be served.
\$5 prize for the most creative costume.
Raffle Tickets \$2 for chance to win a \$20 prize or two \$10 prizes
Residents may bring guests, each for \$5.
SIGN UP IN THE DINING ROOM by Wednesday, October 1st.

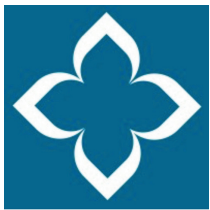


Starting on Oct 4th, join us each Saturday at 10am in the Dining Room

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



ST. PAUL VILLAGE RESIDENT NEWSLETTER October 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

10/1 at 11:00 Golden Corral

10/10 at 11:00 Free Store

10/13 at 10:30 Walmart

10/27 at 12:30 Aglamesis

10/29 at 9:45 Rookwood Plaza

10/30 at 10:00 Art Museum & Lunch

CALLS WILL BE MADE FOR ADJUSTED TIMES

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: 272-1118 x 1894

(Maria) or 1895 (Michelle)

Wes, Wellness Mgr: 513-818-6377

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

Transportation: (513) 431-9767

Maintenance: 1-877-235-1331

October Birthdays

Verna Cummings 10/2

Ann Boland 10/3

Jean Jeter 10/5

Sandra Collins 10/7

Diane Estep 10/8

Margaret Moore 10/12

Gwendolyn Wingfield 10/14

Willie Essex 10/14

Amy Sullivan 10/17

Darrell Casey 10/19

Valerie Phillips 10/20

Yvonne Spicer 10/25



ATTENTION:

If you are a veteran, please reach out to JoAnne in activities so she can update records before veterans day.

You may call her office number, leave a message or let her know at the scheduled weekly activities.

RESIDENT LIFE

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

- Trash & Dumpsters: Please be sure you are getting your trash as far into the dumpsters to allow for most space inside to be utilized and avoid overflowing. Dumpsters are emptied on Thursday mornings.
- Pest Control & Filter Changes: Always check monthly calendars for these schedules. Pest inspections in October will be on the 8th & 22nd. The next filter change will be in October. (Make sure the space in front of your geothermal closet is kept clear at ALL TIMES).
- Laundry Room Update: New machines coming soon! As soon as management receives confirmation on price and installation dates, they will let you know.
- Trash Left Outside: Please remember to throw away all cans, bottles, wrappers or any other trash you may have accumulated when enjoying our benches and outdoor space so we can keep our campus looking nice!

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.

Spiritual Services

Morning Devotions (NOT Bible study) Thursdays at 10:30

With Pastor Beck Meeting in the D Lounge

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 October 18th 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, October 10 & 24 9:00am to 12:00pm

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

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

Extra Activities

Resident Council 25cent Bingo

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

GAMES DR

Tuesdays & Thursdays 5:30

Join your neighbors in the dining room for card games. We play a variety of games and are willing to learn more!

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, October 12 at 2-4:00 in the Rec Room

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

WELLNESS PROGRAMS



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!

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!

Life Enrichment Team Meeting

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.

Cooking Class with Chef Jordon Anthony:

Chef Anthony is an established name in the Cincinnati area culinary scene and the owner of Invito Kitchen. With decades of experience and a passion for bringing his knowledge and expertise to local communities, 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.

WISE Program

Monday, October 27th 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.

Bingosize

Mondays & Fridays, at 1:30pm

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

BBQ & Blues

Wednesday, October 8th at 11:30am

Join Daven Robinson and other musicians for an hour of blues and food. A catered BBQ lunch will be provided.

Walking Challenge:

Get ready for some friendly competition with the other ERS communities! Go to the October 8th exercise class to get a pedometer. From Oct. 8th through Oct. 15th, get walking and record your steps. The winning individual will receive a gift card and the community with the most step per capita wins an ice cream party! (See posted Wellness flyer for more information)

SERVICE COORDINATOR



Kroger Vaccine Clinic

Thursday, October 9th 10am-12pm

Kroger Pharmacy will provide seasonal vaccines. A sign up sheet will be in the dining room and each interested resident will get a vaccine form to complete and coordinators will need to get copies of IDs and insurance cards.

Surfin' the Web presented by M.O.W. Monday, October 13th 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. **October topic is: Password Management**

Thursday, October 16th from 11am-12pm - Medicare Fair in the dining room.

Come and talk with agents about Medicare updates/changes, sign up sheet in the dining room

HAIRCUTS FROM THE HEART Thursday, October 9th 1-4pm

Haircuts will be on the 2nd 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, October 14 10:30-11:30

Food boxes are delivered the second Tuesday of the month.



Friday, October 17th at 3pm - Wings and Things with Lisa Chambers in the dining room.

F I D E is coming! Come learn what this means to you, food and drinks provided, sign up sheet in the dining room

Friday, October 31st at 11am - Bingo with Lisa Chambers in the dining room.

Sign up sheet in the dining room

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