



July Activities

**4th of July Party &
Ice Cream Truck
Wednesday, July 2
at 3:30**



CASINO

**Golden Hour Gaming
at St. Paul Village**

**Bus pick-up time will be
posted at a later date.**



**Tuesday, July 22
11:00-2:00**

Don't miss this fun event!
FREE games, lunch &
entertainment. Everyone
leaves with a prize!



**Wall Hanging Craft
Monday, July 28th at
3:30pm**

Join us in the community room to
get creative and make a unique
piece of decor you can hang on
your wall!



**Music with Daven &
Dessert
Wednesday, July 16 at 12:30**
Enjoy listening to Soul Music for
Seniors



**EDEN PARK LUNCH
KROHN CONSERVATORY
MON., JULY 21 10:10
SEE FLYER FOR DETAILS**



MARLOWE RESIDENT NEWSLETTER July 2025



DON'T FORGET

**Golden Hour Gaming
An event at St. Paul Village
on Tuesday, July 22nd.**

**Your pick-up time is TBD. We will call
and post flyers with the pick-up time
no later than July 8th. Please be on
the look-out for this information.**

**This event is for all of our communities
and transportation will be provided. You
pay \$2 to attend and EVERYTHING IS
FREE! There will be lunch, casino games,
and of course, ELVIS!**

**If you did not pay the entry fee by the
deadline but would like to go, please
reach out to an activity leader or Call
513-527-7058 and leave a message.**



HAPPY BIRTHDAY July Birthdays

Carol Wolf	7/3
Shedrick Middleton	7/4
Christopher Schiferl	7/5
Nell Worthy	7/11
Stephen Johnson	7/13
Dawn Clark	7/15

Building Information

Joyce, Community Manager: 527-7050
Sue & Alli, Activities: 527-7058
Ann, Service Coordinator: 513-527-7051
Wes, Wellness Mgr: (859)567-0839
JAfton, Wellness Asst.: (513)813-7155
Transportation: (513) 431-9767
Maintenance: 1-877-235-1331

Transportation

**Please read the following, as it's been brought
to our attention that some bus rules are not
being followed:** 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

7/3 at 10:40	Kroger
7/10 at 10:30	Free store
7/17 at 10:40	Walmart
7/21 at 10:10	Eden Park/Krohn
7/22 TBD	Casino Party St. Paul
7/24 at 10:40	Mall
7/31 at 10:40	First Watch

CALLS WILL BE MADE FOR ADJUSTED TIMES

WELLNESS PROGRAMS

Lunch & Learn: **The Cincinnati Story** **July 11 at 12:30**

America's original "boom town" and the "Queen City of the West." This program highlights the people and events that have shaped Cincinnati history from the 18th century to the early 20th century.



Lunch & Learn: **Cardiovascular Health** **July 15th at 12:00**

Come listen to a Christ Hospital cardiac nurse practitioner teach about heart health while enjoying lunch.

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.

As of June, our Wellness team has new phone numbers. Please update contact information for Wes, Afton, and Johnnie in order to reach them. Thanks!
Wes: 859-567-0839
Johnnie: 513-299-8275
Afton: 513-813-7155

Marlowe is a residential community of Episcopal Retirement Services

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!

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.

Pest Inspection **Thursday, July 10th** **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

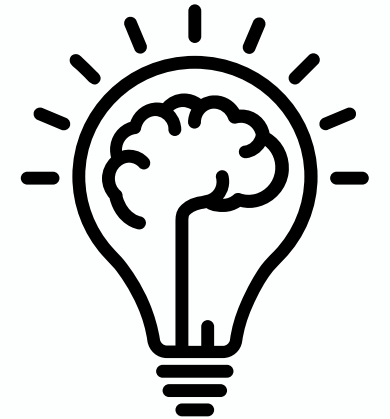
Service Coordinator News

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

You can reach me Monday thru Friday on my direct line at 513-527-7051 for any Service Coordinator questions. –Ann

Mind Matters with Ashley from 1N5 on **Wednesday, July 2 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.



Arthritis Foundation Speaker and Pizza on Monday, July 14 at 2pm

Join us as Arthritis Foundation staff leads us to "Discover Arthritis" including:

- Arthritis basics
- Pain relief
- What YOU can do
- What health professionals can do
- Pick up free Arthritis Foundation resources

Come learn and ask questions in a casual, fun discussion with the Arthritis Foundation! Please sign up by Friday, July 11 to be included in the count for pizza and call Ann with any questions.



2025 Senior Farmers' Market Nutrition Program

The 2025 Ohio Senior Farmers' Market Nutrition Program (SFMNP) helps provide low-income older adults age 60+ with access to fresh, nutritious, unprepared locally grown fruits, vegetables, fresh cut herbs and honey through farmers' markets and roadside stands. Eligible participants receive \$50 in benefits to use at participating farmers' markets and roadside stands. Applications for the 2025 SFMNP will be completed electronically using the Homegrown Benefits app/website. Information about the application is posted on the Community Room bulletin board. If you need assistance with applying, please call Ann.



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