

Be *Inspired*

SEASONS | a Senior Lifestyle community | CINCINNATI, OH 45236 | 513-984-9400

JOIN US THIS MONTH FOR *ladies' month*

April showers bring May flowers and just in time for us to celebrate Mother's Day. And Mother's Day is for all ladies. Oprah Winfrey says, "Biology is the least of what makes someone a mother." As women, we've all mothered someone or something along the path of our lives. So come enjoy all we're offering this month in our celebration of Mother's Day.



Chef Dan (remember, he's the one who did the cheese making class) will be rolling out the cookie dough and helping us decorate some yummy and beautiful cookies. Come learn about Cincinnati fashion and design with the Art Museum's program on Designing Women — Cincinnati Dressmakers. Flowers and Mother's Day just go together so sign up to make a beautiful bouquet of flowers to take home. Did you know that the lilac symbolizes the love between a mother and child? We'll be having a special dinner prepared by Chef Dennis and entertainment — sorry guys, this is just for the ladies. Join us for a special ladies' lunch at the Bon Bonerie Café in O'Bryonville. Cheri Brinkman will be teaching us all about the Mannered Life during the "Downton Abbey" period. Wear your white gloves!

It's going to be a lovely month and we look forward to sharing it with you.

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

NOTE FROM NICK

I cannot believe it is May 2017 already, almost halfway through the year. Baseball season is here and I am hoping that we have a great surprise runaway season! There is a lot of buzz around the community about all the coming changes and we are almost there! National Nursing Home Week is being celebrated next door at Courtyard, May 14th-20th, and the theme is Spirit of America, which seems very appropriate this year! Please feel free to partake in celebrating with your neighbors next door!

THIS MONTH'S *silver star*

TOM HEMMELGARN

With a smile and a laugh, Tom sums up his life by saying, "I was born, I lived and now I live here!" He was born in Dayton and lived there until moving to Seasons. There was a year when he lived in Cranberry Prairie, Ohio and went to school in a two-room schoolhouse. He has four children — one boy and three girls. John lives in Williston, Vermont; Lori lives in Madeira; Linda lives in Falmouth, Kentucky; and Sharon lives in O'Fallon, Illinois. He is the proud grandpa to eight grandchildren.



Mike-Sells Potato Chips was lucky to have Tom as a salesperson for 27 years. He retired in 2002 and went to England to be with his daughter whose husband was stationed there with the Air Force. He was the world's greatest grandpa attending countless soccer games, dance recitals, softball games, football games and driving kids here and there. And he loved every minute of it.

His daughters suggested that moving into Seasons was the best move for him — his house sold in less than a week — and he moved into Seasons in less than a month. His list of favorites at Seasons includes fishing, Seasons Slammers, game nights, music and the people. We're all glad Tom calls Seasons home.

TRAIN YOUR BRAIN *sudoku solution on back*

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5				7				1
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		4			7	5	2	
7	3			1				9

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ARTS AND CRAFTS STUDIO — AC
- ATRIUM — ATR
- AUDITORIUM — ADT
- BILLIARDS ROOM — BR
- CHAPEL — CPL
- CONFERENCE ROOM — CR
- DINING ROOM — DR
- FITNESS CENTER — FC
- LIBRARY — LB
- POOL LAWN — PL
- SOCIAL HOUR AREA — SHA
- TERRACE LOUNGE — TL
- TV ROOM — TV

TRANSPORTATION SCHEDULE

- TUESDAY 9 AND 11 A.M. *Madeira Kroger and CVS*
- TUESDAY LEAVE AT 1 P.M., PICKUP FROM MALL AT 2 AND 3 P.M. *Kenwood Towne Centre*
- TUESDAY 2:30 P.M. *Banks in Madeira & Kenwood*
- WEDNESDAY MAY 3, AT 10 A.M. *Walmart*
- WEDNESDAY MAY 10, AT 10 A.M. *Dillonvale Shopping Center*
- WEDNESDAY MAY 17, AT 10 A.M. *Kohl's, JCPenney, Michaels*
- WEDNESDAY MAY 24, AT 10 A.M. *Target and Meijer*
- FRIDAY 9:30 A.M. *Montgomery Kroger*
- SATURDAY 12:45 AND 1:45 P.M. *Madeira Kroger and CVS*
- SUNDAY 12:45 AND 1:45 P.M. *Kenwood Towne Centre*

CHANGING SEASON STYLING SALON

TUESDAY - SATURDAY
8:30 a.m.-5 p.m., 791-0222

www.SeniorLifestyle.com
Activities are subject to change



10:30 ● Catholic Service at the Courtyard **7**

12:45 ● Kenwood Mall

1:00 ● Puzzle Pages on Program Table

1:45 ● Kenwood Mall

2:00 ● Movie Matinee | TV

2:00 ● Pinochle and Euchre | SHA

2:30 ● Protestant Service at the Courtyard

4:00 ● Game Night and Pizza with Horizon Youth | ATR

7:00 ● Seasons Cinema | TV

MOTHER'S DAY 14

10:30 ● Catholic Service at the Courtyard

12:45 ● Kenwood Mall

1:00 ● Puzzle Pages on Program Table

1:45 ● Kenwood Mall

2:00 ● Movie Matinee | TV

2:00 ● Pinochle and Euchre | SHA

2:00 ● College Conservatory of Music Performance | ATR

3:30 ● Protestant Service at the Courtyard

7:00 ● Seasons Cinema | TV

10:30 ● Catholic Service at the Courtyard **21**

12:45 ● Kenwood Mall

1:00 ● Puzzle Pages on Program Table

1:45 ● Kenwood Mall

2:00 ● Movie Matinee | TV

2:00 ● Pinochle and Euchre | SHA

6:00 ● Bone Voyage Band Snacks and Wine | ATR

7:00 ● Seasons Cinema | TV

10:30 ● Catholic Service at the Courtyard **28**

12:45 ● Kenwood Mall

1:00 ● Puzzle Pages on Program Table

1:45 ● Kenwood Mall

2:00 ● Movie Matinee | TV

2:00 ● Pinochle and Euchre | SHA

6:00 ● Music with Samantha Carlson Great American Songbook | ATR

7:00 ● Seasons Cinema | TV

MAY DAY 1

10:00 ● Pelvic Exercise Class | ADT

11:00 ● Protestant Service | CPL

12:00 ● Lunch & Learn Our Aging Brains with Pat Faust | ADT

12:30 ● Arts and Crafts | AC

3:30 ● Social Hour | SHA

7:00 ● One Voice Chorus | ATR

10:00 ● Chair Dancing with Kate | ADT **8**

11:00 ● Protestant Service | CPL

12:30 ● Arts and Crafts | AC

2:00 ● Mother's Day Cookies with Chef Dan | AC

2:00 ● Writing Group Everyone Welcome! | CR

3:30 ● Social Hour | SHA

7:00 ● Diane Shields History of Arlington Cemetery | ADT

10:00 ● Pelvic Exercise Class | ADT **15**

11:00 ● Protestant Service | CPL

12:30 ● Arts and Crafts | AC

1:00 ● Plant a Porch Pot | AC

3:30 ● Social Hour | SHA

7:00 ● Lee Warren Hymns & Oldies | ATR

10:00 ● Chair Dancing with Kate | ADT **22**

11:00 ● Protestant Service | CPL

12:00 ● Lunch & Learn: Manners & Life at "Downton Abbey" | ADT

12:30 ● Arts and Crafts | AC

3:30 ● Social Hour | SHA

7:00 ● Travel Talk on Yosemite with Brian Jorg | ADT

MEMORIAL DAY 29

10:00 ● Brain Teaser Pages at the Program Table

11:00 ● Picnic Style Lunch | DR

2:00 ● Movie Matinee | TV

6:00 ● Seasons Cinema | TV

6:00 ● Music with Pete Michael | ATR

9:30 ● Blood Pressure Clinic | SHA **2**

11:00 ● Chair Volleyball | ATR

11:00 ● Catholic Mass at the Courtyard

1:00 ● Shopping at Rookwood & Whole Foods

2:00 ● Bingo | AC

4:00 ● Wine and Beer Social | ATR

7:00 ● Game Night Left, Right, Center | SHA

9:30 ● Blood Pressure Clinic | SHA **9**

10:00 ● Low Impact Exercise | ADT

11:00 ● Chair Volleyball | ATR

11:30 ● Christ Church Shakespeare Band

2:00 ● Bingo | AC

3:00 ● Resident Association Meeting | ADT

4:00 ● Wine and Beer Social | ATR

7:00 ● Game Night Left, Right, Center | SHA

7:00 ● Jubilant Singers Spring Concert | ATR

9:30 ● Blood Pressure Clinic | SHA **16**

9:30 ● Volleyball Away Games at Reading

1:30 ● Book Group | CR

2:00 ● Bingo | AC

4:00 ● Wine and Beer Social | ATR

4:00 ● Agnes Fogarty's 100th Birthday Party | ATR

7:00 ● Game Night Left, Right, Center | SHA

7:00 ● New Horizons Band of Cincinnati | ATR

9:30 ● Blood Pressure Clinic | SHA **23**

10:00 ● Low Impact Exercise Class | ADT

10:30 ● Ladies' Lunch at Bon Bonerie

11:00 ● Chair Volleyball | ATR

2:30 ● Wise Temple Teaching Session | CR

4:00 ● Wine and Beer Social | ATR

7:00 ● Game Night Left, Right, Center | SHA

7:00 ● For Him Quartet | ATR

8:30 ● Men's Breakfast: First Watch **30**

9:00 ● Hill Hearing Hearing Aid Checks & Help | SHA

9:30 ● Blood Pressure Clinic | SHA

11:00 ● Chair Volleyball | ATR

11:30 ● Christ Church Jazz Music

1:00 ● Shopping at Trader Joe's

2:00 ● Bingo with Prizes | AC

4:00 ● Wine and Beer Social | ATR

7:00 ● Game Night Left, Right, Center | SHA

10:00 ● Low Impact Exercise | ADT **3**

10:00 ● News and Views | AC

12:00 ● Volunteer at Matthew 25

1:00 ● Mind Games | ATR

2:00 ● Women's Bible Study | AC

2:00 ● Pool Sharks for Men | BR

2:00 ● Round Robin Social Bridge | TL

7:00 ● Mexican Train Dominoes | SHA

10:00 ● Low Impact Exercise | ADT **10**

10:00 ● News and Views | AC

1:00 ● Mind Games | ATR

2:00 ● Women's Bible Study | AC

2:00 ● Pool Sharks for Men | BR

2:00 ● Round Robin Social Bridge | TL

7:00 ● Mexican Train Dominoes | SHA

10:00 ● News & Views | AC **17**

11:00 ● New Resident Welcome Party | TL

12:00 ● Genesis Rehab Balance in Action Fall Screenings | ADT

1:00 ● Mind Games | ATR

2:00 ● Women's Bible Study | AC

2:00 ● Pool Sharks for Men | BR

2:00 ● Round Robin Social Bridge | TL

5:00 ● Dinner at Via Vite

7:00 ● Mexican Train Dominoes | SHA

10:00 ● Low Impact Exercise | ADT **24**

10:00 ● News & Views | AC

1:00 ● Mind Games | ATR

2:00 ● Women's Bible Study | AC

2:00 ● Pool Sharks for Men | BR

2:00 ● Round Robin Social Bridge | TL

7:00 ● Mexican Train Dominoes | SHA

10:00 ● Low Impact Exercise | ADT **31**

1:00 ● Mind Games | ATR

2:00 ● Women's Bible Study | AC

2:00 ● Pool Sharks for Men | BR

2:00 ● Round Robin Social Bridge | TL

2:00 ● Ruth Bradish's 90th Birthday Party | ATR

7:00 ● Mexican Train Dominoes | SHA

10:00 ● Low Impact Exercise Class | ADT **4**

11:00 ● Catholic Communion | CPL

1:00 ● Painting Class with Resident Artist Rhea Preschel | AC

1:00 ● History of Cincinnati Postcards by Rich Stracke | TL

3:30 ● Social Hour | SHA

7:00 ● Howard Bloemker Orchestra | ATR

10:00 ● Low Impact Exercise Class | ADT **11**

11:00 ● Catholic Communion | CPL

11:15 ● Volunteer at Walnut Hills Soup Kitchen

12:00 ● Lunch & Learn Designing Women: Cinti. Dressmakers | ADT

1:00 ● Painting Class with Resident Artist Rhea Preschel | AC

3:30 ● Social Hour | SHA

5:45 ● Cirque De Soleil Ticket Holders Only

7:00 ● Music with Sirenz | ATR

10:00 ● Low Impact Exercise Class | ADT **18**

11:00 ● Catholic Communion | CPL

12:00 ● Lunch & Learn Reveille and Romance | ADT

1:00 ● Painting Class with Resident Artist Rhea Preschel | AC

3:30 ● Happy Hour & Trivia Hosted by the Courtyard | SHA

7:00 ● The Sociables | ATR

10:00 ● Low Impact Exercise Class | ADT **25**

11:00 ● Catholic Communion | CPL

11:15 ● Volunteer at Walnut Hills Soup Kitchen

12:00 ● In the Kitchen with Jill Butter Tasting | AC

1:00 ● Painting Class with Resident Artist Rhea Preschel | AC

3:30 ● Social Hour | SHA

4:00 ● Music with Mike Pendell | ATR

7:00 ● Music by Stormy Weather | ATR

9:30 ● Shopping at Montgomery Kroger **5**

10:00 ● Yoga Class with Linda Becker | ADT

11:15 ● Diane Shields: Syria | ADT

3:00 ● Cinco De Mayo Party Band & Margaritas | ATR

4:15 ● Sabbath Eve Service | CPL

7:00 ● Seasons Cinema | TV

9:30 ● Shopping at Montgomery Kroger **12**

10:00 ● Yoga Class with Linda Becker | ADT

11:00 ● Create Mother's Day Flower Bouquets | AC

4:15 ● Sabbath Eve Service Led by Rabbi Stein | CPL

5:30 ● Mother's Day Dinner & Entertainment | ATR

7:00 ● Seasons Cinema | TV

9:30 ● Shopping at Montgomery Kroger **19**

10:00 ● Yoga Class with Linda Becker | ADT

10:00 ● Birthday Brunch | SHA

12:30 ● Visit to Smaile Park

4:15 ● Sabbath Eve Service | CPL

7:00 ● Seasons Cinema | TV

RAMADAN BEGINS AT SUNSET 26

9:30 ● Shopping at Montgomery Kroger

10:00 ● Yoga Class with Linda Becker | ADT

1:00 ● Movie: "Light Between the Oceans" | ADT

4:15 ● Sabbath Eve Service | CPL

4:15 ● Sabbath Eve Service Led by Rabbi Terlinchamp | CPL

7:00 ● Seasons Cinema | TV

10:00 ● Low Impact Exercise Class | ADT **6**

11:00 ● Chair Volleyball with Cliff | ATR

11:00 ● Pool Sharks for Men | BR

12:45 ● Madeira Kroger

1:45 ● Madeira Kroger

2:00 ● Bingo | AC

5:15 ● Kentucky Derby Party | ADT

7:00 ● Seasons Cinema | TV

10:00 ● Low Impact Exercise Class | ADT **13**

11:00 ● Chair Volleyball with Cliff | ATR

11:00 ● Pool Sharks for Men | BR

11:00 ● Create and Learn with Jenny | AC

12:45 ● Madeira Kroger

1:45 ● Madeira Kroger

2:00 ● Bingo | AC

7:00 ● Seasons Cinema | TV

11:00 ● Chair Volleyball with Cliff | ATR **20**

11:00 ● Pool Sharks for Men | BR

11:00 ● Greeting Card Class with Blaise | AC

12:45 ● Madeira Kroger

1:45 ● Madeira Kroger

2:00 ● Bingo | AC

3:00 ● Vince Phelan Violin Ensemble Recital | ATR

7:00 ● Seasons Cinema | TV

10:00 ● Low Impact Exercise Class | ADT **27**

11:00 ● Chair Volleyball with Cliff | ATR

11:00 ● Pool Sharks for Men | BR

12:45 ● Madeira Kroger

1:45 ● Madeira Kroger

2:00 ● Bingo | AC

7:00 ● Seasons Cinema | TV

BIRTHDAYS THIS MONTH

- JOYCE BROCKMANN — 3rd
- ROSELLA WALSH — 4th
- CAROL MUTCHLER — 6th
- ORPHA DEMARIA — 7th
- RAY SEITER — 7th
- JULES SICKER — 8th
- SHIRLEY HASSMAN — 9th
- MARY JEAN DEMAREE — 9th
- FLORENCE REILMAN — 12th
- DON POYNTER — 14th
- RUTH MCLEOD — 14th
- AGNES FOGARTY — 16th
- TOM HEMMELGARN — 16th
- PAT HORST — 18th
- SHARON HAAS — 22nd
- HOWARD HEINEKE — 22nd
- INGE ARNOLD — 24th
- MARION BASILE — 25th
- RUTH BRADISH — 31st

EVENT RECAP

young at heart: the kids made our month



Students from Rockwern hosted a Seder meal for residents.



110 voices from the Indian Hill Primary School Choir filled the Atrium with song.



Tom making a dream catcher with a member of the Cub Scout Troop

THIS MONTH'S *chart hero*

CARING, HONESTY, APPRECIATION, RESPECT, TEAMWORK

SCOTTY WHITEHOUSE — Move-In Coordinator

Hello, my name is Scotty! I'm the new guy here but have loved every minute since I have joined the Seasons community as the Move-In Coordinator.

I am an average normal guy who loves his wife, Lizzie, and cannot wait to be a dad! That's right, Lizzie and I are expecting in late May. It's our first and we cannot wait to meet this little guy! His name will be Weston Allen Whitehouse. We're going to call him Wes.



So what I thought is, I will write about the things I will teach him. The things any Whitehouse should know, and maybe through my teachings, you can learn about me!

Here are the things I cannot wait to teach my son, Weston ...

The number one most important thing — God is awesome. Talk to Him as much as you can, because He is always listening and will help you get through anything.

Second most important thing to teach Weston — Your mom, Lizzie, is the greatest person in the world. She is the most genuine, kind, loving person I have ever met. Please learn as much as you can from her. She's pretty cute, too.

Golf is the greatest, toughest, most complex sport ever created and it holds a special place in my heart. His dad went to the University of Cincinnati for marketing and loved every minute of it. Go Bearcats! There is no better sandwich than a pulled pork BBQ sandwich. Weston's entire family is full of Hoosiers, born and raised. Go Hoosiers! We are a hound dog family. Wes should be prepared to listen to every type of music in the car with me. Well, there you go! Those are just a few things I cannot wait to teach Weston.

I am so happy to be at Seasons and I cannot wait to see what the future holds for me in this community.

MANAGEMENT TEAM

- Nick Carson, *Executive Director*
- Jill James, *Director of Resident Programs*
- Tricia Feitlinger, *Director of Resident Services*
- Staci Fluehr, *Business Office Manager*
- Liz Bangel-Stehlin, *Director of Sales & Marketing*
- Dennis Glosser, *Dining Services Director*
- Tina Smiley, *Director of Housekeeping*
- Shaun Kidd, *Director of Maintenance*

TRAIN YOUR BRAIN *solution*

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9	2	1	7	3	4	6	5	8
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2	5	9	6	4	8	7	1	3
1	8	4	3	9	7	5	2	6
7	3	6	5	1	2	8	9	4