

Be Inspired

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

THIS MONTH'S *silver star*

MARV WICK

Five Things You Have to Know About Marv:

Don't call me Marvin.

Originally from Milwaukee where the streetcar bends the corner around, goes hooting, and two more houses yet. (These are the directions to his childhood home!)

Marv moved to Cincinnati for a job with Crosley Avco and has lived here for over 60 years and has loved every day of it.

He has been fortunate enough to have two wonderful wives and now a wonderful partner, Hortense.

He has enjoyed and cherished his time at Seasons and feels very close to almost all the residents here. Seasons Slammers would be lost without their Head Scorekeeper and who would keep us laughing with their skits about life at Seasons?

FIVE OF MARV'S FAVORITE THINGS:

1. He enjoys playing dominoes and has had fun teaching several residents to play including our Program Director.
2. Marv enjoys spending time with his family. He has one daughter, Judy, three stepchildren, seven grandchildren and six great-grandchildren. He also holds close to his heart his daughter, Debbie, who passed away at the age of three.
3. He enjoys working with Hortense writing and rehearsing the skits about life at Seasons.
4. He loves watching football, basketball and baseball — in that order.
5. His favorite restaurant is Grand Finale and he likes sandwiches from Subway.

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

NOTE FROM NICK

Happy October! Our beautiful building is coming along and is almost finished. We just have the rest of the trim work to be completed and we will be all new and shiny for the holidays and all your families to come see the new us!

Looking forward to seeing everyone on our Trick-or-Treat night!



JOIN US THIS MONTH FOR *welcome autumn*

Our October is full of events to welcome fall. Our annual fall trip to Keeneland Race Track in Lexington is set for Thursday, Oct. 19. Plan on a great afternoon of horse racing and betting. Since we'll miss dinner at Seasons, we'll have pizza when we get home.

Prost Band, the same band that plays at Hofbrauhaus in Newport, will entertain at our Oktoberfest. We'll have a German style lunch, beer and great music. Sign-up for this event is required. Saturday, Oct. 21, at 12 p.m. Dress for the occasion!

Oct. 26 will find us travelling to Adams County for a home-cooked Amish lunch at Joann Miller's home. And if we haven't eaten enough, after lunch, we'll stop at Miller's Amish Bakery. It should be a beautiful fall drive. Sign-up for this event is required.

Trick-or-Treat at Seasons has become a favorite event in our community. Invite the kids in your life to come trick-or-treat door to door in our community — parents love it because it's safe. We typically have about 150 costumed kids come through our community from 6 to 7 p.m. We're never sure who has the most fun — the kids getting the candy or our residents handing out the candy and enjoying the costumes. Look for more information in your cubby as we get closer to the date.



TRAIN YOUR BRAIN search for rivers, lakes, seas & oceans

M	V	O	L	G	A	E	B	U	N	A	D	AEGEAN sea
I	D	E	N	I	H	R	K	D	T	C	Y	ARCTIC ocean
C	Q	E	L	I	N	R	H	L	A	E	E	ATLANTIC ocean
H	S	A	D	G	E	D	A	G	H	R	L	BERING sea
I	C	E	C	D	G	N	I	C	O	I	L	BLACK sea
G	B	G	G	F	T	G	S	A	E	E	O	DANUBE river
A	L	E	H	I	I	H	R	S	N	N	W	lake ERIE
N	A	A	C	H	D	C	H	D	T	S	G	lake HURON
S	C	N	U	S	T	T	H	A	M	E	S	INDIAN ocean
D	K	R	G	I	B	E	R	I	N	G	C	lake MICHIGAN
F	O	G	C	Y	C	I	F	I	C	A	P	NILE river
N	T	H	T	R	O	I	R	E	P	U	S	lake ONTARIO
												PACIFIC ocean
												RED sea
												RHINE river
												lake SUPERIOR
												lake TAHOE
												river THAMES
												VOLGA river
												YELLOW sea

BE INSPIRED

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

LOCATIONS

- ATRIUM — ATR
- AUDITORIUM — ADT
- BE FIT STUDIO — FS
- BILLIARDS ROOM — BR
- CHAPEL — CPL
- CONFERENCE ROOM — CR
- CREATIVE STUDIO — CS
- DINING ROOM — DR
- LIBRARY — LB
- POOL LAWN — PL
- SOCIAL HOUR AREA — SHA
- TERRACE LOUNGE — TL
- THEATER ROOM — TR

TRANSPORTATION SCHEDULE

- TUESDAY 9 AND 11 A.M.
Madeira Kroger and CVS
- TUESDAY 2:30 P.M.
Banks in Madeira & Kenwood
- TUESDAY LEAVE AT 1 P.M., PICKUP FROM MALL AT 2 AND 3 P.M.
Kenwood Towne Centre
- WEDNESDAY OCT 4 AT 10 A.M.
Walmart
- WEDNESDAY OCT 11 AT 10 A.M.
Dillonvale Shopping Center
- WEDNESDAY OCT 18 AT 10 A.M.
Kohl's, JCPenney, Michaels
- WEDNESDAY OCT 25 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

SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*

EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

<p>10:30 ● Catholic Service at the Courtyard 1</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:30 ● Protestant Service at the Courtyard</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Pelvic Exercise Class ADT 2</p> <p>11:00 ● Protestant Service CPL</p> <p>12:00 ● Lunch & Learn Connect ADT</p> <p>12:30 ● Arts and Crafts CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Church Music with Vince and Rick ADT</p>	<p>9:30 ● Blood Pressure Clinic SHA 3</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>11:00 ● Catholic Mass ADT</p> <p>1:00 ● Shopping at Rookwood & Whole Foods</p> <p>2:00 ● Bingo! CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 4</p> <p>10:00 ● News and Views CS</p> <p>12:00 ● Volunteer at Matthew 25 & Lunch at Skyline</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 5</p> <p>11:00 ● Catholic Communion CPL</p> <p>12:30 ● Christianity in Art by the Art Museum with Dessert ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p>	<p>9:30 ● Shopping at Montgomery Kroger 6</p> <p>11:15 ● Diane Shields Lecture ADT</p> <p>1:30 ● Cooking with Jill: Smoothies CS</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 7</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>	
<p>10:30 ● Catholic Service at the Courtyard 8</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>3:30 ● Protestant Service at the Courtyard</p> <p>6:00 ● Bone Voyage Band, Wine & Snacks ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>COLUMBUS DAY 9</p> <p>10:00 ● Chair Dancing with Kate ADT</p> <p>11:00 ● Protestant Service CPL</p> <p>12:00 ● Lunch & Learn Sleep ADT</p> <p>12:30 ● Arts and Crafts CS</p> <p>2:00 ● Writing Group, Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Diane Shields Lecture: 1st Lady Abigail Adams ADT</p>	<p>9:30 ● Blood Pressure Clinic SHA 10</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>2:00 ● Bingo! CS</p> <p>3:00 ● Town Hall, Everyone Welcome ADT</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 11</p> <p>10:00 ● News and Views CS</p> <p>10:30 ● Ladies' Lunch at Wildflower Cafe</p> <p>1:00 ● Mind Games ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 12</p> <p>10:30 ● Tour of Reds Hall of Fame & Lunch @ Moerlein Lager</p> <p>11:00 ● Catholic Communion CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Music with Bob Pollack & Jack Rowekamp ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 13</p> <p>1:00 ● Movie & Popcorn: "Harry and Snowman" ADT</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>4:15 ● Sabbath Eve Service with Rabbi Elaina CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 14</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>11:00 ● Create and Learn with Jenny CS</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>	
<p>10:30 ● Catholic Service at the Courtyard 15</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:00 ● Pops Concert Ticket Holders Only</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Pelvic Exercise Class ADT 16</p> <p>11:00 ● Protestant Service CPL</p> <p>12:30 ● Arts and Crafts CS</p> <p>1:00 ● Fiber Art Class Felted Beads with Kara CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Music with Squeeze Play ATR</p>	<p>9:30 ● Blood Pressure Clinic SHA 17</p> <p>9:30 ● Seasons Slammers at Reading</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>1:30 ● Book Group CR</p> <p>2:00 ● Bingo! CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Ballroom Dancing with Kate ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 18</p> <p>10:00 ● News & Views CS</p> <p>12:00 ● Genesis Rehab Stress Management ADT</p> <p>1:00 ● Mind Games ATR</p> <p>1:00 ● Tai Chi Flow Class ADT</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Women's Bible Study CS</p> <p>7:00 ● Mexican Train Dominoes SHA</p> <p>7:00 ● Marv and Hortense Show Part 2 ADT</p>	<p>10:00 ● Low Impact Exercise Class ADT 19</p> <p>10:45 ● Keeneland Horse Races</p> <p>11:00 ● Catholic Communion CPL</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Happy Hour Sponsored by the Courtyard SHA</p> <p>7:00 ● The Sociables ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 20</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>10:00 ● Birthday Brunch SHA</p> <p>1:00 ● Monuments of Sound: Music Hall Organs Dessert ADT</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 21</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>11:00 ● Greeting Card Class with Blaise CS</p> <p>12:00 ● Oktoberfest German Food & Beer, Music by Prost DR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>	
<p>10:30 ● Catholic Service at the Courtyard 22</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>5:45 ● Pizza, Beer and Soda ATR</p> <p>6:00 ● Music by Wild Honey Band ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Chair Dancing with Kate ADT 23</p> <p>11:00 ● Protestant Service CPL</p> <p>12:00 ● Lunch and Learn Calm ADT</p> <p>12:30 ● Arts and Crafts CS</p> <p>2:00 ● Writing Group, Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Travel Talk with Brian Jorg: Arizona ADT</p>	<p>9:30 ● Blood Pressure Clinic SHA 24</p> <p>11:00 ● Chair Volleyball ATR</p> <p>2:00 ● Bingo! CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>10:00 ● Low Impact Exercise ADT 25</p> <p>10:00 ● News & Views CS</p> <p>1:00 ● Mind Games ATR</p> <p>1:00 ● Zoo Babies ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Round Robin Social Bridge TL</p> <p>5:00 ● Dinner at Soho</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 26</p> <p>10:30 ● Amish Lunch & Shopping at Millers</p> <p>11:00 ● Catholic Communion CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Music with Stormy Weather ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 27</p> <p>9:30 ● "Romeo & Juliet" Ballet, Ticket Holders Only</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>11:45 ● Art in Bloom at the Art Museum</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class ADT 28</p> <p>11:00 ● Chair Volleyball with Cliff ATR</p> <p>11:00 ● Pool Sharks for Men BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Seasons Cinema</p>	
<p>10:30 ● Catholic Service at the Courtyard 29</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:00 ● Seussical at UC CCM</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:00 ● College Conservatory of Music Performance ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>11:00 ● Protestant Service CPL 30</p> <p>12:00 ● Lunch & Learn: Cincinnati Strangler ADT</p> <p>12:30 ● Arts and Crafts CS</p> <p>3:30 ● Social Hour SHA</p> <p>6:00 ● Trick-or-Treat</p>	<p>HALLOWEEN 31</p> <p>8:30 ● Men's Breakfast: La Peep</p> <p>9:00 ● Hill Hear Better Hearing Aid Service SHA</p> <p>9:30 ● Blood Pressure Clinic SHA</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>1:00 ● Shopping at Trader Joe's</p> <p>2:00 ● Bingo with Prizes CS</p> <p>4:00 ● Wine and Beer Social ATR</p> <p>7:00 ● Game Night: Left, Right, Center SHA</p>	<p>BIRTHDAYS THIS MONTH</p> <p>BABS HAMMOND — 2nd</p> <p>IRENE VOELLMECKE — 6th</p> <p>NAOMI KOESTER — 8th</p> <p>ANN STUDER — 9th</p> <p>JEAN LEARY — 11th</p> <p>JACOB GROB — 14th</p> <p>PAUL PESTA — 14th</p> <p>JOHN COSGROVE — 16th</p> <p>RHEA PRESCHER — 17th</p> <p>AGNES PESTA — 17th</p> <p>MYRNA SMITH — 17th</p> <p>MARY BEHRMAN — 19th</p> <p>NANCY GANTZER — 19th</p> <p>VELMA CHAMBERS — 20th</p> <p>JIM SIMON — 22nd</p> <p>REBECCA MARTIN — 22nd</p>			<p>DOROTHY CRETCHER — 22nd</p> <p>TINKA STANISIC — 24th</p> <p>LYNN COULEHAN — 25th</p> <p>ELAINE YOUNG — 25th</p> <p>RITA BREGGER — 26th</p> <p>BERNIE BERIGAN — 29th</p> <p>ETTORE MINGHETTI — 30th</p> <p>KAY LITTLEFIELD — 31st</p>	

EVENT RECAP

bringing summer to a close

WITH LOBSTER, ICE CREAM AND POOL VOLLEYBALL



Seasons Slammers played pool volleyball while their fans had cocktails and snacks poolside.



Our Fifth Annual Lobster Dinner



Mr. Softee Ice Cream Truck — the perfect treat

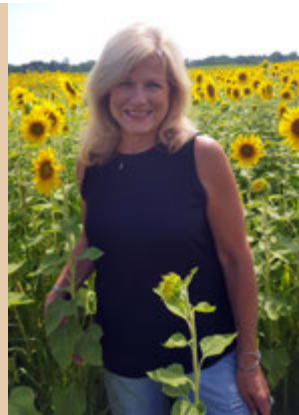
THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Hi! I am LINDA SHAW. My job, as Director of Business Development, is to handle all the outside marketing and community outreach for Seasons (and Evergreen). I introduce professionals from the community to Seasons so they get to know our wonderful 'home' in case any of their clients are looking to make a move. It could be attorneys, realtors, doctors, social workers, nurses or non-profit groups (like the Alzheimer's Association). Basically, I work with anyone who has contact with seniors and their families. I also work closely with senior centers and church groups to invite them to Seasons for tours or Lunch and Learns and/or participate in their events offsite. When you see me around the campus, I am usually touring and lunching with someone who wants to know more about what Seasons has to offer. In the community, I do a lot of health fairs, hospital events and healthcare business networking — all to represent Senior Lifestyle Communities.

If you ever have any questions, please don't hesitate to reach out. My direct line is 513.906.3198.

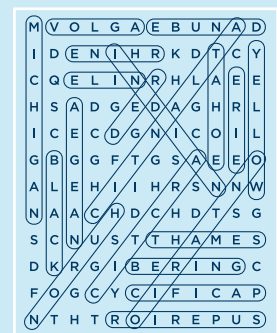
On a personal note — I have two wonderful daughters, 22 and 25, who live in New York and Israel. They went to Wyoming High School and then WashU and Ohio State. I have lived in Cincinnati for 20 years. I stay active with bike riding, yoga, dancing and mah jongg. I love hanging out with friends, discovering the latest restaurants, and frequenting movies.



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*



SENIOR LIFESTYLE
FAMILY-OWNED COMMUNITIES

