

BE INSPIRED

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

LOCATIONS

- ATRIUM — ATR
- AUDITORIUM — ADT
- BE FIT STUDIO — FS
- BILLIARDS ROOM — BR
- BISTRO — BIS
- 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

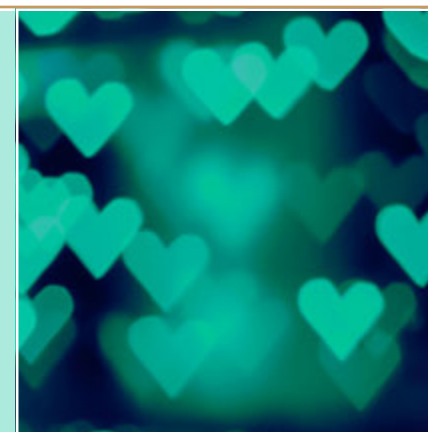
- TUESDAY
9 and 11 a.m.
Madeira Kroger and CVS
- TUESDAY
Leave at 1 p.m., pickup from Mall at 2 and 3 p.m.
Kenwood Towne Centre
- TUESDAY
2:30 p.m.
Banks In Madeira and Kenwood
- WEDNESDAY
First Wednesday at 10 a.m.
Walmart
- WEDNESDAY
Second Wednesday at 10 a.m.
Dillonvale Shopping Center
- WEDNESDAY
Third Wednesday at 10 a.m.
Kohl's, JCPenney, Michaels
- WEDNESDAY
Fourth Wednesday 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

BIRTHDAYS THIS MONTH

- | | | |
|----------------------------|------------------------|------------------------|
| PAT CONNELLY — 1st | LOU LEVY — 11th | MARY MENARD — 20th |
| MARY BUSE — 1st | MARIANNE BLOUNT — 11th | MARY STEIER — 23rd |
| JOANNE GAVIN — 2nd | SUZANNE LOVE — 14th | MARTHA BUNKER — 25th |
| JIM CROCKER-LACKNESS — 4th | NANCY LACKMAN — 16th | MARILYN ADLER — 25th |
| FRANK CHAMBERS — 4th | MARCIE MAXWELL — 18th | ANN LARSON — 25th |
| HORTENSE BROOKS — 6th | DOROTHY NUNN — 18th | EARL GUSWEILER — 26th |
| LOUISE ROEMER — 10th | PAT CONROY — 19th | ELIZABETH EMODY — 28th |

CHANGING SEASONS STYLING SALON

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



<p>10:00 ● Train Show Until 2 p.m. ADT 3</p> <p>10:30 ● Catholic Service at the Courtyard</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 ● Movie: "Moonstruck" TR</p>	<p>9:45 ● Tai Chi Flow Class ADT 4</p> <p>11:00 ● Protestant Service with Communion CPL</p> <p>1:00 ● Make Valentines with Jill CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Bone Voyage Band ATR</p>	<p>9:30 ● Blood Pressure Clinic SHA 5</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Catholic Mass ADT</p> <p>1:00 ● Shopping at Rookwood and 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 6</p> <p>10:00 ● News & Views CS</p> <p>11:00 ● Stitch and Chat ATR</p> <p>12:00 ● Volunteer at Matthew 25 & Lunch at Skyline</p> <p>1:00 ● Brain Fitness ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Bridge for Fun TL</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 7</p> <p>11:00 ● Catholic Communion CPL</p> <p>12:00 ● Tour of Packard Museum & Lunch</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>5:00 ● Seasons Slammers & Cinti. V-Ball Academy, Dinner ADT</p>	<p>9:30 ● Shopping at Montgomery Kroger 8</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>11:30 ● Resident Pictures Until 1:30 ATR</p> <p>1:00 ● Chocolate Taste Test with Jill CS</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Movie: "Sabrina" TR</p>	<p>GROUNDHOG DAY 2</p> <p>10:00 ● Train Show Until 5 p.m. ADT</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 ● Movie: "When Harry Met Sally" TR</p>
<p>10:30 ● Catholic Service at the Courtyard 10</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:30 ● Postcard Group: Everyone Welcome TL</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Pinochle and Euchre SHA</p> <p>2:00 ● Movie Matinee</p> <p>3:30 ● Protestant Service at the Courtyard</p> <p>6:00 ● Pops Concert: Ticket Holders Only</p> <p>7:00 ● Movie: "While You Were Sleeping" TR</p>	<p>VALENTINE CARD TABLE IN THE ATRIUM ATR 11</p> <p>9:45 ● Tai Chi Flow Class ADT</p> <p>11:00 ● Protestant Service CPL</p> <p>1:00 ● Create and Learn with Jenny CS</p> <p>1:30 ● Writing Group: Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>4:00 ● Happy Hour Music with Denny ATR</p> <p>7:00 ● Diane Shields: Benjamin Franklin ADT</p>	<p>9:30 ● Blood Pressure Clinic SHA 12</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>12:00 ● Welcoming Committee Luncheon DR</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 13</p> <p>10:00 ● News & Views CS</p> <p>11:00 ● Stitch and Chat ATR</p> <p>11:00 ● Medication Disposal in Tricia's Office Until 1 pm</p> <p>1:00 ● Brain Fitness Sign Language ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Bridge for Fun TL</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>VALENTINE'S DAY 14</p> <p>10:00 ● Low Impact Exercise Class ADT</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>1:00 ● Fall in Love with Seasons: Valentine Party ADT</p> <p>3:30 ● Social Hour SHA</p>	<p>9:30 ● Shopping at Montgomery Kroger 15</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>10:00 ● Birthday Brunch TL</p> <p>1:00 ● Architecture & History Tour of Union Terminal</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Movie: "Dirty Dancing" PL</p>	<p>10:00 ● Low Impact Exercise Class ADT 16</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>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo CS</p> <p>7:00 ● Movie: "Bridges of Madison County" TR</p>
<p>10:30 ● Catholic Service at the Courtyard 17</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>6:00 ● Music with Wild Honey Pizza and Beer DR</p> <p>7:00 ● Movie: "Emma" TR</p>	<p>PRESIDENTS DAY 18</p> <p>● REFLECT WALK ON THE LOWER LEVEL UNTIL FRIDAY</p> <p>9:45 ● Tai Chi Flow Class ADT</p> <p>11:00 ● Protestant Service CPL</p> <p>2:00 ● Seasons Cinema TR</p> <p>3:30 ● Happy Hour & Trivia Hosted by the Courtyard SHA</p>	<p>9:30 ● Blood Pressure Clinic SHA 19</p> <p>10:00 ● Low Impact Exercise Class ADT</p> <p>11:00 ● Chair Volleyball ATR</p> <p>1:30 ● Book Group: Everyone Welcome! CR</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 20</p> <p>10:00 ● News & Views CS</p> <p>11:00 ● Stitch and Chat ATR</p> <p>1:00 ● Brain Fitness ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Bridge for Fun TL</p> <p>5:15 ● "Mamma Mia" At Indian Hill High School</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 21</p> <p>11:00 ● Catholic Communion CPL</p> <p>12:00 ● Lunch and Learn: Abe Lincoln ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● The Sociables ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 22</p> <p>10:00 ● Yoga Class with Linda Becker ADT</p> <p>12:00 ● IMAX Theater: "Volcanoes"</p> <p>4:15 ● Sabbath Eve Service CPL</p> <p>7:00 ● Movie: "Pretty Woman" TR</p>	<p>10:00 ● Low Impact Exercise Class ADT 23</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 ● Movie: "Ghost" TR</p>
<p>10:30 ● Catholic Service at the Courtyard 24</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>2:00 ● College Conservatory of Music Performance ATR</p> <p>7:00 ● Movie: "The American President" TR</p>	<p>9:45 ● Tai Chi Flow Class ADT 25</p> <p>10:00 ● Ladies' Brunch at Cracker Barrel</p> <p>11:00 ● Protestant Service CPL</p> <p>1:30 ● Writers' Group: Everyone Welcome CR</p> <p>3:30 ● Social Hour SHA</p> <p>7:00 ● Travel Talk with Brian Jorg: Namibia & Botswana ADT</p>	<p>8:30 ● Men's Breakfast at Cracker Barrel 26</p> <p>9:00 ● Hill Hearing: Hearing Aid Checks 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>10:00 ● Low Impact Exercise ADT 27</p> <p>10:00 ● News & Views CS</p> <p>11:00 ● Stitch and Chat ATR</p> <p>1:00 ● Brain Fitness ATR</p> <p>2:00 ● Women's Bible Study CS</p> <p>2:00 ● Pool Sharks for Men BR</p> <p>2:00 ● Bridge for Fun TL</p> <p>4:30 ● Dinner Out: Firebirds</p> <p>7:00 ● Mexican Train Dominoes SHA</p>	<p>10:00 ● Low Impact Exercise Class ADT 28</p> <p>11:00 ● Catholic Communion CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>12:00 ● Lunch & Learn: Union Terminal Restoration ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel CS</p> <p>3:30 ● Social Hour SHA</p> <p>4:00 ● Music with Mike Pendell ATR</p> <p>7:00 ● Girls' Night: Champagne, Chocolate & Movie ADT</p>		

EVENT RECAP

snapshots from around our community



Happy New Year!



Secret Santa Brunch



Happy New Year!

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

HAPPY VALENTINE'S DAY

Thank you to all our residents who make our community such a beautiful place to live. Our hallways are full of friendly neighbors and a wonderful feeling of community and kindness. You all make Seasons a beautiful place to live and work. Happy Valentine's Day, everyone!

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

Most of you know our smiling Server in the Dining Room, JAYLEN GRIFFIN. He says that residents are always asking him how he continues to smile all day, every day. His answer, "There's nothing to it, really. I never let any negativity bring me down." His favorite saying is, "We define ourselves by the best that is in us, not the worst that has been done to us." This saying is the motto for his life and it truly shows through with his smile and happy attitude.

He loves being part of the Seasons family and serving our community with his warm personality. In his free time, he enjoys watching shows on Netflix, drawing but not dancing, singing and listening to music.



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*
- Dave Lewis, *Dining Room Manager*
- Tina Smiley, *Director of Housekeeping*
- Shaun Kidd, *Director of Maintenance*

TRAIN YOUR BRAIN *solution*



SENIOR
LIFESTYLE
your life, your style

