

# Be Inspired

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

## THIS MONTH'S *silver stars*

### FRANK AND VELMA CHAMBERS

A casual visit with an old friend and neighbor led to a new happily ever after! But let's not get ahead of our story ...



Frank was born on a farm near Oxford, Ohio where he lived until he was 16. Then his family moved and he graduated from Mt. Healthy High School.

Velma was born in Eubank, Ky., near Somerset, but her family moved to Carthage when she was one year old. She graduated from Hughes High School.

Frank's family was Presbyterian. After high school graduation, Frank entered the seminary, but within a year, decided that it wasn't the right match for him. He was hired by Proctor & Gamble, working in Ivorydale in manufacturing and office management for 44 years. During WWII, Frank was called to the draft in 1941, but turned away because of a heart murmur. Interestingly, he was called again in 1944 and entered the Navy, serving in northern Idaho with the Hospital Training Corps. Following his service, he returned to P & G. He and his late wife, Jean, have a daughter, Pam, who lives in Evandale. Frank has two grandchildren.

Velma worked in billing and payroll for Alms & Doepke and Cincinnati Industries, respectively. Velma's family was Methodist; when she married in 1946, she converted to Catholicism. She and her late husband (also Frank) had four sons and a daughter. One son lives in Florida, one in Morrow, and two sons and a daughter live on Cincinnati's West Side. Velma has eight grandchildren.

The two families became next door neighbors in 1953 when both moved to Covedale Ave. in Price Hill. In 1957, Frank and Jean moved to Finneytown, but kept in touch; Jean and Velma had become close friends. Years later, Jean suffered ill health, requiring two years in a nursing facility; each day of those years, Frank visited her. In 1994, Jean passed away. Velma was widowed in 1990, still living in her Price Hill home.

A year or so later, Frank had a doctor's appointment which took him within a short distance from Covedale Ave. and it occurred to him that he might stop by for a visit with Velma, so he called her; she said she'd be happy to see him. When she opened the door, Frank was so glad to see her, his happiness overcame his shyness when he verbalized, "I want a hug!" The hug was forthcoming ...

In 1996, Frank and Velma were married by a priest, yet attended both Protestant and Catholic services each Sunday, until in 1998, Frank was confirmed in the Catholic church.

The two rabid sports fans closely follow the Reds, the Bengals, Ohio State and Notre Dame. They also share a love of travel, especially out west. True Snowbirds, they wintered in Florida, until driving became an issue. The Chambers happily chose Seasons as their new home, where they enjoy living, enjoy their collective 10 grandchildren and 12 great-grandchildren, and life in general ... and all because of "a hug."

JOIN US THIS MONTH FOR

## *try something new in the new year!*

It's a New Year and we encourage and challenge you to try something new to you.



There are so many offerings at Seasons and we'd love to see you take part in

something you haven't tried. Maybe it's time to write your life story — we'll help you get it on paper at our Monday Writing Group. Is your goal to read more? Our Book Club meets once a month and we'd love to have you join us for our discussions. Worrying that if you don't move it you'll lose it? We'll see you at one of our exercise classes offered six days a week, at 10 a.m. We'll let you have Sunday off to rest!

So many choices to enrich your life — our New Year's wish for you is that you'll try something new!

### TRAIN YOUR BRAIN *sudoku solution on back*

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

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

www.SeniorLifestyle.com  
Activities are subject to change

CHANGING SEASONS STYLING SALON

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



- 10:30 Catholic Service at the Courtyard 6
- 12:45 Kenwood Mall
- 1:00 Puzzle Pages on Program Table
- 1:45 Kenwood Mall
- 2:00 Movie Matinee
- 2:00 Pinochle and Euchre | SHA
- 2:30 Protestant Service at the Courtyard
- 7:00 Seasons Cinema

- 10:30 Catholic Service at the Courtyard 13
- 12:45 Kenwood Mall
- 1:00 Puzzle Pages on Program Table
- 1:30 Postcard Group Meeting: Everyone Welcome | TL
- 1:45 Kenwood Mall
- 2:00 Movie Matinee
- 2:00 Pinochle and Euchre | SHA
- 3:30 Protestant Service at the Courtyard
- 7:00 Seasons Cinema

- 10:30 Catholic Service at the Courtyard 20
- 12:45 Kenwood Mall
- 1:00 Puzzle Pages on Program Table
- 1:00 Pops Concert: Ticket Holders Only
- 1:45 Kenwood Mall
- 2:00 Movie Matinee
- 2:00 Pinochle and Euchre | SHA
- 7:00 Seasons Cinema

- 10:30 Catholic Service at the Courtyard 27
- 12:45 Kenwood Mall
- 1:00 Puzzle Pages on Program Table
- 1:45 Kenwood Mall
- 2:00 Movie Matinee
- 2:00 Pinochle and Euchre | SHA
- 6:00 Pizza & Beer Music with Cincy Jazz Train | DR
- 7:00 Seasons Cinema

- 9:45 Tai Chi Flow Class | ADT 7
- 11:00 Protestant Service with Communion | CPL
- 12:00 Focus Group Lunch
- 1:30 Writing Group: Everyone Welcome | CR
- 3:30 Social Hour | SHA
- 7:00 Music with Jeanne Phillips | ATR

- 9:45 Tai Chi Flow Class | ADT 14
- 11:00 Protestant Service | CPL
- 12:00 Protestant Luncheon | DR
- 1:00 Create & Learn with Jenny | CS
- 3:30 Social Hour | SHA
- 7:00 Diane Shields: Korean War | ADT

- MARTIN LUTHER KING JR. DAY 21
- 9:45 Tai Chi Flow Class | ADT
- 11:00 Protestant Service | CPL
- 2:00 Movie Matinee | TR
- 3:30 Social Hour | SHA
- 4:00 Happy Hour Music with Denny | ATR

- 9:45 Tai Chi Flow Class | ADT 28
- 11:00 Protestant Service | CPL
- 1:30 Writing Group: Everyone Welcome | CR
- 3:30 Social Hour | SHA
- 7:00 One Voice Chorus Performance | ATR

NEW YEAR'S DAY 1

- 9:30 Blood Pressure Clinic | SHA
- 10:00 Low Impact Exercise Class | ADT
- 11:00 New Year's Day Lunch Until 1 p.m. | DR
- 7:00 Game Night: Left, Right, Center | SHA
- 7:00 Rowan & Martin's Laugh in | TR

- 9:30 Blood Pressure Clinic | SHA 8
- 10:00 Low Impact Exercise Class | ADT
- 11:00 Chair Volleyball | ATR
- 1:00 Shopping at Rookwood & Whole Foods
- 2:00 Bingo! | CS
- 2:00 Resident Association Meeting | ADT
- 4:00 Wine and Beer Social | ATR
- 7:00 Game Night: Left, Right, Center | SHA
- 7:00 Rowan & Martin's Laugh in | TR

- 9:30 Blood Pressure Clinic | SHA 15
- 10:00 Low Impact Exercise Class | ADT
- 11:00 Chair Volleyball | ATR
- 1:30 Book Group: Everyone Welcome | CR
- 2:00 Bingo! | CS
- 4:00 Wine and Beer Social | ATR
- 7:00 Game Night: Left, Right, Center | SHA
- 7:00 Rowan & Martin's Laugh in | TR

- 9:30 Blood Pressure Clinic | SHA 22
- 10:00 Volleyball with Reading | ADT
- 2:00 Bingo! | CS
- 4:00 Wine and Beer Social | ATR
- 6:30 "Fiddler on the Roof" At the Aronoff
- 7:00 Game Night: Left, Right, Center | SHA
- 7:00 Rowan & Martin's Laugh in | TR

- 8:30 Men's Breakfast: Wild Eggs 29
- 9:00 Hill Audiology Hearing Aid Checks | SHA
- 9:30 Blood Pressure Clinic | SHA
- 10:00 Low Impact Exercise Class | ADT
- 11:00 Chair Volleyball | ATR
- 1:00 Shopping at Trader Joe's
- 1:00 Dessert with Housekeepers and Maintenance | ATR
- 2:00 Bingo with Prizes | CS
- 4:00 Wine and Beer Social | ATR
- 7:00 Rowan & Martin's Laugh in | TR

- 10:00 Low Impact Exercise | ADT 2
- 10:00 News & Views | CS
- 11:00 Stitch and Chat | ATR
- 1:00 Brain Fitness | ATR
- 2:00 Women's Bible Study | CS
- 2:00 Pool Sharks for Men | BR
- 2:00 Bridge for Fun | TL
- 7:00 Mexican Train Dominoes | SHA

- 10:00 Low Impact Exercise | ADT 9
- 10:00 News & Views | CS
- 11:00 Stitch and Chat | ATR
- 11:00 Medication Disposal in Tricia's Office Until 1 pm
- 12:00 Volunteer at Matthew 25 Ministries
- 1:00 Brain Fitness | ATR
- 2:00 Women's Bible Study | CS
- 2:00 Pool Sharks for Men | BR
- 2:00 Bridge for Fun | TL
- 7:00 Mexican Train Dominoes | SHA

- 10:00 Low Impact Exercise | ADT 16
- 10:00 News & Views | CS
- 11:00 Stitch and Chat | ATR
- 1:00 Brain Fitness | ATR
- 2:00 Women's Bible Study | CS
- 2:00 Pool Sharks for Men | BR
- 2:00 Bridge for Fun | TL
- 4:30 Dinner Out: Cozy's Cafe
- 7:00 Mexican Train Dominoes | SHA

- 10:00 Low Impact Exercise | ADT 23
- 10:00 News & Views | CS
- 11:00 Stitch and Chat | ATR
- 1:00 Brain Fitness | ATR
- 2:00 Women's Bible Study | CS
- 2:00 Pool Sharks for Men | BR
- 2:00 Bridge for Fun | TL
- 7:00 Mexican Train Dominoes | SHA

- 10:00 Low Impact Exercise | ADT 30
- 10:00 News & Views | CS
- 11:00 Stitch and Chat | ATR
- 1:00 Brain Fitness | ATR
- 2:00 Women's Bible Study | CS
- 2:00 Pool Sharks for Men | BR
- 2:00 Bridge for Fun | TL
- 7:00 Mexican Train Dominoes | SHA

- 10:00 Low Impact Exercise Class | ADT 3
- 11:00 Catholic Communion | CPL
- 12:00 Lunch and Learn: Code Breakers with Mike Lawrence | ADT
- 1:00 Painting Class with Resident Artist Rhea Preschel | CS
- 3:30 Social Hour | SHA
- 7:00 Music with Ricky Nye | ATR

- 10:00 Low Impact Exercise Class | ADT 10
- 11:00 Catholic Communion | CPL
- 11:15 Volunteer at Walnut Hills Soup Kitchen
- 12:00 University of Dayton: At the Manager Tour
- 1:00 Painting Class with Resident Artist Rhea Preschel | CS
- 3:30 Social Hour | SHA

- 10:00 Low Impact Exercise Class | ADT 17
- 11:00 Catholic Communion | CPL
- 11:00 Lunch & Shopping at Dorothy Lane Market
- 1:00 Painting Class with Resident Artist Rhea Preschel | CS
- 3:30 Social Hour | SHA
- 7:00 The Sociables | ATR

- 10:00 Low Impact Exercise Class | ADT 24
- 11:00 Catholic Communion | CPL
- 11:15 Volunteer at Walnut Hills Soup Kitchen
- 12:00 Lunch & Music: Name That Tune, Prizes! | ADT
- 1:00 Painting Class with Resident Artist Rhea Preschel | CS
- 3:30 Social Hour | SHA
- 7:00 Music with Stormy Weather | ATR

- 10:00 Low Impact Exercise Class | ADT 31
- 10:30 Ladies' Lunch at Urban Grill
- 11:00 Catholic Communion | CPL
- 1:00 Painting Class with Resident Artist Rhea Preschel | CS
- 3:30 Social Hour | SHA
- 4:00 Music with Mike Pendell | ATR
- 7:00 What Is "Alexa" and Do I Need One? | ADT

- 9:30 Shopping at Montgomery Kroger 4
- 10:00 Yoga Class with Linda Becker | ADT
- 10:00 Symphony: Ticket Holders Only
- 11:15 Diane Shields: Current Events | ADT
- 4:15 Sabbath Eve Service | CPL
- 7:00 Seasons Cinema

- 9:30 Shopping at Montgomery Kroger 11
- 10:00 Yoga Class with Linda Becker | ADT
- 11:00 Fall Prevention Class with Genesis Rehab | ADT
- 1:00 Fun Committee Meeting | ATR
- 4:15 Sabbath Eve Service | CPL
- 7:00 Seasons Cinema
- 7:00 Symphony: Ticket Holders Only

- 9:30 Shopping at Montgomery Kroger 18
- 10:00 Yoga Class with Linda Becker | ADT
- 10:00 Birthday Brunch | TL
- 1:00 Snowman Hot Chocolate Craft with Jill | CS
- 4:15 Sabbath Eve Service | CPL
- 7:00 Seasons Cinema

- 9:30 Shopping at Montgomery Kroger 25
- 10:00 Yoga Class with Linda Becker | ADT
- 11:00 Needlepoint Display by Barb Smith Until 1 p.m. | ATR
- 4:15 Sabbath Eve Service | CPL
- 7:00 Seasons Cinema

- BOB REID — 1st
- JANET LINES — 2nd
- BILL FAVRET — 2nd
- RON ANDERSON — 3rd
- GEORGE DISTLER — 9th
- RUTH BERG — 9th
- JOHN MULLIN — 9th
- RITA GEHRING — 10th
- JOHN FEIGHERY — 13th
- MARY HEINEKE — 15th
- PEGGY MACK — 18th
- ROBERTA MITCHELL — 18th
- ELEANOR KLUSZEWSKI — 20th
- GLORIA PANARELLO — 21st
- BARB SMITH — 22nd
- JOHN MCNAMARA — 23rd
- DICK WENSTRUP — 28th
- ALICE KUECKLES — 28th
- HAROLD PERRY — 29th
- RON HEMINGWAY — 29th
- HANK DALY — 29th

- 10:00 Low Impact Exercise Class | ADT 5
- 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 | CS
- 2:30 Ron Anderson's 100th Birthday Party | ATR
- 7:00 Rowan & Martin's Laugh in | TR

- 10:00 Low Impact Exercise Class | ADT 12
- 11:00 Chair Volleyball with Cliff | ATR
- 11:00 Pool Sharks for Men | BR
- 11:00 Fiber Arts with Cara | CS
- 12:45 Madeira Kroger
- 1:45 Madeira Kroger
- 2:00 Bingo | CS
- 7:00 Rowan & Martin's Laugh in | TR

- 10:00 Low Impact Exercise Class | ADT 19
- 11:00 Chair Volleyball with Cliff | ATR
- 11:00 Pool Sharks for Men | BR
- 11:00 Greeting Card Class with Blaise | CS
- 12:45 Madeira Kroger
- 1:45 Madeira Kroger
- 2:00 Bingo | CS
- 7:00 Rowan & Martin's Laugh in | TR

- 10:00 Low Impact Exercise Class | ADT 26
- 11:00 Pool Sharks for Men | BR
- 11:00 New Style Volleyball Game | ADT
- 12:45 Madeira Kroger
- 1:45 Madeira Kroger
- 2:00 Bingo | CS
- 7:00 Rowan & Martin's Laugh in | TR

BIRTHDAYS THIS MONTH

EVENT RECAP

# snapshots from around our community



Our very own elves making elf candy dishes worthy of the North Pole toy shop.



Thanks to everyone who helped make the peppermint ornaments for our tree.



The jolly man himself made a visit to Seasons and heard lots of Christmas wishes.

IT'S OUR PLEASURE TO SERVE YOU ...

## word from your executive director

A NOTE FROM NICK

Warm wishes to you and your loved ones for a wonderful 2019. Everyone in our Community enriches the lives of those who work here and our goal in the New Year is to continue enriching the lives of those in our Community. Happy New Year!

## 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*

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Hi, I'm BESSIE EVERSOLE. Before coming to The Seasons, I worked in the accounting department for United Dairy Farmers, Inc. for 16 years — in a cubicle with no windows! Working at Seasons has been a breath of fresh air, literally. My friend of over 30 years, Angel Worthington, who also works at the Front Desk, introduced me to The Seasons community.

I love the day-to-day interactions with all of the residents!

When I'm not working, you can find me hanging at my home in Colerain Township with my husband of 8 years, Greg and our beautiful fur babies — all six of them! Oh, and I can't forget our iguana (Lizzie), who thinks she's a dog too!

I've been at Seasons for almost 3 years now and I have made wonderful relationships that I'll treasure always!



## TRAIN YOUR BRAIN solution

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



SENIOR LIFESTYLE

your life, your style