

Line Dancing w/ Whitney

Reviewing: Electric Slide, Whiskey Song, Wobble, & Booty-Call

Learning: Cha-Cha Slide & Detroit Hustle

Please make sure you sign up on the sign-up sheets outside the office.

Info Table

Stop by our info table to pick up February Recipes and Tips:

Strawberry Spinach Salad; Spinach Salad with Warm Bacon-Mustard Dressing; Valentine’s Day Steak; Cedar Planked Salmon; White Chocolate Raspberry Cheesecake; Chocolate Covered Strawberries

=====

Monthly Crafts with DeAnna

This month DeAnna has to cancel the Monthly Crafts with DeAnna. She will resume on Saturday, March 9th—that craft is outside the office door.

There will not be a sign up sheet for February She will resume in March.

Message from Community Manager

Hello Residents!

The month is already flying bye because here we are in February! This will actually be my one year anniversary with Episcopal Retirement Services!

This has been an amazing year! I started out as a Leasing Agent and leased up two properties within my first 7 months and then was promoted to Community Manager here at Central Parkway in October of 2018! I’ve learned so much about this Non-Profit Organization, as well as about myself and what I can truly accomplish if I put my mind to it.

What are you looking to accomplish this week? This month? This year? Are you putting your mind to it? Are you taking those steps to achieve your goals because it’s never too late to make a dream come true!

Central Parkway Place Staff
Community Manager: Whitney Tidwell, 513-381-4193
Service Coordinator: Ann Patterson, 513-218-5237
Maintenance: 513-542-5888

February Service Coordination Info

Note from Ann: I wanted to let you all know that my schedule has changed. I will be at CPP on Wednesdays only for most of the coming year while I am working on a Master’s in Social Work.

I am still available for any resource, benefit, or paperwork questions you may have throughout the work week. If you need assistance, I encourage you to call me directly at 513-218-5237. Thank you!

Blood Pressure Clinic with RN Jen from Interim HealthCare

Wednesday, February 13 from 1:00-2:00
Wednesday, February 27 from 1:00-2:00

Info Session & Refreshments with SeniorWell

Wednesday, February 20 at 1:00 pm
SeniorWell is a provider of on-site healthcare in senior living communities. The services include dental, optometry, podiatry, audiology, and eventually counseling services. Consumer’s insurance is billed for services. Please sign up if you plan to attend the info session – all are welcome!

Chair Yoga Class with Tami

Wednesday, February 20 at 2:00 pm

Health Talk: Diabetes Health Tips

Wednesday, January 27 at 2:00 pm

Join RN Jen from Interim HealthCare to learn and share diabetes health tips, including healthy eating.

Who Knew???

The creature that kills the most people every year isn't snakes, sharks or even other humans—it's the mosquito. The voice of Mickey Mouse and the voice of Minnie Mouse got married. Richard Nixon once smuggled a suitcase full of weed through the airport for Louis Armstrong. Ancient Greeks came up with the idea of cyclops after they found a fossil of a mammoth, and had no idea what it was.

February the month of love?!! No wonder it's the shortest one in the calendar!

Resident meeting will be on Tuesday, February 12th at 2pm

If you have anything you wish to be discussed, please complete the form in the newsletter and drop off to the office.

Pest Control: Any resident who has bed bugs, please let staff know immediately so the proper treatment can be done to get rid of them.

Pest Inspection for 6th and 7th floors on Thursday, February 14th starting at 9:00am.

It is extremely important to contact the office if you are experiencing any insect concerns.



Happy Birthday!!!

Please help us celebrate the following Birthdays: Doris Bailey, Elaine Sims, Gregory Phillips, Leon Cole and Carolyn Stewart

ALL residents welcome!

Monday, February 18th at 2:00pm—Resident Birthday

Party with Christ Church Cathedral

Cake and ice cream will be served. ALL RESIDENTS ARE INVITED!

Please sign up.

Life Enrichment Trip Details

Monday, February 1st

Cincinnati Art Museum

Free Admission but pack a snack.

Monday, February 18th

Thrift Shopping at Goodwill and lunch at Alabama's Fish Bar

Whitney will be out on:

Wednesday, February 20th; Thursday, February 21st; Friday, February 22nd for training

The Office will be closed on:

Thursday, February 21st; Friday, February 22nd



February 2019

Bus Policy: If you choose to take a bus trip, please call 513-431-9767. Leave your name, property, and phone number on the message. State what trip you are taking and if you're bringing a walker or wheelchair. Bus Fee is \$1, payable to driver. The driver carries no change.

Deadline for a reservation is 4 PM on the business day prior to the trip. Calls after this time will not be processed.

Friday, February 1st: Life Enrichment Trip: Cincinnati Art Museum Pick up at 10:45am. Drop off at 2:15pm

Friday, February 8th: Walmart/Kroger-Western Hills Pick up at 12:30pm. Drop off at 3:25pm

Wednesday, February 13th: Kroger/Meijer-Oakley Station Pick up at 1:00pm. Drop off at 3:10pm

Friday, February 15th: Freestore Food Bank Pick up at 1:45pm. Pick up from Freestore at 3:00-3:15pm. If you have not previously visited the Free Store, please make sure you are pre-registered before going by calling Service Coordinator, Ann Patterson at 513-218-5237.

Monday, February 18th: Life Enrichment Trip: Thrift Shopping at Goodwill/ Lunch at Alabama's Fish Bar Pick up at 9:45am. Drop off at 1:15pm

Thursday, February 21st: Corryville Kroger/Walgreen's Pick up at 9:40am. Drop off at 12:30pm

Wednesday, February 27th: Kroger/Meijer-Oakley Station Pick up at 12:45pm. Drop off at 3:10pm