



Welcome Back!

A new year allows us to start fresh and look forward to a new year of changes and New Year's resolutions. We are excited to bring back an expanded edition of ActiveLife to provide you with not only a calendar, but a newsletter filled with wholesome information to keep you remaining active and independent!

We're excited about the programs we have scheduled for you this winter – laughter yoga, tai chi, - as we approach spring, these programs will have you feeling refreshed, energized and informed - ready for an ActiveLife summer!

Enjoy the articles and tips, and you can always find more information on a variety of health-care topics at www.livefull.org.

Peace and Happy New Year to all our ActiveLife Friends!

Sarah Lewis,
Deaconess ActiveLife Program

Find Your Full Life

If you are a senior or caregiver and need information on healthcare and/or care giving resources, look no further than Deaconess Full Life at www.livefull.org.



Deaconess Foundation launched this comprehensive online tool for seniors and caregivers in the latter part of 2010. We realize that you can get overloaded with information, or may not know where to find certain resources to meet your personal needs, or assist your loved one to remain independent. Deaconess has responded to that urgent need and has partnered with area healthcare services and product providers to connect you and your loved one to these vital resources.

Sign up today! Go online to livefull.org and sign up for a free user account. Receive online newsletter right in your email inbox filled with articles on topics that you select. Learn about more member benefits at www.livefull.org.

New Year's Resolution: Make Time to Volunteer

ITN^{Greater}Cincinnati Dignified transportation for seniors
If making time to volunteer is on your long list of New Year's resolutions, then look no further than ITN^{Greater}Cincinnati. This arm through arm, door through door, independent transportation network (ITN) has been serving Greater Cincinnati's seniors and visually impaired adults since May 2010. As rides increase, so has the need for volunteer drivers. If you can give some spare time, enjoy driving, and like to meet new people, think about what fun and how rewarding your help and companionship would be to a senior who can no longer get behind

the wheel. Volunteer one afternoon a week or a few hours during the month. You'll receive training, and ITNGC will arrange your driving assignments and routes around your schedule. You can even pick up a rider on your way to work and do a good deed before the day's begun!

Call 513.559.2200 or visit www.itngreatercincinnati.org and start giving back today.



ActiveLife Travel Club Reservation Form

On the Go... These trips fill up fast, so register early to reserve your space! Complete the form below.

Travel Club Meeting: Wed., March 16 | 9:30 - 10:30 a.m. | West End, Deaconess Cafeteria, A-level

DAY Trips

- Springtime in Franklin Park | Wed., March 30, 2011 | \$69 per person | Visit Franklin Park Conservatory in Columbus, Ohio.
- A Pink Ribbon Day | Wed., April 27, 2011 | \$69 person | Visit Jesse Holman's property Veraestau in Aurora, IN.
- Louisville's Historic Homes | Wed., May 25, 2011 | \$79 per person | Trip to Louisville, KY to visit two of its historic homes - Conrad/Caldwell House & Farnsley-Moremén Landing.
- Cruising & Angels | Wed., June 29, 2011 | \$79 per person | Board the BB Riverboat for a luncheon cruise.

OVERNIGHT Trips - Call 513.777.8221 for trip details.

- Bermuda by Motor Coach | May 12 - 20, 2011 | \$1599 per person
- Choo Choos & Paddlewheels, Chattanooga, TN | June 13 - 16, 2011 | \$777 per person
- Amish Quilt Gardens, Elkhart, IN | July 13 - 15, 2011 | \$337 per person

Name _____ Phone _____

Address _____

City _____ State _____ Zipcode _____

Please make check(s) payable to: Joy Tour & Travel

Mail reservation form with payment to: 9674 Cincinnati-Columbus Rd, Cincinnati, OH 45241,
Att: Myrna Scheurer / Phone: 513-777-8221

Check your Memory: Brain Exercises

Exercise

Physical exercise is good for your mental health! Increased blood flow and stimulation of the brain during exercise enhances brain health in seniors. Strong blood vessels carry oxygen and nutrient-rich blood to the brain, necessary for optimal brain health and development, regardless of age.

Imagination

Use your imagination - exercise your brain. Curiosity is one of the most stimulating exercises for the brain. Stimulate the imagination just by thinking while you're out on a daily walk. Imagine how you would landscape a neighbor's yard or guess the names of shrubs, plants and trees on your winter walks around the block.

Neurobics

Exercise your mind for free with neurobics, exercises to help develop and enhance those five senses. Try buttoning your shirt or tying your shoes with eyes closed. Eat with your left hand. If you are right-handed, use the computer mouse with your non-dominant hand.

Source: Read more brain health tips and exercises at www.livestrong.com

FEBRUARY

Lunch & Learn: Laughter Yoga
Wed., February 16 | 11 a.m.-1 p.m.
Cost: \$5 | West End Cafeteria, A Level
Certified Laughter Yoga teacher, Patrick
Murphy Welage. Learn more at
www.worldpeacelaughter.com

**Vintage Film Fest: February
"The Sound of Music"**
Tues., February 22 | 1 - 3 p.m.
Cost- \$2 | Snacks provided.
West End Cafeteria, A Level
Movie runtime: 174 min.

MARCH

**Lunch & Learn: St. Patrick's Day
Celebration**
Wed., March 16 | 11 a.m.-1 p.m.
Cost: \$5 | West End Cafeteria, A Level
Join your ActiveLife friends for some
traditional Irish fare and seasonal music
entertainment will be provided.

**Vintage Film Fest: March
"Rooster Cogburn"**
Tues., March 29 | 1 - 3 p.m. | Cost- \$2
Snacks provided. | West End Cafeteria, A
Level Movie runtime: 108 min.

APRIL

Lunch & Learn: Zoo to You
Wed., April 20 | 11 a.m.-1 p.m.
Cost: \$5 | West End Cafeteria, A Level
Presented by Cincinnati Zoo. Come enjoy
this "themed" presentation on the beauties
and wonders of the Cincinnati Zoo.

**Vintage Film Fest: April
"Wuthering Heights"**
Tues., April 26 | 1 - 3 p.m. | Cost- \$2
Snacks provided.
West End Cafeteria, A Level
Movie runtime: 104 min.



DISCOUNT OFFERS

Tai Chi Classes
Thursdays, starting March 3, 2011
Cost- \$ 40 6 week session (\$60 value)
MightyVine Wellness Club, Mt. Auburn
Instructor Ralph Dehner. Contact MightVine
at 513.241.9355 to sign up. Learn more at
www.haveqiwilltravel.com.

Pilates Classes
Offer valid through May 2011
Cost: \$80 Mat class, 10 sessions (\$100
value) OR \$188 Intro Pilates Equipment,
5 sessions (\$235 value). Contact
BodyMind Balance at 513.351.7587 or
visit bmbpilates.com to learn more.

**2011 Krohns Butterfly Show
Discount Tickets**
April 16 - June 19, 2011
Cost- \$4 | Tickets will be mailed with
confirmation letter
Find out more about the "Butterflies of
Brazil" show at the Krohn Conservatory at
www.cincyparks.org.

ActiveLife Winter 2011 Registration Form



Name _____

Additional Names (if applicable) _____

Address _____

Phone _____

City _____ State _____ Zip _____

Mail this form and your check (if payment due) to:
Deaconess ActiveLife, 311 Straight Street, Cincinnati, OH 45219.
We'll send you a confirmation of the events for which you have registered.

Questions? Call ActiveLife at (513) 559-2340.

Visit us online at www.DeaconessFoundation.org, click on Senior Continuum > ActiveLife



311 Straight Street • Cincinnati, OH 45219

If you would like to be removed from mailing list, contact Corporate Communications Department at 513.559.2108.

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Events & Programs

All programs are held in West End Cafeteria, A level of the Deaconess building at 311 Straight St. in Clifton, unless otherwise noted:

- Lunch & Learn: February
Wednesday, February 22 \$5
- Vintage Film Fest: February
Tuesday, February 28 \$2
- Lunch & Learn: March
Wednesday, March 16 \$5
- Vintage Film Fest: March
Tuesday, March 29 \$2
- Lunch & Learn: April
Wednesday, April 20 \$10
- Vintage Film Fest April
Tuesday, April 26 \$2
- 2011 Krohns Butterfly Show Tickets
April - June 2011 \$4

Tai Chi Classes: February - March

Classes will be held at MightVine Wellness Club - they will handle registration and payment, call 513.241.9355.

Pilates Classes - thru May 2011

Classes will be held at BodyMind Balance studio - they will handle registration and payment, call 513.351.7587.

Total amount enclosed: \$ _____



Registration Form

Check off the events and programs you wish to attend. Please fill out back of this form with contact information and mail to:

**Deaconess ActiveLife
311 Straight St,
Cincinnati, Ohio 45219**



Deaconess ActiveLife • 513.559.2340