



## September

### Lunch and Learn: Scams & Rip-Offs John Matarese

**Wednesday, September 16  
11 a.m. - 1 p.m.; \$5**  
**Goetz Conference Center**  
How can you avoid the scams and rip-offs that boggle your mind and drain your checkbook? Expert John Matarese of WCPO will tell you how to protect your financial future and your peace of mind.

## October

### Beauty Has No Age Wednesday, October 21 11 a.m. - 1 p.m.; \$5

**Goetz Conference Center**  
Does creativity diminish with age? Not so, according to the art world. An expert from the Cincinnati Art Museum will explore the exceptional works created by artists in their later years as well as thoughtful portrayals of older adults seen in art throughout the centuries.

### Trick or Treat Open House: Scarlet Oaks Retirement Community

**Thursday, October 29  
Noon-3 p.m**  
**440 Lafayette Ave., Clifton**  
**Cost: Free**

Tour independent and assisted living facility at Scarlet Oaks. Visit the historic mansion for vampire blood pressure screenings, a ghoulish healthy cooking demo and pigails and puppy dog tails sugar free candy. Shuttle service possibly available from Resource Center. Call 559-2108 for information in October.

## November

### Thanksgiving Celebration Wednesday, November 18 11 a.m. - 1 p.m.; \$5

**Goetz Conference Center**  
Share your blessings at our annual Thanksgiving Feast with all of the traditional trimmings!

Check out our exciting fall lineup...and then jot us into your calendar! Thank you for your many great suggestions on speakers. We hope to see you at Lunch and Learn. Also, climb aboard the Joy Tour and Travel bus for fun outings.

A big thank you to Karen Austin for her years of service with ActiveLife. The membership is now a part of the services being formed by the Deaconess Associations Foundation to enrich the lives of older adults.

## December

### Holiday Luncheon Wednesday, December 16 11 a.m. - 1 p.m. Kingsgate Marriott at UC Cost: \$20

Celebrate the holidays with your ActiveLife friends. Enjoy the season at this special annual event. Festive musical entertainment. Please register by December 1 and indicate meal preference on form.

### Fee Increase...

As you know, the cost of food continues to rise, and we've had to increase our fee for the Lunch and Learns to \$5. Thank you for understanding. We think it's a great value for that price!

### Need to know...

To register for programs, please fill out the registration form below and mail it in with all fees due. You will receive a confirmation of your registration.

**Please note:** The Goetz Center is located at 415 Straight Street, next door to Deaconess Hospital. Send your completed registration form to Deaconess ActiveLife, 311 Straight Street, Cincinnati, Ohio 45219. Questions? Call (513) 559-2340.

Make sure you indicate the programs you wish to attend and enclose a check for the total amount due for the programs you selected.



## Events & Programs

### Registration Form

Check off the events and programs you wish to attend and mail to the ActiveLife office. Please enclose a check for the total amount of fees due for events you have selected. We'll send you a confirmation of the events for which you have registered.

- Lunch & Learn**  
Wednesday, September 16 ..... \$5
  - Lunch & Learn**  
Wednesday, October 21 ..... \$5
  - Trick or Treat Open House**  
Thursday, October 29 ..... Free
  - Thanksgiving Celebration**  
Wednesday, November 18 ..... \$5
  - Holiday Luncheon**  
Wednesday, December 16 ..... \$20
    - Herb roasted chicken with five-rice blend
    - Pot roast of beef with garlic mashed potatoes
    - Smoked pork tenderloin with garlic mashed potatoes
    - Grilled vegetables with couscous
- All entrees include salad, dinner rolls and dessert.

**Total amount enclosed: \$** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Mail this form and your check (if payment due) to: Deaconess ActiveLife, 311 Straight Street, Cincinnati, OH 45219.

## On the Go...

These trips fill up fast, so register early to reserve your space!

Complete the form below. Make your individual check(s) payable to Joy Tour and Travel Inc. Mailing address listed at the bottom of the form.

### Travel Club Meeting

**Tuesday, September 22  
10 a.m. - 11 a.m.**

**Board Room, M-Level of  
Deaconess Hospital**

Get the latest information on upcoming trips. Continental breakfast provided.



## Day Trips

### Indy Zoo and White River Garden

**Wed., Sept. 23; \$68 per person**  
Indy has is the only accredited combined zoo, aquarium and botanical garden in the nation. Located in the White River State Park, the cageless zoo includes 350 different animal species. Enjoy the zoo, White River Garden botanical garden and Dolphin Adventure!

### Fall Delight

**Wed., Oct. 28; \$79 per person**  
Spectacular fall foliage outing in Morrow, Ohio. First stop will be Bamboo Gardens, with bamboo of many sizes and colors. Learn all its different uses. Lunch will be served at delicious Der Dutchman. Then on to a fourth generation working farm that makes their own preserves, jel-

lies, pies and cookies. Seasonal cider and doughnuts for you to enjoy!

### Christmas Memories

**Thurs., Dec. 3; \$79 per person**  
Remember the beautiful Christmas windows downtown? Visit memory lane with this wonderful holiday trip to Springfield, Ohio. First stop -- Frank Lloyd Wright's Westcott House. Next, the Teaberries Country Cafe for lunch and then Santa Land at the Heritage Center.

## Overnight Trips

### Christmas Comedy Spectacular

**Dec. 9-10; \$282 per person; double occupancy**  
Starring Jeanne Robertson and Carl Hurley. Includes matinee next day at Derby Dinner Playhouse. Overnight stay at Galt House.

### Bahamas by Motor Coach

**Jan. 29- Feb. 7.  
Cost from \$1,757 per person ; double occupancy**  
Get away from Old Man Winter and take a trip to the sunny Bahamas!

### American Passion Play

**March 26-28, 2010; \$309 per person, double occupancy**  
Sure to sell out fast, the American Passion Play is presented by the Center for Performing Arts in Bloomington, Illinois.

**Call Myrna for details on any of these trips at 777-8221.**

*If you would like your name removed from this mailing list, please contact in writing the Privacy Officer, Deaconess Hospital, 311 Straight Street, Cincinnati, OH 45219.*

## ActiveLife Travel Club Reservation Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Day Trips**      \_\_ Sept. 23    \_\_ Oct. 28      \_\_ Dec. 3

**Overnight Trips**    \_\_ Dec. 9-10    \_\_ Jan. 29- Feb.7    \_\_ March 26-28    \_\_ Travel Club Meeting, Sept. 22

**\*Please make check(s) payable to: Joy Tour & Travel, and mail to: 4193 Intrepid Drive/Cincinnati, OH 45252**

**Phone: 513-777-8221**

Deaconess ActiveLife  
311 Straight Street  
Cincinnati, OH 45219  
ADDRESS SERVICE REQUESTED

**Deaconess ER  
GUARANTEED  
20  
Minute  
Max.**

Presorted  
Standard  
U.S. Postage  
PAID  
Permit No. 9597  
Cincinnati, OH