



The MariElders

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From the Director's Desk

The new year invites us to rediscover ourselves through fresh experiences. Renewal means adding new chapters to our story while building on our firm foundation. Consider trying something you've always been curious about. Take that yoga class, learn a card game, join volleyball, or explore a new recipe. Each small step builds confidence and connects us with others who share our interests.

The beauty of this stage of life is having the wisdom to choose what truly matters while maintaining the courage to grow. Our community thrives when we inspire each other to stay curious and engaged.

What new adventure will you embrace this season?



Thank you for your generosity!



Giselle Wolfe	Julie Northrop	Nancy Anderson
Barbara Kiefer	Sally More	Patricia Auer
Nancy Powell	Carl and Janice Falstrom	Hal Schmidhorst
Gail Dold	Elinore Weidman	Nancy Duran
Karen and Ed Berkich	Sheila Connolly	Brandon and Alicia Stock
Kelly Pharmer		

Interested in senior living or care options?

Managing the challenges of aging can be an overwhelming process. Oasis Senior Advisors offers a **FREE** service to help seniors and their families navigate their options for optimal care and independence.

Katherine & Jeffrey Robinson, CSA®
513.302.6957 | KRobinson@YourOasisSeniorAdvisor.com
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New Year Updates



In 2026, newsletters will continue to be available free of charge and emailed to members. If you'd like your newsletter mailed, then there is a \$12 annual fee.



Snacks and a Speaker costs will increase to \$15 per session.



For those who started attending MariElders after March 2025, membership renewal will be the month that you joined.



MariElders follows the Mariemont City School inclement weather policy. If there is no school due to weather, we'll also close.



Book Club is moving from 10:30 to 10:00 am. It will still take place on the first Tuesday of each month.

Check your email for updates
In January and February, MariElders will be getting a backwater preventer and new carpet! These installation dates are not known. Please check emails to see if your events are moved or cancelled.

Technology Updates

If you need a tablet, Meals on Wheels has a Technology grant that could help. Talk with Lynn about it!

January

BIRTHDAYS

Christina Smith	Jan 2	Marianne Gay	Jan 18
Connie Gerwe	Jan 4	Deb van Hise	Jan 19
Barbara McMahon	Jan 4	Nancy Aubke	Jan 24
Francine Plumb	Jan 6	Alice Corbin	Jan 25
Pat Baker	Jan 8	Nati Soto-Guerrero	Jan 25
Joyce Beck	Jan 10	Carol Rope	Jan 27
Paul Payiatis	Jan 13	Elaine Annan	Jan 28
Pam Stevens	Jan 15	Ruth Varner	Jan 28
Jerry Powell	Jan 15	Alan Miles	Jan 31



Cheryl Jeffers | Senior Care Advocate

P: 513-712.4849 | C: 513-448.6590 | F: 513-436.1498

E: cherylj@amadaseniorcare.com | Web: www.AmadaCincinnati.com

An advertisement for Harmony at Anderson Assisted Living and Memory Care. It features a photo of an elderly woman singing into a microphone. The text "LIVE LIFE IN HARMONY" is at the top, followed by the "Harmony at Anderson" logo and "ASSISTED LIVING MEMORY CARE". To the right, it says "EXPERIENCE YOUR VIP TOUR & A FREE LUNCH!" and provides a QR code and contact information: "HarmonyAtAnderson.com • (513) 394-6974".

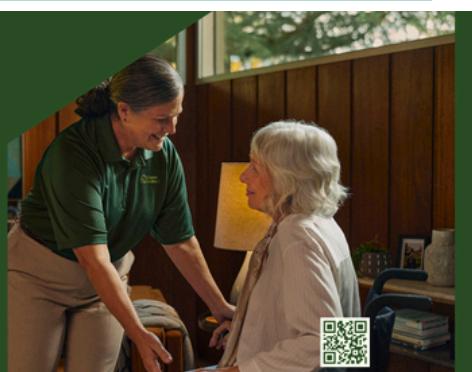
Care that's tailored
to your needs.

- Companionship
- Personal Care
- Meal Prep
- Home Helper
- Transportation
- Medication Reminders
- Errands
- Dementia Care



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Mondays

*Balance and Strength w/Diane

11:00am; lower level of MariElders

Improve your agility and reduce your risk of falls in these fabulous classes with our world-renowned instructor, Diane Sabo! Handheld weights and balls will be used to supplement a variety of exercises that target your leg, core, and upper body muscles. As with all our fitness classes, the first class is always free. Come try it out and see what a difference it makes!

Cost: \$5 per class

NOTE: There will be no BS on January 12.

*Souper Monday

12:00pm; first floor of MariElders

Nothing tastes better on a cold winter day than a warm bowl of soup! Stop by for a serving (or two)!

*Canasta

1pm; first floor of MariElders

If you are interested in playing Canasta but don't remember how or would like to learn, the group would be happy to share their experience and expertise!

***NOTE: MariElders will be closed for MLK Day on Monday, January 19.**



Tuesdays

Chair Yoga with Helene

12pm; lower level of MariElders

This class, led by certified instructor Helene Everhart, is open for all abilities.

Cost: \$5 per class; first class is free.

Mah Jongg

1pm; first floor of MariElders

If you're interested in playing or learning this fun, ancient game of strategy, contact Kelly Pharmer at (513) 831-7309. Call ahead of time to schedule lessons.

Concerned
about your
Balance?
Strength?
Independence?

We can improve your
mobility in only
20 minutes 2x week

TheExerciseCoach.



Wednesdays

Chair Volleyball

**10am; RG Cribbet Recreation Center
5903 Hawthorne Ave., Fairfax, OH 45227**

Chair Volleyball is the best kind of physical activity--competition with lots of laughs! It is played similarly to volleyball, with the differences being that the game is played with a beach ball on a smaller court, and you only need to get out of your chair to chase down stray balls!

***Balance and Strength with Diane**

11:30am; lower level of MariElders

Improving our balance is an important tool in helping prevent falls. Rest assured that this class is not a biology lab! It is an energizing workout that manages to combine exercise and laughter.

Cost: \$5 per class

NOTE: There will be no BS on 1/7 or 1/14.

Mexican Train Dominoes

1pm; first floor of MariElders

The object is for a player to play all the tiles from their hand onto one or more "trains" emanating from a central hub or "station".

Hand and Foot

1pm; first floor of MariElders

Any week you are planning to play, please contact Helen Whitling at (513) 646-3349 so we know how many tables to set up. And if you need a refresher on how to play, this group would be happy to help!

Movies at MariElders

1pm, lower level of MariElders

January 7: *The Age of Adaline*

113 minutes

Adaline Bowman stops aging at 29 after a near-fatal accident and begins living a solitary life to hide her secret. But when she falls for philanthropist Ellis Jones, whose father recognizes her from the past, Adaline has to choose between eternal solitude and true love.

January 14: *Sully*

96 minutes

In early 2009, Captain Chesley Sullenberger, known as Sully, performed an emergency landing in the Hudson River, saving all 155 people aboard. Despite being celebrated as a hero, an investigation was underway that posed a risk to his reputation and career.

January 21: *Grumpy Old Men*

104 minutes

Neighbors John Gustafson and Max Goldman are elderly curmudgeons whose long-running feud becomes an all-out rivalry when an attractive widow moves in across the street.

January 28: *An Affair to Remember*

114 minutes

A young couple meet on an ocean liner and fall deeply in love. Though each is engaged to someone else, they agree to meet up six months later. But a tragic accident prevents their rendezvous, and their future takes an uncertain turn.

Thursdays

*Bingo

10am; lower level of MariElders

This energetic game is led by our very own Kent State Broadcasting legend Linda Swensson. Don't forget to bring your quarters!

*Chair Yoga with Helene

12pm; lower level of MariElders

Cost: \$5 per class

*Five Crowns

1:00pm; first floor of MariElders

In this card game, similar to rummy, players try to get the lowest score after 11 rounds.

*British Murder Mystery

1:30 pm; lower level of MariElders

Come improve your sleuthing skills while you watch a murder mystery!

*MariArtists

3:00pm; first floor of MariElders

Art enthusiasts at all experience levels meet to learn and practice new techniques and if desired, share their work with others. The classes are held via Zoom, but our members can come into MariElders and participate as a group.

***NOTE: MariElders will be closed on January 1 for the New Year's holiday.**

Fridays

Party Bridge

12pm; first floor of MariElders

If you enjoy Bridge and just want to play for fun, please contact Barb Hampton at (513) 403-3110.

Competitive Bridge

12:30pm; first floor of MariElders

If you enjoy Bridge but take it a bit more seriously, please contact Barb Smith at (513) 546-6015.

Lunch Bunch

Fridays at 1pm

Join members as we sample some newer restaurants and visit old favorites! Unless otherwise indicated on the monthly calendar, we leave MariElders at 12:30 pm. Please sign up by the Wednesday before each lunch so we have time to finalize our reservations and plan transportation.

January 2: Subito's

*January 9: McCollum's

*January 16: 101 Craft Kitchen

January 23: The Winey Bride

January 30: Tickle Pickle

***Lunch Out is combined with an outing to another destination.**



Melissa M. Bales
Providing Insurance Products for Seniors
513-733-9090 (office)
513-733-0130 (fax)
email: melissa@balesins.com

You may sign up for these activities starting on Monday, November 24.
Spots are limited on some events so don't delay!

Thursday, January 1



Tuesday, January 6

Book Club

10:00 am; first floor of MariElders

Mandi Beecroft will have some questions prepared if people would like to spend a little time discussing *The Lost Story*, since our December meeting was snowed out. In addition, bring in a copy of your favorite book from 2025 so the group can pivot to an open-sharing session if there is time. Mandi will have a fresh book prepared to hand out for discussion in February.

Thursday, January 8

Tech Talks: iPhone Map Apps

9:00 am; first floor of MariElders

Instead of trying to unfold and read paper maps when we are traveling, we can now use apps on our phone that include audio instructions. Join us for tips on using **Maps** and **Waze**

Friday, January 9

Members' Meeting

10:30 am; first floor of MariElders

Come hear a summary of how we did in 2025 and our plans for 2026.

Lunch Out & Visit to Merchant's Club

11:30 am; leave MariElders at 11:00

We will start with a delectable lunch out at *McCollum's on York*, then venture over to *Merchant's Club* within *Party Source* for cocktails and additional light bites.

Tuesday, January 13

Newsletter Packing Party

9:15 am; first floor of MariElders

Help us sort, stuff and stamp our February newsletters while being one of the first to see what is planned for the month.

Thursday, January 15

Armchair Travels: Italy

12:30pm; Scotti's Italian Restaurant

In January and February, we will learn about Italy. We will start with a lunch out at Scotti's Italian Restaurant. Scotti's stops serving lunch at 1:30, so we will be leaving MariElders at noon rather than our usual 12:30.

Cost: transportation + lunch

You may sign up for these activities starting on Monday, December 22.
Spots are limited on some events so don't delay!

Friday, January 16

**Dorothy Lane Market Tour &
Shopping; Lunch Out**

11:00am; leaving ME at 10:15 am

We will start with a guided tour of Dorothy Lane Market followed by time for shopping. Then we'll head to the 101 Craft Kitchen for lunch.

Cost: transportation + lunch



Monday, January 19



Tuesday, January 27

Quarterly Birthday Bash

10:30 am; Cincinnati Music Hall

We have changed the time for the quarterly birthday celebration to the morning, before other activities begin. The Mariemont Care Center will still be providing a morning snack, and Jim Lindenschmidt will provide the music!

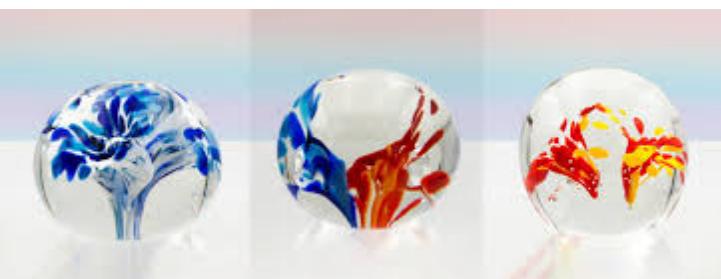


Neusole Glassworks

1:30 pm; leaving ME at 1:00pm

We will watch one of their glassblowers demonstrate create one of their production items from start to finish. Then we will each make our own item, with the option to choose between a flower, paperweight, or suncatcher.

Cost: transportation plus \$25 - \$45, depending on which item you create.





Heating Assistance Available
Application Deadline: May 31, 2026



The Ohio Department of Development and MariElders want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to eight members and 60% of State Median Income for a household of nine or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs.

Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2026.

For more information or assistance with applying for a HEAP benefit, contact Erin (513) 271-5588.

To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.