

THIS IS Living



Ohio Living
Westminster-Thurber

MARCH 2018

OHIOLIVING.ORG



Dear Friends,

Have you felt it? **Spring is in the air!** The green shoots are peeking up through the stubborn ground, the temperatures are warmer and the sun is with us longer each day. I am so thankful not just for the spring season, but for **the seasons of life.**

As we journey through life, there are many seasons we enjoy or endure. A wise saying expressed by many Ohio Living Westminster-Thurber residents is, “**Retirement is not about stopping our energies ... it is about redirecting them.**” One myth about moving to a life plan community is that life and living stop – but nothing could be further from the truth.

One of our goals at Ohio Living Westminster-Thurber is to enable residents to defeat the BLaHs of life: Boredom, Loneliness and Helplessness. Through our **Ohio Living Creative Arts Academy**, residents are given a greater opportunity to engage in creative thinking and expand their knowledge. This program is one of many at Ohio Living that has enabled residents to live life well. I am so proud of the residents who participate and for the example they set – that life should be enjoyed and engaged.

Just a few months ago, through our Creative Arts Academy, our residents were offered an opportunity to take a free, 14-week, college-level class on Language Arts methods taught by **C. Richele O'Connor**, Wright State University Professor Emerita. Through a variety of class activities and by studying the elements of short film, the students created the plot and script of their own movie. This class project quickly took shape and ended with a professional film crew bringing their script to life. Their finished short film, titled “**Moonshine and Kafka,**” premiered at the Gateway Film Center on February 25, 2018. With sold-out attendance, it was clearly a big hit! You can view the video online at ohioliving.org/ResidentFilm.

As a friend of Ohio Living Westminster-Thurber, we want you to both engage in life and be a lifelong learner. I invite you to explore the enclosed programming that is designed specifically for you. May these programs help you in life now, and paint a picture for you of what life is like here at Ohio Living Westminster-Thurber.

If you have any questions about our programs or services, please give us a call at 614.228.8888.

Take care and stay active,

Joel Wrobbel | Director of Marketing | jwrobbel@ohioliving.org

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Coffee Time Events



Tuesday, April 3, 2018 | 10 a.m.

The Character and Creativity of Columbus

Over the years, Columbus has transformed from a small “cow town” to a thriving intersection of arts and culture. Join **Brent Davis**, TV content director for WOSU Public Media, as he discusses Columbus’ metamorphosis. Brent will guide you through the transformation of Columbus as it is represented in the two widely-recognized WOSU documentary shows, “Columbus Neighborhoods” and “Broad & High.”



Tuesday, May 1, 2018 | 10 a.m.

Keeping My Balance On a Bicycle

Several years after **Marge Galloway** began her retirement, a friend suggested that they ride their bicycles across the U.S. – from San Diego, California to St. Augustine, Florida. And they did! In this entertaining presentation, Marge will tell the story of how this came about, how she trained, and the many adventures she experienced along the way. She will also explore the ways her bicycle adventure has helped her keep her balance in life.

Please RSVP for Coffee Time events to Michele Vance at 614.228.8888

What is Coffee Time? Coffee Time is a **FREE** event that provides an opportunity to learn something new, be entertained or be informed about a topic or issue affecting adults. Monthly, Ohio Living Westminister-Thurber offers fresh-baked breakfast refreshments and coffee at 10 a.m. We move to the auditorium at 10:30 a.m. to hear our scheduled Coffee Time speaker. The coffee portion can only accommodate 65 guests, but our main presentation can accommodate over 150 guests. Church groups and senior centers are welcome!

Calling All Church Administrative Assistants!

Our 14th annual Church Administrative Assistant Luncheon is fast-approaching, and we want you to join us for a power-packed 90 minutes of inspiration.

Wednesday, April 25, 2018

11:30 a.m. to 1 p.m.

Victorian Room

- Guest speaker Cheryl Newman of Betty Brewer’s Angels
- Lots of door prizes
- Gift bags for every attendee

Registration is required for this free event. Please RSVP by Friday, April 20 by contacting Michelle Vance at mvance@ohioliving.org or 614.228.8888.



Your Best Move Yet!

Thursday, May 3, 2018

10 a.m. to 1 p.m.

Topics at this free workshop include:

- Advantages of moving now
- Preparing for transitions
- Selecting the right Realtor
- Packing and organizing, and more!

RSVP by May 1 by calling 614.228.8888. Lunch provided.



Age-Friendly Movie Screenings

Picture this ...

A movie experience where there are no long previews, ambient lighting provides a warm glow, the volume is more even-toned with no extremes, and both amplified audio and closed-captioning devices are available.

The Gateway Film Center invites you to join them at 2 p.m. the last Tuesday of every month for an “Age-Friendly Screening.”

Ohio Living Westminster-Thurber believes so much in this approach to movie-going that we are a proud sponsor of the program. Contact Joel Wrobbel at jwrobbel@ohioliving.org or 614.228.8888 to learn more.



Physical, Occupational
and Speech Therapies

The Rehab Studios

614.228.8888

Lifelong Learning Opportunities



OWLS School

OWLS stands for **Older Wiser Lifelong Scholars**, which is a resident-run educational program offered every October at Ohio Living Westminster-Thurber. With a mission to provide intellectually-enriching educational opportunities through college-level courses for lifelong learners in central Ohio, the OWLS school has been offering quality classes since 1996.

Each year, seven courses of study are offered, with each consisting of four two-hour sessions, or a total of eight hours of instruction per course.

Instructors come from local colleges and universities, from prestigious organizations, and even from out of state. They are chosen for both their teaching skills and their expertise in their field.

Class schedules are mailed in August. If you'd like to be on the mailing list, please contact Michelle Vance at m Vance@ohioliving.org or 614.228.8888.

ElderQuest

Films can provide a wonderful medium to learn about life, assisting us in self-discovery, helping us explore the mysteries of life, and opening us up to the lessons we can learn from life experiences. Many films, unfortunately, paint the picture of aging in a negative light.

ElderQuest is an intentional program designed to counter the prevailing notion of aging as a decline, and instead considers the possibility of late-life transformation, integrity and transcendence.

Each spring, ElderQuest provides an eight-week journey of self-reflection through films that exemplify positive aging and, sometimes, the struggle to achieve it.

Ohio Living Westminster-Thurber is a proud sponsor of this initiative, which is held at Ohio Dominican University's Martin DePorres Center in Columbus. Call the Lifelong Learning Institute at 740.755.7122 to learn more about this opportunity.



Ohio Living
Westminster-Thurber

717 Neil Avenue
Columbus, Ohio 43215
614.228.8888
ohioliving.org



We hope you enjoy **“This Is Living.”** Read more to learn about what life is like at Ohio Living Westminster-Thurber and the upcoming programs we have to offer!



Parade of Apartments

Saturday, April 21, 2018 | 1 to 5 p.m.

Take a sneak peek of what it's like to live at Ohio Living Westminster-Thurber as our Resident Association hosts its annual Parade of Apartments!

Join us for a self-guided tour of 10 independent living apartments in our Thurber Tower and Goodale Landing buildings. As a guest of the marketing department, your admission is free.

Contact Michelle Vance at mvance@ohioliving.org or 614.228.8888 by April 13 to reserve your ticket.

