

Transportation!



3/05/24	9:30AM	Aldi Colerain
3/11/24	10:00AM	Ollies Western Hills
3/20/24	9:30AM	Kroger Western Hills
3/28/24	9:30AM	Free Store

TRANSPORTATION PHONE LINE
513-431-9767

- All reservations must be called into the transportation line (513.431.9767) by 4:00 p.m. the day before any scheduled trip.
- **Any Bus Trips will cost money. Every resident is responsible for their own admission, meal, shopping, etc.**
- There is a \$1 charge per trip.
- Monica will only wait 10 minutes after the designated times.
- See calendar for dates, places, and times.

Building Information

Monday, Wednesday, Friday
8:00-4:30pm

Eunice, Community Manager:
581-3880
Sue, Activities: 527-7058
Maria, Service Coordinator: 882-7195
Wes, Wellness Manager: 818-6377
Transportation: (513) 431-9767
Maintenance: 1-877-235-1331

Elberon is a residential community of Episcopal Retirement Services



Sunday, March 31st!

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Terry Ledford 3/3
Carolyn Granaglia 3/4
Marion Gee 3/7
Dean Fox 3/15
Rita Hunter 3/25
Robert Jones 3/25

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PEST CONTROL INSPECTION
Thursday, March 14th, 2024

2nd Thursday of the Month
Locations to be Inspected:
Common Areas
Residents do not need to be home, but maintenance and the pest inspector will be entering each apartment.



March

MARCH JOKES



ERS Wellness Manager

Hello my name is Wes Bogard, I am excited to be the new wellness manager for ERS affordable living. I have a Bachelors and Master's in Kinesiology, Nutrition, and Health from Miami University and experience working with individuals of all health and fitness levels. I am thrilled to have the opportunity to build a comprehensive wellness program at each of our communities which will include fitness, nutrition, and community based programs. Keep an eye out for my updates on the exciting programs heading your way - and don't hesitate to drop by and say hello when you spot me in your community

- Q: Which crime fighter likes March the most?
A: Robin
- Q: Why is March the most popular month to use a trampoline?
A: It's spring-time.
- Q: Which type of bow can't be tied in March?
A: A rainbow.
- Q: What falls during March but never gets hurt?
A: The rain.
- Q: Can February March?
A: No, but April May.
- Q: What March flowers grow on faces?
A: Tulips (2 lips).



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March 2024 Activities!



SUPER BOWL PREDICTION
\$15 GIFT CARD WINNER:

Lynette

*See Sue during activities to claim your prize!



ST. PATRICK'S DAY LUNCH & GAMES
Thursday, March 7th at 3:30

Come enjoy a St. Patrick's Day lunch and some fun games!



Hope all you Lucky Leprechauns will join us and win prizes!



MARCH FOOD DEMO
Monday, March 11th at 3PM-4PM

Rico with the Homeless Coalition will be doing a food demo in the community room for residents.



MARCH ST. PATRICK'S DAY BINGO
Thursday, March 14th at 3:30

May the luck of the Irish be with you as we play St. Patrick's Day Bingo! Come have fun, win prizes and don't forget to wear your green.



EASTER BUNNY CRAFT
Thursday, March 21st at 3:30

I Some Bunny wants you to come to activities and make a cute bunny. No sewing required! Join us to make these adorable little bunnies.



BASEBALL & BULLSEYE TARGET
TOSS GAME & SNACKS

Thursday, March 28th at 3:30

Let's celebrate Reds Opening Day! Come play some word games and test your skills having fun playing this new bean bag game. Let's laugh & enjoy snacks with our neighbors and see who can hit the target.



Calling all EGG-CELLENT
guessers!

The end of March look for a fun Easter game posted by the sign-up sheets for a chance to win prizes.



Tim Goldrainer's Goldie Show
is back!

Tuesday, April 2 at Knowlton. You must sign up by Thursday, March 28. **The bus will pick you up at 11:45.** Don't miss this fun and entertaining show. You will be sure to enjoy Tim's crazy moves and music!

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HEALTH & WELLNESS NEWS



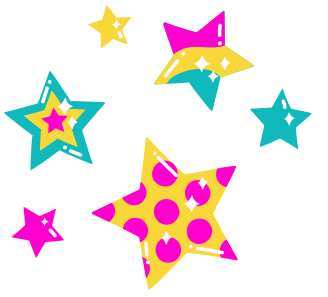










Get ready for an exciting fitness experience with ERS's NEW Wellness Manager, Wes Bogard! Elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us every Monday from 2:00 pm to 3:00 pm and embark on a journey to enhance your strength and balance. Don't miss out on this fantastic opportunity to prioritize your health and wellness. See you there!





MARCH 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 2:00-3:00 Exercise Class 	5  9:30 Aldi Colerain Bus Trip Pick-up	6	7 3:30 St. Patrick's Day Lunch & Games 	8	9
10 Daylight Savings Time 	11  10:00 Ollies Western Hills Bus Trip Pick-up  2:00-3:00 Exercise Class  3:00-4:00 Food Demo	12	13	14  1:00-3:00 Pest Control Inspection 3:30 St. Patrick's Day Bingo 	15	16












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MARCH 2024



SUN	MON	TUES	WED	THURS	FRI	SAT
17  St. Patrick Day	18 2:00-3:00 Exercise Class 	19  First Day of Spring	20  9:30 Kroger Western Hills Bus Trip Pick-up	21 3:30 Easter Bunny Craft 	22	23
24	25 2:00-3:00 Exercise Class 	26	27	28  9:30 Free Store Bus Trip Pick-up  3:30 Baseball & Bullseye Toss Game & snacks	29	30
31 Happy Easter 						



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