



### TRANSPORTATION NEWS

#### TRANSPORTATION PHONE LINE 513-431-9767

- All reservations must be called into the transportation line (513.431.9767) by 4:00pm the day before scheduled trip
- There will be a \$1 charge per trip.
- Monica will only wait 10 minutes after the designated pick-up date.
- See calendar for dates, places, and times.

#### FOREST SQUARE BUS SCHEDULE

3/04/24	Aldi Evendale	9:50am
3/08/24	Amish Country	10:50am
	Long Horn Steak	
3/12/24	Gabe's	9:50am
3/18/24	Kroger Oakley	9:50am

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Sunday, March 31st

#### Building Information



Patrice, Manager: 222-2825  
 Maria, Service Coordinator 882-7195  
 Sue, Activities: 527-7058  
 Transportation: (513) 431-9767  
 Wes, Wellness Manager: (513)818-6377  
**Maintenance: 1-877-235-1331**

### 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 Tuesday from 12:00 pm to 1:00 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 JOKES

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).



MARCH 2024

### March Activities



#### MARCH ST. PATRICK'S DAY BINGO Thursday, March 7th at 12:30

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 12:30

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 12:30

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.

#### SUPER BOWL PREDICTION \$15.00 GIFT CARD WINNER



Shawn

See Sue during activities to claim your prize



#### 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.



#### 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.