

Resident Life

Happy March Birthdays

Betty Cooper 3/1
Mary Dunkin 3/30



Hospitality Community Meeting

Tuesday March 5 at 6:00pm
First Tuesday of the month



Resident Council Meeting

Thursday, March 7 at 2:00pm
First Thursday of the month



All Resident Meeting

Friday, March 8 at 2:00pm
Second Friday of the month



Senior Food Boxes

Monday, March 25
Food boxes are delivered the fourth Monday of the month.



Service Coordination

By Appointment only

Rebecca Moats

Service Coordinator

Thursdays

10:00am to 3:30pm

Building Information

Patrice, Community Manager: 222-2825

Sue, Activities: 527-7058

Rebecca, Service Coordinator: 527-7041

Wes, Wellness Mgr: 818-6377

Transportation: (513) 431-9767

Maintenance: 1-877-235-1331

Transportation News



Krohn Conservatory - \$10.00 Charge

KNOWLTON BUS SCHEDULE

3/01/24 Krohn Conservatory 11:00am

3/13/24 Colerain Aldi 9:30am

3/16/24 Trader World 11:25am

3/21/24 Free Store 10:00am

3/27/24 Kroger Springdale 9:30am

3/29/24 Amish Country/ 11:00am

Cracker Barrel

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.
- There will be a \$1 charge per trip.
- Monica will only wait 10 minutes after the designated times.
- See calendar for dates, places, and times.



Sunday, March 31st

Pest Inspection

Thursday, March 14th

11:00am to 12:00pm

Inspections are scheduled the second Thursday of the month.



MARCH 2024

MARCH JOKES

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).



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.



March 2024 Activities



GAMES WITH ST. X STUDENTS

Friday, March 1 at 12:30

The students from St. Xavier High School will be here to join us for an afternoon of games. Come play a variety of games and test your skills.



LUNCH & LEARN “DISCOVER ARTHRITIS”

Tuesday, March 5 at 12:30

As the nation’s #1 cause of disability, arthritis affects nearly 60 million adults. Take control of arthritis with help from our experts. Join us for a St. Patrick’s Day Lunch and Learn about arthritis.



GIVE BACK CINCINNATI LUNCH & GAMES

Saturday, March 9 at 11:00

Come celebrate the (almost) arrival of spring with Give Back Cincinnati! We will be playing games and getting crafty! It’s a great way start your day! Lunch will be provided! **You must sign up by Tuesday. March 5!**



MARCH ST. PATRICK DAY BINGO

Tuesday, March 12 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.



COMPLETE MARCH MADNESS BRACKET CHALLENGES

Monday March 18 - Tuesday March 19

Join the fun & games as we play along with March Madness! Complete a Bracket Challenge paper for a chance to win a \$25 gift card!! Bracket papers will be put out on Monday, March 18 after Selection Sunday. Completed brackets must be turned in by March 19 before the first game. This year we will do a bracket challenge for both Men’s & Women’s tournaments.



EASTER BUNNY CRAFT

Tuesday, March 19 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

Tuesday, March 26 at 3:30

NOTE TIME CHANGE

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.



TIM GOLDRAINER’S GOLDIE SHOW IS BACK!

Tuesday, April 2 at Knowlton. You must sign up by Thursday, March 28. Don’t miss this fun and entertaining show. You will be sure to enjoy Tim’s crazy moves and music!



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.

Super Bowl Prediction \$15 Gift Card Winner

Raymond White

See Sue in Activities for your prize

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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 Wednesday from 10:30 am to 11:30 am 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!

Exercise Class

Every Wednesday 10:30-11:30



COA Bingocize

Tuesdays & Thursdays 3:00-4:00 Jan. 16- March 21



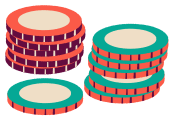
Bible Study

Every Monday at 11:00



Resident Games

Every Saturday: Bingo -4 pm to 6pm Pokeno 6pm



Coffee & Conversation

Saturday, March 30 at 10:00 Last Saturday of the month

