



## 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 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!



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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## Building Information

### Business Office Hours

Mon/Wed/Fri

Kenya Greer, Manager: Office: 527-1400

Cathy, Service Coordinator: 527-1402

Transportation: (513) 431-9767

Wes, Wellness Manager: 818-6377

Bekah, Service Coordinator:

Mobile 513-614-9175

JoAnne, Activities: 272-1118 x 104

**Maintenance: 1-877-235-1331**



Sunday, March 31st

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## Transportation News



### MANSE BUS SCHEDULE

3/04/24	Gabes Sharonville	9:40AM
3/07/24	Free Store	9:40AM
3/12/24	Shur-Fine	9:30AM
3/15/24	Amish Country Cracker Barrel	10:30AM
3/26/24	Kroger Oakley	9:30AM

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



MARCH 2024

## March Activities



### ST. PATRICK'S DAY/BIRTHDAY PARTY BINGO

Wednesday, March 13th at 2:00

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. If your birthday is in March, you get two Bingo cards! cake and ice cream will be served afterwards.



### LUNCH & TV TRIVIA

Wednesday, March 20th at 2:00

Enjoy lunch with your neighbors and have fun playing 70's and 80's TV Trivia. **SIGN UP BEFORE WEDNESDAY, MARCH 13TH.**



### EASTER BUNNY CRAFT

Wednesday, March 27th at 2:00

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

### Pest Control Schedule

March 21st at 10:30-3:30



Inspections will be on the 'third Thursday of every month.

### HAIRCUTS FROM THE HEART

Wednesday, March 20th 1:00-4:00pm

Free haircuts! Sign up with Bekah at 513-614-9175 by March 13th.



### 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.



### Bible Study

Fridays at 11 with Deacon Fred.