### **Spiritual Services**

All services continue in the Meditation Room (MR).

Wednesdays at 1:30-Bible study and refreshments with Ken Wichman and Denise Brown Meets in Meditation Room

#### Thursdays at 10:30-

Morning Devotions (NOT Bible study) with Pastor Beck

Meets in Meditation Room



### Midweek Manna at **Gaines Church**

Wednesdays 4:00pm Come join us for a free meal every Wednesday at 4 at 5707 Madison Rd, 45227. If you would like a meal delivered to you, please call this number before Wednesday: 513-271-9096



#### **Building Information**

St. Paul Village Office: 272-1118 Activities: 272-1118 x104 Transportation: (513) 431-9767 Service Coordination: 527-2394 Wellness Exercise: 818-6377 Maintenance: 1-877-235-1331

St. Paul Village Prayer Group Thursdays at 1:30 (RR) Join your neighbors in

spontaneous prayer, reflections, Bible reading and praise songs every Thursday

#### **Catholic Mass is Streamlined** Sundays at 10am

Catholic Mass is streamlined on Sundays at 10am in the Meditation Room. Mass will be streamlined from Bellarmine Chapel. All are welcome. 

#### **Transportation**



#### **SPV BUS SCHEDULE**

3/11/24	Aldi Evendale	9:30am
3/14/24	Free Store	9:50am
3/19/24	Gabe's	9:50am
3/22/24	Amish Country/	10:40am
	Cracker Barrel	
3/25/24	Kroger Oakley	9:50am

#### **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 bus trip.
- Monica will only wait 10 minutes after the designated pick-up times.

See the calendar for bus trip dates, places, and times.

St. Paul Village is a residential community of Episcopal Retirement Services



# MARCH JOKES S

Q: Which type of bow can't be tied in March? A: A rainbow. 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).

No large items such as furniture, in the dumpsters. Our trash removal service does not pick up these items.

Hello my name is Wes Bogard, I Q: What falls during March but never 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 **REMINDER TO RESIDENTS** have the opportunity to build a comprehensive wellness mattresses, tables, chairs are to be put program at each of our communities which will include fitness, nutrition, and If you have these items community based programs. you must make other arrangements to Keep an eye out for my updates have them removed from the premises. on the exciting programs heading your way - and don't Lillian Saturday 3/1 hesitate to drop by and say hello Happi Equillar McNeil 3/3 when you spot me in your Catherine Reed 3/5 Birthday community. Dorothy Garrett 3/6 Lillie Turnbolt 3/11 Josephine O'Neal 3/14 If you don't want your Audrey Henderson 3/14. birthday published in the



Roberta Gailey 3/22 Thomas Dibble 3/26 Luis Castro 3/26 Joann Rakestraw 3/29 Timothy Seid 3/30

St. Paul Village

RESIDEN'I NEWSLETTER

**MARCH 2024** 





#### **ERS Wellness Manager**

newsletter, please let JoAnne know. Thank you. 

### **MARCH 2024 ACTIVITIES**

Coffee Hour: 8:30-10 am every morning M-F in RR All are welcome! It's a great way to start your day!



#### ST. PATRICK / BIRTHDAY PARTY BINGO (DR) Tuesday, March 5th at 12:00

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!



#### **BAND & BIRTHDAY PARTY (DR)** Tuesday, March 5th at 1:00

Come and celebrate our neighbors with March birthdays. Enjoy cake and ice cream while listening to the band!



## Tuesday, March 12th at 12:30

Join your neighbors for some fun competition for money. We will be playing corn hole and bean bag darts.



#### **COMPUTER & CELL PHONE TUTORING (DR)** Tuesday, March 12th at 2-4pm

Sign up in the Dining Room

#### LUNCH & BAND (DR) Tuesday, March 19th at 1:00

Join us for lunch in the dining room. Please sign up on the sign up sheet in the dining room before Tuesday, March 12th. **PLEASE! ONLY SIGN UP IF YOU ARE CERTAIN THAT YOU CAN ATTEND!!** 



#### LUNCH & LEARN (DR) Tuesday, March 26th at 12:00

The Arthritis Foundation and will be giving a presentation titled "Discover Arthritis".

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.

#### Lunch is only for those who plan to stay for the presentation.

Sign up in the dining room before Tuesday, March 19th.



#### **VOLLEYBALL (DR)** Thursdays at 3:00 in the Dining Room

It's a fun way to get some exercise! It's easy to learn...we stay seated and we use a beach ball! Come and join us! If you don't want to play, come and cheer the players on!



### **Village Store**

The Village Store is stocked with a variety of products: soups, pasta, sauce, rice, tuna, chicken, sardines, canned veggies and fruit, baking needs, coffee, sugar and MORE! Most products are \$1.50 or less.

**Village Store Hours Tuesdays and Thursdays from 2-3:30** 

## HEALTH & WELLNESS

Get ready for an exciting fitness

Wellness Manager, Wes Bogard!

Elevate your well-being with our

invigorating chair exercise class,

suitable for all fitness levels. Join

us every Wednesday from 2:00

pm to 3:00 pm and embark on a

and balance. Don't miss out on

this fantastic opportunity to

prioritize your health and

wellness. See you there!

Monday-Friday at 10

of the C building.

Meeting in the DR by 10.

Walk around the main floor

Walking Club

journey to enhance your strength

experience with ERS's NEW

3





#### **Coming to St. Paul Village** March 18th: **BINGOCIZE!!**

Mondays 12pm-1pm and Friday's 10am-11am in the Community Room. **BINGOCIZE**® is a 10-week

health promotion program that combines the fun of bingo and the importance of health education. During a game of bingo, participants perform simple exercises and answer questions about health and nutrition and win small prizes. Individuals who complete 14 of the 20 classes receive \$50. Sign up now!

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#### St. Paul Village Movie Friday, March 8th at 12pm

Join us for a community movie and boxed lunch! Sign up and submit movie suggestions in the Dining Room. Registration ends March 4th at 4:30pm. All are welcome!

#### **DIABETES SELF-MANAGEMENT WORKSHOP BY COUNCIL ON AGING STARTS MARCH 18th** Mondays 2pm-4:30pm in Rec Room

If diabetes keeps you from doing the things  $\sqrt{60^{11}}$ enjoy, our Diabetes Self-Management Workshop can help. With a focus on improving your health and quality of life, you'll meet in a small group with your peers and a leader who understands what it's like to live with diabetes. You'll set and track goals; gain confidence and emotional strength to manage diabetes; practice how to fit diabetes care into all parts of your daily routine; and find ways to get support.

Sign up now!

#### **COOKING CLASS BY TERRI TERRY**

Join us March 15th at 11am for a cooking led by the talented and energetic Terri Terry of **TNT Eatery!** 

Learn how to make delicious and healthy food while having a great time with great people.

Sign up in the community room to be part of the fun!

Can only accommodate 8 participants.

#### **Senior Food Boxes** Note: Time Change Tuesday, March 12th 1:00 to 2:00

Food boxes are delivered the second Tuesday of the month.

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