



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



MARCH 2024

MARCH JOKES

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).

+++++

REMINDER TO RESIDENTS
No large items such as furniture, mattresses, tables, chairs are to be put in the dumpsters. Our trash removal service does not pick up these items. If you have these items you must make other arrangements to have them removed from the premises.



- Lillian Saturday 3/1
- Equillar McNeil 3/3
- Catherine Reed 3/5
- Dorothy Garrett 3/6
- Lillie Turnbolt 3/11
- Josephine O'Neal 3/14
- Audrey Henderson 3/14.
- Roberta Gailey 3/22
- Thomas Dibble 3/26
- Luis Castro 3/26
- Joann Rakestraw 3/29
- Timothy Seid 3/30



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.

+++++ If you don't want your birthday published in the 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!



GAME DAY (DR)

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!!

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

HEALTH & WELLNESS



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 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!

Walking Club

Monday-Friday at 10
Meeting in the DR by 10.
Walk around the main floor of the C building.



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!

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 you 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 class 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.

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