



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 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!



Sunday, March 31st

Building Information Business Office Hours Tuesdays and Thursdays

Kenya Greer, Manager:
Office: 527-1400
Transportation: (513) 431-9767
Cathy, Recertification: 221-0865
Wes, Wellness Manager:
(513) 818-6377
Bekah, Service Coordinator:
Mobile 513-614-9175
JoAnne, Activities: 272-1118 x104
Maintenance: 1-877-235-1331



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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Transportation

WALNUT COURT BUS SCHEDULE

3/04/24	Gabe's Sharonville	9:30am
3/07/24	Free Store	9:30am
3/12/24	Shur Fine	9:40am
3/15/24	Amish Country/ Cracker Barrel	10:40am
3/26/24	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 trip.
- Monica will only wait 10 minutes after designated times.
- See calendar for dates, places and times.

Walnut Court RESIDENT NEWSLETTER

MARCH 2024

March Activities



ST. PATRICK DAY/BIRTHDAY PARTY BINGO Wednesday, March 13th 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. 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 12:30

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 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.

HAIRCUTS FROM THE HEART Monday, March 4th 1-4pm



Free Haircuts! Sign-up with Bekah at 513-614-9175 by February 26th



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



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 9:30 Gabes Sharonville Bus Trip Pick-Up 10:30-11:30 Exercise Class 1:00-4:00 Haircuts from the Heart	5	6	7 9:30 Free Store Bus Trip Pick-Up	8 Christine Smith Birthday	9
10 Daylight Savings Time Begins 	11 10:30-11:30 Exercise Class 	12 9:40 Shur-Fine (St. Bernard) Bus Trip Pick-Up	13 12:30 St. Patrick's Day/Birthday Party Bingo Tracy Booker Birthday	14	15 10:40 Amish Country/Cracker Barrel Bus Trip Pick-Up	16 Joseph Ross Birthday
17 St. Patrick's Day 	18 10:30-11:30 Exercise Class 	19 First Day of Spring 	20 12:30 Lunch & TV Trivia	21	22 Andrew Green Birthday	23
24	25 10:30-11:30 Exercise Class 	26 9:50 Kroger Oakley Bus Trip Pick-Up	27 12:30 Easter Bunny Craft	28	29	30
31 Happy Easter						



WALNUT COURT



Walnut Court is a residential community of Episcopal Retirement Services