

# November Activities



## Bingo



**Thursday, November 6th  
at 3:30pm**

Join us in the community room to play a few rounds of bingo! If you bingo, you win a prize!

## Quarter Bingo

**Friday, Nov.14th at 10:00**

It's raining quarters! Every bingo wins a quarter. Last game, cover all for \$1.00



**Thanksgiving Celebration  
Friday, November 21st at 12:30**

Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us. **You must sign up by Wednesday, November 12<sup>th</sup> to be included in the headcount for meals. We cannot guarantee meals to anyone who does not sign up by that day.**

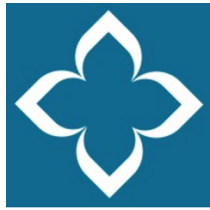


**IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS  
Tues., Nov. 25 at 3:00**

Join your neighbors as we decorate the community for the Holiday Season! Sing Christmas Carols, eat cookies and hang ornaments. Help spread the Holiday Cheer!



# ELBERON RESIDENT NEWSLETTER November 2025



## Transportation

The bus fare is \$2. Please bring reusable bags for groceries. There is a limit of **3** bags. No push carts or wagons are allowed on the bus. **Bus drivers will not be able to assist you in getting bags/senior boxes on OR off of the bus. If you need assistance, please prepare for that ahead of time** PHONE LINE 513-431-9767

All reservations must be called into the transportation line by 2:00 p.m. two days before any scheduled trip. Please leave the destination, your name, phone #, the property name & if you have a walker or wheelchair. There will be a \$2 charge per trip. Bus drivers will only wait 10 minutes after the designated times.

### Bus Schedule

**11/5 at 10:45 Kroger**  
**11/11 at 10:15 Cracker Barrel**  
**11/12 at 11:45 Free Store**  
**11/18 at 10:10 C R Deals**  
**11/19 at 10:30 Walmart**  
**11/26 at 9:15 Cinti Mural Tour**

**11/26 Mural Tour with Tonya & Manndy**  
**Enjoy an up close view of several downtown murals and meet one of the artists. You don't want to miss this!**

***CALLS WILL BE MADE FOR ADJUSTED TIMES***

## Building Information

**Aquashia, Community Manager:**  
**Tuesday-Thursday 9:30am-5pm**

**513-750-0950**

**Sue & Alli, Activities:**

**513-527-7058**

**Tonya & Manndy**

**Transportation:**

**513-431-9767**

**Maria, Service Coordinator:**

**513-882-7195**

**Wes, Wellness Manager:**

**513-818-6377**

**Afton, Wellness Asst.:**

**513-813-7155**

**Maintenance:**

**1-877-235-1331**

## November Birthdays

**Lynette Harris 11/28**



# RESIDENT LIFE

**Hair Cuts From The Heart**  
**Friday, Nov. 26 at 9:00**  
In the community room  
Sign up sheet on the bulletin board

## Pest Inspection

**Thursday, November 13th**  
**1:00pm to 3:00pm**  
Inspections are scheduled the second Thursday of the month.



**Dr. Fley**  
**Tuesday, Nov. 11 10:30**  
**In the clinic**

## NOVEMBER LAUGHS



1. What is the most negative month of the year?  
NO-vember.
2. Why do people love November?  
Because they simply fall for it.
3. Why did the pilgrim's pants keep falling down?  
Because his buckle was on his hat.
4. What is the most knowledgeable month of the year?  
Know-vember.
5. What would be everyone's favorite season if money grew on trees?  
Fall.
6. Why didn't the turkey feel like eating in November?  
Because it was stuffed.
7. What is Humpty Dumpty's favorite month?  
November. Because he had a great fall.



*Elberon is a residential community of Episcopal Retirement Services*

# WELLNESS

## Exercise Class Every Monday 1:00

Get ready to elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us each week 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!

## Wellness Advisory Council Tues., Nov. 25 at 12:00

Got a suggestion? Join members of the ERS Wellness Team to share your feedback on Wellness programming and help us bring the best to your community.

## Daven Roberson Music's Thankful Jam Mon., Nov. 24 at 12:00

Start the holiday season off right with live music, food, games and prizes from Daven with Soul Music for Seniors.

## November is a good time to focus on health and safety

### Get vaccinated:

**Stay up-to-date on your COVID-19 vaccine and other recommended immunizations to protect against illness, especially as colder weather approaches.**

### Stay active and hydrated:

**Maintain your exercise routine, even if it means moving indoors, and drink plenty of fluids to avoid dehydration, which can be more common during the holidays.**

### Improve home safety:

**Enhance lighting, especially in walkways and to the bathroom, and use nightlights. Move frequently used items to lower shelves to avoid overexertion.**

### Dress for the weather:

**Be mindful of icy conditions by wearing sturdy, non-slip footwear and dressing in layers.**

## Personal Training Opportunity

Interested in personal training? Schedule a session with ERS wellness Manager Wes or ERS wellness assistant Johnnie, to have a customized exercise program written for you. Call Wes at 859-567-0839 or Johnnie at 513-299-8275 to schedule today!

## Cooking Class with Chef Jordon Anthony Thurs., Nov. 13 at 1:00

Chef Anthony is coming to your community to teach a cooking class. The class will take place in the Community Room, space is limited so sign up today. Join Chef Anthony Jordan for a hands-on cooking lesson and a delicious meal. This month's recipe: Black-Eyed Pea & Collard Stew with Smoked Turkey and Cornbread.



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