

November Activities



Bingo

**Thursday, November 6th
at 12:30pm**

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



Quarter Bingo

Friday, Nov. 21st at 10:00

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



Thanksgiving Celebration

Thursday, November 20th at 12:30

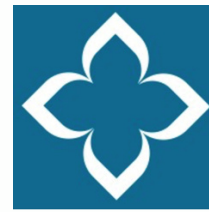
Please join us in giving thanks this year at our Thanksgiving Celebration in the community room. There will be a meal provided and a small activity to go along with the thankful spirit of the season! Even some door prizes to show our appreciation for all of you who make activities great! We hope you will join us.

You must sign up by Wednesday, November 12th to be included in the headcount for meals. We cannot guarantee meals to anyone who does not sign up by that day.

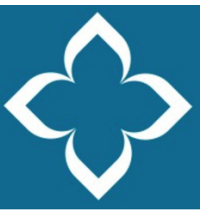
IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

Fri., Nov. 21 at 10:45

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!



FOREST 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

11/3 at 10:30 Kroger

11/5 at 10:30 Belterra Casino

11/12 at 8:45 Play & Lunch

11/14 at 11:30 Free Store

11/17 at 10:30 Walmart

11/18 at 10:30 C R Deals

11/24 at 9:30 Cinti Mural Tour

11/12 Play "Romeo & Juliet" at Madera High School followed by Lunch (\$5.00). The \$5.00 for play & lunch must be paid by Thurs., Nov. 7. Put in Activity Mailbox with your name.

11/24 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!

Building Information

Patrice, Community Manager:

513-222-2825

Sue & Alli, Activities:

513-527-7058

Tonya & Manndy

Transportation:

513-431-9767

Maria, Service Coordinator:

513-882-7195

Wes, Wellness Manager:

513-818-6377

Johnnie, Wellness Asst.:

513-470-8315

Maintenance:

1-877-235-1331

November Birthdays

Carolyn Welch 11/30





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.



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.

Forest is a residential community of Episcopal Retirement Services

WELLNESS



Exercise Class Every Friday at 3:00

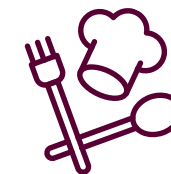
Get ready to elevate your well-being with our invigorating chair exercise class, suitable for all fitness levels. Join us each week and embark on a journey to enhance your strength and balance. Don't miss out on this fantastic opportunity to prioritize your health and wellness. See you there!

Wellness Advisory Council Fri., Nov. 28 at 1:30

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.

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 Mon., Nov. 10 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.

RESIDENT LIFE

Pest Inspection Thursday, November 20th 9:30am to 10:30pm

Inspections are scheduled the third Thursday of the month.



Hair Cuts From The Heart Tuesday, Nov. 25 at 9am

Haircuts in the community room Sign up sheet on the bulletin board



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

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