

# June Activities

## BIRTHDAY BINGO!

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Tuesday, June 3rd at 12:00

Join us for Bingo! If your birthday is in June, you get two BINGO cards!



### BIRTHDAY PARTY AND BAND

Tuesday, June 3rd at 1:00



Join us in celebrating residents with June birthdays. Ice Cream and Cake will be served while the band plays.

### JUNETEENTH CRAFT

Tuesday, June 10<sup>th</sup> at 1:00 (RR)



Join us in making a Juneteenth flag in celebration of Juneteenth.



### FATHER'S DAY CELEBRATION

Tuesday, June 17<sup>th</sup> 12:30 (RR) Men only event

All men of St Paul Village, let's get together and celebrate FATHERS! We will have lunch followed by some competitive games.

Please sign up in the dining room by Tuesday, June 10th if you plan to attend.

### CMC PRESENTATION: "CINCINNATI'S CANDY CONNECTION"

Tuesday, June 24<sup>th</sup> at 12:30



Discover the who, what, when and how Cincinnati became an early "candy town" in the US. Did you know that Cincinnati had its own Candy Barons, or that at one time Cincinnati had just as many confectioners as brewers? Discover how fireworks and oysters played a part in the Cincinnati candy business and what "bean-to-bar" chocolate making is. Explore a "taste" of Cincinnati Candy as we travel through 200+ years of sweets in the Queen City



### COMING SOON....

#### Golden Hours Gaming

An event at St. Paul Village on July 22nd.

The activities department will be hosting a casino themed event at St. Paul Village on July 22<sup>nd</sup>. This event is for all of our AL communities.

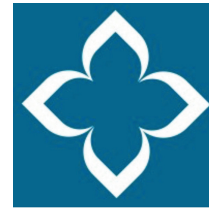
There will be a free lunch, casino games, a prize shop and of course, ELVIS!

**To reserve a ticket to this event, you will need to turn in a non-refundable \$2 to an activity leader, no later than FRIDAY, JUNE 27<sup>TH</sup>.** This \$2 is the entrance fee for the event.

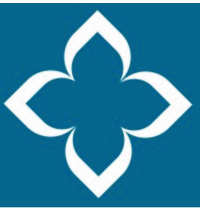
Please only turn in this \$2 personally to an activities leader, unless directed to turn in elsewhere.

We hope you will join us for Golden Hours Gaming !

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



## ST. PAUL VILLAGE RESIDENT NEWSLETTER June 2025



### Transportation

**Please read the following, as it's been brought to our attention that some bus rules are not being followed:**

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

6/2 at 10:30	Walmart
6/13 at 10:30	Free Store
6/16 at 11:00	Newport on the Levy
6/27 at 10:30	Dollar Store
6/30 at 10:30	Kroger

**If you are going to the Newport on the Levy, and plan on visiting the aquarium you may want to make a reservation, since capacities are limited, by calling this number: 1(800) 406-3474. Please note that this trip is just to the Levy and not specifically the aquarium. There is plenty of shopping, eating and more to experience there.**

### Building Information

Kristen Community Manager: 272-1118 x 1892

Office Hours Mon.-Fri. 8:30-4:30

Portia, Front Desk: 272-1118 x 1891

Karen, Recertification: 272-1118 x 1893

JoAnne, Activities: 272-1118 x 1889

Michelle & Maria, Service

Coordinators: 272-1118 x 1894

(Maria) or 1895 (Michelle)

Wes, Wellness Mgr: 818-6377

Johnnie, Wellness Asst.:(513)-470-8315

Transportation: (513) 431-9767

**Maintenance: 1-877-235-1331**

### June Birthdays

Earlene Eely	6/2
Leon Foreman	6/4
Deborah Leighton	6/6
Michael Stahl	6/6
Herbert Patterson	6/10
Linda Warren	6/10
Janis Lawson	6/15
Cornelia Reeves	6/16
Rosalie Pernell	6/16
Deborah Barrett	6/16
Pedro Alicea	6/18
Inez Brock	6/19
Randy Cornell	6/19
Allen Collins	6/20
Carol Jones	6/25



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# RESIDENT LIFE

## IMPORTANT REMINDERS:

- We ask that you please do not stand by the reception desk during office hours. Please have conversations with friends or wait for rides or visitors in the dining room.
- As a reminder, please do not put a door mat in the hallway in front of your apartment. This can be a trip hazard.

## MAINTENANCE REMINDERS: Laundry tips from Appliance Mike

- Please **do not overload washers**. The agitator in the middle of the drum should be visible.
- Use HE detergent. If you have pods, please put in the drum rather than the detergent dispenser.
- Always clean the lint filter in dryer.
- Please check your pockets before loading washers.

**ALERT:** Please be careful and attentive as you are coming in and out of our parking lot or passing by the construction zone on Stewart. There is much more traffic on the street.

## Spiritual Services



### Thursdays at 10:30

Morning Devotions (NOT Bible study) with Pastor Beck Meeting in the D Lounge

### St. Paul Prayer Group Thursdays at 1:30 (RR)

Join your neighbors in spontaneous prayer, reflections, Bible reading and praise songs every Thursday.

### Catholic Mass is Streamed Sundays at 9:30am



Catholic Mass is streamed on Sundays at 9:30am in the Meditation Room. All are welcome.

## SERVICE COORDINATOR



### Senior Food Boxes Tuesday, June 10 10:30-11:30

Food boxes are delivered the second Tuesday of the month.



### Pest Inspection Friday, June 13 & 27 9:00am to 12:00pm

Inspections are scheduled the 2nd & 4th Friday of the month.

### Lunch & Learn: Arthritis Friday June 20<sup>th</sup> at 11:00am

Please join us in the community room to learn about the causes and treatments for arthritis, and how to live with it. Lunch will be served.

### Dr. Fley Tuesday June 17th Starting at 10:30am



### HAIRCUTS FROM THE HEART ARE BACK! Thursday, June 12<sup>th</sup> 1-4pm

Haircuts will resume as usual, on the 2<sup>nd</sup> Thursday of the month from 1-4. Must get number from front office.

## Resident Council Store

The resident council store will be **open**  
**Mondays, Wednesdays & Fridays from 3:00-6:00PM**



### VOLLEYBALL Thursdays 2:30 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!

## GAMES DR

### Tuesdays & Thursdays 5:30

Join your neighbors in the dining room for card games. We play a variety of games and are willing to learn more!



## Walking Club

Monday-Friday at 10



Meeting in the DR by 10. Walk around the main floor of the C building.

## Coffee Time with Walter:

8:30-10 am every morning M-F in the recreation room. Wake up to fresh coffee, music, conversation and laughter with Walter and your neighbors. It's a great way to start your day

## RESIDENT COUNCIL MEETING June 15<sup>th</sup> at 3:30

All residents are invited to attend! They will be held on the third Thursday of the month at 3:30pm in the DR.



### COMPUTER & CELLPHONE Tuesday, June 13 at 2-4:00 in the Rec Room

Need help with your phone or computer? Sign up in the dining room.

## Produce Truck

**Friday, June 6<sup>th</sup> from 10:30am to 11:30am in the rec room.** The sign up sheet will be in the dining room



# WELLNESS PROGRAMS

## ST. PAUL - MOVIE Friday, June 20<sup>th</sup> at 12:30



Join us for a community movie! Submit movie suggestions in the box in the dining room. Popcorn will be provided. All are welcome!

## Life Enrichment Team Meeting

Join us each month in the community room to discuss the future life enrichment and wellness programming coming to your community. We are building a holistic wellness program unique to the residents at your community and want your input. We look forward to seeing you there.

## Lunch & Learn with Felicia Wednesday, June 4<sup>th</sup> at 12:00

Felicia Beckham, ERS Director of Clinical Nursing, will speak on Advocating for Your Health. Come enjoy lunch while learning how to get the most out of your medical appointments.



## Exercise Class Every Wednesday 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!

## 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 513-818-6377 or Johnnie at 513-470-8315 to schedule today!



## Pones Dance Classes Wednesday, June 18<sup>th</sup> at 11:00am

Join in on these fun movement classes with dance instructors from Pones Inc.

## Bingosize

### Wednesdays & Fridays at 11:30am

Join in on the fun as we merge chair exercise with bingo!

## Let us welcome two new ERS staff members, both a part of our wellness team!

### Katy McAtee- Administrative Assistant and Project Specialist

Katy McAtee joined the Wellness team as an Administrative Assistant & Project Specialist in April. She is looking forward to helping put together great events in our communities! She enjoys cooking, reading, volunteering in her church youth groups, and checking out playgrounds around the city with her husband and 2-year-old daughter.



### Afton Palmer- Wellness Assistant

Afton is a passionate wellness professional dedicated to empowering individuals on their journey to holistic well-being. She currently serves as the newest Wellness Assistant at ERS. She is also the Founder of The Reflective Lotus, a heart-centered wellness practice offering trauma-informed yoga instruction, holistic coaching, and mindfulness-based workshops. Her mission is to nurture resilience, self-awareness, and healing in every space she enters—whether it's a yoga mat, a retirement community, or a classroom.

