


February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Programs are subject to change</i>			1 9:30AM Exercise 1:30PM Bingo 2:30PM Candy Lover's Dice Game
2 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	3 HAPPY BIRTHDAY SUE! 9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	4 9:30AM Exercise 1:00PM St. Luke Worship Service with Pastor Frye 1:30PM Bingo 2:30PM Jigsaw Puzzle Hour	5 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Who, What and Where?	6 9:30AM Walmart Trip 10:00AM Bible Study 1:30PM Bingo 2:30PM Craft Hour- Clay Conversation Hearts (Part 1) with Shirley	7 8:45AM Men's Breakfast Out 9:30AM Exercise 1:30PM Craft Hour- Clay Conversation Hearts (Part 2) 3:00PM Random Trivia	8
9 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	10 9:30AM Exercise 1:30PM Casual Cards 2:30PM Collage Detective Sweetheart Puzzle	11 9:30AM Exercise 1:30PM Bingo 2:30PM Kitchen Hour- Dirt Pudding Cups	12 9:30AM Exercise 10:30AM Resident Council 2:00PM White Board Games- Valentine's Day Family Feud 2:00PM Hydration Cart 3:00PM Candy Phrases Finish the Line	13 HAPPY BIRTHDAY PAM! 10:00AM Bible Study 1:30PM Name That Tune of Heartbreak 2:30PM Grab the Gumdrops Game	14 9:30AM Exercise 1:30PM Valentine's Day Social 3:00PM Sing Along HAPPY VALENTINE'S DAY!	15 9:30AM Exercise 1:30PM Bingo 2:30PM President's Day Puzzles
16 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	17 9:30AM Exercise 1:30PM Casual Cards 2:30PM President's Day Trivia	18 9:30AM Exercise 1:30PM Bingo 2:30PM Manicures 3:00PM Remembering Loved Ones	19 9:30AM Exercise 2:00PM Hydration Cart 2:30PM Grace Playing the Flute	20 10:00AM Bible Study 1:30PM Hymns with Herb 2:30PM Bingo	21 9:30AM Exercise 1:30PM Sticker by Number 2:30PM Rummikub	22
23 9:30AM St. Luke's Church Service (On-line) 2:00PM Church Service	24 9:30AM Exercise 1:30PM Casual Cards 2:30PM Basketball	25 9:30AM Exercise 10:30AM Kindy Canines 1:30PM Bingo 2:30PM Kitchen Hour- Chocolate Peanut Butter Cracker Treats	26 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Who Sang It: Tennessee Ernie Ford or Johnny Cash?	27 10:00AM Bible Study 1:30PM A Day in the Life of a Hummingbird 2:30PM Colorful Expressions	28 9:30AM Exercise 1:30PM Afternoon Ride and Ice Cream	

Personal Care Newsletter

BINGO Tuesdays, two Thursdays and two Saturdays

Resident Council 2nd Wednesday of each month
10:30AM

Hydration Cart Wednesdays 2:00PM

Manicures 3rd and 18th at 2:30PM

* Programs are subject to change *

Personal Care Life Enrichment Team

Melissa Fravel ~ Life Enrichment Lead

Email: mfravel@spiritrustlutheran.org

What is Spirit360™?

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging, and well-being so individuals can live as fully as possible.

The seven dimensions include emotional, intellectual, physical, vocational, social, spiritual, and environmental.

Upcoming Events:

4th– St. Luke Worship Service with Pastor Frye– 1:00PM

12th– Resident Council– 10:30AM

19th– Grace Playing the Flute– 2:30PM

20th– Hymns with Herb– 1:30PM

25th– Kindly Canines– 10:30AM

Outings:

6th– Walmart in Shippensburg - 9:30AM

7th– Men’s Breakfast– Apple Bin Grill and Bakery- 8:45AM

28th– Afternoon Ride and Ice Cream– 1:30PM

Happy February Birthdays!

Sue Spano

Pam Anspach



Welcome New Residents!

C. Kilburn “Kib”
Roulette– Room 11

Jean Schlecht–
Room 33

