

# The Weekly Update

Residential Living | March 9-15, 2025

## Upcoming Programs & Events:

- 3/9** — Communion Service 1:00 pm
- 3/10** — Alzheimer's Disease Presentation 10:00 am
- 3/10** — Great Discussions "How To Eliminate Self Doubt" 2:00 pm
- 3/10** — Wii Bowling & Ping Pong 3:00 pm
- 3/11** — Move! 10:00 am
- 3/11** — Blood Pressure Clinic 11:00 am (Wellness Suite)
- 3/11** — Pinochle 1:00 pm
- 3/11** — Exercise with Alec 3:00 pm
- 3/12** — Service Project "Motivational Cards for College Students" 1:00 pm
- 3/12** — Cribbage 2:00 pm
- 3/13** — McFadden Art Glass 8:45 am **Closing date 3/6**
- 3/13** — Move! 10:00 am
- 3/13** — Pinochle 1:00 pm
- 3/14** — Bible Study 9:00 am
- 3/14** — Live Music with Sweet Life 2:00 pm **Closing date 3/12**
- 3/14** — Wii Bowling & Ping Pong 3:00 pm

## Important Information:

- **Chair Yoga** — Chair Yoga will be cancelled for this week due to our Alzheimer's Presentation at 10:00. We will resume Monday, March 17th.
- **Chemistry of Cooking** — Chemistry of Cooking class will be cancelled for this week.
- **Sweet Life** — Due to conflicts with Wii bowling, live music with Sweet Life will be moved to 2:00 pm.

News continues on next page

 **Spiritrust Lutheran**<sup>®</sup>  
The Village at Shrewsbury



Questions? Call Sherry Openshaw 717-227-3092 or [sopenshaw@spiritrustlutheran.org](mailto:sopenshaw@spiritrustlutheran.org)

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- **Café Dinner Menu** — The weekly café dining menus will be attached as a separate document. It is also available on the residents' website under the Shrewsbury page, and dining.