

The Weekly Connection

Residential Living | April 20, – April 26, 2025

Happening this Week!

Brain Games

April 21 | 1:00PM | Library

Happy Hour: Scavenger Hunt

April 22 | 3:00PM | Great Room

If you oversaw the Easter egg hunt for your grandchildren and would like to have a little fun yourself, join us at 3:00 p.m. for a scavenger hunt. Happy Hour will begin by 4:00 p.m. for everyone else.

Massage by Tara

April 23 | 10-3:00PM | Salon

Lehigh's Greenhouse

April 24 | 9:45AM | Outing

Shutterfly with Brenda

April 24 | 2:00PM | Library

From the Food Committee!

Terrace Overlook Restaurant

The food committee meets monthly to discuss ways to improve our food service experience. The members of the food committee are: Carol Pfoutz, Bette Price, Gail Riley and Eileen Zepp. Please reach out to the food committee with any concerns for discussion. It is helpful to have details regarding the concern so dining can address. Please remember to ask dining to correct any problems with your meal, i.e. temperature, etc. right at the meal. They can correct the problem right then and there.



Fitness Classes

Please note Pilates will be at **9:00** due to the outing on Thursday, April 24th. Balance & Stretch and Morning Mindfulness are canceled for Friday, April 25th. Thank you for understanding.

Fitness Center Schedule

Monday:

10:00am Power Hour

10:45am Back to Basics

Tuesday:

10:00am Pilates

1:00 pm Sit & Strengthen

Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00 Tai Chi

Thursday:

9:00am Pilates

1:00 pm Sit & Strengthen

Program Sign Up!

Brunch Bunch:

Please note that Federal Pointe Grill is closed. On Friday, May 2nd, we will go to Hunterstown Diner in Gettysburg instead. The owner of Peppermill Family Restaurant in Mechanicsburg owns both restaurants. I will put a new sign-up sheet in the binder. **Please be sure to sign up again by Friday, April 25th.**

The Basilica of Sacred Heart

Enjoy a free tour of the oldest Catholic church on Wednesday, May 7th. We will be leaving at 10:15 for an 11:00 am tour. We will stop at Half Pint for Ice cream on our way home. Sign up in the program binder by **Friday, April 25th.**

Fabric Trip: Simply Stashing

Deb from Simply Stashing will provide a demonstration and talk on new quilting tools, on Monday, May 5. You will have a demonstration on the Rosie Runner and new quilting tools. After the presentation you will have time to shop. We will enjoy lunch at Divino's Pizzeria & Grille in Hanover. Please sign-up in the Program Binder by **Friday, May 2nd.**

Women's Birthday Luncheon

Celebrate our May birthday women on Tuesday, May 6th. Please note that the increase will start this month. The cost will be \$11.00. If you can bring the ***exact amount that would be greatly appreciated.*** Sign up in the binder by **Monday, May 5th.**

Looking Ahead!

Therapy Talks: Joints are Cool

This is a program focusing on tendonitis- join Shannon Schuman on **Monday, April 28th** to learn the causes, treatment, and ways to avoid tendonitis in the future.

Play Around: Corn Hole

If you enjoy playing Corn Hole mark your calendar for **Wednesday, April 30th.** Spectators are always welcome.

Hearing Screening & Presentation

If you have difficulty following conversations or issues with memory and thinking skills, you may want to get your hearing checked on **Thursday, May 1.** Age-related hearing loss may be linked to an increased risk of cognitive decline. Several large studies have shown that people who have a degree of hearing loss, even in midlife, have an increased risk of developing dementia later in life. The connection between hearing and brain health is vital. Join Ryan Oberholtzer and Dusty with Darrell M. Sipe's office for an informative session.

Kickoff to Summer Cookout

We are excited for our Third annual Residential living Picnic on **Thursday, May 22!** Games, music, food, and lots of fun. You will have the option of bringing a dish or paying \$10.00 to help cover the cost of hot dogs, hamburgers, and whatever else is needed. This is being held in the Apartment Parking Lot, from 12 -3:00 pm. Please sign up in the program binder, by writing your name under the category of what you want to bring or in the first column of paying the \$10.00.