

The Weekly Connection

Residential Living | February 16, –February 22, 2025

Happening this Week!

Mexican Train

February 17 | 2:00PM | Hobby Room

Catholic Mass

February 18 | 10:30AM | Skilled Care

Adams County Historical Society

February 18 | 2:00PM | Personal Care

This is the FDR presentation that was rescheduled from Saturday, February 8th.

Happy Hour

February 18 | 4:00PM | Terrace Overlook Restaurant

Tech Help with Steve Bean

February 20 | 3:00PM | Great Room

Play Around: Phase 10

February 21 | 1:00PM | Great Room

Program Updates

Brain Games

Brain Game will not be held this Monday, February 17th. I appreciate your understanding.

Fitness Classes

Tai Chi is canceled on Wednesday, February 19; we will have it Friday at 3:00 pm. Please look at the Fitness schedule, as some classes may end up being a video.

Program Sign Ups

Royal Tea at The Tea Trolley

On Thursday, March 13 step back into history and enjoy an English-inspired tea surrounded

Staff Update

Tracy will be out of the office from Friday February 14th through Wednesday, February 19th. Please contact Ashlynn with any Life Enrichment concerns via email or telephone; asuares@spiritrustlutheran.org or 717-646-2432.

Fitness Center Schedule

Monday:

10:00am Power Hour-Video

10:45am Back to Basics-Video

Tuesday:

10:00am Pilates-Video

1:00 pm Sit & Strengthen

Wednesday:

10:00am Power Hour-Video

10:45am Back to Basics-Video

Thursday:

10:00am Pilates

1:00 pm Sit & Strengthen

Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

3:00 Tai Chi

Program Sign Ups Cont.

by Victorian elegance in Delta, PA. Current Owner Rachael Cox, originally from London, purchased the home in 2008 to expand her catering business, which she started in 2001. After removing a wall in the dining room to restore the columns, redoing the front porch, and the wood floors, The Tea Trolley is still going strong over ten years later! Enjoy tea in the main dining room, with English china, A three-tiered tray including a fine selection of today's finger sandwiches, soup, four miniature made-from-scratch desserts, topped by their famous warm vanilla scone, served with lemon curd, clotted cream, and strawberry jam. Accompanied by an endless pot of your choice of loose-leaf tea. It will be an experience you will never forget! Sign up in the program binder by **Friday, February 28.**

CLA: "The Innocent"

On Sunday, April 13th we will enjoy the 3:00 pm Easter show at Christian Life Assembly. Tickets are \$15.00. It's not too late to sign up for this show. Sign up in the program binder by **Tuesday, February 18th.** We will enjoy dinner after the show.

Brunch Bunch: Perkins

We head to Perkins on Friday, March 7th. Enjoy breakfast or lunch your choice. Sign up in the program binder by **Monday, February 24th.**

Women's Birthday Luncheon

The March Women's Birthday Luncheon is scheduled for Tuesday, March 4th. Sign up in the program binder by **Monday, March 3rd.**

South Western H.S. Spring Musical

Enjoy Big Fish, another performance by the very talented students of South Western High School, on Wednesday, March 12th. Sign up in the program binder by **Friday, March 7th.**

Utz Terrace Talent Show

Prepare for a fun afternoon on Thursday, March 27th as we share our talents! What... you don't think you have a talent? Everyone has something to share. Whether you can share a special collection, read a poem, tell jokes, sing, dance, play piano, do a one-man act, or get friends together for a skit, the options are endless. Mark your calendars and start brainstorming! Sign up in the program binder by **Friday, March 14th.**

Lyric Band

The Lyric Band of Hanover will be presenting its 2025 Spring Concert on Sunday, March 30 at 3 PM at the New Oxford High School. The concert is free to the public. Sign up in the program binder by **Friday, March 14th.**

Village Connection Articles

Articles for the March Village Connection are due to Tracy Schuman by **Friday, February 21st.**

Please place them in the intercommunity mail or email them to tshuman@spiritrustlutheran.org.

Looking Ahead!

Weis Markets Dietician

March is National Nutrition Month, Dietician, Emily Bumgarner from Weis Markets will be on hand to discuss best food choices. She will also do a food demonstration on how to make a healthy trail mix. Come with your dietary and nutrition questions and taste the trail mix too! This will be held on **Monday, March 10th** at 2:00 pm in Personal Care. All are welcome!

Therapy Talk: Managing Your Pain

Join Shannon Schuman on Monday, **March 24,** for a program providing education on pain management for various health issues through therapy provided modalities.