

# The Weekly Connection

## Residential Living | January 19, –January 25, 2025

### Happening this Week!

#### Brain Games

January 20 | 1:00PM | Library

#### Happy Hour

January 21 | 4:00PM | Terrace Overlook Restaurant

#### Massage by Tara

January 22 | 10-3:00PM | Salon

#### Shopping: Towson Town Mall

January 23 | 10:00AM | Outing

There are still seats available if you would like to join us for an afternoon of shopping. You can shop on your own or with Tracy.

### Program Sign Ups

#### Chambersburg Ice Fest

Pull out your favorite scarf and mittens, bundle up, and be sure to grab your camera. You will not want to miss the unique ice sculptures on Friday, January 31, as you walk and experience the vibrant downtown Chambersburg. We will enjoy lunch at one of our favorites, Johnnie's Family Restaurant preceding Ice Fest. Please sign up in the program binder by **Friday, January 17th.**

#### Diner's Caravan: Bay City Restaurant

On Tuesday, January 28th we will enjoy dinner at Bay City Restaurant right here in Hanover. Please sign up in the program binder by **Wednesday, January 22nd.**

#### Brunch Bunch

Enjoy breakfast or lunch at Starlight Diner on Friday, February 7th. Please sign up in the program binder by **Monday, January 27th.**

### Fitness Class Update

Please note that Thursday Pilates will be at **9:00 am** instead of 10:00 due to the outing.

### 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 pm Tai Chi

#### Thursday:

**9:00am** Pilates

1:00 pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

### Village Connection Articles

Articles for the February Village Connection are due to Tracy Schuman by Wednesday, January 22nd. Please place them in the intercommunity mail or email them to

[tschuman@spiritrustlutheran.org](mailto:tschuman@spiritrustlutheran.org).

## Program Sign Ups

### Women's Birthday Luncheon

The February Women's Birthday Luncheon is scheduled for Tuesday, February 4th. The cost to attend is \$10.00 cash unless it is your birthday month. Life Enrichment will cover the cost if it is your birthday month. Please sign up in the program binder by **Monday, February 3rd**.

### National Chili Day Cook-off

National Chili Day is **Thursday, February 27**. Whip up your favorite chili recipe and enter our **chili cook-off**. Prepare your particular recipe, and have it in a crock pot ready for taste testing. Our cook-off is simply a gathering with the simple goal of sharing recipes and enjoying food, and each other's company. We will have bite-size dishes to sample. Tickets will be handed out to vote. The winner will get bragging rights. Please sign up in the program binder by **Friday, February 14th**.

### Looking Ahead!

### What is Therapy with Shannon

Introduction to physical, occupational, and speech therapy services and how they can help you maintain independence throughout your daily life. Join Shannon Schuman COTA/L, CDP, **Monday, January 27** at 1:00 pm in the Great Room for the presentation.

### Play Around: Family Feud

Join your friends and neighbors for a friendly game of Family Feud on **Wednesday, January 29**. If you have a team great if not you can still play, I will place you on a team.

### Roots for Boots Food Drive

The goal of Roots for Boots is to meet the current needs and future challenges of military families, predominantly in rural areas. This grassroots organization attempts to simplify the

process of locating services and funds available to our servicemen and women by providing a single source for information and/or assistance regarding their specific needs and interests. We are going to have a food drive to help this great organization. Food Drive will begin **Monday, February 3**, and end on **Friday, February 28**. Collection Baskets will be placed in the HUB room and the apartment entrance.

### Utz Terrace Talent Show

Are you ready 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 some 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**.

### Weekly Shopping Trip

Just a reminder that weekly shopping trips to Walmart are scheduled for Thursdays around 1:00 PM.

Taking advantage of the weekly shopping trips can be helpful if:

- o You have difficulty getting to the store
- o You need transportation to the store
- o Help stock up on groceries you need and needed items for snow days, sick days, or days the café might be closed due to unforeseen circumstances. If you'd like to participate, please contact Teresa Plank to arrange your pickup.