

# The Weekly Connection

## Residential Living | June 21– July 27, 2024

### Happening this Week!

#### Healthy Steps for Older Adults

July 22 | 12:30PM | Fitness Center

#### Town Hall

July 23 | 11:00AM | Terrace Overlook

#### Chair Volleyball

July 23 | 2:00PM | Fitness Center

#### Happy Hour

July 23 | 4:00PM | Terrace Overlook

#### Massage by Tara

July 24 | 10AM– 3PM | Salon

#### Understanding Vertigo

July 24 | 2:00PM | Hobby Room

Please note the location has changed to the Hobby Room.

#### Healthy Steps for Older Adults Pt. 2

July 26 | 12:30AM | Fitness Center

### Program Updates

#### Book Swap

The book swap scheduled for Thursday, July 25th will be postponed to a later date.

#### The Audubon Society

“The Birds of York County” presentation scheduled for Friday, July 26th in Personal Care has been cancelled.

### Fitness Center Schedule

#### Tuesday:

10:00am Pilates

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

#### Thursday:

10:00am Pilates

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

## Program Sign Ups

### Onsite Dermatology

Onsite Dermatology will be on campus Monday, August 5th starting at 9:00am. To schedule an appointment please call 1-877-345-5300. You may also sign-up in the program binder by **Friday, August 2nd** to be contacted for an appointment.

### Sunset Cruise at Codorus

On Tuesday, August 30th, enjoy the beauty of the sunset on the water, as you will see the wildlife that the lake has to offer. Renae will be there to help us spot the wildlife. We will stop for Ice Cream at Big Dippers after this relaxing evening. Cost is \$10 per person. Sign up in the program binder by **Friday, August 2nd**.

### Diner's Caravan: Cashtown Inn

The Cashtown Inn was built in 1797 as a stagecoach stop on the way west. During the Gettysburg Campaign, the inn became the headquarters for many Confederate officers and staff, including Generals A. P. Hill, John D. Imboden, and Henry Heth. The basement even served as a field hospital during the battle. The current owners purchased the Cashtown Inn in August 2021. They have restored and reopened it, offering three suites and four rooms for guests. We will enjoy the hometown menu in the restaurant on Wednesday, August 28th. Sign-up in the program binder by **Friday, August 2nd**.

### Wii Bowling

Kelly Drive has invited us to join them for a friendly competition of Wii Bowling on Friday, August 16th. Bus starts to pick up at 8:30am. Sign-up in the program binder by **Friday, August 9th**.

## Looking Ahead!

### Take Charge of your Health

Preventive screenings are an important part of remaining healthy. Screenings have been recognized as a cost effective way to identify and treat health problems before they develop or

worsen. Diseases are much easier to treat if they are found early on or sometimes even before symptoms begin. Most health insurances cover preventive screenings at no cost to the patient. Join Sara Brooks, SpiriTrust Home Care & Hospice on **Tuesday, July 30th** at 11:00am in the Great Room.

### Heritage Committee of West Manhiem Township

The selective acquisition, preservation, and access to artifacts and archives that reflect the heritage within the area defined as West Manheim Township, York County PA. This includes family histories, churches, schools, old deeds, inns, toll-houses, mills, organizations, photos, artifacts, Revolutionary War, Civil War, business, and military service, which have a connection to West Manheim Township, to compile this information and update the history of West Manheim Township. This month's topic of discussion will be on **Tuesday, August 6th** at 3:00pm in the Terrace Overlook Restaurant. Scott Mingus will present on Railroads in the Gettysburg Campaign.

### National Relaxation Day

It's a perfect opportunity to prioritize self-care and recharge your batteries. So go ahead, relax, and enjoy the simple pleasures that will leave you rested and rejuvenated! Join Tracy on **Thursday, August 15th** from 2:00-3:00pm in the Fitness Center.

### Village Connection Articles

Articles for the August Village Connection are due to Tracy Schuman by Friday, July 26th. Please place them in the intercommunity mail or email them to [asuares@spiritrustlutheran.org](mailto:asuares@spiritrustlutheran.org).