

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools! 1 Silly Dress Day 9:30AM Exercise 1:30PM Casual Cards 3PM White Board Word Game	2 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits	3 9:30AM Exercise 1:30PM Beach Ball Volley 2PM Hydration Cart / Cookies 3PM Trivia / Fun Facts	Walmart 4 9:15AM Loading for WALMART 10AM Hymn Sing 1:30PM Ceramic Rain Boots Painting 3PM Show & Tell	Men's Breakfast Out 5 8:30AM Loading for Men's Breakfast VFW Shippensburg 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM Scenic Drive & Igloo	6 9:30AM Morning Stretches 1:30PM BINGO
7 9:30AM St. Luke's Church Service (On-line) 2PM Church Service	8 9:30AM Exercise 1:30PM Casual Cards 3PM Manicures	9 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits	10 9:30AM Exercise 10:30AM Resident Council 1:30PM White Board Word Game 2PM Hydration Cart / Floats 3PM Rain Boot Centerpieces	Take Out Lunch 11 Wear RED for Parkinson's Day 10AM Bible Study 1:30PM BINGO 3PM Puzzle Time	12 9:30AM Exercise 10:15AM Mind & Spirit Stretches 2PM Scenic Drive	13 10AM Making Seasoned Pretzels 1:30PM BINGO
14 9:30AM St. Luke's Church Service (On-line) 2PM Church Service	15 9:30AM Exercise 1:30PM Casual Cards 3PM White Board Word Game	16 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits	17 9:30AM Exercise 1:30PM Swatter Balloon 2PM Hydration Cart / Savory Snack 3PM Trivia / Fun Facts	18 10AM Bible Study 1:30PM Hymns w/ Herb & Joy 3PM Recycled Planters Craft	19 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM Scenic Drive & Leo's	20 9:30AM Morning Stretches 1:30PM BINGO
21 9:30AM St. Luke's Church Service (On-line) 2PM Church Service	Earth Day 22 Wear GREEN or Floral 9:30AM Exercise 1:30PM Casual Cards 3PM Manicures	23 9:30AM Exercise 10:30AM Kindly Canines 1:30PM BINGO 3PM Friendly Visits	24 9:30AM Exercise 1:30PM White Board Word Game 2PM Hydration Cart / Cupcakes 3PM Recycled Planters Craft	Lunch Out 25 10AM Bible Study 10:30AM Loading for Lunch Out Kenny's 1:30PM BINGO 3PM Puzzle Time	26 9:30AM Exercise 10:15AM Mind & Spirit Stretches 2PM Scenic Drive	27 10AM Makin' Buttery Shortbread Cookies 1:30PM BINGO
28 9:30AM St. Luke's Church Service (On-line) 2PM Church Service	29 9:30AM Exercise 1:30PM Casual Cards 3PM White Board Word Game	Happy Birthday Ruth 30 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits				Key A—Azalea B—Bellflower (Specialized Dinning) BC—Bellflower Concourse C—Chapel (A Wing) AR—Activity Room/ Main Dining Room FC—Fleck Center G—Gazebo AL—Arlington Living BL—Buckingham Living <i>Programs are subject to change</i>

The Village at Luther Ridge Personal Care Programs & Events

What is Spirit360™?

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging, and well-being so individuals can live as fully as possible. The seven dimensions include emotional, intellectual, physical, vocational, social, spiritual, and environmental.

Events:

10th - Resident Council - 10:30AM

11th - Take Out Lunch - 12:00PM

18th - Hymns w/ Herb & Joy - 1:30PM

23rd - Kindly Canines - 10:30AM

Outings:

4th - Walmart - 9:15AM

5th - Men's Breakfast Out / Shippensburg VFW - 8:30AM

5th - Scenic Drive / Igloo - 1:30PM

12th - Scenic Drive - 2:00PM

19th - Scenic Drive / Leo's - 1:30PM

25th - Lunch Out / Kenny's 10:30AM

26th - Scenic Drive - 2PM



Personal Care Newsletter

BINGO every Tuesday, Saturday & two Thursdays a month 1:30pm

Walmart / Shippensburg 1st Thursday of the month 9:30am

Resident Council second Wednesday of each month 10:30am

Lunch Out fourth Thursday of each month 10:30am

Hydration Cart Wednesday 2:00pm

Manicures every other Monday 3:00pm

Personal Care Life Enrichment Team

Melanie Ader - Lead

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Kurstin Funt - Partner

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**"WHERE FLOWERS
BLOOM SO
DOES HOPE."**

-LADY BIRD JOHNSON

