# **July 2025**

Sunday	Monday		Tuesday		V	/ednesday			Thursday			Friday	Saturday	
	IRIT360° g lives through purposeful living.		9:30AM Exercise  1:00PM St. Luke Worship Serv with Pastor Frye  1:30PM Bingo  2:30PM Kitchen Hour-Pretzel Sparklers	rice	2:00PM 2:00PM 3:00PM	Exercise White Board Games Hydration Cart Pokeno PY BIRTHDAY JO!	2	9:30AM \ 10:00AM I 1:30PM (	Shopping	3	_	opy Fourth 4 of July!	9:30AM Exercise 1:30PM Bingo 2:30PM Dominoes	5
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	7	9:30AM Exercise  1:30PM Bingo  2:30PM Remembering Your Loved Ones with Chaplain Amy  HAPPY BIRTHDAY WOODY!	8		Resident Council	<b>9</b>	1:30PM	Bible Study Bingo Chair Hockey	10	9:30AM 1:30PM	Exercise  World War II American Experience Museum in Gettysburg	1:00PM Book Club with Pat	12
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	10:30AM Exercise 1:30PM Casual Cards 2:30PM Tabletop Bowling	14	9:30AM Exercise 1:30PM Bingo 2:30PM Kitchen Hour-Puppy Chow		2:00PM 2:00PM	Exercise White Board Games Hydration Cart Higher or Lower Price Game	16	1:30PM	Bible Study Hymns with Herb Music Bingo	17	9:30AM 11:00AM	Exercise  Lunch Out to Longhorn Steakhouse	9:30AM Exercise 1:30PM Bingo 2:30PM Scrabble	19
9:30AM St. Luke Church Service (Online) 2:00PM Church Service		21	9:30AM Exercise 10:30AM Kindly Canines 1:30PM Bingo 2:30PM Name that Tune From 1940's		2:00PM 2:00PM 3:00PM	Exercise White Board Games Hydration Cart July Trivia Music at the Ridge - Flying Matlocks	23	1:30PM	Bible Study Bingo Craft Corner- Sand Art	24	9:30AM 1:30PM	Exercise  Afternoon Ride and Ice Cream	1:00PM Book Club with Pat	26
9:30AM St. Luke Church Service (Online) 2:00PM Church Service  HAPPY BIRTHDAY EMMETT!	10:30AM Exercise 1:30PM Casual Cards 2:30PM Horseshoes	28	9:30AM Exercise 1:30PM Bingo 2:30PM Travelogue to Hawaii		2:00PM 2:00PM 3:00PM	Exercise White Board Games Hydration Cart Sticker Art	30	11:00AM	Bible Study Drum Beats with Ste Bryan Herber Music Skilled in Arlington	•				





# 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.

#### **Upcoming Events:**

1st - St. Luke Worship Service with Pastor Frye - 1:00PM
8th - Remembering Your Loved Ones - 2:30PM
9th - Resident Council - 10:30AM
17th - Hymns with Herb - 1:30PM
22nd - Kindly Canines- 10:30AM
23rd - Music at the Ridge - Flying Matlocks at 6:00pm
31st - Drum Beats with Steph - 11:00AM
31st - Bryan Herber in Skilled Care - Arlington - 2:00PM

### **Outings**:

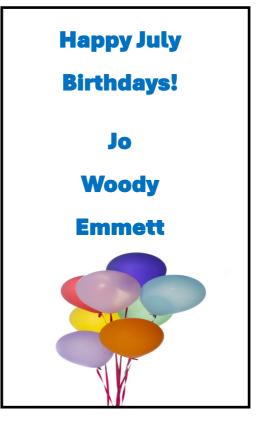
3rd - Men's Breakfast to 30 West Family Restaurant - 8:45AM
3rd - Walmart in Shippensburg - 9:30AM

11th - World War II American Museum in Gettysburg - 1:30PM

18th - Lunch Out to the Longhorn Steakhouse - 11:00AM

25th - Afternoon Ride and Ice Cream - 1:30PM





# **Personal Care Newsletter**

BINGO Tuesdays, three Thursdays and two Saturdays

Resident Council 2nd Wednesday of each month 10:30AM

Hydration Cart Wednesdays 2:00PM

Manicures Mondays the 7th and 21st at 2:30PM

\* Programs are subject to change \*

#### Personal Care Life Enrichment Team

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