# **June 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	10:30AM Exercise 1:30PM Casual Cards 2:30PM Basketball	9:30AM Exercise 3  1:00PM St. Luke Worship Service with Pastor Frye  1:30PM Bingo  2:30PM Kitchen Hour-Peanut Butter Fudge	9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Jigsaw Puzzle Hour	9:30AM Walmart Shopping  10:00AM Bible Study  1:30PM Craft Hour-	8:45AM Men's Breakfast to KMJ Diner in Shippensburg  9:30AM Exercise  1:30PM Afternoon Matinee-	9:30AM Exercise  1:30PM Bingo  2:30PM First to Worst Game
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	9:30AM Exercise 1:30PM Bingo 2:30PM Remembering Your Loved Ones with Chaplain Amy	9:30AM Exercise 11 10:30AM Resident Council 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Charades	10:00AM Bible Study 1:30PM Bingo 2:30PM Scrabble	9:30AM Exercise  11:00AM Lunch out to Runways Grille in Hagerstown	Resident Directed Activities  Flag Day
9:30AM St. Luke Church Service (Online) 2:00PM Church Service  Happy Father's Day!	10:30AM Exercise 1:30PM Casual Cards 2:30PM Putt Putt Golfing	9:30AM Exercise 1:30PM Bingo 2:30PM Kitchen Hour- Sweet and Salty Snack Mix	9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM I'm a Poet (and yes, I know it) Game	10:00AM Bible Study 1:30PM Hymns with Herb 2:30PM Craft Hour- Flower Painting with Q-tips Juneteenth	9:30AM Exercise 2:00PM Pipe Organ Music at St. Luke Church with Patti Plaster  First Day of Summer	9:30AM Exercise 1:30PM Bingo 2:30PM Summer Trivia
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	9:30AM Exercise 10:30AM Kindly Canines 1:30PM Bingo 5:00PM Music on the Ridge-Second Time Thru	9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Tapple Game	10:00AM Bible Study 1:30PM Bingo 2:30PM Dominoes	9:30AM Exercise  1:30PM Afternoon Ride and Ice Cream	1:00PM Book Club with Pat
9:30AM St. Luke Church Service (Online) 2:00PM Church Service	10:30AM Exercise  2:00PM Bryan Herber in Skilled Care - Arlington				RIT360° ves through purposeful living.	Programs are subject to change



#### June 2025

## 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

The seven dimensions include emotional, intellectual, physical, vocational, social, spiritual, and environmental.

## **Upcoming Events:**

3rd - St. Luke Worship Service with Pastor Frye - 1:00PM

10th - Remembering Your Loved Ones - 2:30PM

11th - Resident Council - 10:30AM

19th - Hymns with Herb - 1:30PM

24th - Kindly Canines- 10:30AM

24th- Music at the Ridge - Second Time Thru - 5:00PM

### **Outings**:

5th - Walmart in Shippensburg - 9:30AM
6th- Men's Breakfast to KMJ Diner - 8:45AM
13th - Lunch Out to the Runways Grille - 11:00AM
20th - Pipe Organ Music at St. Luke Church - 2:00PM
27th - Afternoon Ride and Ice Cream - 1:30PM



#### **Personal Care Newsletter**



BINGO Tuesdays, two Thursdays and two Saturdays

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

Hydration Cart Wednesdays 2:00PM

Manicures Mondays the 9th and 23rd at 2:30PM

\* Programs are subject to change \*

#### Personal Care Life Enrichment Team

Melissa Fravel ~ Life Enrichment Lead

Email: mfravel@spiritrustlutheran.org

Phone: 717-264-5700 Ext: 50232

2735 Luther Drive, Chambersburg, PA 17202

#### Welcome New Resident!

Josephine Yarish Room 6

