

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Key</p> <p>A—Azalea AR—Activity Room/ Main Dining Room B—Bellflower FC—Fleck Center (Specialized Dining) BC—Bellflower G—Gazebo Concourse AL—Arlington Living C—Chapel (A Wing) BL—Buckingham Living <i>Programs are subject to change</i></p>	<p>1</p> <p>9:30AM Exercise 1:30PM White Board Word Game 2PM Hydration Cart 3PM Know Your Neighbor?</p>	<p>2</p> <p>Walmart 9:15AM Loading for WALMART 10AM Bible Study 1:30PM Patriotic Center Pieces 3PM Music Trivia</p>	<p>3</p> <p>Men's Breakfast Out Hickory Ridge 8:45AM Men's Breakfast 9:30AM Exercise 10:15AM Mind & Spirit Stretches 2PM Scenic Drive</p>	<p>4</p> <p>9:30AM Garden Time 1:30PM BINGO</p>
<p>5</p> <p>9:30AM St. Luke's Church Service (On-line) 2PM Church Service</p>	<p>6</p> <p>9:30AM Exercise 1:30PM Casual Cards 3PM Manicures</p>	<p>7</p> <p>9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits</p>	<p>8</p> <p>9:30AM Exercise 10AM Resident Council 1:30PM White Board Word Game 2PM Hydration Cart 3PM Baby Talk</p>	<p>9</p> <p>Wear Pastel Day 10AM Bible Study 2PM Ladies Tea</p>	<p>10</p> <p>9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:15PM Scenic Drive / Leo's</p>	<p>11</p> <p>10AM Making Snack Crackers 1:30PM BINGO</p>
<p>12</p> <p><i>Mother's Day</i> 9:30AM St. Luke's Church Service (On-line) 2PM Church Service</p>	<p>13</p> <p>9:30AM Exercise 1:30PM Casual Cards 3PM Swatter Balloon</p>	<p>14</p> <p>9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits</p>	<p>15</p> <p>9:30AM Exercise 1:30PM White Board Word Game 2PM Hydration Cart 3PM Trivia / Fun Facts</p>	<p>16</p> <p>Take Out Lunch 10AM Bible Study 1:30PM BINGO 3PM Pom Pom Craft</p>	<p>17</p> <p>9:30AM Exercise 10:15AM Mind & Spirit Stretches 2PM Scenic Drive</p>	<p>18</p> <p>9:30AM Gardening w/ the Scouts 1:30PM BINGO</p>
<p>19</p> <p>9:30AM St. Luke's Church Service (On-line) 2PM Church Service</p>	<p>20</p> <p>World BEE Day Wear Yellow & Black 9:30AM Exercise 1:30PM Casual Cards 3PM Manicures</p>	<p>21</p> <p>Happy Birthday Marlene 9:30AM Exercise 10:15AM Mind & Spirit Stretches 1:30PM BINGO 3PM Friendly Visits</p>	<p>22</p> <p>9:30AM Exercise 1:30PM White Board Word Game 2PM Hydration Cart 3PM Beach Ball Volley</p>	<p>23</p> <p>10AM Bible Study 1:30PM Hymns w/ Herb & Joy 3PM Show & Tell</p>	<p>24</p> <p>10:30AM Covered Bridge Tour & Lunch Out 3PM Puzzle Time</p>	<p>25</p> <p>10AM Making Sweet Treat 1:30PM BINGO</p>
<p>26</p> <p>9:30AM St. Luke's Church Service (On-line) 2PM Church Service</p>	<p>27</p> <p>MEMORIAL DAY Wear Red White & Blue 9:30AM Exercise 1:30PM Casual Cards 3PM White Board Word Game</p>	<p>28</p> <p>Happy Birthday Mookie 9:30AM Exercise 10:30AM Kindly Canines 1:30PM BINGO 3PM Friendly Visits</p>	<p>29</p> <p>9:30AM Exercise 1:30PM Grace / Flute 2PM Hydration Cart 3PM True or Farce</p>	<p>30</p> <p>10AM Bible Study 2PM BINGO 5:30PM Music on the Ridge "Two Mountains Over"</p>	<p>31</p> <p>9:30AM Exercise 10:15AM Mind & Spirit Stretches 2PM Scenic Drive</p>	

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:

8th - Resident Council - 10:30AM

9th - Ladies Tea - 2:00PM

23rd - Hymns w/ Herb & Joy - 1:30PM

18th - Gardening w/ the Scouts - 9:30AM

28th - Kindly Canines - 10:30AM

30th - Music on the Ridge "Two Mountains Over" - 5:30PM

Outings:

2nd - Walmart - 9:15AM

3rd - Men's Breakfast Out / Hickory Ridge - 8:45AM

3rd - Scenic Drive - 2:00PM

10th - Scenic Drive / Leo's Ice Cream - 1:15PM

17th - Scenic Drive - 2:00PM

24th - Covered Bridge Tour / Lunch Out - 10:30AM

31st - Scenic Drive - 2:00PM



SpiriTrust Lutheran®

The Village at Luther Ridge

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

Hydration Cart Wednesday 2:00pm

Manicures every other Monday 3:00pm



Personal Care Life Enrichment Team

Melanie Ader - Lead

Email: mader@spiristrustlutheran.org

Phone: 717 - 264 - 5700 ex: 50232

Kurstin Panaway - Partner

2735 Luther Drive, Chambersburg, PA 17202

Happy Birthday

Marlene - 21st

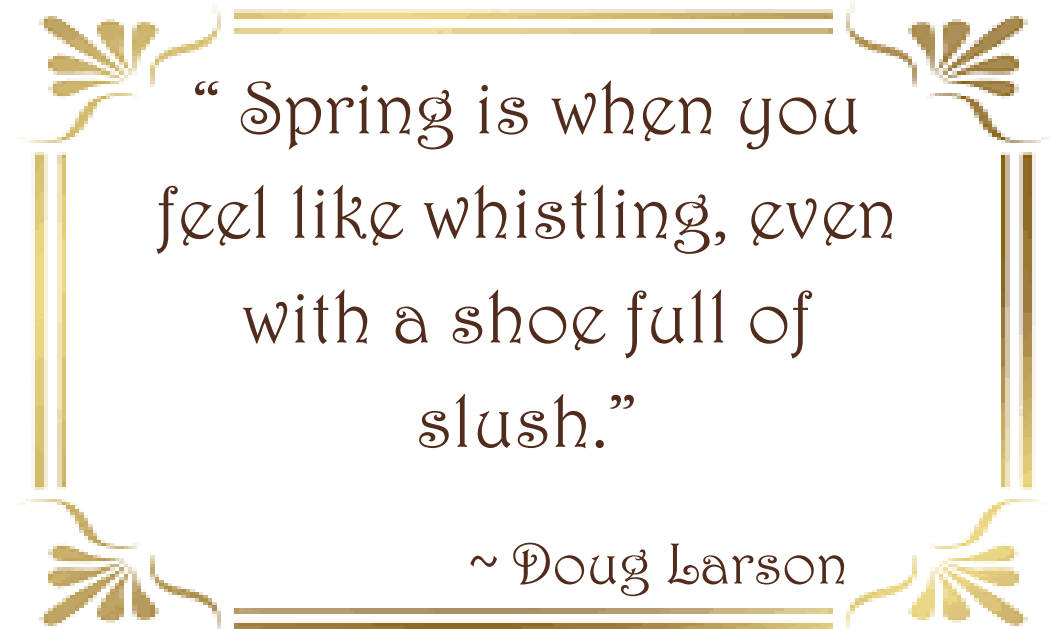
Mookie - 28th

Welcome

Jim

&

Rose



“Spring is when you feel like whistling, even with a shoe full of slush.”

~ Doug Larson