


May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00AM Bible Study 2:30PM Bingo	2 8:45AM Men's Breakfast- Sunnyside Restaurant 9:30AM Exercise 1:30PM Afternoon Movie- Queen Bees	3 11:00AM Book Club with Pat
4 9:30AM St. Luke Church Service (Online) 2:00PM Church Service	5 10:30AM Exercise 1:30PM Casual Cards 2:30PM Basketball 3:00PM Cinco De Mayo Puzzles CINCO DE MAYO	6 9:30AM Exercise 1:00PM St. Luke Worship Service with Pastor Frye 1:30PM Bingo 2:30PM Kitchen Hour- Pineapple Fluff	7 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Random Trivia	8 9:30AM Walmart Shopping 10:00AM Bible Study 1:30PM Travelogue to the Great Lakes 2:30PM Bodies of Water in the Bible	9 9:30AM Exercise 1:30PM Afternoon Ride and Ice Cream	10 9:30AM Exercise 1:30PM Bingo 2:30PM Mother's Day Tea Party Shopping Game
11 9:30AM St. Luke Church Service (Online) 2:00PM Church Service Mother's Day	12 9:30AM Exercise 1:30PM Casual Cards 2:30PM Craft Hour with Lori	13 9:30AM Exercise 1:30PM Bingo 3:00PM Remembering Your Loved Ones	14 9:30AM Exercise 10:30AM Resident Council 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Manicures	15 10:00AM Bible Study 1:30PM Bingo 2:30PM Niagara Oh No? - Dice Game	16 9:30AM Exercise 1:30PM Armed Forces Puzzles 2:30PM Pokeno Game	17 1:00PM Book Club with Pat Armed Forces Day
18 9:30AM St. Luke Church Service (Online) 2:00PM Church Service	19 10:30AM Exercise 1:30PM Casual Cards 2:30PM Football Throw	20 9:30AM Exercise 1:30PM Music at the Ridge- New Horizon's Concert Band	21 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Sticker by Number Happy Birthday Miriam and Marlene!	22 10:00AM Bible Study 1:30PM Hymns with Herb 2:00PM Scripps National Spelling Bee	23 9:30AM Exercise 1:30PM Ice Cream Social 2:00PM The Battle of the Bulge	24 9:30AM Exercise 1:30PM Bingo 2:30PM Memorial Day Music 3:00PM Memorial Day- Crossword Puzzle
25 9:30AM St. Luke Church Service (Online) 2:00PM Hymn Sing	26 MEMORIAL DAY! 	27 9:30AM Exercise 10:30AM Kindly Canines 1:30PM Bingo 2:30PM Kitchen Hour- Mini Philadelphia Cheese Cakes	28 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 3:00PM Manicures Happy Birthday "Mookie"!	29 10:00AM Bible Study 1:30PM Bingo 2:30PM Craft Hour- Pressed Flower Lanterns	30 9:30AM Exercise 1:30PM Candy Dice Game 2:30PM Sing Along	31 1:00PM Book Club with Pat

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.

Upcoming Events:

6th - St. Luke Worship Service with Pastor Frye - 1:00PM

14th - Resident Council - 10:30AM

20th - Music at the Ridge - The New Horizon's Concert Band - 2:00PM

22nd - Hymns with Herb - 2:00PM

27th - Kindly Canines - 10:30AM

Outings:

2nd - Men's Breakfast - Sunnyside Restaurant - 8:45AM

8th - Walmart in Shippensburg - 9:30AM

9th - 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 Wednesdays the 14th and 28th at 3:00PM

* 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

Happy May Birthdays!

Miriam Musselman

Marlene Webster

“Mookie” Frelin



Welcome

New

Resident!

John Trueblood-

Room 18

