

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30AM Exercise 1:00PM St. Luke Worship Service with Pastor Frye 1:30PM BINGO! 2:30PM Sticker Art	2 9:30AM Exercise 1:30PM Afternoon Ride to See the Sunflowers and Ice Cream	3 9:30AM Walmart Shopping 10:00AM Bible Study 1:30PM BINGO! 3:00PM Prayer Group with Chaplain David	4 7:45AM Men's Breakfast with RL to The Runway Grille 9:30AM Exercise 2:00PM Music at the Fleck Center - Forever Young	5 RESIDENT DIRECTED ACTIVITIES HAPPY BIRTHDAY BETTY NUTTALL!
6 9:30AM St. Luke Church (Online) 2:00PM Church Service with Chaplain David	7 	8 9:30AM Exercise (Resident Directed) 1:30PM BINGO!	9 9:30AM Exercise (Resident Directed) 2:30PM Anything Goes with Janell	10 10:00AM Bible Study 1:30PM BINGO! 3:00PM Prayer Group with Chaplain David	11 9:30AM Exercise with Janell 1:30-3:30PM Fall Canvas Painting Workshop with Janell	12 Resident Directed Activities 9:30AM Balloon Toss 2:00PM Little House on the Prairie Series 1: Episode 3
13 9:30AM St. Luke Church (Online) 2:00PM Church Service with Chaplain David	14 9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	15 9:30AM Exercise 1:30PM BINGO! 2:30PM Advertising Slogans	16 9:30AM Exercise 10:30AM Resident Council 2:00PM White Board Games 2:00PM Hydration Cart 2:30PM Meet Me in Montreal Travelogue	17 10:00AM Bible Study 1:30PM BINGO! 3:00PM Prayer Group with Chaplain David	18 9:30AM Exercise 1:30PM Sparkling Cider and Cheese Social Along with Trivia	19 RESIDENT DIRECTED ACTIVITIES
20 9:30AM St. Luke Church (Online) 2:00PM Church Service with Chaplain David	21 9:30AM Exercise 1:30PM Casual Cards 2:30PM Scrabble	22 9:30AM Exercise 10:30AM Kindly Canines 1:30PM BINGO! 2:30PM Kitchen Hour - Cookie Butter Pie FIRST DAY OF FALL	23 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 2:30PM Detective Puzzles	24 10:00AM Bible Study 1:30PM BINGO! 3:00PM Prayer Group with Chaplain David	25 9:30AM Exercise 11:00AM Lunch Out to the Longhorn Steakhouse	26 Resident Directed Activities 9:30AM Balloon Toss 2:00PM Little House on the Prairie Series 1: Episode 4
27 9:30AM St. Luke Church (Online) 2:00PM Church Service with Chaplain David	28 9:30AM Exercise 1:30PM Casual Cards 2:30PM Manicures	29 9:30AM Exercise 1:30PM BINGO! 2:30PM Colorful Expressions	30 9:30AM Exercise 2:00PM White Board Games 2:00PM Hydration Cart 2:30PM Move and Groove with Music	PROGRAMS ARE SUBJECT TO CHANGE		



Concordia at SpiriTrust Luther Ridge

Personal Care Newsletter

Personal Care Activities Team

Melissa Fravel ~ Activity Coordinator

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Betty Nuttall

Special Holidays:

September 7th -

Labor Day

September 13th -

Grandparents' Day

September 22nd -

Autumn Begins



Upcoming Events

Religious Programs:

Bible Study – Thursdays at 10:00am with Chaplain David

Prayer Group – Thursdays at 3:00pm with Chaplain David

**St. Luke Chapel Service with Pastor Frye -
Tuesday, September 1st, at 1:00pm in the Chapel**

**Resident Council and Food Committee Meeting:
Wednesday, September 16 @ 10:30am in the Dining Room**

Special Music & Entertainment:

**Friday, September 4th, Music at the Fleck Center -
Forever Young at 2:00pm**

Outings:

**Wednesday, September 2nd - Afternoon Ride and
Ice Cream @ 1:30pm**

Thursday, September 3rd - Walmart Shopping @ 9:30am

**Friday, September 4th - Men's Breakfast with RL to the
Runway Grille in Hagerstown @ 7:45am**

**Friday, September 25th - Lunch out to Longhorn Steakhouse
@ 11:00am**

Hydration Cart: Wednesdays at 2:00pm