

Birthdays

Peg Herbert

Clifford Lehman

Ellen Fairbairn

Jim Gulotta

Culver Dunkleberger

Ralph Kegerreis

Judy Kauffman

Jay Minter

Roger Alleman

Sue Foerster

Leonard Barnhart

Buzz Kolleog

Richard Ruff

Fumie Mehaffey

Gary Scott

Grace Yoder

Jeff Mummart

Dick Foerster

Joel Ott

Anniversaries

March 2 - Dick & Nancy Rebok -
Married 69 years

March 2025

Therapy Talk

Join Kenny at the Fleck on Tuesday, March 11 at 2:00 pm to discuss tips on ways to make your home safer to prevent falls or injuries.

Blood Pressure Clinic

Stop by Amy's office (our Residential Nurse Navigator) on the 3rd Tuesday of every month to have your blood pressure checked. This is a quick and effortless way to stay on top of your blood pressure.

Chemistry of Cooking

Join the Nutrition Management Services culinary team for a cooking demonstration on Wednesday, March 19 at 2:00pm. They will share recipes, cooking tips and explain the health benefits of the dish being prepared.

AARP Tax Preparation

Luther Ridge will be taking a bus to the Chambersburg Recreation Center for AARP's FREE Tax Preparation services. There are only ten available appointments each day this is offered. You will need to bring the following documents/items with you the day you select to attend: Photo ID, Social Security Card, 2023 Tax Return (if available), Blank Check or document with routing and checking number on it. Please see Tiffany in Life Enrichment to complete a registration form and to sign up for an appointment.

Dill – ightful Discovery

Join Tiffany for a fun day of tasting, learning and discovering all things, Pickle! Thursday, March 13th from 10 -11:30am. There will be many different snack items that are pickle flavored to be tested along with different flavors/styles of pickles. Each guest will receive a pickle pack, which is an exclusive bag of goodies just for showing up! There is a cost of \$5.00 per person

The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Service of Holy Communion**	9:30 Stretch & Strength* 10:30 Tai Chi*	6:00 Card Club*	9:30 Stretch & Strength* 1:00 Wii Bowling* 2:00 Chess Club	1:00 Seated Beach Volleyball* 3:00 Table Tennis* 3:00 Billiards*	6:00 Card Club*	
Additional programs & events scheduled for the month of March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to your Inspirations catalog. If you have any questions, see Tiffany in Life Enrichment.	Program additions or changes since the catalog was published are in bold . Program offerings are subject to change.	Key: RR- Registration Required OC – Off Campus Inn**				1
2 2:00 Cumberland Valley Quartet Concert*	3 No Stretch & Strength & No Tai Chi 9:00 Boscov’s Shopping & Lunch OC, RR, \$\$	4	5 1:00 Walmart Shuttle OC, RR, \$\$ 1:00 Town Hall Meeting*	6 10:00 Bible Study* 4:00 Game Night* RR	7 9:00 Men’s Breakfast OC, RR, \$\$ 1:00 Craft Corner* RR, \$\$	8
9	10 11:00 – 2:00 Bake, Book & Craft Sale* 1:00 Grocery Shuttle OC, RR, \$\$ 3:30 Spaghetti Dinner Outing OC, RR, \$\$	11 11:30 AARP Tax Preparation Aide OC, RR 2:00 Therapy Talk – Home Safety * 6:30 Youth Choir Hym Sing*	12 11:00 Ladie’s Lunch OC, RR, \$\$ 2:00 Line Dancing*	13 10:00 – 11:30 Dill-ightful Discovery* RR, \$\$	14 10:30 Current Events* 3:00 Jeopardy with Tiffany* RR	15
16	17 10:30 Tai Chi* 11:00 Wellness Talk – Alzheimer’s Disease * 4:00 Happy Hour* RR	18 9:30 Hershey Historic Trolley Ride & Chocolate World OC, RR, \$\$ 1:00- 2:00 Blood Pressure Clinic*	19 9:00 Grief Finding Meaning OC, RR 1:00 Walmart Shuttle OC, RR, \$\$ 2:00 Chemistry of Cooking – Caesar Salad*	20 10:00 Bible Study* 10:00 Resident Council* 1:00 BB’S Grocery Outlet Shopping OC, RR, \$\$	21 8:30 AARP Tax Preparation Aide OC, RR 1:00 Fitness Fun*	22
23	24 10:30 Tai Chi* 1:00 Grocery Shuttle OC, RR, \$\$ 2:00 Painting with Tiffany* RR, \$\$	25 9:00 Birthday Breakfast* RR 3:00 Team Trivia* RR	26 1:00 Fitness Fun*	27 3:30 Guys & Gals Outing OC, RR, \$\$	28	29
30	31 10:30 Tai Chi*					