

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Morning Start-Up (GR) 1 9:45 Exercise (GR) 10:30 Trivia (GR) 11:00 Piano with Josh (L) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 2 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Christmas Tree Decorating & "How the Grinch Stole Christmas" (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) 3 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 11:00 Lunch Out to First Post (FL)(**) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 4 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 2:00 Resident Council (GR) 3:00 Reading Circle: "A Country Girl's Christmas" (GR)	9:30 Morning Start-Up (GR) 5 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	9:30 Morning Start-Up (GR) 6 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Word Wheel (GR) 2:00 Movie Matinee: "White Christmas" (GR)
1:00 Worship Service (GR) 7 2:00 Movie Matinee: "Elf" (GR)	9:30 Morning Start-Up (GR) 8 9:45 Exercise (GR) 10:30 Trivia (GR) 11:00 Piano with Josh (L) 1:00 Craft: Cinnamon Stick Candles (GR) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 9 9:45 Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 "A Charlie Brown Christmas" (GR) 1:00 Shopping at Walmart (FL)(**) 3:00 Singalong with Lona and Turdy (GR)	9:30 Morning Start-Up (GR) 10 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 1:00 Catholic Mass (GR) 1:30 Chair Dancing with Kim (OV) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 11 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 3:00 Theatre Arts for Everyone Christmas Show (GR) 3:45 Trip Out to Dutch Apple Dinner Theatre: "Holiday Inn" (FL)(**)	9:30 Morning Start-Up (GR) 12 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Live Music with J.D. Sage (GR)	9:30 Morning Start-Up (GR) 13 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Hangman (GR) 3:00 Movie Matinee: "Miracle on 34th Street" (GR)
1:00 Worship Service (GR) 14 2:00 Movie Matinee: "A Christmas Carol" (GR)	9:30 Morning Start-Up (GR) 15 9:45 Exercise (GR) 10:30 Trivia (GR) 11:00 Piano with Josh (L) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 5:30 Christmas Lights Drive (FL)(**)	9:30 Morning Start-Up (GR) 16 9:45 Exercise (GR) 10:30 Trivia (GR) 12:30 Santa Christmas Party (DR) 3:00 Reading Circle: "The Story of Hannukah" (GR) 6:30 Piano & Violin Concert with Liberty Brammer Students (GR)	9:30 Morning Start-Up (GR) 17 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 10:30 Rosary Circle (OV) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR) 7:00 Live Music with the Emigsville Band (GR)	9:30 Morning Start-Up (GR) 18 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 4:00 Caroling with St. John the Baptist Catholic School (GR)	9:30 Morning Start-Up (GR) 19 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Service Project: "Thank- You Cards for Lap Quilts" (GR) 5:30 North County Bluegrass (GR) 7:30 Live Nativity with Turnpike Baptist Church (GR)	9:30 Morning Start-Up (GR) 20 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Christmas Jeopardy with Julie (GR) 2:00 Movie Matinee: "The Bishop's Wife" (GR)
1:00 Worship Service (GR) 21 2:00 Movie Matinee: "It's a Wonderful Life" (GR)	9:30 Morning Start-Up (GR) 22 9:45 Exercise (GR) 10:30 Trivia (GR) 11:00 Piano with Josh (L) 1:00 Kitchen Korner: "Decorating Christmas Cookies" (OV) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 23 9:45 Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Virtual Voyager: "Colonial Williamsburg at Christmas" (GR) 3:00 Craft: New Years' Resolution Bingo Cards (GR)	9:30 Morning Start-Up (GR) 24 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 1:00 Christmas Eve Worship with Rev. Bob (GR) 3:00 Little House on the Prairie: "A Christmas They Never Forgot" (GR)	9:30 Morning Start-Up (GR) 25 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Winter Memories & Punch (L) 2:00 Movie Matinee: "A Christmas Story" (GR) <i>Christmas</i> 	9:30 Morning Start-Up (GR) 26 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: "What Are You Doing New Years" (GR)	9:30 Morning Start-Up (GR) 27 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (L) 2:00 Movie Matinee: "Sleepless in Seattle" (GR)
1:00 Worship Service (GR) 28 2:00 Movie Matinee: "An Affair to Remember" (GR)	9:30 Morning Start-Up (GR) 29 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 30 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Men at One: "Care and Feeding of Your Brain" (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) 31 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Winter Poetry Reading (GR)			Key GR—Gathering Room OV—Orchard View FW—Freedom Way FL—Front Lobby L—Library DR—Dining Room CR—Conference Room ** — Sign-up Required <i>Programs are subject to change</i>

The Village at Shrewsbury Personal Care Programs & Events



Resolutions with a Twist

The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).



This year, quirky resolutions are having a moment. One example: the “buy nothing” challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular Tik-Toker shared how she gamified her goals using a bingo card—mixing easy “base goals” and tougher “stretch goals,” and rewarding herself for each completed square. The game-like format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting “no lists” instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

SpiriTrust Lutheran®

The Village at Shrewsbury

Personal Care Newsletter

Mary Barthel

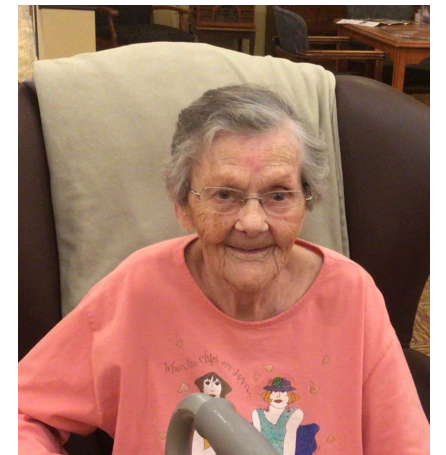
Resident of the Month December 2025



Joan Ihle

Mary Barthel

Mary Barthel was born December 31st in Frederick, MD. She and her sisters, Marie and Betty, grew up there in Loats Female Orphan Home, where they were part of a wonderful community. Mary graduated from Frederick High School in 1947.



Throughout her life, Mary worked as a model for a modelling agency, at a manufacturing company which made uniforms for students, and at an animal rescue for about 20 years. Mary and her husband, Walt, were married in 1975.

Mary loves all animals, particularly Boston terriers, and has a great love for gardening as well. She moved to Zimmerman Place in August of 2021, and we couldn't be happier to have her! You may see Mary around playing BINGO, singing the old hymns at Bible study, or working on her word puzzles. When you see Mary around, be sure to say, “Hello!” you will be glad you did!