

## **SPECIAL EVENTS**

**February 2<sup>nd</sup> Treats & Bingo (Clubhouse) 11:00 am** Always a hit with the residents!

**February 6<sup>th</sup> Virtual Voyager “Germany” (Clubhouse) 2:00 pm** Discover the wonders of Germany in this exclusive tour of the most beautiful places in Germany!

**February 9<sup>th</sup> Great Discussions “What You Don’t Know About Hearing Aids” (Clubhouse) 2:00 pm** For most people it's not a matter of if, but when, they will lose some sense of hearing. Still, we don't give hearing loss or hearing aids much thought until it happens to us--or someone we know. Only then do we learn that hearing aids are incapable of restoring hearing to normal, especially in acoustically challenging situations.

The good news is that modern technology continues to bring us new, sometimes hidden, and often unknown features that can help those with hearing loss overcome more of their hearing challenges.

**February 12<sup>th</sup> Lunch Out “Samurai Hibachi” (Shrewsbury, PA) 11:30 am** A Japanese Steakhouse that offers fresh sashimi, special rolls and authentic Hibachi plates. Sure to be a fun lunch out!

**February 13<sup>th</sup> Valentine’s Day Dinner (Clubhouse) 5:00 pm** Enjoy a romantic Surf & Turf dinner, with sides of baked potato, roast asparagus, and cheesecake for dessert! **Cost: \$30.00**

**February 16<sup>th</sup> Pizza & Movie “Radio” (Clubhouse) 5:00 pm** In a racially divided town, coach Jones (Ed Harris) spots a mentally disabled African American student named Radio (Cuba Gooding Jr.) near his practice field and is inspired to befriend him. Soon, Radio is Jones' loyal assistant, and principal Daniels (Alfre Woodard) happily notes that Radio's self-confidence is skyrocketing. But things start to sour when Jones begins taking guff from fans who feel that his devotion to Radio is getting in the way of the team's quest for a championship. (Rated PG) **Cost: \$5.00**

**February 17<sup>th</sup> Taste of Mardi Gras (Clubhouse) 5:00 pm** Enjoy cocktails and more, along with a taste of Mardi Gras- Gumbo served over rice, side salad, cornbread and king cake. **Cost: \$17.00**

**February 19<sup>th</sup> Cocktails & More (Clubhouse) 4:00pm** Join for an evening of socializing with friends while sharing a variety of snacks and cocktails, alcoholic and non-alcoholic.

**February 23<sup>rd</sup> Chili Potluck (Clubhouse) 2:00 pm** Warm the season up with a hot bowl of chili. Bring your favorite chili & Toppings (any style — classic, veggie, mild, spicy, or creative) and join us for a cozy, tasty get-together. Cornbread will be provided! A signup sheet will be available requesting specific items for residents to bring.

**February 24<sup>th</sup> Men at Ten (Clubhouse) 11:00 am** Gather with our distinguished men's senior group for monthly meetings, fostering camaraderie, shared experiences, and engaging discussions on a variety of topics. Join us in a welcoming environment where wisdom is celebrated, friendships thrive, and meaningful connections are forged.

**February 27<sup>th</sup> The National Watch and Clock Museum (Columbia, PA) 10:00 am** Located in Columbia, Pennsylvania, is one of a very few museums in the United States dedicated solely to horology, which is the history, science and art of timekeeping and timekeepers. **Cost: \$13.00**

 **SpiriTrust Lutheran®**  
The Village at Shrewsbury

 **SPIRIT360**  
Empowering lives through purposeful living.

# **Lifestyle**

## **Newsletter**

**February 2026**

### **Chasing Winter Glory**

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.



***The following programs are regularly scheduled on a weekly basis***

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1:00 Communion Service (ZP)(GR)	3:00 Wii Bowling & Ping Pong (CH)	10:00 Move! (CH) 11:00 Blood Pressure Clinic (WS) 1:00 Pinochle (CH)	9:00 Shopping Giant (OFF) 2:00 Cribbage (CH) 6:30 Game Night (CH)	9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 1:00 Pinochle (CH) 1:00 Singalong with Joan (ZP)	9:30 Bible Study (CH) 3:00 Wii Bowling & Ping Pong (CH)	

***Additional programs & events scheduled for the month of February***

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1  11:00 Bingo **(CH) <b>1:00 Book Club (CH)</b>	2  10:15 RL Board Meeting (CH) <b>3:00 Healthy Eating Presentation with Grace **(CH)</b>	3  10:00 Flower & Garden Club **(CH) 1:00 Trivia with Friends**(CH)	4  9:00 Town Hall (GR) <b>4:30 Dinner Out Crimson Grill **(OFF) CD 2/3</b>	5  10:00 Painting 201 (CH) 2:00 Virtual Voyager "Germany" **(CH)	6  1:00 Book/CD & DVD Swap (CH)	7
8  11:00 Board Game Day (CH) 2:00 Great Discussions "What You Don't Know About Hearing Aids" **(CH)	9  10  2:00 Chemistry of Cooking "S'mores Fluff" **(CH) CD2/9	10  11  1:00 Catholic Mass (ZP)(GR)	12  11:00 Lunch Out Samurai Hibachi Japanese Steakhouse** (OFF) CD 2/11	13  1:00 Service Project "Valentine Goodies" for PC" **(CH)(ZP) 5:00 Valentines Dinner **(CH)\$\$ CD 2/6	14	
15  11:00 Board Game Day (CH) 2:00 Trivia with Dominic **(CH) 5:00 Pizza & Movie "Radio" **(CH)\$\$ CD 2/13	16  17  10:30 Coffee & Conversation (CH) 2:00 Social Life Committee Meeting 5:00 Mardi Gras Dinner** (CH)\$\$ CD2/10	18  10:00 Stitch Witchery (CH)	19  20  4:00 Cocktails & More **(CH) CD 2/17 10:00 Painting 201 (CH)	21		
22  11:00 Board Game Day (CH) 1:00 Book Club (CH) <b>2:00 Chili Potluck **(CH) CD 2/20</b>	23  24  11:00 Men at Eleven (CH) 1:15 Community Aid Shopping **(OFF) CD 2/23 2:45 Dining Committee Meeting (CH) 5:00 Birthday Dinner **(CH)\$\$ CD 2/20	25  1:00 Craft Corner "Painted Terra Cotta Pots" **(CH) CD 2/23	26  10:00 Watch & Clock Museum **(OFF)\$\$ CD 2/25	27  10:00 Painting 201 (CH)	28	
			For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your <i>Inspirations</i> catalog.	<b>Key:</b> **- Registration Required \$\$- Cost OFF – Off Campus CH – Club House ZP – Zimmerman Place WS – Wellness Suite GR – Gathering Room	Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	