

The Weekly Update

Residential Living | January 25 — January 31, 2026

Upcoming Programs & Events:

1/28 — Giant Shopping 9:00 am
1/28 — Craft Corner 1:00 pm (CH) **Closing Date 1/26**
1/28 — Game Night 6:30 pm (CH)
1/29 — Grocery & Bank Run 9:00 am
1/29 — Move! 10:00 am (CH)
1/29 — Pinochle 1:00 pm (CH)
1/29 — Singalong with Joan 1:00 pm (ZP)(GR)
1/29 — Chili Potluck 4:00 pm (CH) **Closing Date 1/26**
1/30 — Bible Study 9:30 am (CH)
1/30 — Wii Bowling & Ping Pong 3:00 pm (CH)

- **Lunch Out** — Lunch out on 1/27 will be rescheduled due to weather.
- **Café /Clubhouse** — All Activities are canceled for 1/26 & 1/27 due to pending inclement weather.
- **Chili Potluck** — Please Call Sherry to arrange pickup of your chili if you're not able to transport it. I will pick it up for you!
- **Emergency Maintenance Issues on Weekends** — Please call Security at 717-968-8834. Messages left on the Maintenance line will not be checked over the weekend.
- **Café** — The Café will be closed on Monday, January, 26th due to inclement weather.

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 **SpiriTrust Lutheran®**
The Village at Shrewsbury



Questions? Call Sherry Openshaw 717-227-3092 or sopenshaw@spiritrustlutheran.org

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- **Podiatrist** — Wednesday, January 28th starting at 9:00 am. Please call 717-817-9777 to schedule an appointment and let us know if you need transportation to your appointment.
- **Book Swap** — February 7th 1-2 pm. Bring your used books, CDs & DVDs to swap!
- **VFW Event** — New Freedom VFW. The Josh Christina Band — An Afternoon of Piano Rock & Roll! Sunday, March 29, 2026. Transportation provided. Tickets are \$20.00 each. We will depart at 2:00 PM. Cash bar and food will be available. Please contact Pete Cuttino for tickets.
- **Cold & Flu Season** — Please try to keep the spread of illness down. If you are having symptoms of not feeling well, please wear a mask and avoid activities until symptom free. See letter on next page.

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CAFÉ DINNER MENU

Please sign up by 1:00 pm the day of
unless otherwise noted

Monday, January 26
Closed

Tuesday, January 27

Soup of the Day
Trio Salad over Lettuce
House Chips
Dessert of the Day
10.50

Wednesday, January 28

Soup of the Day
Chicken and Broccoli Casserole
Dinner Roll
Dessert of the Day
10.50

Thursday, January 29

Meat Lasagna
Side Salad
Garlic Knot
Dessert of the Day
12.00

Friday, January 30

Stuffed Flounder
Side Salad
White Rice
Steamed Broccoli
Dessert of the Day
14.00

Attention Resident(s),

We are in the midst of the Cold and Flu season, with this season being classified as 'moderate' for those 65+.

With that, please take the time to review these tips to stay healthy, and happy this winter!

Frequent Handwashing- Remember to wash your hands with WARM, SOAPY water for at least 20 seconds. Washing your hands when they are visibly soiled, after using the bathroom, shaking hands or touching 'high-touch' surfaces like door-knobs, light-switches or elevator buttons.

Mask-up- Wearing a mask around group settings, when you are around someone else who is sick, or if you have a cough- is vital to protecting yourself and others. If you are unable to tolerate a mask, try to avoid leaving home unless absolutely necessary!

Get Vaccinated- Flu season is from October to May! If you haven't gotten the high-dose flu vaccine for those 65+, it is not too late!

Rest- Aim for 7-9 hours nightly to help your immune system and mental health stay strong!

Nutrition- Eat a balanced diet rich in fruits, vegetables, whole grains and healthy fats. Drink plenty of water, herbal teas and broths.

Exercise- Maintain moderate activity to keep your body strong.

Call Your Doctor- If symptoms develop, call your provider early. They can recommend great over the counter measures to help soothe your symptoms. Get help immediately if you have difficulty breathing, chest pain, confusion or severe vomiting.

Thank you for taking the time to help keep our community healthy, and safe!

If you have any questions regarding this topic, please reach out to Grace Treffinger, RLCN

(717) 817- 9777