

The Weekly Update

Residential Living | October 5 — October 11, 2025

Upcoming Programs & Events:

10/5 — Communion Service 1:00 pm
10/6 — Board Game Day 11:00 am
10/6 — Exercise with Kim 2:00 pm
10/6 — Wii Bowling & Ping Pong 3:00 pm
10/7 — Move! 10:00 am
10/7 — RL Board Meeting 10:15 am
10/7 — Blood Pressure Clinic 11:00 am (Wellness Suite)
10/7 — Pinochle 1:00 pm
10/7 — Exercise with Alec 3:00 pm
10/8 — Gian Shopping 9:00 am
10/8 — Catholic Mass 1:00 pm (GR)(ZP)
10/8 — Service Project Youth Development Center Donations 1:00 pm
10/8 — Cribbage 2:00 pm
10/9 — Saubel's and Bank Run 9:00 am
10/9 — Move! 10:00 am
10/9 — Singalong with Joan 1:00 pm (ZP)
10/9 — Fall Fest 5:30 pm **Closing Date 10/8**
10/10 — Bible Study 9:30 am
10/10 — Bingo 10:30 am
10/10 — Virtual Voyager "Niagara Falls" 2:00 pm
10/10 — Wii Bowling & Ping Pong 3:00 pm

- **Board Game Wednesdays** — Will take place every Wednesday at 6:30 pm in the Clubhouse.
- **History of Shrewsbury Police Force** — This event for 10/6 will be postponed until a later date.
- **Meal Cards** — Meal cards will now be available for purchase in the cafe. You can pay by cash or credit card.

News continued from page 1

- **YSO** — We no longer have a driver for the YSO. If interested in the Christmas Show on 11/ 29 at 2:00 pm, please talk to Megan or Carol Howie. We will try to make arrangements. Additionally 10/4 is the opening performance of “Beethoven’s Sixth Symphony”, Strauss Jr.’s “Tales from the Vienna Woods” and Jill Haley’s “National Parks Suite No. 2” at 7:30 pm at the Appell Center in York. The Howies (717-654-1269) have 2 extra tickets available if you are interested. Bus transport NOT available.
- **YSO Streaming**— We will be streaming the 10/18 YSO Show in the Clubhouse on **Sunday 10/19 at 2:00**. Bring a beverage and enjoy the afternoon with other cottagers!
- **Covid & Flu Vaccinations** — October 10th 12-2 pm. Please sign up in binder or call Grace.
- **Podiatrist** — Unfortunately, they have a lapse in coverage at most of our SpiriTrust locations. They are currently onboarding a new podiatrist but don’t anticipate visiting our campus until sometime in November. If you need to be seen sooner, you will have to schedule an appointment elsewhere. Grace can provide information about where you can go for this service if you don’t want to wait for the clinic here on campus.

News continued to next page

CAFÉ DINNER MENU

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

Monday, October 6

Soup of the Soup
Salisbury Steak
Mashed Potatoes
Vegetable of the Day
Dessert of the Day
10.50

Tuesday, October 7

Soup of the Day
Ham and Cheese Quiche
Roasted Red Skin Potatoes
Vegetable of the Day
10.50

Wednesday, October 8

Soup of the Day
Chicken Cordon Bleu
Parmesan Garlic Pasta
Steamed Broccoli
Dessert of the Day
10.50

Thursday, October 9

Stuffed Shells
Side Salad
Garlic Bread
Dessert of the Day
10.50

Friday, October 10

Crab Stuffed Flounder
Side Salad
White Rice
Roasted Brussel Sprouts
Dessert of the Day
14.00

Beauty Shop — A very special thank you to my Shrewsbury Village Family for the prayers, love, and acts of kindness you showered me with when I was unable to work, due to my fall/injury. I'm so very grateful to call you "family". Thank you again and may God Bless you each of you.

Ellen Wilson

Beautician

P.S And yes, "It" does happen! Lol

YMCA Presentation — Erin Ferro, YMCA director, will be in on Monday the 13th at 10:30 am in the Gathering Room to give a presentation about the history of the YMCA, as well as the benefits and services they offer, highlighting benefits for seniors. All invited, no sign up necessary.