

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:45am Exercise Video—LR 1 10:00am Catholic Communion 10:30am Bowling -FT 1:00pm Bingo—DR 2:00pm Canada Day: Homemade Maple Soda Making—CRB 5:30pm Movie Night—LR	9:45am Chair Yoga—LR 2 10:15am Bingo—EE 1:00pm Patriotic Canvas Painting—FT 2:00pm Dining Committee—DR 5:45pm Chat with Sally—FT	9:45am Exercise— Dice Style-FT 3 10:30am Jeopardy—LR 1:00pm Bingo—DR 2:30pm Patriotic Gift Baggie Making-FT	9:45am Chair Stretches—LR 4 10:15am Bingo—EE 1:00pm 4th of July Social and Sing Along—FT Independence Day!	9:45am Morning Exercise-LR 5 10:30am Horseshoes-CY 1:00pm UNO and Lemonade-FT 2:00pm Movie Matinee: Chitty Chitty Bang Bang—LR
6 10:30am Worship Service—CRA 2:00pm Balloon Volleyball—FT	7 9:45am Manicures—FT 10:30am Exercise with Karen—FT 1:00pm Life Enrichment Monthly Calendar Review—DR 2:00pm Kitchen Corner: Fruit Pizza—FT 5:45pm Chat with Pam—FT	8 9:45am Exercise Video—LR 10:45am Trip to Cheddars \$\$ 1:00pm Bingo—DR 2:00pm Faith Sharing—LR 5:30pm Movie Night—LR	9 9:45am Chair Yoga—LR 10:15am Bingo—EE 1:00pm Debbie Butcher: Broadway My Way—CRA 2:00pm AL Town Hall—DR 2:30pm Butterfly Nature Craft-EE 5:45pm Chat with Sally—FT	10 9:45am Exercise— Dice Style 10:30am Trivia—LR 1:00pm Bingo—DR 2:00pm Hawaiian Luau—CRB	11 9:45am Chair Stretches—LR 10:15am Bingo—EE 1:00pm Hollywood Classics: Notorious—CRA 3:30pm Trivia-LR	12 2:00pm Movie Matinee: Out to Sea—LR
13 10:30am Worship Service—CRA 2:00pm Balloon Volleyball—FT	14 9:45am What am I thinking of? - LR 10:30am Exercise with Karen—FT 1:00pm Catch Phrase—LR 2:30pm S'mores Social—CRB 5:45pm Chat with Pam—FT	15 9:45am Exercise Video—LR 10:30am Family Feud—LR 1:00pm Bingo—DR 2:00pm National Ice Cream Month: Sundae Bar—CRB 5:30pm Movie Night—LR	16 9:45am Chair Yoga—LR 10:15am Bingo—EE 1:00pm Cornhole—CY 2:00pm Happy Hour—FT 5:45pm Chat with Sally—FT	17 9:45am Exercise— Dice Style 10:30am York Revolution Baseball Game \$7 (Includes Lunch!) 1:00pm Bingo—DR 2:30pm Therapy Dog Visit—LR 3:00pm Therapy Dog Visit-EE	18 9:45am Chair Stretches—LR 10:15am Bingo—EE 1:00pm Friday Flick: An Officer and a Gentleman—CRA	19 9:45am Morning Exercise-LR 10:30am Bowling- CY 1:00pm Popsicle Social-CY 2:00pm Movie Matinee: Cast Away—LR
20 10:30am Worship Service—CRA 2:00pm Balloon Volleyball—FT	21 9:45am Manicures—FT 10:00am Catholic Mass—SCC 10:30am Exercises with Karen—FT 2:00pm Tea Party—FT 5:45pm Chat with Pam—FT 6:00pm Emigsville Band—CRA	22 9:45am Exercise Video—LR 10:45am Trip to Weis** 1:00pm Bingo—DR 2:00pm Faith Sharing—LR 3:00pm Trivia 5:30pm Movie Night—LR	23 9:45am Chair Yoga—LR 10:15am Bingo—EE 1:00pm Uno—FT 2:00pm Succulent Pot Decorating and Planting—FT 5:45pm Chat with Sally—FT	24 9:45am Exercise— Dice Style 10:30am Outdoor Trivia—Front Porch 1:00pm Bingo—DR 2:00pm Hawaiian Windchime Making—FT	25 9:45am Chair Stretches—LR 10:15am Bingo—EE 1:00pm Friday Flicks: Pretty Woman—CRA	26 2:00pm Movie Matinee: Wild Oats—LR
27 10:30am Worship Service—CRA 2:00pm Balloon Volleyball—FT	28 9:45am Trivia 10:30am Exercise with Karen—FT 1:00pm Penny Pitching—LR 2:00pm Kitchen Corner: Root Beer Float Pie—FT 5:45pm Chat with Pam—FT	29 9:45am Exercise Video—LR 10:00am Presentation: Joint Protection Strategies—CRA 1:00pm Bingo—DR 2:30pm Popsicles in the Courtyard—CY 5:30pm Movie Night—LR	30 9:45am Chair Yoga—LR 10:15am Bingo—EE 1:00pm Build Your Own Bouquet —FT 2:00pm Scenic Drive** 5:45pm Chat with Sally—FT	31 9:45am Neighborhood Walk 10:30am Peach Iced-Tea and Crosswords and Word Searches—FT 1:00pm Bingo—DR 2:30pm July Birthday Party—FT		Key <i>Programs are subject to change</i> HW—Hallway CRA/B—Community Room A/B LR—Living Room FT—Farm Table DR—Dining Room SC CR—Skilled Care & Rehab Community Room CY—Court Yard ST—Study ** - Registration Required

Special Events in July

7/1 2:00pm July 1st is **Canada Day!** Celebrate with home-made maple soda. Stir in a tablespoon of maple syrup and a dash of vanilla into cold seltzer water and enjoy!

7/9 1:00pm Broadway My Way: Debbie will perform some of her favorite songs including those from The Sound of Music, West Side Story, My Fair Lady, and more! Debbie will share information about the shows they came from including composers, notable performers, and little-known anecdotes. Stroll down memory lane while singing along and reliving your own favorite Broadway memories.

7/10 2:00pm Aloha! Grab your hula skirt and meet us for a big **Hawaiian Luau!** This event will be complete with Hawaiian themed snacks, luau games, Hawaiian cocktails and more!

7/29 10:00am Joint Protection Strategies Presentation: Techniques and strategies to protect your joints, especially for those with Arthritis.

 **SpiriTrust Lutheran®**
The Village at Sprenkle Drive

Elmtree Assisted Living Newsletter

Special Days in July

7/1-National Postal Worker Day

7/4-Independence Day

7/7-Chocolate Day

7/16-National Hot Dog Day

7/14-National Macaroni and Cheese

7/30-National Cheesecake Day

7/28-National Waterpark Day

7/31- International Lifeguard Day

