

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Personal Care Residence Programs & Events				Key Programs are subject to change AR - Activity Room E - Entrance Lobby LR - Living Room \$ - Advanced Payment O - Outside Courtyard ** - Reservations I - Independent Activity Needed 1:1 - One to One Visits		Independent Activities 1 Available in the Activity Room 2:00 Comedy Movie: (LR) To Be or Not to Be Starring Jack Benny & Carole Lombard
Summer Word Puzzle 2 Booklet is Available 9:30 Catholic Communion (1:1) 10:00 Worship by Hymns (LR) 2:00 Movie Matinee: (LR) Disney's "Hans Brinker or The Silver Skates"	10:00 Devotions (AR) 3 10:15 Brain Aerobics (AR) 10:45 Music N' Motion (AR) 1:00 Bible Bits w/Kris (AR) 2:00 Musical Voices with Marlene Shilling (AR) 3:00 I Love Lucy (LR)	10:00 Devotions w/Kris (AR) 4 10:30 Armchair Exercise (AR) 1:00 Men's Group (LR) 1:00 Gertie the Dog Visits (1:1) 2:00 Ice Cream Tasting (AR - O) 3:00 The Amish: Barn Raising (LR) 5:30 UNO Cards w/Sarah (AR)	10:00 Creative Corner: (AR) 5 Salt Dough Ornaments 10:30 Envelope Game (AR) 1:00 Cat Therapy Visits (1:1) 1:00 Amazing Grace Circle (LR) 2:00 Bingo (AR) 3:15 Andy Williams Music (LR)	10:00 Devotions (AR) 6 10:15 Green Thumb Gardening: Planting Succulents (AR) 10:45 Simply Stretching (AR) 1:00 Jeopardy w/John (LR) 2:00 Worship Service (AR) 3:00 Brain Games w/Kris (AR)	10:00 Devotions (AR - O) 7 10:15 Reminiscing Stories of Summertime (AR - O) 10:45 Balloon Swatters (AR - O) 2:00 Beach Party with Special Music by Dan Martin (AR) 3:00 Jingo Game w/Jane (AR)	Independent Activities 8 Available in the Activity Room 2:00 Movie Matinee: (LR) Paul Hogan in "Flipper"
State Fair Word Puzzle 9 Booklet is Available 9:30 Catholic Communion (1:1) 10:00 Worship by Hymns (LR) 2:00 Bingo & Seated Yoga w/McCusker Children (AR)	9:30 Bootsie the Dog (1:1) 10 10:00 Devotions (AR) 10:15 Brain Aerobics (AR) 10:45 Music N' Motion (AR) 1:00 Bible Bits w/Kris (AR) 2:00 Pastor Rodney Music (AR) 3:00 I Love Lucy (LR)	10:00 This & That w/Kim (AR) 11 10:30 Music & Movement (AR) 1:00 Gertie the Dog Visits (1:1) 1:00 Countryside Ride (**) (E) 3:00 Reader's Theatre and Stories w/Jane (LR) 5:30 UNO Cards w/Sarah (AR)	10:00 Painting Sunflowers (AR) 12 11:30 Live Piano Music (AR) 1:00 Cat Therapy Visits (1:1) 1:00 Amazing Grace Circle (LR) 2:00 Bingo (AR) 3:15 Music Video: (LR) Sweet & Simple Love Songs	10:00 Devotions (AR) 13 10:15 Now You Have It Now You Don't (AR) 10:45 Simply Stretching (AR) 1:00 Jeopardy w/John (LR) 2:00 Worship Service (AR) 3:00 Crossword Puzzle (AR)	10:15 Devotions (AR - O) 14 10:30 Relax & Reminisce (AR-O) 10:45 Ball Toss (AR - O) 1:00 Animal Trivia Hour (LR) 2:00 On the Porch: (AR - O) Creamsicle Popsicle Day 3:00 Jingo Game w/Jane (AR)	Independent Activities 15 Available in the Activity Room 2:00 Comedy Movie: (LR) The East Side Kids Bowery Blitzkrieg
More Summer Word Puzzle 16 Booklet is Available No Catholic Communion Today 10:00 Worship by Hymns (LR) 2:00 Movie Matinee: (LR) Thicker Than Water	10:00 Devotions (AR) 17 10:15 Brain Aerobics (AR) 10:45 Music N' Motion (AR) 1:00 Bible Bits w/Kris (AR) 2:00 Musical Voices with Marlene Shilling (AR) 3:00 I Love Lucy (LR)	9:00 Coffee Klatch with Home Remedies (AR) 18 10:30 Catholic Mass (SC) 1:00 Gertie the Dog Visits (1:1) 1:00 Men's Group (LR) 2:00 Cover the Number (AR) 3:00 Stories w/Jane (LR) 5:30 UNO Cards w/Sarah (AR)	10:00 Creative Corner: (AR) 19 Sunflower Magnet 1:00 Cat Therapy Visits (1:1) 1:00 Amazing Grace Circle (LR) 2:00 Bingo (AR) 3:15 Music Video: (LR) Dolly Parton	10:00 Devotions (AR) 20 10:15 Gardening: Sunflowers & Tasting Sunflower Seeds (AR) 10:45 Simply Stretching (AR) 1:00 Jeopardy w/John (LR) 2:00 Worship Service (AR) 3:00 Crossword Puzzle (AR)	10:00 Devotions (AR-O) 21 10:15 You Be the Judge Guilty or Not Guilty (AR - O) 10:45 Cornhole (AR - O) 1:00 Be An Angel Day (AR - O) 2:00 Life Loop Word Games (LR) 3:00 Hee Haw TV Show (LR)	Independent Activities 22 Available in the Activity Room 2:00 Movie Matinee: (LR) Kissin' Cousins stars Elvis Presley
Odds 'N' Ends Word Puzzle 23 Booklet is Available 9:30 Catholic Communion (1:1) 10:00 Worship by Hymns (LR) 2:00 Movie Matinee: (LR) Places In The Heart	9:30 Bootsie the Dog (1:1) 24 10:00 Devotions (AR) 10:15 Brain Aerobics (AR) 10:45 Music N' Motion (AR) 1:00 Bible Bits w/Kris (AR) 2:00 Hymn Sing w/Joyce (AR) 3:00 I Love Lucy (LR)	10:00 This & That w/Kim (AR) 25 10:30 Music & Movement (AR) 11:30 Corn Lunch featuring Corn Fritters or Corn on the Cob (**) (AR) 1:00 Gertie the Dog Visits (1:1) 2:00 The Little Rascals (LR) 5:30 UNO Cards w/Sarah (AR)	10:00 Fishing Game (AR) 26 10:30 Noodleball (AR) 1:00 Cat Therapy Visits (1:1) 1:00 Amazing Grace Circle (LR) 2:00 Bingo (AR) 3:15 Music Video: (LR) 50s Fun Music!	10:00 Devotions (AR) 27 10:15 Name Ten (AR) 10:45 Simply Stretching (AR) 1:00 Jeopardy w/John (LR) 2:00 Worship Service (AR) 3:00 Crossword Puzzle with Ruth Howsden (AR)	10:00 Devotions (AR - O) 28 10:15 Real or Fake? (AR - O) 10:45 Blowing Bubbles (AR - O) 1:00 Bus Trip: Peter's Orchard & Food Truck featuring Peach Ice Cream Sundaes Reservations Needed (**) (\$)	Independent Activities 29 Available in the Activity Room 2:00 Show & Tell with Volunteers Kathy & Loreley (AR) 2:30 Snack & Conversations (AR)
Brain Health Word Puzzle 30 Booklet is Available 9:30 Catholic Communion (1:1) 10:00 Worship by Hymns (LR) 2:00 Movie Matinee: (LR) The Bible In The Beginning	10:00 Devotions (AR) 31 10:15 Brain Aerobics (AR) 10:45 Music N' Motion (AR) 1:00 Bible Bits w/Kris (AR) 2:00 Sing a Long w/Kris: (AR) Country Tunes 3:00 I Love Lucy (LR)	 Concordia at SpiriTrust Utz Terrace 				

Residence Phone Numbers

- ◇ Alyssa Groft, Administrator
717- 646-2415 or Ext. 60014
- ◇ Shelia Herman, Nursing Supervisor
717-646-2427 or Ext. 60026
- ◇ Kris Martin, Life Enrichment Leader
717- 646-2431 or Ext. 60030
- ◇ Wellness Suite (Nurse's Office)
717- 646-2438 or Ext. 60037
- ◇ Jen Weaver, Beautician
717-646-2419 or Ext. 60018
- ◇ Dan Litchfield, Dining Services
717-646-2439 or Ext. 60036
- ◇ Chaplain - Open Position
717-646-2440 or Ext. 60039

To obtain an outside phone line dial 8.

Dining Room Hours

We have an open dining room in our community. Main serving times for the meals are listed below.

Breakfast 7:30 AM- 9:00 AM

Lunch 11:30 AM - 1:00 PM

Dinner 4:30 PM - 6:00 PM

Snacks are located in the refreshment kitchen (across from the living room).

Country Store Hours

Community Center Lower Level.

Open: Mon, Tue, Thurs. & Fri (11 - 2)

717-646-2422 or Ext. # 60021



All reservations should be made 48 hours prior to the activity. This helps to coordinate schedules and re-sources for the program. Contact life enrichment office 717-646-2431 or Ext. 60030 for advanced reservations.

Independent Shopping on Thursdays at 1 pm:

Wal-Mart trip for residents that are independent in shopping. Advanced reservations are required please reach out to Kris Martin, life enrichment leader.

Countryside Ride: Lets go on the bus and explore the countryside on Tuesday, August 11 at 1:30 pm. Please see Kris to make your reservations. Residents do need to sign up for the ride!

Special Lunch: Life Enrichment is hosting a Corn Lunch featuring Corn Fritters and Corn on the Cob. Other lunch foods will include Watermelon, Broccoli and Cheese Casserole, and Mandarin Orange Cake. Please see Kris to sign up for this special lunch on Tuesday, August 25 at 11:30 am in the activity room. No cost is involved however, advanced sign up is required.

Peter's Orchard Market & Food Truck: Bus outing to Peter's Orchard Market on Friday, August 28 at 1:00 pm to shop. York Springs Lions Club food truck will be there for residents to purchase peach ice cream sundaes or other foods. Residents will need cash for food truck. Sign up with Kris.

August 2026



Personal Care Newsletter

Fun Facts About Sunflowers and Bees

Warm welcoming: Grown sunflowers stop turning with the sun and face permanently east so they catch the early morning light.

Buzzed on warmth: Bees love warm flowers, and the morning sun makes east-facing blooms the coziest spot to visit.

Ultraviolet bullseyes: Sunflowers have ultraviolet patterns on their petals that humans cannot see, but bees spot them like landing strips at an airport.



Electric fields: Tiny electric charges build up between the sunflower and the bee to help guide the insect straight to the sweet nectar.

Gut health: Eating sunflower pollen helps bumblebees flush dangerous gut parasites out of their bodies.

Natural relief: The special sunflower pollen acts like a medicine to keep the bee hives strong and healthy.

National Sunflower Day - August 1

National Honey Bee Day - August 15



Please welcome ...

**Lois Baumgardner
Machree Baumgardner
Ronald Higgs
Robert Kahler
Anna Mae Myers
Howard Stein**

to our neighborhood. It will be a pleasure to get to know you and call you neighbor. *Welcome!*



Sympathy is extend to the family of **Dorothy Kehr** as God called her home.