

The Weekly Connection

Personal Care | April 28 - May 4, 2024

Listed below are several highlighted opportunities for personal growth and enjoyment for the upcoming week. For a full listing of opportunities please see the monthly personal care residence life enrichment calendar.

Movie Matinee: Amazing Adventure

Sunday, April 28 | 2:00 PM | Living Room

You'll Never Get Rich is a 1941 American musical comedy film about a rich man (Cary Grant) who takes a bet to prove he could make it living in London for one year not using any of his wealth. The movie is black and white and is 62 minutes in length.

A Cup of Tea & Ideal Spring Readings

Monday, April 29 | 2:00 PM | Activity Room

Women of Faith! Let's gather for a cup of tea with other faith believers and then enjoy some readings from the Ideal Spring book.

Spa Day!

Tuesday, April 30 | 2:00 PM | Activity Room

Residents will receive a back rub and a heated neck massage while watching a sensory video that will soothe the soul. Everyone is invited that wants to be pampered. Relax and enjoy!

Mexican Flower Banners

Wednesday, May 1 | 10:00 AM | Activity Room



Crafters will be making flowers out of tissue papers and then securing the flowers to ribbon to create a flower banner. The banners will be used at the Mexican Food Sample activity on Monday, May 6.

Garden Meditation Day

Friday, May 3 | 3:00 PM | Courtyard

Weather permitting, residents are welcome to enjoy nature through this garden meditation activity with the residential living residents.

Life Enrichment

Both Kathy and Kris will not be available on May 2, 3, and 4. Limited group programs are available (See life enrichment May calendar). Also check out the independent activities table that has been set up in the activity room.

Looking Ahead

Bell Choir of St. David's Lutheran Church

Sunday, May 5 | 2:00 PM | Dining Room



Residents will be able to enjoy the sounds of bells! Yes, bells! The bell choir of local church, St. David's Lutheran Church will be providing a musical program. The ages of the bell ringers range from elementary school age to eighty plus. *Come and enjoy!*

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Refreshment Kitchen Did you know that we have a refreshment kitchen? Its located across from the resident laundry room, near the living room. Residents are welcome to obtain snacks, make coffee and hot drinks from the Keurig machine. Residents are also welcome to use the refrigerator for personal cold storage. All items for the refrigerator must be marked with your name, room number and date. Please see a team member if you need assistance or have questions.

Voiced Controlled Devices

SpiriTrust Lutheran is committed to adopting technology that can enhance the lives of residents while also protecting the privacy, dignity and security of the residents. Therefore, it is the policy of STL to allow families and residents to install and operate their personally owned Voice Controlled Devices (VCDs) in resident rooms on the terms and subject to the conditions of this policy. A notice regarding the presence of a VCD will be posted discreetly on the entrance/door of the resident room and in the resident health record. Please see Alyssa Groft, personal care administrator if you have any questions or concerns about this policy.

Brand New Walker Bags! Do you have a walker and find it difficult to carry essential items? The life enrichment department has a supply of homemade donated walker bags. Please see Kris Martin, life enrichment leader to select a free walker bag that fits your personal needs.

Cell Phones Residents are asked to be considerate when attending activity programs and worship services ... please silence cell phones for the consideration of the other residents, and for the program or worship service at hand. Thank you.



Books! We are currently *not* accepting *any books* for the personal care library shelves, as the shelves are full. Please understand that unneeded and unwanted items of donations may be a burden to the team members and community. No items should be placed on tables, counters, or bookshelves without approval. Please refer any inquiries of items of donations to Kris Martin, life enrichment leader. Thank you for understanding!

Fresh Air

Residents are welcome to enjoy outdoor time on the porches or take a walk in the courtyard. For safety reasons please stay on the walkways. Enjoy the day!