

# The Weekly Connection

## Residential Living | February 22, – February 28, 2026

### Happening this Week!

#### Crafty Crew: Twine Cross

February 23 | 2:00PM | Hobby Room

#### All You Want to Know About Coffee

February 24 | 10:00AM | Terrace Overlook Restaurant

#### Illiano's J & P Restaurant

February 24 | 4:15PM | Outing

#### Massage by Tara

February 25 | 9:30-3PM | Salon

#### Chair Volleyball

February 25 | 11:30AM | Fitness Room

#### Mediation & Relaxation

February 27 | 1:00PM | Great Room

#### Faith Break

February 28 | 10:00AM | Library

### Class Schedule Change

Please note that Pilates will be at 9:00 am and the 8 Week Challenge will be at 11:00 am due to the Coffee Presentation on Tuesday, February 24th.

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

9:00am Pilates

11:00am 8- Week Challenge

12:45pm Sit & Strengthen

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00 Tai Chi

#### Thursday:

10:00am Pilates

12:45pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

## Program Sign Up!

### Brunch Bunch: Starlight Diner

Join us for this monthly outing on Friday, March 6th. Sign up in the program binder by **Friday, February 27th**

### Village Stitchers “Giving Project”

The ladies from the Village Stitchers have been working hard to make lap blankets for the residents at Gettysburg. They will be delivered on Monday, March 2nd. Sign up in the program binder by **Friday, February 27th**.

### Women’s Birthday Luncheon

Help celebrate our March ladies, on Tuesday, March 3rd. Sign up in the program binder by **Monday, March 2nd**.

### Barry’s Car Barn or Kitchen Kettle

Barry’s Car Barn is an antique car museum focusing on American muscle cars from the 50s-70s and so much more. Take a trip down memory lane on Thursday, March 12th, with Barry’s collection of American muscle cars from the 50s, 60s, and 70s (along with a few others). Sign up in the program binder by **Friday, March 6th**. For the ladies, if you are not interested in cars, you can shop at Kitchen Kettle across the street. We will enjoy lunch at B.J. Pitstop Bar & Grille, located upstairs. The cost for Barry’s is \$15.00.

### Spring Musical Cinderella

Enjoy the production of Cinderella by the talented students of South Western High School on Wednesday, March 11th. This is a 1:30 pm

performance. Sign up in the program binder by **Friday, March 6th**

### National Dip Day: Best Dip Contest

Whip up your favorite dip recipe and see if you can have the bragging rights of “Best Dip”. Be sure to bring the item you suggest for dipping. This will take place in the Great Room on Monday, March 23 at 1:00 pm. Sign up in the program binder **Friday March 13th**.

## Looking Ahead

### Therapy Talks: Energy Conservation

A program providing education on principles to minimize muscle fatigue, joint stress, and pain while completing daily activities. Join Shannon for her monthly Therapy Talk on **Monday, March 2nd**.

### Chair Volleyball

We will play twice in March. Mark your calendar for **Wednesday, March 4th** and **Wednesday March 25th**.

### Maple Sugaring with Renae

Join Renae Weidner from Codorus to discover the history and science of making Maple Syrup. This will be held on **Friday, March 6th**, in the Personal Care Dining Room. All are welcome to attend.

### Missing Guthrie Library Books

We are still missing **The Memory Keeper’s Daughter** by Kim Edwards. If you have it, please return it to the Community Center Library **as soon as possible**. **The new selection of Guthrie Books are in the library**. Please remember to check them out when borrowing.