

# The Weekly Connection

## Residential Living | July 6, – July 12, 2025

### Happening this Week!

#### Village Stitchers

July 7 | 10:00AM | Hobby Room

#### Mobile Fruit & Vegetable Market

July 8 | 10:00AM | Outing

#### Patriotic Music with Adelynn Wood

July 8 | 2:00PM | Personal Care Dining Room

#### Happy Hour

July 8 | 4:00PM | Terrace Overlook Restaurant

#### Health 101 with David Dukich, CNHP

July 9 | 1:00PM | Great Room

#### Thursday Talks with Marcia

July 10 | 1:00PM | Great Room

#### Book Club

July 10 | 11:00AM | Library

#### RL Planning Meeting

July 10 | 3:00PM | Hobby Room

#### Brunch Bunch: Plum Crazy Diner

July 11 | 10:15AM | Outing

### Program Updates!

#### Therapy Talks with Shannon Schuman

Shannon has a conflict with her schedule for her presentation on Monday, July 7, please note she will have her presentation on “Keeping Your Mind Sharp” on Monday, July 21 instead.

#### Pilates

Please note that Pilates will be at 9:00 on Tuesday, July 8th due to the outing.

### Car Wash for Alzheimer's

We did it! We hit our goal, of \$850.00, for such a great cause. We all know someone who has been affected or is currently living with the disease. Hopefully with fundraisers like this there will be a cure within the next decade. Thank you again, for all the support!

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

9:00am Pilates

1:00pm Sit & Strengthen

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00pm Tai Chi

#### Thursday:

10:00am Pilates

1:00pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30 Morning Mindfulness

## Program Updates Cont.

### Thursday Talks with Marcia

Please note that Thursday Talks with Marcia will be at **1:00 pm** instead of 10:30 am on Thursday, July 10th.

### Diner's Caravan: Friendly Farms

Please note that Friendly Farms was listed in the program binder for Tuesday, August 26th; it should be **Thursday, August 21st**. Please remove your name from the list if you cannot make it on Thursday., August 21st.

## Program Sign Up!

### National Hot Dog Day, July 16th

Mark your calendar and enjoy a perfectly grilled Hot Dog. We had Hot Dogs, condiments, and some money left from our kick-off to summer cookout. Plan to make an afternoon of it, starting with Chair Volleyball if you choose, and then have lunch. I will begin grilling at noon. We will have drinks, chips, and cookies for all. Sign up by **Friday, July 11**.

### Village Connection Articles

Articles for the August Village Connection are due to Tracy Schuman by Friday, 18th. Please place them in the intercommunity mail or email them to [tushman@spiritrustlutheran.org](mailto:tushman@spiritrustlutheran.org).

### Blood Pressure Clinic

Grace, our Nurse Navigator, will offer Blood Pressure checks on Wednesdays, starting July 9. Stop by her office between 11 am - 12:00 pm if you would like her to check yours.

## Looking Ahead!

### In - House Movie "The Life List"

On **Friday, July 18**, we will show "The Life List."

It is a 2025 American romantic comedy drama film, starring Sofia Carson, Kyle Allen, and Connie Britton. It was written and directed by Adam Brooks and adapted from the novel of the same name by Lori Nelson Spielman. After her mother's death, Alex revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

### AARP Safe Driver Course

Do you want to save 5% on your insurance? Pennsylvania law requires companies to provide a 5% discount on auto insurance for seniors who send a copy of their completion certificate to their insurance company. If you have never taken the course, you need to attend both sessions, **Tuesday, July 22, and Wednesday, July 23rd**. If you have, and it has been less than 3 years, you will take the refresher on **Thursday, July 24**. Friends and Family outside the community are welcome to come. Please call Tracy at 717-646-2434 by **Tuesday, July 15**, if you would like to register. Payment will be collected at the time of the course, \$20.00 for AARP members, and \$25.00 for non-members. If you have United Healthcare Medicare Supplement Insurance, bring your card; they pay for the course.

### Derek Reed & Root Beer Floats

**Wednesday, August 16** is National Root Beer Float Day, enjoy music by Derek Reed while sipping on a Root Beer Float. The root beer float emerged in 1893 when a Colorado vendor combined ice cream and a new type of soda: root beer. The drink gained popularity during Prohibition as a non-alcoholic alternative and remains beloved in American households to this day. This will be held in the Courtyard, weather permitting. If it is too hot or rains it will be held in the Skilled Care Dining Room.