

# The Weekly Connection

## Residential Living | March 24– March 30, 2024

### Program Update

Due to the outing on Wednesday, March 27, Tai Chi is canceled. Power hour will be at 9:00 and Back to Basics will be held at 9:45 am.

### Happening this Week!

#### Town Hall

March 26 | 11:00AM | Terrace Overlook

#### Pete Miele: Civil War Presentation

March 26 | 2:00PM | Personal Care

#### Diner's Caravan: La Libertad

March 26 | 4:30PM | Outing

#### Massage by Tara

March 27 | 10-3:00PM | Salon

#### PAL Program

March 27 | 10:30AM | Outing

#### Thursday Talks with Marcia

March 28 | 10:30AM | Great Room

#### Maundy Thursday Service

March 28 | 2:00PM | Personal Care

#### Faith Break

March 30 | 10:15AM | Great Room

#### Easter Service

March 30 | 2:00PM | Personal Care

### Program Sign Ups

#### Women's Birthday Luncheon

Join us on Tuesday, April 2nd as we celebrate our April birthday ladies. Sign up in the program binder by Friday, March 29th.

### Guthrie Library Books

We are missing two books; please look around to see if you may have either of them. **The Good Left Undone** by Adriana Trigiani and **Run, Rose, Run** by James Patterson and Dolly Parton.

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

10:00am Pilates

1:00 Sit & Strengthen

#### Wednesday:

9:00am Power Hour

9:45am Back to Basics

#### Thursday:

10:00am Pilates

1:00 Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30 Morning Mindfulness

## Program Sign Ups Cont.

### Monthly Shopping Trip

Enjoy our monthly shopping trip on Monday, April 8th. We will visit Utz factory store, Hano-ver Foods, and Snyder's. Find great prices on all your favorite foods. We will need a minimum of 6 to go. Sign up in the program binder by **Friday, March 29th.**

### Brunch Bunch: Hinkle's Restaurant

On Friday, April 19th we will head to Columbia for our April brunch outing. Sign up in the program binder by **Friday, April 5th.**

### The Green Dragon Market

On Friday, April 26th we will visit the Green Dragon Market in Ephrata. A little bit of everything can be found at Green Dragon Market, from veggies, and homemade baked goods to furniture and crafts. Are you ready to experience the fresh air and delicious food? Just when you start to feel low on energy, there can be no better way to give yourself a boost than finding one of the many on-site food vendors to enjoy lunch. Sign up in the program binder by **Friday, April 5th.**

### Diner's Caravan: Dellis' Bar & Grill

Join us Tuesday, April 30th as we enjoy dinner in Rosedale, MD. Enjoy chicken, steak, ribs, seafood, and pasta entrees. Perhaps just a burger or sandwich, or get something from the raw bar. Sign up in the program binder by **Friday, April 5th.**

### Oyster Mill Play House: Hay Fever

On Friday, May 17th we will see another show. Celebrated playwright Noel Coward's Hay Fever is a stylish comedy set in an English country house in the 1920s. The play deals with the four eccentric members of the Bliss family and their outlandish behavior when they each invite a

guest to spend the weekend. Rousing fights, surprise engagements, and fevered declarations of love finally drive their guests to flee, as the Bliss family carries on with their over-the-top games, bickering, and outrageous behavior. We will enjoy dinner preceding the show. The ticket cost is \$20.00, Showtime is 7:30 pm. Sign up in the program binder by **Friday, April 19th.**

## Looking Ahead!

### Paperless Publication

We will have a few places to view Inspirations, Village Connection, and The Weekly Connection. We have placed a binder in the apartment lobby on the coffee table, a bulletin board in the Library, and as always, it will be in the Hub Room. Please consider using one of these locations to view the publications. We still have 45 residents who have not signed up for the email, or to let me know you still would like a paper copy. I am sure there are several of you that will view it online. If I do not hear from you, I will assume you don't want a paper copy of the publication from Life Enrichment and that you will view it online.

### Chair Volleyball

We had a great time playing Chair volleyball during our winter games. Join us for some fun on Tuesday, April 23.

### April Walking Challenge

Let's all try to take a few more steps starting April 1st. More information on the April Calendar. Remember we have a treadmill located in the Community Center if the weather outside is not to your liking.