

# The Weekly Connection

## Residential Living | April 28– May 4, 2024

### Happening this Week!

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

April 30 | 3:30PM | Outing

#### Hanover Shoe Farm & Ice Cream

May 2 | 12:30PM | Outing

#### Brunch Bunch: Plum Crazy Diner

May 3 | 10:15AM | Outing

#### Garden Meditation

May 3 | 2:00PM | Personal Care Court Yard

Even a few minutes each day can have a positive impact on your mental and physical health. Join Tracy for this 20-minute practice. **Please note that the time has been changed from 3:00, which was on the monthly calendar to 2:00 pm.**

### Upcoming Program Sign Ups

#### Penn National Casino

Join us on Wednesday, May 22nd for a fun evening. The casino offers a variety of entertainment options, including slots, table games, live thoroughbred and simulcast racing, and an array of casual and fine dining options. Enjoy the opportunity to be on your own. You will have time to gamble, eat, or people-watch. We will enjoy Horse Racing at 6 pm together if you choose. Sign up in the program binder by **Friday, May 3rd.**

#### Women's Birthday Luncheon

On Tuesday, May 7th we will celebrate our May birthday ladies. Sign up in the program binder

### Fitness Update

Please note that Sit & Strengthen is canceled for Thursday. Thank you for being so understanding!

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

10:00am Pilates

1:00 pm Sit & Strengthen

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00 pm Tai Chi

#### Thursday:

10:00am Pilates

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

## Program Sign Ups Cont.

by **Friday, May 3rd**. All are welcome to attend. The cost is \$10.00, unless you have a May birthday.

### National Shrine Grotto

On Thursday, May 30th we will visit The National Shrine Grotto of Our Lady of Lourdes. It is a place of prayer devoted to the Blessed Mother, Mary. This beautiful mountainside shrine features the oldest US replica of the Lourdes shrine in France, built just 13 years after the apparition of Our Lady to St. Bernadette in 1858. Each year the National Shrine Grotto welcomes hundreds of thousands from all over the world. It is a place for worship, pilgrimage, evangelization, and reconciliation. We will enjoy lunch at Mountain Gate Restaurant. Sign up in the program binder by **Friday May 3rd**.

### Monthly Shopping Trip

On Monday, May 13th we will head to TJ Maxx and Giant here in Hanover. Bus will depart at 1:00pm. We will need a minimum of 6 to go. Sign up in the program binder by **Friday, May 3rd**.

### Crafty Crew: Hanging Flowerpot

On Thursday, May 9th we will make a hanging basket using Embroidery Hoops. Just in time for summer, create a unique hanging flowerpot that will look great inside or outside your home. This is easy enough that anyone can make it. Sign up in the program binder by **Monday, May 6th**. The cost is \$10.00.



## Looking Ahead!

### Campus Calendar Photo Shoot

This year we will be taking photos for our 2025 calendar on **Wednesday, May 8th**, starting at 10:00am in the Community Center. Pick a place that you have visited or would love to visit. Come to the center dressed in an outfit that you would wear for that fantasy location. Our photographer will take your picture against a blank background and then we will place you by the magic of technology into the location of your choice! You can have an individual, couples, or group picture taken.

### The Martin Ridge Group

Mark your calendar for **Tuesday, May 14th** at 7:00pm to enjoy the musical performance by this volunteer group consisting of about 12 members, who perform a wide variety of music. Enjoy Gospel Hymns, Elvis, Celtic, and some Pop music.

### Adams Tennis Club

Have you ever thought you would like to learn how to play Pickleball? This is your opportunity to see what it is all about. You will have the opportunity to watch or you could hit a ball or two. Join us as we visit the Tennis Club on **Wednesday, May 15th**.

### RL Kickoff to Summer Cookout

We are so excited for our Second annual Residential living Picnic on **Thursday, May 23!** Games, music, food, and lots of fun. You will have the option of bringing a dish or paying a fee to help cover the cost of the hot dogs and hamburgers. Water will be provided. If you would prefer something else to drink please bring it along.