

# The Weekly Connection

## Residential Living | April 5, – April 11, 2026

### Happening this Week!

#### Village Stitchers “Giving Project”

April 6 | 10:00AM | Outing

#### Headspace to Meditation

April 6 | 3:00PM | Great Room

#### Women’s Birthday Luncheon

April 7 | 12:00PM | Terrace Overlook Restaurant

#### Bingo

April 7 | 2:00PM | Great Room

#### Village Line Dancers

April 7 | 2:00PM | Personal Care Dining Room

#### Chair Volleyball

April 8 | 11:30AM | Fitness Center

#### American Music Theatre

April 9 | 3:00PM | Outing

#### In House Movie

April 10 | 11:00AM | Great Room

#### Presentation: Birds Bees & Butterflies

April 10 | 2:00PM | Personal Care Dining Room

### Fitness Center Schedule Update!

Please note that Power Hour will be at 9:00 am, and Back to Basics will be at 2:00 pm Monday, April 6th due to outings.



### Fitness Center Schedule

#### Monday:

9:00am Power Hour

2:00pm Back to Basics

#### Tuesday:

10:00am Pilates

10:45am Man We're Moving

12:45pm Sit & Strengthen

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00pm Tai Chi

#### Thursday:

10:00am Pilates

12:45pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

## Program Sign Up!

### Women's Birthday Luncheon

On Tuesday, April 7, we will celebrate our April birthday ladies! Please provide 24-hour notice if you are unable to attend. Sign up in the program binder by **Monday, April 6th**.

### Magic & Wonder Dinner Theatre

What begins as a single step into a forgotten magic shop transforms into a spellbinding magical experience for the whole family. Enchanted is an invitation into the extraordinary, where every artifact holds a secret and every illusion becomes a doorway to another world. Filled with jaw-dropping effects and immersive storytelling, this unforgettable journey will transport guests out of reality and into the unimaginable! Concessions, beer, wine, and specialty drinks are available for an additional purchase. We will enjoy dinner before the 2:00 pm show on Thursday, May 14th. Show duration is just under 2 hours. Total experience 3.5 hours. The cost for dinner and the show is \$70.95. Sign up in the program binder by **Friday, April 17th**.

### Seltzer Lebanon Bologna Tour

Get up close and personal with their talented smoke masters, on Tuesday, May 12th . Discover the time-honored techniques and innovative methods that distinguish their smoked meat from the rest. Immerse yourself in the rich, smoky aromas that fill the air as their seasoned professionals craft each batch with precision and passion. Prepare for your taste buds to dance with anticipation! Indulge in a curated tasting session featuring an array of their finest smoked meats. From classic favorites to bold new creations, savor the unique profiles that make their products truly unforgettable. The cost is \$17.61 per person. Sign up in the program binder by **Friday, April 24th**.

### Schull's Rock Overlook

The overlook trail to Schull's Rock offers a light hike to a stunning overlook at the Susquehanna

Riverlands State Park. It crosses woodlands and meadows and passes by farm fields before opening up to the view above the river. Nature enthusiasts will be treated to sights of natural quartz along the trail and a patch of pawpaw trees before approaching the cliff's edge. The trail is marked with yellow blazes. The trail is about 1.3 miles round-trip. This will take place on Thursday, May 7th. We will be leaving here at 10:00 am. Sign up in the program binder by **Friday, April 24th**.

## Looking Ahead!

### Unique History of Religious Freedom

Rev. Sterling Fritz grew up on a farm outside of New Freedom. He graduated from Susquehannock High School in 1977 and York College in 1981. He graduated from Lancaster Theological Seminary in 2002 and has served two congregations as an Ordained United Church of Christ minister. Rev. Fritz has extended family roots in Southern York County that date back to the first settlers. He began conducting genealogical research in high school and has since discovered a wealth of information about many generations of his ancestors, who have lived here for over 250 years. He has utilized civil records, church records, and old newspapers. He has also researched local and community history. He will be here on **Tuesday, April 14**, to share his knowledge in the personal care dining room.

### Therapy Talks with Shannon

Join Shannon for some Home Safety Tips, on **Monday, April 27th**. Learn what to look for during a home safety assessment-this is an easy way to prevent falls, injuries, and can make life easier.

## Village Connection Articles

Articles for the May Village Connection are due to Tracy Schuman by **Friday, April 17th**. Please place them in the intercommunity mail or email them to [tushman@spiritrustlutheran.org](mailto:tushman@spiritrustlutheran.org).