

The Weekly Connection

Residential Living | August 10, – August 16, 2025

Happening this Week!

Therapy Talks with Shannon Schuman

August 11 | 1:00PM | Great Room

Crafty Crew: Pressed Flower Bookmark

August 11 | 2:00PM | Hobby Room

Thursday Talks with Marcia

August 12 | 1:00PM | Great Room

Please note that the Thursday Talks with Marcia will be held on Tuesday, August 12 at 1:00 pm, instead of Thursday, August 14th.

Play Around: Bocce Ball

August 13 | 2:00PM | Terrace Overlook Restaurant

If you're looking for a game that's fun for all ages, bocce ball is the perfect thing to play. Join us on **Wednesday, August 13**, to participate, or you could come and be a spectator.

"The Bee Lady"

August 13 | 2:00PM | Skilled Care Dining Room

National Relaxation Day

August 15 | 2:00PM | Fitness Center

Put off any chores or obligations, join Tracy for a half hour of meditation. This will be done lying down or seated in a chair, you choose.

Guthrie Library Books

The following books are still missing: *Montana Rides Again*, *The End Game*, *Odd Hours*, *The Wife's Tale*, *Obstruction of Justice*, and *The Ebony of Swan*. If you have any, please return to the Community Center Library by **Monday, August 11th**. The new selection of Guthrie books will be available on **Monday, August 18th**. Also, please ensure that you sign out the Guthrie books you borrow and place the signed card in the pencil container on the desk. When returning any borrowed books, please place them in the basket.

Fitness Center Schedule

Monday:

10:00am Power Hour

10:45am Back to Basics

Tuesday:

10:00am 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 Sign Up!

ROME0: Pizza, Wings & Cornhole

Fellas, it is not too late to sign up. You have until **Friday, August 15th**, to do so. Enjoy Pizza, Wings, good friends, and a friendly game of Cornhole if you choose on **Thursday, August 28th**.

Sight & Sound: Noah

Join us on Wednesday, November 19, to see this amazing production. With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully amid an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him? We will stop for dinner at Cheddar's Scratch Kitchen after the show. The show is at 11:00 am, and the ticket cost is \$84.55. Sign up in the program binder by **Friday, October 10th**.

Looking Ahead!

Happy Hour

What a great way to get out and meet others in our community. Plan to attend the next Happy Hour on **Tuesday, August 19th**. Enjoy lite refreshments and drinks, both non-alcoholic and a specialty drink as well.

Massage by Tara

Tara will be here on **Wednesday, August 27th**, to offer massage therapy. To schedule an appointment, please call Tara at 717-321-4895.

Donation Basket

If you have homegrown vegetables you'd like to donate to residents of our community, please place them in the designated basket located in the Community Center HUB room. If you are looking to enjoy some fresh vegetables such as tomatoes, cucumbers, etc., please feel free to check the basket on occasion. Thank you to the residents who have a garden and are willing to share with others.

Faith Break

Faith Break will resume on **September 13 and will run through November 29th**. If you are interested in this study group, the cost is \$16.99. Please reach out to Chaplain Melissa at 717-646-2440 so she can order the material for you, with the theme of "Struggle. Perseverance. Hope."

Walk to End Alzheimer's

Change of plans, instead of going to Gettysburg for the walk, on September 13, the walk will come to us. We understand that attending the Walk to End Alzheimer's isn't possible for everyone due to busy schedules, so to allow for more flexibility and participation, ours will be held on **Thursday, October 2nd, from 9 am -1:00 pm**. We will register all walkers, so you get a "Thank You Gift." If you raise \$100.00, you will receive an official T-shirt. Please remember that you don't have to walk to participate; you could sponsor someone. More detail to come. Sign up in the program binder by **Friday, September 5th**.