

The Weekly Connection

Residential Living | August 17, – August 23, 2025

Happening this Week!

Brain Games

August 18 | 1:00PM | Library

Hike at Codorus State Park

August 19 | 10:00AM | Outing

Happy Hour

August 19 | 4:00PM | Terrace Overlook Restaurant

Chair Volleyball

August 20 | 11:30AM | Fitness Center

Tech Help with Steve Bean

August 21 | 3:00PM | Great Room

Diner's Caravan: Friendly Farm

August 21 | 4:15PM | Outing

Program Updates!

Pilates

Please note that Pilates will be at 9:00 am on Tuesday, August 19, due to the outing.

“Struggle. Perseverance. Hope”

Please note that Chaplain Melissa needs to push the start date back for the next Faith Break. Instead of starting September 13, it will begin on **September 20th**. Please remember to let her know if you plan to attend, so she can order the material for you. The cost is \$16.99. Thanks for your understanding.

Program Sign Up!

Brunch Bunch: Heartland Diner

We will head to Gettysburg on Friday, September 5th. Enjoy breakfast or lunch at the Heartland

Village Connection Articles

Articles for the September Village Connection are due to Tracy Schuman by Monday, August 25th. Please place them in the intercommunity mail or email them to **tschuman@spiritrustlutheran.org**.

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 Sign Up!

Diner. Sign up in the program binder by **Friday, August 22nd**.

Women's Birthday Luncheon

We will celebrate our September birthday ladies on Tuesday, September 2. Please sign up in the program binder by **Monday, September 1st**. All are welcome to attend. If it is not your birthday month, the cost is \$11.00 cash.

Soup & Salad Potluck

Everyone loves soup and a good salad, join us on Tuesday, September 16th! What a great way to try different soups. Each guest will bring their favorite recipe. Nothing says autumn quite like a cozy bowl of soup. You will have the option of bringing soup, salad, bread, dessert, or other items listed, or paying \$10.00 to attend. This will begin at 5:00 pm. Sign up in the program binder by **Friday, September 5th**.

Diner's Caravan: Esh's Kitchen

Genuine Amish cooking, and a country atmosphere, warm hospitality provide a perfect setting for a delicious meal with friends. We will head to Esh's Country Kitchen in Newburg, PA, on Tuesday, September 30th, for a 12:30 pm meal. The menu includes homemade bread, salad, a choice of two meats, potatoes, homemade noodles, vegetables, and dessert. The cost is \$30.00. Sign up by **Friday, September 5th**.

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. Please sign up in the program binder by **Friday, September 5th**

Sturgis Pretzel & Wilbur Chocolate

On Monday, September 15, we will head to Lititz. We will be leaving around 10:30 am; see the calendar for the exact time. Enjoy lunch at Isaac's Craft Kitchen & Brewery before our Pretzel tour at 2:30. The Sturgis Bakery was founded in 1861 and is the first commercial pretzel bakery in America. The cost of the tour is \$5.50, and if you would like to buy a Pretzel, the cost is \$2.00. The last stop will be the Wilbur Factory Store. Sign up in the program binder by **Friday, September 5th**.

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**.

Guthrie Library Books

The following two books are still missing: **Odd Hours** and **The Wife's Tale**. If you have either of these, please return to Tracy ASAP. 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.