

The Weekly Connection

Residential Living | March 15, – 21, 2026

Happening this Week!

Meditation & Relaxation

March 16 | 1:00PM | Great Room

St. Patrick's Day Happy Hour

March 17 | 4:00PM | Terrace Overlook Restaurant

Play Around: Washers

March 18 | 2:00PM | Fitness Center

Presentation on Eleanor Roosevelt

March 20 | 2:00PM | Personal Care Dining Room

Program Sign Up!

Forsythia Lane & Goofy's Eatery

If you love the look of Forsythias, you won't want to miss this. One property owner in Jefferson planted unrooted cuttings approximately 15 years ago, and the lane is about 7/10 of a mile long. Join us for this trip on Monday, March 30th. We will enjoy lunch at Goofy's before seeing the Forsythia. (Please note that Goofy's is cash only.) Sign up in the program binder by **Friday, March 20th**.

Peep Show & Boscov's

Join us on Wednesday, April 1st, to visit this sweet fundraising event that features marshmallow masterpieces. PEEP-inspired art, including Oscar the Grouch-inspired "Scram Peeps!" The event is the largest fundraiser for the Carroll Arts Council. It is free to get in; you can buy tokens to vote for your favorites. You can spend your entire time shopping



Fitness Center Schedule

Monday:

10:00am Power Hour

10:45am 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

1:00 Tai Chi

Thursday:

10:00am Pilates

12:45pm Sit & Strengthen

Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

Program Sign Up Cont.

at Boscov's or split your time between the two. Sign up in the program binder by **Friday, March 27th.**

Brunch Bunch: Lyndon Diner

We will head to York on Friday, April 3rd, for this Brunch Bunch. If you would like to join us, sign up in the program binder by **Friday, March 27th.**

Trolley Trail Walks

We will start with the Hanover Trail, from Moul Field to Gitts Run on Wednesday, April 15th. Here are some fun facts about the Trolley that was in Hanover. In the early 1900s, the trolley lines of the York Railway Company served the needs of many county residents for both business and leisure travel. Weekday routes served daily commuters, while weekends featured special cars to picnic groves, churches, and shops. Construction of the York and Hanover trolley line began on May 1, 1907. The popularity of the automobile doomed trolley transport, and service to Hanover ended in 1938. Sign up in the program binder by **Friday, April 3rd.**

Looking Ahead!

Meditation & Relaxation

Why Meditate?

It improves mental health: meditation can reduce symptoms of anxiety and depression, promoting overall emotional well-being.

Enhances Cognitive Function: Regular meditation practice can improve attention span and

memory retention by strengthening the brain's prefrontal cortex.

Reduces Stress: Meditation helps lower stress levels and promotes Relaxation, which can lead to better sleep quality.

Boosts Physical Health: Regular meditation can lower blood pressure, strengthen the immune system, and reduce the risk of heart ailments. Join Tracy on **Monday, March 16th** at 1:00 pm in the Great Room.

National Walking Day

Let **Thursday, April 2,** be the start of a great new habit for you. Walking with friends can overcome the weather or other excuses. Conversations, jokes, and post-walk coffee can help you both stay motivated. If you don't have a walking buddy, consider joining Tracy to get yourself started. Meet at the Community Center Entrance.

Missing Guthrie Library Books

We are still missing **The Memory Keeper's Daughter** by **Kim Edwards** from this last selection. We are missing **Odd Hours**, by **Dean Koontz**, and **The Wife's Tale** by **Lori Lansens** from the **August** selection. If you have any of these books, please return them to Tracy Schuman as soon as possible. Thank You!

Village Connection Articles

Articles for the April Village Connection are due to Tracy Schuman by **Friday, March 20th.** Please place them in the intercommunity mail or email them to tschuman@spiritrustlutheran.org.