

# The Weekly Connection

## Residential Living | March 22, – 28, 2026

### Happening this Week!

#### National Dip Day Contest

March 23 | 1:00PM | Hobby Room

Please have a label with what kind of dip you made. All are welcome to come sample and vote.

#### Diner's Caravan: Aki Steakhouse

March 24 | 4:15PM | Outing

#### Massage by Tara

March 25 | 9:30-3PM | Salon

If you would like to schedule an appointment, please call Tara at 717-321-4895.

#### Chair Volleyball

March 25 | 11:30AM | Fitness Center

All are welcome to play. You don't have to stay the hour, come for a game or two. It is a fun way to be a little active.

#### Palm Sunday Service

March 26 | 2:00PM | Personal Care Dining Room

#### Faith Break

March 28 | 10:15AM | Library

### Program Binder

Activities and Outings for the next quarter are in the program binder. Please take the time to stop by and see what you might be interested in. The program binder is located in the HUB room of the community center. Please call Tracy Schuman at 717-646-2434 with any questions.

### 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

## Extra Ticket: Oklahoma

If you didn't get a ticket to Dutch Apple Dinner Theatre to see Oklahoma on **Sunday, March 29**, and would like to go, I have a ticket from a resident who is unable to attend. The cost is \$ 75.00 for lunch and the show. If you are interested, call Tracy at 646-2434.

## Program Sign Up!

### 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 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**.

### Village Stitchers "Giving Project"

We will head to Kelly Drive on Monday, April 6, to deliver the lap blankets the Village Stitchers have been working so hard on. We will enjoy lunch at the Café after delivering the blankets. Sign up in the program binder by **Friday, April 3rd**.

### 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!

### Residential Living Planning Meeting

Join Tracy on **Thursday, April 2**, to help plan the next quarter's trips and events. We will be planning for July, August, and September.

### 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.

## 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](mailto:tschuman@spiritrustlutheran.org).