

# The Weekly Connection

## Residential Living | September 7, – September 13, 2025

### Happening this Week!

#### Village Stitches

September 8 | 10:00AM | Hobby Room

#### Therapy Talks with Shannon

September 8 | 1:00PM | Great Room

#### Pontoon Ride & Ice Cream

September 8 | 5:30PM | Outing

#### Shop Downtown Gettysburg

September 10 | 11:00AM | Outing

#### York Revolution

September 11 | 5:15PM | Outing

#### In-House Movie: Penguin Bloom

September 12 | 11:00AM | Great Room

### Class Schedule Change!

#### Power Hour & Back to Basics

Please note that these two classes will be held one hour earlier due to the outing on Wednesday, September 10th.

#### Tai Chi

Please note that Tai Chi is cancelled on Wednesday, September 10, due to the outing.

#### Sit & Strengthen

Please note that Sit & Strengthen for September will be from 12:45 to 1:15 pm instead of 1:00 to 1:30 pm.

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

10:00am Pilates

12:45pm Sit & Strengthen

#### Wednesday:

9:00am Power Hour

9:45am Back to Basics

#### Thursday:

10:00am Pilates

12:45pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30 Morning Mindfulness



## Program Sign Up!

### Utz Terrace Soup & Salad Potluck

Call a friend, a neighbor, or come by yourself to our potluck on Tuesday, September 16, beginning at 5:00 pm. You won't be by yourself long! Everyone loves soup and a good salad, and let's not forget the desserts. What a great way to try different foods. You will have the option of bringing soup, salad, bread, dessert, or other items listed in the program binder or paying \$10.00 to attend. Sign up for what you are bringing or mark your name under the "pay \$10.00" in the binder by **Friday, September 5th**, or see that Tracy gets the money by then.

### Diner's Caravan: Esh's Kitchen

We will head to Esh's Homestead 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

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 are interested in the prize tier, please see the flyer hung in the Hub Room. Please remember that you don't have to walk to participate; you could sponsor someone, and no amount is too small. Every dollar helps. We will have Revonah pretzels for sale; this could be another great way to show support. More details 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. 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**.

## Looking Ahead

### Chair Volleyball

This is always a great time. Join us for Chair Volleyball on **Wednesday, September 17**.

### Town Hall

Mark your calendar for **Tuesday, September 23**; all are welcome to attend.

### Vet-to-Vet Café

This is a time for our Veterans at all levels to come together for conversation and memories. Join us for our first one on **Wednesday, September 24th**.