



Landis Valley Tour ... page 7

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
WELLNESS		
Fitness Classes		
Move!	Tue, Thur	1
Walking Group	Mon, Fri	1
Wellness Programs		
Blood Pressure Clinic	Mon	1

SPIRIT		
Study Groups & Services		
Bible Study	Thur	2
Hymn Sing	6/30	2
Worship Service	Sun	2

MIND		
Educational		
Book Club	Last Mon	3
Great Discussions: TED Talks	2nd Mon	4
How our brain decides what is beautiful	5/9	4
Why we collect things	6/13	4
Life Long Learning	2nd Fri	4
Turkey: Crossroads of Civilization Part 2	5/13	4
The French Indian War: The War That Made America	6/10	4
Technology Skills		
Sharing & Learning	1st & 3rd Thur	4
Creative Arts		
Craft Corner	4th Wed	5
Flower and Garden Club	1st Wed	5
Painting 101	1st & 2nd Fri	5
Stitch Witchery	3rd Wed	5

Description	Date	pg
SOCIAL		
Cocktails & More	Bi-wkly Thurs	6
Mother's Day Tea	5/6	6
Father's Day Cookout	6/17	7
Recreational		
Board Game Day	1st Mon	6
Cribbage	2nd & 4th	6
Wii Bowling	Mon, Fri	6

Trips		
Tanger Outlets	5/27	7
Ladew Topiary Gardens	5/31	7
Landis Valley Tour	6/8	7
Haines Shoe House	6/15	7

Dining		
Birthday Dinner	6/28	7
Diners Caravan		
Isaac's	5/3	7
Cheddar's	5/23	7
First Post Public House	6/7	7
Victor's	6/29	7

Movies		
Pizza & Movie	3rd Mon	8
Harriet	5/16	8
The King and I	6/20	8

Musical Entertainment		
York Symphony Orchestra		
Beethoven's 9th	5/21	8

Theatre		
Magic and Wonder	5/12	8
Great Balls of Fire	6/22	8

COMMUNITY		
CommUNITY Spirit		
Monthly Service Project	2nd Wed	9
Community Committees	varies	9

Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.





WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

Fitness

ONGOING CLASSES

Move!

Looking for a less strenuous exercise program? Have fun and Move! through an interactive DVD focusing on muscle strength, range of movement and balance. A chair is used for seated exercises and standing support with optional weight use.

Tuesday & Thursday

9:30 am

Club House

Cottage Shuttle available

Walking Group

Walking has long been considered an ideal form of physical exercise. It is easy, accessible, requires no special skills or equipment, and can be done virtually anywhere. Moreover it has been shown to be effective in contributing to overall weight loss, decreased blood pressure, and improvement in quality of life. This group will meet at the community entrance to Miller Park.

Monday & Friday

8:45 am

Miller Park

Wellness Programs

Blood Pressure Clinic

Do you know your numbers? What do they mean? Stop by the Wellness Suite to have your blood pressure checked; your heart and health will thank you!

Monday

1:00 pm

Wellness Suite

Cottage Shuttle available





SPIRIT

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Spiritual

Bible Study

Bible Study is a weekly study group, facilitated by the community chaplain, leading participants through spirited discussions and offering opportunities to strengthen religious and spiritual beliefs.



Thursday

2:45 pm

Club House

Cottage Shuttle available

WORSHIP SERVICES

Join Villagers in observing faith together as a community during a weekly service of scripture and hymns.

Worship Service led by campus chaplain

Sunday

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available

Hymn Sing

Come out and be uplifted by singing along to your favorite hymns, old and new.

Thursday, June 30

2:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle Available



Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

Educational

BOOK CLUB

Love to read? This gathering serves as a forum where readers can meet and discuss books and their reading experience together. Discussions will be led by a resident facilitator.

Last Monday of the month

1:30 pm

Club House

Cottage Shuttle available



GREAT DISCUSSIONS

Nourish your mind through thought provoking topics. Participants will view a TED Talk followed by an interactive question and answer session.



2nd Monday of the month
2:00 pm
Club House
Cottage Shuttle available

May 9

“How your brain decides what is beautiful”

Anjan Chatterjee uses tools from evolutionary psychology and cognitive neuroscience to study one of nature’s most captivating concepts: beauty. Learn more about the science behind why certain configurations of line, color and form excite us in this fascinating, deep look inside your brain.

June 13

“Why we collect things”

As a collector of pinball machines, neuroscientist and psychologist Daniel Krawczyk has received his share of the sideways glances. In this eye-opening talk, however, he argues that collecting is a hardwired human behavior as a potent mix of neurobiology and social psychology.

LIFE LONG LEARNING

2nd Friday of the month

2:00 pm

Club House

Cottage Shuttle available

Facilitator: John Maietta

May 13

Turkey: Crossroads of Civilization (Part 2)

“This program – the second of a two-part series – begins with the missionary travels of Saint Paul, including his momentous stay in Ephesus. We will go on to explore the great Byzantine capital of Constantinople, the underground cities of Cappadocia, the mystic center of Konya, and the Ottoman splendors of Topkapi Palace. We’ll end with a personal account of Istanbul’s Ghezi Park riots in 2013 – dramatic evidence of a recent reversion, by the central government of Turkey, to the autocratic habits of the past.”

June 10

The French and Indian War: The War That Made America

“In 1754, a band of colonial militia, led by a young Virginia major named George Washington, stumbled on French rivals in the backwoods of Pennsylvania. The ensuing fight sparked seven years of hostilities between Britain and France and set the stage for America’s eventual independence. This program highlights the big issues and dramatic events of the global conflict we know as the French and Indian War. Britain won the great prize in the war – the heart of North America – but would soon lose it all to frustrated colonial upstarts.”

TECHNOLOGY SKILLS SHARING & LEARNING

This is a resident led program with the goal of bringing together neighbors with all levels of proficiency with technology to share learned skills with each other and to help residents use their electronic devices more effectively.

1st & 3rd Thursday of the month

1:00 pm

Club House

Cottage Shuttle available



Creative Arts

CRAFT CORNER

Get those creative juices flowing and make new friends while creating fun and usable crafts.

4th Wednesday of the month

1:00 pm

Club House

Registration Required

Cottage Shuttle available

May 25

Hand Stamped Wooden Utensils



June 22

Eraser Stamped 4th of July Shirt



Flower & Garden Club

This is a resident led club that gathers to discuss everything flowers and gardening. Monthly meetings will introduce a variety of topics including resident photography presentations of flowers and gardens, how to grow and cook with herbs, planning your spring flower garden, and much more.

1st Wednesday of the Month: May 4, June 1

10:00 am

Club House

Cottage Shuttle available



Painting 101

Learn to paint! This is a technique learning class where residents will produce practical and useable pieces of painted artwork. Resident facilitated program.

1st & 3rd Friday of the Month

10:00 am

Club House

Cottage Shuttle available



Stitch Witchery

Residents will meet up to work on any type of handwork i.e.: quilting, knitting, crocheting, cross-stitch, and sewing. This is a great social activity for friends to catch up, share stitching tips, and meet others in the community new and existing.

3rd Wednesday of the Month: May 18, June 15

10:00 am

Club House

Cottage Shuttle available





SOCIAL

Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Cocktails & More

Each month, enjoy a featured beverage (alcoholic and non-alcoholic) and hors d'oeuvres while you mingle and socialize.

Bi-Weekly on Fridays

4:00 pm

Club House

Registration required

Cottage Shuttle available

Mother's Day Tea

Come out and enjoy a special tea for Mother's Day. No meal to cook, no dishes to clean, just time to relax and be loved on, as you should be.

Friday, May 6

12:00 pm

Club House

Cost: TBD

Registration required

Cottage Shuttle available

Recreational

Board Game Day

Scrabble, Rummikub, Parcheesi, or bring your own ... you pick! Play a board game with friends and take the time to make new ones.

1st Monday

11:00 am

Club House

Cribbage

Resident run program where players will have the opportunity to learn a new game.

2nd & 4th Wednesday

2:00 pm

Club House



Wii Bowling

Join this fun group that utilizes Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball. No experience required and can be played while seated in a chair.

Monday & Friday

3:00 pm

Club House



Trips

Tanger Outlets (Lancaster, PA)

Treat yourself to a day of shopping and take advantage of Memorial Day savings. Lunch after outlet shopping.

Friday, May 27

Bus departs from Zimmerman Place at 9:00 am

Registration required

Ladew Topiary Gardens (Monkton, MD)

Ladew Gardens, named "One of the Top 5 Gardens in North America," deemed "the most outstanding topiary garden in America" by the Garden Club of America, is located in the Maryland countryside. Residents will enjoy a tour of the house and have free time to walk the gardens.

Tuesday, May 31

Bus departs from Zimmerman Place at 9:00 am

Cost: \$15.00

Registration required

Landis Valley Tour, (Lancaster, PA)

Landis Valley Village & Farm Museum is an authentic one hundred acre living history museum dedicated to sharing the history and material culture of the Pennsylvania Germans from 1740-1940. The tour will last approximately two and a half hours during which there will be an introductory video, a guided tour with a costumed guide, food tasting and shopping at the Museum store. Please wear comfortable shoes. Lunch will follow the tour.

Wednesday, June 8

Bus departs from Zimmerman Place at 8:15 am

Cost: \$25.00

Registration required

The Haines Shoe House Tour (York, PA)

Modeled after a work boot, this house was built by shoe salesman Mahlon Haines in 1948 as a form of advertisement. The house, which is 25 feet tall and contains five stories, was once rented out to couples, and is now open for public tours. Enjoy a tour of this unique house and treat yourself to an ice cream after.

Wednesday, June 15

Bus departs from Zimmerman Place at 1:00 pm

Cost: TBD

Registration required

Dining

DINERS CARAVAN

There is nothing quite like sitting with friends and having great conversations over a delicious meal. Diners Caravan lets you explore various restaurants in the area and beyond. Cost will vary by restaurant and is the responsibility of the diner. **Registration required**

Isaac's (York, PA)

Tuesday, May 3

Bus departs from Zimmerman Place at 11:15 am

Cheddar's (York, PA)

Monday, May 23

Bus departs from Zimmerman Place at 4:00 pm

First Post Public House (York, PA)

Tuesday, June 7

Bus departs from Zimmerman Place at 11:00 am

Victor's (York, PA)

Wednesday, June 29

Bus departs from Zimmerman Place at 4:00 pm

Birthday Dinner

Birthdays! A great reason to gather and celebrate the goodness of life. Join every other month for a birthday celebration with a menu of fried chicken, vegetables, mashed potatoes with gravy, birthday cake and ice cream. Residents will be treated to a free meal on their respective birthday month.

Tuesday, June 28

5:00 pm

Club House

Cost: \$9.20

Registration required

Cottage Shuttle available

Father's Day Cookout

Celebrate Father's Day with an evening cookout.

Thursday, June 17

5:00 pm

Club House

Cost: TBD

Registration required

Cottage Shuttle available

Movies

Pizza & Movie

3rd Monday of the month

5:00 pm · Club House

Cost: \$5.00

Registration required

Cottage Shuttle available



May 16 – Harriet (2019)

This historical drama follows Harriet Tubman's escape from slavery, her heroic return to rescue her family, and her daring efforts that delivered scores of fellow slaves to freedom via the Underground Railroad.

June 20 – The King and I (1956)

In this film adaptation of the Rodgers & Hammerstein musical, widowed Welsh mother Anna Loenowens (Deborah Kerr) becomes a governess and English tutor to the wives and many children of the stubborn King Mongkut of Siam (Yul Brynner). Anna and the king have a clash of personalities as she works to teach the royal family about the English language, customs and etiquette, and rushes to prepare a party for a group of European diplomats who must change their opinions about the king.

Entertainment

MUSICAL ENTERTAINMENT

York Symphony Orchestra

Beethoven 9

In celebration of Beethoven's 250th birthday, the York Symphony Orchestra and Chorus performs Beethoven's final masterpiece, Symphony No. 9. Beethoven's 9th has brought countries together in harmony and in celebration of monumental events in history. The work's enduring grandeur along with the incorporation of Friedrich Schiller's Ode to Joy continues to inspire composers and music enthusiasts.

Saturday, May 21

Cost: \$10.00

Bus departs from Zimmerman Place at 6:15 pm

Registration Required

Theatre

Magic and Wonder

"The Magic & Wonder

Show is a comedy-

variety magic show. It

combines large-scale

illusions, hilarious

comedy, and dynamic

circus arts. You will see aerialist fly high above the stage and other circus performers create dazzling moments of wonder.

The show features the award-winning illusions of Brett A Myers who recently won a Merlin Award for the "2021 BEST MAGIC & VARIETY SHOW." The Merlin Award is considered to be the "OSCAR OF MAGIC."

Thursday, May 12

Magic and Wonder Theatre (Paradise, PA)

Cost: \$30.95

Bus departs from Zimmerman Place at 1:00 pm

Registration required



Great Balls of Fire

Jerry Lee Lewis was the original bad boy of Rock & Roll. Jason Cohen, who played Lewis in over 80 cities across North America in the national tour of the Million Dollar Quartet, brings the ivory-smashing superstar to life in this theatrical concert.

You'll hear "Good Golly, Miss Molly,"

"Shake, Rattle, and Roll," "Whole Lotta Shakin' Goin' On,"

"High School Confidential," "What'd I Say" and more.

Dinner at theater prior to the show.

Wednesday, June 22

Dutch Apple Theater (Lancaster, PA)

Cost: \$66.00

Bus departs from Zimmerman Place at 4:45 pm

Registration required





COMMUNITY

Making a positive impact, be it in the community reaching out to help others or improving the quality of our environment.

*“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi*

CommUNITY Spirit

MONTHLY SERVICE PROJECT

2nd Wednesday of the month (times may vary due to conflicts)

2:00 pm

Club House

Registration required

Cottage Shuttle available

***May 11 – Baked Goods for Skilled Care & Rehab
Center team members***

June 10 – TBD

ALZHEIMER’S FUNDRAISER

The Village at Shrewsbury will be participating in various fundraisers throughout the year to support the Alzheimer’s Association in their quest to find a cure. Be on the lookout for information published in weekly communications.

SERVING WITHIN OUR COMMUNITY

Committees

Interested in providing input and insights to living at The Village at Shrewsbury? Participate in one of our advisory role committees. Ask a member of the Life Enrichment team for more details on a specific committee and how to become involved. A wide variety of committees are offered including: Welcoming Committee, Spiritual Life Committee, Building and Grounds Committee, Social Life Committee, and Dining Committee.



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



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