



Ashcombe Farm and Greenhouses, Mechanicsburg ... page 8

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		
Chair Yoga	Fri	2
SilverSneakers® Classic	Mon, Tue, Wed, Fri	1
Spirit Striders Walking Group	4th Wed	1
Yoga	Tue, Fri	2
Wellness Programs		
A Better Version of You		
Fitness Demonstrations	Mon	2
Blood Pressure Clinic	2nd Tue	2

SPIRIT		
Support Groups		
Widow / Widower Luncheon	3rd Wed	3
Study Groups & Services		
Worship Service	Sun	3

MIND		
Educational		
Book Club	4th Wed	4
Brain Games	2nd & 4th Thurs	4
Hollywood Classics	2nd & 3rd Fri	5
Moral Movie and Discussion	1st Fri	4
Awareness		
Works for Me	5/ 2	5
My Octopus Teacher	6/1	5
Creative Arts		
Art of Truffle Making	5/2	5
Flower Arranging	5/6	5
Painting Class		
Spring Scene	5/18	5
Patriotic Flag	6/14	5
Stitch Together	Every Thursday	5

Description	Date	pg
SOCIAL		
Apple Pie Day	5/13	6
Uncorked	5/9	6
Cocktails & More		
Cinco de Mayo	5/5	6
Mimosa Bar	5/16	6
Ice Cream Soda Day	6/20	6
Recreational		
Billiards	Tue	7
Bingo	1st & 3rd Mon	7
Dominoes	Tue, Thurs, Sat	7
Ladies League Billiards	Thurs	7

Trips		
Celebration of Quilts &		
Flower Show	6/10	7
Eastern Museum of Motor Racing	6/17	7
Strawberry Festival	6/4	7

Shopping Trips		
Ashcombe Greenhouses	5/25	8
Browns Orchards	5/17	8
Central Market	5/12	8
Grocery Shuttle	Tue	8

Movies		
Lights, Camera, Action		
Mamma Mia! Movie	5/11	8
Oklahoma, the Musical	6/7	8
York Symphony Orchestra Beethoven's 9		
Appell Ctr performance	5/21	8
Virtual performance	5/23	8

COMMUNITY		
CommUNITY Spirit		
Alzheimer's Fundraisers	Dates TBD	9
The Longest Day	6/21	9
Community Committees	Varies	9
Garden Market	Seasonal	9
Village Gardeners	Varies	9
Volunteer Opportunities	Varies	9

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



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



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

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support.

Monday, Wednesday, Friday

10:00 am

Tuesday

2:00 pm

Glatfelter Center Community Room B



Spirit Striders Walking Group

Start your day on the “right foot” by enjoying a morning walk among the company of others. Walking has long been considered an ideal form of physical exercise as it is easy, accessible, requires no special skills or equipment, and can be done virtually anywhere. It has been shown to be effective in contributing to overall weight loss, decreased blood pressure, and improvement in quality of life.

8:45 am

Tuesday, Thursday

**8:45 am meet at front of Glatfelter Center,
weather permitting**



Yoga

Yoga does more than burn calories and tone muscles. Join John in this total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Thursday

9:00 am

Glatfelter Center Community Room B

Chair Yoga

Join John in this beginner friendly class offering options and variations for all poses to meet your needs. Class will include seated (in chair) and standing poses, using the chair for support. This is a great way to increase mobility, work on breathing and take time to slow your day down.

Friday

9:00 am

Glatfelter Center Community Room A

Wellness Programs

BUILDING A BETTER VERSION OF YOU

Join us and learn how to add vitality to your life! The first Monday of each month, a 30-minute demonstrations on how to use the cardio and strength equipment safely and effectively.

Fitness Demonstrations: 1st Monday of the month

2:00 pm

Glatfelter Center Gym

Blood Pressure Clinic

Do you know your numbers? Stop by the Wellness Nurse's office to have yours checked. Your heart and health will thank you. Join us monthly and learn how you can add years to your life and life to your years!

2nd Tuesday of the month

10:00 – 11:00 am

Wellness Nurse Office





SPIRIT

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

Emotional

Widow/Widower Luncheon

Meet other widows and widowers in a comfortable, social atmosphere where participants can find companionship, friendship, comfort, and support from one another. The luncheon is open to all widows and widowers in the community. Participants order food from Rachel & Reuben's Bistro menu and are responsible for food cost.

3rd Wednesday of the month

11:30 am

Glatfelter Center Card Room

Cost: Varies

Registration required - Signup Monday prior to event

Spiritual

WORSHIP SERVICE

Join other Villagers as we observe our faith together as a community during a weekly service of Scripture, hymns and Holy Communion led by our campus chaplain. A time of fellowship around coffee follows worship.

Sunday

10:30 am

Glatfelter Center Community Room A



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

Educational

BOOK CLUB

Do you enjoy new books? Do you enjoy discussing the books you've read? Each month we will choose a new book selection for the group to read. We will meet once a month to discuss the book together.

**4th Wednesday of the month
4:00 pm
Library**



BRAIN GAMES

Join your friends and neighbors for an afternoon of brain games! We will cover a variety of subjects and a variety of skills. Come to challenge your wits and have a good time!

**2nd & 4th Thursday 2:00 pm
Glatfelter Community Center
Room A**

MORAL MOVIE & DISCUSSION

Watch in a group setting a thought-provoking film filled with one or more moral dilemmas. After viewing the film, a discussion is held around the dilemmas presented. Participants are encouraged to ask questions, be open-minded, and know they are in a safe space to speak about their thoughts and opinions. Discussions are led by volunteer resident facilitators.

**1st Friday of the month
1:00 pm
Glatfelter Center Community
Room A**

AWARENESS IN MOTION

Knowledge is power! It matters to be aware of what information is available to you, what things to stay away from, and ways to create, save and appreciate things in life. This monthly program is designed to get informed – be in the know and challenges you to live well on purpose!

1st Wednesday of the month

2:00 pm

Glatfelter Community Center Room A

May 2nd - Works for Me

Come discuss a household item that works well, a product that you just can't live without, or an item that you think could benefit someone or all – either way you're invited. Feel free to bring your Item for a "show & tell" of these "must haves"

June 1st - My Octopus Teacher Documentary

In recognition of World Reef Awareness Day, join us in viewing this extraordinary documentary which is resonating with people in a tumultuous time marked by political division, social unrest and COVID-19. Words cant do this film justice! Something about this film touches both critics and the public deeply. Comments range from "I'm never eating calamari again!!!" and "I'm in tears" to "Really well done film that highlights some of the amazingness that exists in nature" and "The world would be a better place if every human watched this stunning piece of filmmaking"

HOLLYWOOD CLASSICS

Rich Santel, a self-proclaimed film buff, introduces, presents, and discusses Hollywood's greatest films. Dazzle your friends with the little known facts and trivia you will leave with. Grab some popcorn and enjoy the film!

2nd & 3rd Friday

1:00 pm

Glatfelter Center Community Room A

Creative Arts

THE ART OF TRUFFLE MAKING

A confection worthy of its own holiday! National Truffle Day on May 2



places the decadent chocolate truffle in the spotlight. Celebrate the day by learning how to make this delicious sweet treat with your multi-talented Executive Director!

Monday, May 2

3:00 pm

Glatfelter Center Community Room A

STITCH 2GETHER

If you are new to knitting or a seasoned pro, this group might be just what you have been seeking. Joining can offer you help with a new pattern, help completing a lingering project, new knitting project ideas, and the ability to make new friends with a very similar interest to yours.

Thursday

1:00 pm

Hosted at 1911 Weisgerber Way

PAINT CLASSES

This is an opportunity for learning, laughter and leaving with your own masterpiece! Paint your canvas through step by step instructions. No prior experience needed. Supplies provided.



Spring Scene

Wednesday May 18

2:00 pm

Glatfelter Community Center Room A

Registration required by 5/16

Class size limited to 12 participants

Patriotic Flag

Tuesday June 14

3:00 pm

Glatfelter Community Center Room A

Registration required by 6/10

Class size limited to 12 participants

MOTHER'S DAY FLOWER ARRANGEMENT

Nothing brings a smile to someone's face more than flowers! Design your own arrangement with provided supplies.

Wednesday May 6

2:00 pm

Glatfelter Community Center Room A

Registration required by 5/4



SOCIAL

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

UNCORKED

A wine and cheese party is a great way to learn more about wine and try new varieties! In celebration of Mascato Day, our featured wine will be mascato.

May 9th

2:00 pm

Glatfelter Center Community Room A

Cost: \$2.00

COCKTAILS & MORE

Enjoy mixing and mingling and with others while relishing a featured beverage that goes along with the special theme.

Glatfelter Center Community Room A

Cost: \$2.00 for all events

Thursday May 5 at 3:00 pm – Cinco de Mayo

Don your sombrero and join us to enjoy margaritas and Mexican inspired foods.

Monday May 16 at 9:00 am – Mimosa Bar

Celebrate National Mimosa Day mixing your own mimosas and enjoying a selection of pastries.

APPLE PIE DAY

While the apple pie existed well before the Pilgrims landed on the eastern shores of what is now The United States, Americans wax poetic about how American apple pie is. The phrase “as American as apple pie” has been around for more than 100 years. The first apple pie recipe printed was in England in 1381. The list of ingredients included good apples, good spices, figs, raisins, pears, saffron, and cofyn (a type of pastry crust). Celebrate this iconic treat by enjoying a slice of apple pie ala mode.

May 13th

2:00 pm

Glatfelter Center Community Room A

ICE CREAM SODA DAY

Invest some time in slurping this frothy wonderment up a striped straw on this National Ice Cream Soda Day. The drink is comprised of only a couple of scoops of ice cream in any carbonated beverage. What a perfect way to cool down on a sizzling June summer day!

June 20th

2:00 pm

Glatfelter Center Community Room B & Patio

Recreational

GAMES

Games have always brought families and friends together, whether on a designated game night or family holidays. Discover new tabletop games and enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Billiards

Tuesday
5:30 pm
Billiard Room



Bingo

The 1st Bingo game of the month is themed. Specifics will be posted in the monthly Inspirations Companion. The 3rd Monday game is Gift Card Bingo! Gift card prizes on the house – enjoy!



1st & 3rd Monday 1:00 pm
Glatfelter Center Community Room B

Registration required for game held on the 3rd Monday – signup by Friday prior to event

Dominoes

Thursday 6:00 pm
Rachel & Reuben's Patio

Ladies League Billiards

Thursday
10:00 am
Billiard Room

Trips

7th Annual Hollabaugh Brother's Strawberry Festival

What better way to welcome summer than a big bowl of strawberries. Fresh Strawberry Sundaes, Strawberry Pies, Strawberries n' Shortcake, Strawberry activities...its ALL strawberries, all weekend!

Saturday, June 4

Biglerville

11:30 am Bus departs back entrance of Glatfelter Center

Cost: While admission is free, food and some activities are "pay as you go"

Registration required by 6/2

Maximum of 19 participants

Celebration of Quilts & Flower Show

The talents of the members of the York Quilters Guild and the Garden Club Federation of Pennsylvania District IV are on display at this annual event. View quilts and flower displays along with vendors, demonstrations, community service project, silent auction, quilt guild boutique, raffle quilt, and the garden club.



Friday, June 10

York College of Pennsylvania
9:00 am bus departs back entrance of Glatfelter

Cost: \$9.00

Registration required by 6/8

Maximum of 19 participants

Eastern Museum of Motor Racing

The Eastern Museum of Motor Racing (EMMR) houses unique displays of legendary race memorabilia. A visit to this museum uncovers midgets from every era, the actual contents from Tommy Hinnershitz's garage, one of the only known remaining pieces from Ted Horn's car and one of Ricky Rudd's NASCARs. Other displays covering dirt track, Indianapolis 500 and drag racing can also be found in the museum, including a special tribute to Williams Grove Speedway.

Friday, June 17

York Springs

10:00 am bus departs back entrance of Glatfelter

Registration required by 6/15

Maximum of 19 participants

Shopping

Browns Orchards & Farmers Market, Loganville

A delicious destination for 70 years. Take home berries, peaches, apples and more grown in their own orchards, award-winning apple cider and fresh from the oven bakery treats. The Market also includes a Deli, Gift Baskets, Fudge, Candy, Pantry favorites, and a Greenhouse



Tuesday, May 17

10:30 am bus departs back entrance of Glatfelter

Cost: Free, participants are responsible for lunch and purchases

Registration required by 5/13

Maximum of 19 participants

Central Market, York

Yorkers know that a “Market Day” means grabbing coffee with a friend and fresh vegetables to take home for dinner. It means listening to live music while browsing unique artisan crafts. Enjoy the finest in locally grown flowers and produce, baked goods, fresh seafood, meats, deli products and many specialty items.

Thursday, May 12

9:00am Bus departs back entrance of Glatfelter

Registration required by 5/10

Maximum of 19 participants

Ashcombe Farm and Greenhouses, Mechanicsburg

Do you love plants? Want to add to your collection? You won't want to miss this trip. Located in a country setting, Ashcombe Farm and Greenhouses has grown its product offering over the last 50 years to include greenhouses, a garden center, a gift and floral area, baked goods, produce, gourmet foods, gardening gifts and supplies, display gardens and more. Trip includes a lunch stop at TJ Rockwells.

Wednesday, May 25

10:30 am bus departs back Glatfelter

Participants are responsible for lunch and purchases

Registration required by 5/23

Maximum of 19 participants

Shopping Shuttle

Transportation provided to various stores weekly. Refer your monthly calendar to see the destination for that week.

Tuesdays

9:00 am bus departs from back entrance of Glatfelter Center

LIGHTS, CAMERA, ACTION SERIES

**Showing begin at 3:00 pm
Glatfelter Community Center
Community Room A**

**Wednesday, May 11
Mamma Mia!**

Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs. A young woman about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother, Donna Sheridan (Meryl Streep), who was once the lead singer of Donna and the Dynamos. In the meantime, Donna has invited her back-up singers, Rosie Mulligan (Dame Julie Walters) and Tanya Wilkinson (Christine Baranski)

**Tuesday June 7
Oklahoma, the musical**

What a better way to celebrate National Oklahoma Day than with a showing of this musical. The first collaboration of famed partners Richard Rodgers and Oscar Hammerstein II, Oklahoma! set the American musical theatre standard. Set in Western Indian Territory just after the turn of the 20th Century, the spirited rivalry between the local farmers and cowboys provides the backdrop for the love story between Curly, a handsome cowboy, and Laurey, a beautiful farm girl. The road to true love is anything but smooth, but there is no doubt that these two romantics will succeed in making a life together. As the road to romance and the road to statehood converge, Curly and Laurey are poised to spend their new life together in a brand new state: O-K-L-A-H-O-M-A - OKLAHOMA!

Musical Performances**YORK SYMPHONY ORCHESTRA
Beethoven 9**

Appell Center for the Performing Arts
(York, PA)

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. Enjoy this performance in person or virtually

Saturday, May 21

Cost: \$10.00

Bus departs from back entrance of Glatfelter Center at 6:30 pm

Registration required by 5/19

Maximum of 19 participants

Virtual: Monday, May 23

2:00 pm

**Glatfelter Community Center
Room A**





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

SEASONS OF SERVICE

Alzheimer’s Fundraisers

Please look in our weekly update and Newsletters for updates on fundraisers for the Alzheimer’s Association!

The Longest Day

The Longest Day is the day with the most light — the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer’s through a fundraising activity of their choice. Join in for an afternoon of games, prizes, ice cream and more! Donations will be accepted to support the work of the Alzheimer’s Association.

**Tuesday, June 21
2:00 pm**

COMMUNITY COMMITTEES

These advisory committees offer an opportunity to collaborate, plan, and advise. For more information, contact the Independent Living Council or the Community Life Enrichment Director. Independent Living Council, Life Enrichment Committee, Sunshine Committee, Dining Services Committee and Welcome Committee

SERVICE GROUPS

Garden Market

Bountiful blessings that come from the Village Gardeners are available for purchase. Seasonal – See Inspirations Companion and Weekly Updates

Village Gardeners

The Village Gardeners are a group of volunteers who tend and cultivate the garden located south of the Glatfelter Community building. Have interest in supporting the garden? Contact Life Enrichment Director for more information.

Volunteer Opportunities

Do you enjoy helping others or have a heart for serving? We have many opportunities to serve. Contact the Volunteer Office to learn more.



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.

 **SpiriTrust Lutheran**®
The Village at Sprenkle Drive

1802 Folkemer Circle • York, PA 17404 • www.SpiriTrustLutheran.org

