



Fresh Flower Arranging ... page 5

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 Fitness	Tuesdays	1
Fun With Balance	Thursdays	1
Hybrid Chair Yoga	Mondays	1
Hybrid Fit Medley	Wed, Fri	2
Hybrid Strength	Thursdays	2
Zoom Mat Stretch	Tuesday	2
Wellness Programs		
Physical Therapy Talks	7/5, 8/2, 9/6	2
Nutrition		
Tasty Tips	8/8, 9/12	2

SPIRIT		
Study Groups & Services		
Catholic Mass	1st Tuesday	3
Praying of the Rosary	Thursday	3
Worship Service	Sundays	3

MIND		
Educational Programs		
Brain Games	7/12, 8/3, 9/14	4
Interview With a Neighbor	7/6, 8/10, 9/7	5
Life Long Learning		
Life Long Learning	4th Friday (Sept)	4
Technology		
Tech Support	By appointment	5
Tech Talks with Mark	TBA	5
Creative Arts		
Fresh Flower Arranging	8/1	5
Making Ice Cream	8/22	5
Rhythm and Motion	8/9, 9/13	5

Description	Date	pg
SOCIAL		
Cookout and Cornhole	7/13	6
Ice Cream Social	8/24	6
Trips		
Frontier BBQ & Pen Mar Park	8/14	7
Peppermill and Trader Joe's	7/1	7
Recreational		
Bingo	Fridays	6
Mexican Train Dominoes	3rd Wednesday	6
Dining		
Aki	8/16	7
Big Mike's	7/8	7
C&D Grill	9/6	7
Ott House	7/21	7
Outback Steakhouse	8/26	7
Pizza Luncheon	9/20	7
Village Breakfast	7/5, 8/2, 9/6	7
Theatre & Movies		
Sight and Sound in House	9/28	8
Summer Movie at the Majestic	8/10	8
Sunday Movie Matinee	7/17	8
Totem Pole "Beehive"	7/19	8
Musical Entertainment		
Cormorant's Fancy	8/28	8
Dearest Home	7/6	8
Gettysburg Community Concerts	9/27	8

COMMUNITY		
CommUNITY Spirit		
Committees & Groups	Varies	9
Senior Acts Group	7/18, 8/15, 9/19	9
Spirit 360 Summer Games Week	7/12-7/15	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.

Ongoing Classes

Chair Fitness

This class incorporates cardio, strength, flexibility and coordination all in one workout without ever leaving your seat! Functional choreography is used for gentle joint activation.

Everyone works at their own personal level to fun, upbeat music.

Tuesday

10:30-11:00 am

Cannons Corner

Fun With Balance

This combination class utilizes stretching, patterning, standing and moving balance drills, obstacle courses and strength training for daily activities and agility. This class can be modified and adapted for multiple levels of ability.

Thursday

1:00 pm

Wellness Gym

Hybrid Chair Yoga

Chair yoga focuses on yoga postures and active stretching performed with the support of a chair. Standing and seated poses are blended together for a workout that is focused on helping to perform activities of daily living increase strength and flexibility. A Zoom link is available for those who would like to attend virtually.

Monday

9:30-10:15 am

Wellness Gym and Zoom

Hybrid Fit Medley

Fun music drives this class that will also challenge your coordination, balance and memory with easy to follow dance choreography. This low impact, high-energy 45-minute class includes 20-30 minutes of cardiovascular exercise followed by balance, strength or stretching. A Zoom link is available for those who would like to attend virtually.

Wednesday, Friday

9:30 – 10:15 am

Wellness Gym and Zoom

Hybrid Strength

Looking for a class that gives you a no-nonsense, head-to-toe strength and cardio workout without the fluff? This class is not “music based” and is held in the wellness gym using free weights. Participants move through timed intervals of cardio and resistance to increase strength and stamina. A Zoom link is available for those who would like to attend virtually.

Thursday

9:30-10:15 am

Wellness Gym and Zoom

Zoom Mat Stretch

Light music and familiar patterning in stretches promote a relaxed state in this mat-based class that you attend virtually from your home. While situated on the floor, you will be led through a total body stretching routine that will leave you feeling relaxed, flexible and more focused. Modifications can be made for those who prefer to sit in a chair.

Tuesday

9:30-10:15 am

Zoom



Wellness Programs

PHYSICAL THERAPY TALKS

July 5 - Falls Workshop

1:15 pm

Cannons Corner

Presenter: Katy Engelbert, PTA

August 2 - Topic TBD

1:15 pm

Cannons Corner

Presenter: Katy Engelbert, PTA

September 6 - Topic TBD

1:15 pm

Cannons Corner

Presenter: Katy Engelbert, PTA

Nutrition

TASTY TIPS

Who couldn't use some tips on how to prepare a meal, what might be a healthier option or how to handle your food safely?

During this monthly series you may be introduced to new ingredients, learn the benefits of different foods or expand your cooking knowledge.

August 8, September 12

1:30 pm

Wellness Lounge

Registration required. See receptionist





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

Spiritual

WORSHIP SERVICE

Join other Villagers from throughout the campus as we observe our faith together during a weekly service of Scripture, hymns and Holy Communion led by our campus chaplain.

Sunday
10:00 am
Fellowship Room



CATHOLIC SERVICES

Catholic Mass

Attended by campus residents from all levels of living, Catholic Mass is held monthly and celebrated by the clergy from St. Francis Xavier Catholic Church.

1st Tuesday of the month
10:00 am
Fellowship Room

Praying of the Rosary

Join fellow Catholic residents from all levels of living in a traditional praying of the Rosary led by a volunteer residential living resident.

2nd, 3rd, 4th Thursdays of the month
10:00 am
Arlington Sun Room



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

BRAIN GAMES

There are many ways to help improve your cognitive function as you age. Playing games is one of them. We will play a variety of games using language, memory, trivia, patterning and just plain having fun.

7/12, 8/3, 9/14

1:00 pm

Wellness Lounge

Sign up with the receptionist

LIFE LONG LEARNING

This popular educational program piques your intellectual curiosity with lectures and visual presentations on a variety of topics. Invite your friends as this program is open to the community.



All sessions are presented in the Wellness Lounge at 2:00pm

This program will resume on September 23. Topic will be finalized closer to that date

Educational

Interview with a Neighbor

Come and get to know your neighbors and team members at The Village at Gettysburg. You might have more in common than you thought or even be living next to someone who lived in the same town growing up!

7/6, 8/10, 9/7

1:30pm

Wellness Lounge

Technology

ONE-ON-ONE TECH SUPPORT

Mark Vanderbough is available to help you with your technology questions by appointment. He can help with questions about smartphones, online bill paying, social media, viruses on your computer and a wealth of other everyday usage problems with your electronic devices. Contact Nikki Richwine for an appointment with Mark.

Tech Talks With Mark

Mark is bringing the residents together to offer advice and help with current technology topics. Bring your questions with you. They may just help your neighbor with a similar challenge they are having.

Check your monthly calendar for dates and times



Creative Arts

Fresh Flower Arranging

We have a feeling that we know someone who grows flowers in her backyard. Bring your favorite vase or we will have some Mason jars available to create your own arrangement to take home. There will be discussion about space, height, color and texture for you to learn a few pointers but your design is your own!



Monday, August 1

1:00 pm

Wellness Lounge

Please sign up at the receptionist by 7/29

Making Homemade Ice Cream

There are plenty of ice cream connoisseurs in our community. We are making our own ice cream! There is something about knowing exactly what is going into what you eat (or maybe you will be surprised and a little worried!) We will make at least two flavors of ice cream and use some different techniques.

Monday, August 22

1:00 pm

Wellness Lounge

Please sign up at the receptionist

RHYTHM AND MOTION

Rhythm and Motion is a drumming-based class designed to challenge your body and mind. Simple drumming patterns using stability balls for drums are taught to the tunes of fun, familiar songs. It all comes together to form an experience like you have never had before! Anyone can be a musician in this class.

Tuesdays, 8/9, 9/13

1:00 pm

Wellness Gym



SOCIAL

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

Cookout & Cornhole

Dining services will man the grills while you play a game of cornhole and visit with friends. Enjoy hamburgers, hot dogs, macaroni salad, baked beans, watermelon and cookies.

Wednesday, July 13

11:30 am

Tent

Cost: \$7 pre-registered, \$8.00 on the day of cookout

Please sign up at the receptionist

Ice Cream Social

You bring your sweet-tooth, we will supply the ice cream and toppings.

Wednesday, August 24

2:00pm

Tent

Please sign up at the receptionist



Recreational

GAMES GALORE

Games have always brought families and friends together, whether on a designated game night or family holidays. Discover new tabletop and card games or enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time. If you would like to start a new game group let our Life Enrichment Team know how we can help you.

Mexican Train

Dominoes

Wednesdays, 7/20, 8/17, 9/21

2:00 pm

Cannons Corner

Bingo

Fridays

2:00pm

Cannons Corner



Trips

Registration at the receptionist is required for all trips at least 3 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

Peppermill & Trader Joes

From homemade soups and healthy salads to seafood, sandwiches and more, the Peppermill has something to satisfy everyone. Trader Joe's, a national chain of neighborhood grocery stores, has unique and interesting products, along with everyday basics.

Friday, July 1

Mechanicsburg

Bus departs at 11:00am

Minimum required diners: 6

Frontier BBQ & Pen Mar Park

"This is real barbeque!" Their menu includes pit beef, Carolina pork, smoked ham and turkey, ribs and the original "Hillbilly Sundae" of pork, beans and cole slaw. This is a cash only establishment. After ordering your food you can take it with you to Penn Mar Park. Bring a picnic and a chair and relax in this wooded setting.

Sunday, August 14

Bus Departs at 11:30am

Registration Required. See receptionist.

Minimum required participants: 6

Maximum participants: 8

Dining

There's nothing quite like sitting around with friends having great conversation over a delicious meal wherever it might be. *Cost will vary by the dining venue and is the responsibility of the diner.*

Registration at the receptionist is required for all events 7 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

Big Mike's

Big Mike's is a down-to-earth eatery specializing in fried or steamed seafood, plus sandwiches & roast chicken.

Friday, July 8

Hanover

11:00am

Registration required. See receptionist

Minimum required diners: 6

Ott House

The Ott House has been a family operated pub since they opened in 1970 and is located on the corner of Main Street in Emmitsburg, MD.

Thursday, July 21

Emmitsburg

Bus departs at 3:30pm

Minimum required diners: 6

Pizza Luncheon

Our pizza luncheons have become popular on campus. Add a salad and dessert and you have a great way to spend national pepperoni pizza day.

Tuesday, September 20

Wellness Lounge

11:30 am

Registration required.

See receptionist.

Cost \$6.00 when registering

Village Breakfast

Enjoy a hearty breakfast prepared by our talented culinary team while catching up on local news.

1st Tuesday of the month

8:30 am

Cannon's Corner

AKI

Enjoy sushi, hibachi and Asian cuisine cooked right in front of you by one of their talented and entertaining chefs.

Tuesday, August 16

Hanover

Bus departs at 11:30am

Minimum required diners: 6

Outback Steakhouse

Enjoy steak, chicken, ribs, fresh seafood or a Bloomin' Onion.

Friday August 26

Mechanicsburg

Bus departs at 3:00pm

Minimum required diners: 6

C&D

A casual, fine dining restaurant with classic cuisine with a twist using fresh and local ingredients.

Tuesday, September 6

New Oxford

Bus departs at 11:00am

Minimum required diners: 6

Entertainment

MUSICAL ENTERTAINMENT

Gettysburg Community Concerts

Cellist Sophie Shao, winner of the prestigious Avery Fisher Career Grant, is a versatile and passionate artist. Season ticket holders have been pre-paid. Single performance tickets available at the door for \$20.00. More information on the RL bulletin board in the Wellness hallway.

Tuesday, September 27

Location-TBD

Bus departs at 6:30 pm

Registration required. See receptionist

Minimum required participants: 4

Dearest Home

Dearest Home recreates traditional American music, Appalachian music, and historically authentic US Civil War era music, uniting generations.

Wednesday, July 6

Lutheran Seminary

Bus departs at 5:00 pm

Registration required. See receptionist

Minimum required participants: 4

Cormorant's Fancy

Experience lots of clapping, toe-tapping and singing along. You'll laugh out loud, and feel a tear in your eye.

Sunday, August 28

Lutheran Seminary

Bus departs at 5:15 pm

Registration required. See receptionist

Minimum required participants: 4

Theatre

Beehive



The ultimate celebration of 1960's female empowerment. Featuring timeless classics as "My Boyfriend's Back", "Be My Baby", "Son of a Preacher Man", and "Me & Bobby McGee", Beehive nostalgically recalls the days of miniskirts, transistor radios and flower power. From the perspective of six young women.

Tuesday, July 19

Bus departs at 2:00 pm

Fayetteville

Cost: \$54.00

Sign up with receptionist by ASAP

Minimum required participants: 6

LIGHTS, CAMERA, ACTION

Join our continuing series of biblically based musicals from Sight and Sound Theater. Enjoy movie theater snacks while you watch on our big screen in the Wellness Lounge.

Sight and Sound In House

September 28- Noah

1:00 pm

Wellness Lounge

Registration required. See receptionist

SUMMER CLASSIC MOVIE SERIES AT THE MAJESTIC

The historic Majestic Theater again hosts their summer classic movie series on the big screen.



Guys and Dolls

Wednesday, August 10

Bus departs at 6:45pm

Gettysburg Majestic Theater

Cost of ticket: \$8.00

Registration required. See receptionist

Sunday Matinee

Get that movie theater feeling in the Wellness Lounge watching a movie on our big screen TV. We will be showing Academy Award winning "My Octopus Teacher," a critically acclaimed documentary about a filmmaker forging an unusual relationship with an octopus in a South African kelp forest.

Sunday, July 17

2:00 pm

Wellness Lounge

Registration required. See receptionist.

Minimum participants: 4



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

The Senior Acts Group

This group comes together monthly to share a love of literature, poetry, theater and acting. They plan and perform excerpts from plays, books and personal original works. They also share their talent by performing for local organizations throughout the year.

Monday, July 18

Monday, August 15

Monday, September 19

1:30pm

Fellowship Room

SPECIAL PROGRAMS – SPIRIT 360®

Annual Summer Fun and Games Week

Continuing in our summer tradition we are holding “Games Week” again this year to give you a break from your regular schedule and put a little fun and games into your summertime. We will hold classic outdoor games and fun “Minute to Win-it” style contests. Come for the laughs! There have been plenty in the past! Events will be weather dependent so we will announce the schedule and location for each day as the week approaches.

Tuesday-Friday 7/12-7/15

**Locations and times to be
announced**

COMMITTEES AND GROUPS

Interested in providing input and insights to living at The Village at Gettysburg? Participating in one of our advisory role committees may interest you. Ask a member of the life enrichment team for more details on a specific committee and how to become involved. We offer a variety of committees, including:

- Resident Council
- Marketing Committee
- Building & Grounds Committee
- Senior Acts Group
- 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.



1075 Old Harrisburg Road • Gettysburg, PA 17325 • www.SpiritrustLutheran.org

