



State Capitol 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		
Exercise Equipment Orientation	8/9	2
Exercise with Bonnie	Tues	1
Healthy Hikers	7/1, 8/5, 9/9	2
Line Dancing	7/19, 8/16, 9/27	1
Park Walk	7/5, 8/2, 9/6	2
Stretch & Strength with Ali	Mon, Wed	1
YMCA- Twinges & Hinges Class	Thur	2
Wellness Programs		
Senior Safety Presentation with Trooper Myers	7/8	2
Nutrition		
Brain Nutrition & Dementia with Barb Goll	7/21	2
Farm Fresh Blueberries	7/8	2

SPIRIT		
Emotional		
Grief Support Group	3rd Wed	3
Spiritual		
Bible Study	2nd & 4th Thur	3
Service of Holy Communion	Sun	3

MIND		
Educational		
Current Events	8/12	5
Life Long Learning		
How the States got their Names	9/14	5
Mark Twain	8/17	4
"What so proudly we hail"	7/20	4
Creative Arts		
Craft Corner	7/25, 8/10, 8/31, 9/6, 9/27	5

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

Description	Date	pg
SOCIAL		
Cocktails & More	7/22, 8/22, 9/28	6
Game Night	7/13, 8/17, 9/14	6
Ice Cream Wagon	7/11, 8/15	6
Trips		
Kayaking	8/18, 8/23	6
Letterkenny Chapel Outing	9/13	7
Municipal Park Concert	8/7	7
National Civil War Medical Museum & Lunch	7/12	7
State Capitol Tour	9/29	7
Thrift Store Outing	7/27	7
Recreational		
Bocce Ball	1st & 3rd Tue	7
Card Club	Tue	7
Chess Club	Wed	7
Corn Hole	2nd & 4th Mon	7
Games Galore	Mon	7
Horseshoes	1st & 3rd Fri	7
Shuffleboard	2nd & 4th Wed	7
Table Tennis	Thur	7
Wii Bowling	Wed	7
Dining		
Out and About		
Bavarian Inn	9/20	8
Ladies Night Out		
Mayapple	7/18	8
Trackside Restaurant	TBD (August)	8
Men's Breakfast Outing	9/2	8
Take Out & Celebrations		
Birthday Breakfast	7/26, 8/16, 9/27	8
July 4th Take Out	7/4	8
Entertainment		
Music at the Ridge	7/20	8
Singing Historian- Roy Justice	8/5	8
Theatre		
Totem Pole Playhouse Summer Series		
Beehive	7/9	8
Footloose	7/30	8
Love, Sex and the I.R.S.	8/20	8

COMMUNITY		
CommUNITY Spirit		
Alzheimer's Walk	9/17	9
Car Wash	8/9	9
Mission Central Outing	8/19	9
Spaghetti Dinner @ Marine Corp	8/8	9

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.

Classes

Stretch & Strength

Join Ali as she leads you in stretching/strengthening all major muscle groups in a fun & relaxed setting. This class can be done standing/sitting & will meet you at your current fitness level. The class will involve music but will not be choreographed.

Monday & Wednesday

9:30 am

Fleck Center – Group Exercise Room

Instructor: Ali Noll

Exercise with Bonnie

The music and choreographed low impact routines are fun, upbeat, and get you moving during this 45-minute class. You work at your own level of fitness. Light hand weights may also be used for muscle maintenance and toning section for even more of a workout.

Tuesday

10:15 am

Fleck Center – Group Exercise Room

Instructor: Bonnie Shockey

Line Dancing

Let's review some of our favorite line dances and learn new ones. No experience or partner required.

July 19, August 16, September 27

2:30 pm

Fleck Center- Group Exercise Room

Instructor: Ali Noll



Park Walks

Explore some of the local parks on foot. Walk with the group or enjoy time exploring on your own.

July 5 – Norlo Park

August 2 – Green Township Park

September 6 - Shippensburg Rail Trail

8:30 am

Registration Required

Exercise Equipment Orientation

New to the community or would you just like to know how to properly use the exercise equipment? Stop by the Cardio Machine Room for an orientation to the exercise equipment and identify those best suited for your personalized exercise regimen. You will receive a hands-on demonstration on how to properly and safely operate the equipment.

August 9

1:00 pm

Fleck Center – Cardio Machine Room

Instructor: Ali Noll & Patty Hoover

Healthy Hikers

Join this fun group as we explore some of our outstanding local trails. Trails will be suitable for beginners but will involve uneven terrain. Wear sturdy shoes, sunscreen and bug repellent (if desired).

July 1- Pine Grove Furnace State Park

August 5 – Caledonia State Park

September 9 - Kings Gap

Environmental Education Center

9:30 am

Instructor: Ali Noll & Patty Hoover

YMCA – Twinges & Hinges

Transportation will be provided to the Twinges & Hinges class at the YMCA. This aquatic class is perfect for those with joint and arthritic pain. This class will help with range of motion, stiffness and energy levels.

Thursday

9:30 am – depart Fleck Center

YMCA in Chambersburg

Instructor: provided by YMCA

WELLNESS PROGRAMS**Senior Safety with Trooper Myers**

Getting older doesn't mean giving up the activities you enjoy. Join Trooper Myers as he covers many areas to keep you safe and healthy on all levels.

July 8

1:00 pm

Fleck Center – Dining Room

Instructor: PSP Trooper Myers

Nutrition**Brain Nutrition & Dementia**

Learn the best food sources for a healthy brain and reduce your risk for dementia and other chronic conditions with nutrition. Barb is a Community Liaison and Nutritionist for Homeland at Home. Her passion is educating and helping people attain the best goal of life while aging in place.

July 21

10:30 am

Fleck Center – Dining Room

Instructor: Barb Goll

Farm Fresh Foods - Blueberries

Join us as we head over the mountain to Boyer's to pick our own blueberries to take home. Make sure to bring containers to put your blueberries in. Wear comfortable shoes, hat, and sunscreen & bring a water bottle with you.

July 8 – depending on weather & seasonal readiness of the blueberries

9:00 am

Biglerville, PA

Registration Required



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

Emotional

Grief: Finding Meaning

Our monthly Grief: Finding Meaning sessions are for adults who have suffered a loss through death and are in need of grief education & support. The group is structured for those who have experienced a death within the past two years. Due to Covid-19 indoor gathering limits, class capacity will be no more than 10 people. Masks are mandatory. For more information and to register please call 717-217-35-27 or 1-855-817-3085.

**3rd Wednesday of each month
July 20, August 17, September 21
9:00 - 10:30 am**

St. Luke Lutheran Church, located on the campus of Luther Ridge

Registration Required

Facilitator: Kim McCurdy, SpiriTrust Lutheran Home Care & Hospice

Spiritual

Service of Holy Communion

Join other Villagers as we observe our faith together as a community at a service of Holy Communion led by our campus chaplain Amy Wagner every Sunday. The seasons of the Church are observed, and the message is based on the common lectionary readings for the day. Special music is provided from time to time.

Sunday

2:00 pm

The Inn Chapel

Facilitator: Chaplain Amy Wagner

Bible Study

Our retired Chaplain Herb Spomer leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs. The study is interactive and moves along at a leisurely pace. Handouts and study guides are used. Participants are encouraged to bring their favorite Bible.

**Study for the quarter: Acts
2nd & 4th Thursday of the month
10:00 am**

Fleck Center – Hobby Room

Presenter: Herb Spomer



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

Educational

LIFE LONG LEARNING

“What so proudly we hail”: The Story of Our National Anthem

Much loved by Americans today, The Star-Spangled Banner long held a disputed place in our national civic life. During its first hundred years, patriots and teetotalers condemned the song for its musical roots in a British drinking tune. Later, it vied with other popular songs for designation as our official anthem-an honor not achieved until 1931. This program explores these and many other facets of the history and meaning behind The Star-Spangled Banner.

July 20

11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

Mark Twain: An American Original

No American writer better captured the restless spirit of his age than Mark Twain. Hailed as a humorist, he tempered wit with wisdom, mixing sharp social critique into his homespun tales of travel and adventure. This program explores the fascinating trajectory of Twain’s life—from his boyhood along the Mississippi, to his gilded heyday among the Yankee elite, to the later years of business failure and family tragedy. Prospector, printer, and riverboat pilot, Twain was above all a keen observer of human nature, and his insights remain funny and relevant today.

August 17

11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

How the States got Their Names

Kings and Queens, Indian tribes and colonial heroes, religious feasts and imaginary islands-all these gave the U.S. the names of its state. In Pennsylvania, we live in a place whose name means "Penn's woods." But in what state do people live among 'green mountains'? Or along "cloudy water"? or next to the "big lake"? This program offers a fun-fest of etymological trivia and a glimpse of the peculiarities of America's colorful past.

September 14

11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

CURRENT EVENTS

Mr. Ricca has more than 30 years of experience as weapons of mass destruction and counter-terrorism analyst. He retired from full-time in 2005, but still serves the Departments of Defense and Homeland Security as a technical advisor.



Common Radiation Hazards, Part 2

This one- hour lecture, intended for persons with no background in physical science, will discuss safety, security and risks associated with civilian nuclear reactor generating stations, and the health hazards from devices emitting electromagnetic radiation, such as high-power lines, cell towers, hand held cell phones, and microwave ovens.

August 12

10:30 am

Fleck Center - Dining Room

Presenter: John Ricca, Departments of Defense and Homeland Security technical advisor

Craft Corner

Creative Card Making

Join us for a free Creative Card Making class. You will get to pick the style on the two cards you make. At time of registration, samples will be available for you to choose from. All supplies provided. Only 8 spaces available.

July 25

1:00 pm

Fleck Center- Hobby Room

Registration Required

Instructor: Diane Munch



Paper Tole Art Class

In the class, you will make a dimensional picture that involves cutting out sections taken from identical printer design and laying these cutouts up using silicone glue. In this way a three- dimensional picture is created. Please bring the following items with you if you have them; cutting mat, small cuticle scissors, and small tweezers, all other materials provided.

August 10 & 31

September 6 & 27

1:00 - 4:00 pm

Fleck Center - Hobby Room

Instructor: Dawn Heinbach



SOCIAL

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

Cocktails & More

Ahh, happy hour. Enjoy mixing and mingling with others while enjoying a featured beverage as well as wine, beer, soda & snacks. We have extended the hours for Happy Hour, see below!

July 22

August 22

September 28

4:00 - 5:30 pm

Fleck Center - Dining Room

Registration Required

Game Night

Bring your friends for a fun filled evening of cards and board games. Pizza & Soda provided.

July 13

August 17

September 14

4:00 pm

Fleck Center - Dining Room

Registration Required

Ice Cream Wagon



Grab your lawn chair and join your neighbors outside your cottage or at a gazebo for a sweet treat from your favorite ice cream delivery squad.

July 11

August 15

5:30 pm

Street times will be put in the sign up book for your information

Trips

Kayaking Outing



We are offering two Kayaking outings in August, please only choose one! Join the group for a fun learning experience at Laurel Lake. The guide will demonstrate the basics of kayaking, kayak around the lake, point out plants & flora and give a brief history of the Lake. Limited to 8

August 18

August 23

9:15 am

Newville, PA

Instructor: Park Ranger Intern

State Capitol Tour & Lunch

The tour will include: historical part of the Capitol, Main Rotunda, House Floor, Senate Chambers and Supreme Court (if available). The bus will drop the group off by Commonwealth Avenue and we will walk to the security entrance where each person will need to go through a metal detector. We will stop on the way back for lunch.

September 29

9:00 am

Harrisburg, PA

Registration Required

Thrift Store Shopping & Lunch

Join the group as we head to Chambersburg for some local thrift stores to see if we can find a bargain. We will stop locally for lunch.

July 27

10:00 am

Chambersburg, PA

Registration Required

Letterkenny Chapel Presentation

The presentation begins with the start of the depot, its impact on the community, the building and how it was started, and brings the story to today. The community is hosting a group of Italian's, coming from Italy to visit the chapel, many of whom had relatives that were POW's here and participated in the building of the chapel. We will stop at the Igloo for Ice Cream upon departure.

September 13

12:45 pm

Letterkenny Chapel

Registration Required

Presenter: Dave Goodman

Daystar Vocal - Municipal Park Band Shell Summer Concerts

Day Star Vocal is a local group who loves to sing, to contribute their individual voices to create one beautiful harmony. The group feels blessed to be able to share with others the talents and gifts God has given them. Please bring a lawn chair, if you do not have one or it is too difficult for you to carry, please see Patty and one will be provided for you.

August 7

6:30 pm

Chambersburg, PA

Registration Required

National Civil War Medicine Museum & Lunch

Follow in the footsteps of soldiers and surgeons to discover the harsh conditions, personal sacrifices, and brilliant innovations of Civil War medicine. These innovations continue to save lives today! We will stop for lunch after the tour.

July 12

9:15 am

Frederick, MD

Cost: \$9.50

Registration Required

Presenter: Guided Tour

Recreational

LEISURE GAMES

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

Bocce Ball

1st & 3rd Tuesday · 4:00 pm

Fleck Center lawn

Card Club

Tuesday · 6:30 pm

Fleck Center - Dining Room

Shuffleboard

2nd & 4th Wednesdays · 4:00 pm

Luther Ridge - Welcome Center

Table Tennis

Thursdays · 3:00 - 5:00 pm

Fleck Center – Group Exercise Room

Wii Bowling

Wednesday · 1:00 pm

Fleck Center – Dining Room

Games Galore:

**Rummikub, Quiddler,
Mexican Train, Dominos**

Monday · 1:00 pm

Fleck Center – Dining Room

Chess Club

Wednesday · 2:00 pm

Fleck Center – Bistro

Corn Hole

2nd & 4th Monday · 1:00 pm

Fleck Center – Patio

Horseshoes

1st & 3rd Friday · 10:30 am

Fleck Center - Garden

Dining

There's nothing like having great conversation and a meal with friends. Dine at the "Ridge" or restaurants in the area and beyond. Cost varies and is the responsibility of the diner. Registration required.

OUT & ABOUT

Bavarian Inn

Nestled on the 12-acre estate is the Greystone Mansion with award-winning international German and American cuisine. Residents who were on the waiting list in May will have first choice to sign-up.

September 20

10:15 am

Shepherdstown, WV

Registration Required

Men's Breakfast Outing

Hickory Ridge Restaurant

September 2

8:30 am

Chambersburg, PA

Registration Required

Ladies Night Out:

July 18 – Mayapple Rest.

August, TBD – Trackside Rest.

4:00 pm

Registration required

TAKE-OUT & CELEBRATIONS

July 4th Take-Out

July 4

11:30 am

Fleck Center

Registration Required

Birthday Breakfast

Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch. If you are celebrating your birthday in July, August or September, your breakfast is complimentary.

July 26

August 16

September 27

9:00 am

Fleck Center – Dining Room

Cost: Birthday guests \$5.00

Registration Required

Entertainment

Music at the Ridge

Enjoy fun, fellowship, good food from Redemption Bar-B-Que, and music outside at the Fleck Community Center. Bring a lawn chair. Menu: Pulled Chicken, Pulled Pork, Brisket, Mac & Cheese & Cole Slaw \$10-12, starts @ 4:00 pm- 5:30 pm. Drinks \$1.00 or bring your own! Concert times vary so please check flyer time.

July 20 - Take Two Variety Band

July 20 - Take Two Variety Band

5:30 pm – Concert begins

Fleck Center - Patio/Parking Lot

Registration Required

Roy Justice - Singing Historian

"Clinton's Folly - The Erie Canal and how it influenced American History!" Recounting daily life on the canal through the humorous and clever-but 'telling' - songs and stories of those times.

August 5

1:00 pm

Fleck Center - Dining Room

Theatre

TOTEM POLE PLAYHOUSE SUMMER SERIES

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"

July 9

1:15 pm - leaving from the Fleck Center

\$20 (while supplies last)

Registration Required

Footloose- The Musical

With this Oscar-nominated hit score, the celebrated film musical follows Ren's move from Chicago to the town of Belmont, a small farm town where there's strict local laws and a ban on dancing.

July 30

1:15 pm - leaving from the Fleck Center

\$20 (while supplies last)

Registration Required

Love, Sex and the I.R.S

Two out of work musicians room together in New York City. To save money, one has been filing tax returns listing them as married. A day of reckoning comes when the IRS says the "couple" will be investigated.

August 20

1:15 pm - leaving from the Fleck Center

\$20 (while supplies last)

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

Mission Central Outing & Lunch

Join us as we travel to Mechanicsburg to assist in various outreach projects; assembling disaster relief kits, care kits, making cards, and organizing donations. We will stop for lunch.

August 19

9:00 am

**Mission Central in Mechanicsburg
Registration Required**

Spaghetti Dinner @ Marine Corp League in Chambersburg

All you can EAT Spaghetti Dinner. All proceeds go to College Scholarships for students in the local area.

August 8

3:45 pm

\$8.00 per person

Registration required

Walk to END Alzheimer’s

The world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. The Village at Luther Ridge is forming a team of residents and staff this year. Ask family & friends to donate and support you and your team!

September 17

9:00 am – Depart Fleck Center

Gettysburg, PA

Registration Required

Alzheimer’s Car Wash

Get your car washed by Luther Ridge staff and donate to the Alzheimer’s Association! All donations go to the Walk to END Alzheimer’s event. If needed, rain date will be August 26.

August 9

9:00 am – 12:00 Noon

Fleck Center – Parking Lot

Registration Required

COMMITTEES AND GROUPS

Interested in providing input and insights to living at The Village at Luther Ridge? Participating in one of our advisory role committees or attending community meetings 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 and gatherings, including: Resident Council, Marketing Committee, Life Enrichment Committee, Luther Ridge Players Association, Town Hall Meeting, Good Neighbor 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.



2735 Luther Drive • Chambersburg, PA 17202 • www.SpiritrustLutheran.org

