



Lititz Walk & Lunch ... page 6

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		
Support Groups		
Alzheimer's Support Group	2nd Wed	2
Study Groups & Services		
Bible Study	Thur	2
Worship Service	Sun	2

MIND		
Educational		
Book Club	Last Mon	3
Great Discussions: TED Talks	2nd Mon	
Connected but alone?	7/11	3
How to deconstruct racism, one headline at a time	9/12	3
The surprising science of happiness	8/8	3
Life Long Learning	2nd Fri	
Bottoms Up! A Short History of Beer and Wine	8/12	4
Heavenly Brews: A Short History of Coffee and Tea	9/9	4
How the States Got Their Name	7/8	4
Creative Arts		
Craft Corner	4th Wed	4
Flower and Garden Club	1st Wed	4
Painting 101	1st & 2nd Fri	4
Stitch Witchery	3rd Wed	4

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 SpiritTrust Lutheran® Senior Living Communities.



Description	Date	pg
SOCIAL		
4th of July Celebration	7/4	5
Cocktails & More	Bi-wkly Thurs	5
Recreational		
Bingo & Treats	7/12	5
Board Game Day	1st Mon	5
Cribbage	2nd & 4th	5
Wii Bowling	Mon, Fri	5
Trips		
Bluett Bros Violin Tour	9/23	7
Brandywine River Museum Tour	7/22	6
Central Market	8/11	6
Eisenhower House Tour & Dobbin House Tour	9/30	7
The Hershey Story Museum	9/6	6
Indian Steps Museum	8/31	6
Lititz Walk & Lunch	9/13	6
Lloyd Street Synagogue & B'nai Israel Tour	8/2	6
The Village Coffee & Cream	7/11	6
Dining		
Diners Caravan		
Barrett's Grill	9/20	7
Basta Pasta	8/9	7
The Café at Brown's	7/19	7
Madonna Seafood Restaurant	8/22	7
The Paddock on Market	7/26	7
White Rose	9/1	7
Birthday Celebration	8/30	7
Movies		
Pizza & Movie	3rd Mon	
Calendar Girls	7/18	8
Julie and Julia	9/19	8
Saving Mr. Banks	8/15	8
Musical Entertainment		
Sounds of Summer		
The Left Edge	7/6	8
Red Lion Felton Band	7/15	8
Theatre		
Jersey Boys	7/13	8

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



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.

Support Groups

Alzheimer's Support Group

Providing care for a loved one with Alzheimer's disease can be overwhelming. This group provides family members the opportunity to share experiences, receive encouragement and information through discussion. Led by the community chaplain and wellness nurse, this group offers a place for individuals to meet and develop a mutual support system.

This group is open to both resident and community members.
2nd Wednesday of the month
11:00 am
Club House
Cottage Shuttle available

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

There will be no scheduled Bible Study dates In July and August.

This group will resume meeting In September.

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



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

Educational

BOOK CLUB



Love to read? This club 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

July 11: “Connected, but alone?”

As we expect more from technology, do we expect less from each other? Sherry Turkle studies how our devices and online personas are redefining human connection and communication — and asks us to think deeply about the new kinds of connection we want to have.

August 8: “The surprising science of happiness”

Dan Gilbert, author of “Stumbling on Happiness,” challenges the idea that we’ll be miserable if we don’t get what we want. Our “psychological immune system” lets us feel truly happy even when things don’t go as planned.

September 12: “How to deconstruct racism, one headline at a time”

Baratunde Thurston explores the phenomenon of white Americans calling the police on Black Americans who have committed the crimes of ... eating, walking or generally “living while Black.” In this profound, thought-provoking and often hilarious talk, he reveals the power of language to change stories of trauma into stories of healing — while challenging us all to level up.

LIFE LONG LEARNING

2nd Friday of the month

2:00 pm

Club House

Cottage Shuttle available

Facilitator: John Maietta

July 8: 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 states. 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”? This program offers a fun-fest of etymological trivia and a glimpse of the peculiarities of America’s colorful past.

August 12: Bottoms Up! A Short History of Beer and Wine

“Liquid bread” and “bottled poetry.” Beer and wine have been called these – and a lot more – over the last 10,000 years. This program offers a lively look at the history and cultural significance of our two most common “adult beverages.” You’ll gain enough insight to quench your deepest thirst for knowledge.

September 9: Heavenly Brews: A Short History of Coffee and Tea

Ancient monks and mystics created the first thirst for coffee and tea, relying on them to stay alert during religious rituals. Later groups came to enjoy that same liquid stimulus. This program examines the sober but sophisticated history of the world’s oldest, most popular caffeinated drinks.

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

July 27

Scrabble Tile Art



August 24

Paper Bead Jewelry



September 28

Origami Crane Bookmark



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:

July 6, August 3, September 7

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 Thursday's

4:00 pm

Club House

Registration required

Cottage Shuttle available

4th of July Celebration

Celebrate July 4 with friends in the community. More Information will be provided closer to the event. Lunch and drinks will be served.

Monday, July 4

12:00 pm

Club House

Cost: TBD

Registration required

Cottage Shuttle available

Recreational

Bingo & Treats

Prizes, treats and lots of laughs!

July 12 | 11:00 am

Club House

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

The Village Coffee & Cream (Shrewsbury, PA)

Treat yourself to a sweet treat! The Village Coffee & Cream offers a variety of options for you to choose from, including coffee drinks, handmade ice creams, and local baked goods.

Monday, July 11

Bus departs from Zimmerman Place at 10:30 am

Registration required

Brandywine River Museum of Arts (Chadds Ford, PA)

The tour showcases our collection devoted to American Art with a particular emphasis in art of the Brandywine region—landscape, still life, trompe l'oeil, illustration and work created by three generations of the Wyeth family. Lunch will be enjoyed after the tour on site at the Millstone Café. Lunch is not included in the tour cost.

Friday, July 22

Bus departs from Zimmerman Place at 9:00 am

Cost: \$15.00

Registration required

Lloyd Street Synagogue & B'nai Israel Tour (Lancaster, PA)

Our Docent led synagogue tours take you back in time to explore the stories of our historic buildings, the Lloyd Street Synagogue and B'nai Israel. No meal is scheduled for this outing.

Tuesday, August 2

Bus departs from Zimmerman Place at 12:50 pm

Cost: \$5.00

Registration required

Central Market (York, PA)

Enjoy a day of shopping and lunch at your leisure. Market shoppers will enjoy the finest in locally grown flowers and produce, baked goods, fresh seafood, meats, deli products and many specialty items while sellers network and hawk their wares in a bustling, supportive environment. Locals and visitors alike find fresh local flavor at the many prepared food vendors, with lots of seating for mingling and making the rounds.

Thursday, August 11

Bus departs from Zimmerman Place at 9:30 am

Registration required

Indian Steps Museum (Airville, PA)



A one of a kind destination set along the Susquehanna River. Originally an arts and crafts style cabin, it was completed in 1912 by a wealthy lawyer from York County, PA. John Edward Vandersloot wanted to share his local prehistoric Indian artifact collection with his guests by embedding these items both in the interior and exterior of the building. Vandersloot was enamored with Native American history and culture, and built the cabin as a testament to the long history of Native American Indians. Enjoy a guided tour and lunch after at a local restaurant.

Wednesday, August 31

Bus departs from Zimmerman Place at 9:00 am

Cost: \$5.00

Registration required

The Hershey Story Museum (Hershey, PA)

The Museum Experience examines the journey of Milton Hershey from failed entrepreneur to chocolate king and philanthropic benefactor. Our state-of-the-art facility allows visitors to explore the history of Hershey in an educational and immersive environment well suited for both adults and children. This will be a self-guided tour with lunch after at Houlihan's. Cost for lunch will be resident responsibility.

Tuesday, September 6

Bus departs from Zimmerman Place at 9:00 am

Cost: \$12.00

Registration required

Lititz Walk & Lunch (Lititz, PA)



Lititz is a picture-perfect representative of small town America. The town is known for picturesque, tree-lined streets, unique shops, cafés, architecture, and a friendly atmosphere. Enjoy a day of shopping and lunch in this lovely little town. Please wear comfortable shoes.

Tuesday, September 13

Bus departs from Zimmerman Place at 8:45 am

Registration required



Bluett Bros Violins Tour (York, PA)

A music and violin shop, specializing in all stringed instruments, located in York, PA. Shop owner Mark Bluett has been running his business as a Master Luthier since 1984. Mark has also been a professional musician for 40 years, honing his craft of lutherie and musicianship over time. On any given day at Bluett Bros. Violins, you'll find Mark creating instruments, teaching apprentices, and advising fellow musicians. The group will enjoy Ice Cream after the tour.

Wednesday, September 23

Bus departs from Zimmerman

Place at 12:15 pm

Cost: \$5.00

Registration required

Eisenhower House Tour and Dobbin House Lunch (Gettysburg, PA)

The home and farm of our 34th President, the Eisenhower National Historic Site provides a warm and personal look at the home life of Dwight and Mamie Eisenhower. Renovated in the early 1950s, the home served as a weekend getaway for the President and a meeting place for world leaders. Retiring to the farm in 1961, the Eisenhower's gifted the property to the federal government in 1967. The farm was designated as a National Historic Site in 1969." Residents will enjoy a self-guided tour and lunch at the Dobbin House after the tour.

Friday, September 30

Bus departs from Zimmerman

Place at 8:45 am

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.

The Café at Brown's (Loganville, PA)

Tuesday, July 19

Bus departs from Zimmerman

Place at 11:00 am

Registration required

The Paddock on Market (York, PA)

Tuesday, July 26

Bus departs from Zimmerman

Place at 4:30 pm

Registration required

Basta Pasta (Fallston, MD)

Tuesday, August 9

Bus departs from Zimmerman

Place at 11:15 am

Registration required

Madonna Seafood Restaurant (White Hall, MD)

Monday, August 22

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

White Rose (York, PA)

Thursday, September 1

Bus departs from Zimmerman

Place at 11:00 am

Registration required

Barrett's Grill (Hunt Valley, MD)

Tuesday, September 20

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

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, August 30

5:00 pm

Club House

Cost: \$9.20

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

July 18

Calendar Girls (2003)

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper (Helen Mirren) hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Woman's Institute association, Chris encourages Annie (Julie Walters) and their friends to create a calendar — with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer (Philip Glenister). PG-13

August 15

Saving Mr. Banks (2013)

Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition. PG-13

September 19

Julie & Julia (2009)

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter. PG-13

Entertainment

MUSICAL

ENTERTAINMENT

Sounds of Summer: "The Left Edge"



Sounds of Summer, held at the Springettsbury Township Park, is one of the largest free summer concert series in PA. The band "The Left Edge" is known for dynamic & entertaining covers of classic rock-n-roll from Doo-Wop to Ozzie Osborne. More information will be available closer to the event.

Wednesday, July 6

Cost: FREE

Bus departs from Zimmerman

Place at 6:00 pm

Registration Required

Red Lion Felton Band (Club House)

The Band is a volunteer community concert band, based in Red Lion, PA. Established in 1892 and incorporated on February 20, 1893. Mr. William G. Reichard was this band's first director. The Red Lion Concert Band and the Felton Band merged to become the Red Lion Felton Band in April 1972. Together, the Red Lion Felton Bands have been entertaining Pennsylvania, Maryland, New Jersey and Delaware residents for over 128 years. Join for an evening of music and light refreshments.

Friday, July 15

Cost: Donations welcome

Cottage Shuttle available

Registration Required

Theatre

Jersey Boys

A regional premiere! How did four kids from Jersey become one of the greatest successes in pop music history? Jersey Boys takes you up the charts, across the USA and behind the music of Frankie Valli and The Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and more. Dinner after show at nearby restaurant and will be paid individually by residents.

Wednesday, July 13

Fulton Theatre (Lancaster, PA)

Cost: \$51.00

Bus departs from Zimmerman

Place at 12:30 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)

1:00 pm

Club House

Registration required

Cottage Shuttle available

July 13 – Donations for Whispering Rise Farm and Animal Sanctuary

August 10 – School Supplies for Teachers

September 14 – Baked Goods for ZP Staff

ALZHEIMER’S ASSOCIATION 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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