



Allenberry Theatre presents “The Wizard of Oz” ... page 11

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		
SilverSneakers® Chair Yoga	Tues, Thurs	1
SilverSneakers® Classic	Mon, Wed, Fri	1
Spirit Striders Walking Group	Tues, Thurs	1
Wellness Programs		
Wellness Fair	9/27	1
A Better Version of You	1st Mon	1

SPIRIT		
Support Groups		
Widow / Widower Luncheon	7/20, 9/21	2
Study Groups & Services		
Faith Sharing	7/12, 7/26, 9/6, 9/13, 9/20, 9/27	2
Worship Service	Sun	2
Andrea Adams: Women at the Well	7/12	2
Andrea Adams: Martha of Bethany	9/13	2

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
MIND		
Educational		
Coffee 101	3rd Tues	3
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Cambodia	9/28	3
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Japan	7/6	3
Presentations		
All the Presidential Visits	8/16	4
Blood Hound Presentation	7/21	4
Lincoln Highway	7/22	4
Hollywood Classics		
A Place in the Sun	7/8	4
Strangers on a Train	9/9	4
Watch on the Rhine	8/12	4
Moral Movie and Discussion		
Never Let Me Go	7/1	4
A Man for All Seasons	8/5	4
Eye in the Sky	9/2	4
Brain Gains		
American Brain Gain	7/14	5
Animal Brain Gain	8/18	5
Culinary Brain Gain	8/4	5
Fact or Fiction Brain Gain	7/28	5
Sudoku Brain Gain	9/8	5
Word Brain Gain	9/29	5
Awareness		
Beach Treasures	9/21	5
Works for Me	7/8, 9/2	5
Trips		
Gettysburg Bus Tour	9/12	5
Visit the State Capital	8/8	5
Creative Arts		
Art Exploration		
Cake Decorating	8/3	6
Candle Making	9/30	6
Carmel Apple Making	9/22	6
Coloring and Ice Cream	8/2	6
Fall Scene Painting	9/23	6
Knitting Circle	Every Thurs	6
Pearl Discovery	8/5	6
Red, White and Blue Crafting	7/4	6
Seasonal Painting	8/18	6

PROGRAM OFFERINGS

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For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
SOCIAL		
Build Your Own Banana Split	8/25	8
Hawaiian Luau	7/5	7
Ice Cream Social	7/1	7
Ladies' Tea Time	7/26, 8/23, 9/20	8
Lawn Games and Popsicles	7/14	7
National Coffee and Biscotti Day	9/29	8
Residential Pot Luck	7/25, 8/22, 9/26	7
Sock Hop	8/12	8
S'mores Bar	8/10	7
Uncorked	7/8, 8/19, 9/9	8
Cocktails & More		
Beer Sampling	9/7	8
Chocolate and Wine Pairing	9/13	8
National Mojito Day	7/11	8
Wine and Cheese Tasting	8/29	8
Musical Entertainment		
Jazz Me Band	8/15	9
Nick DiSanto: One Man Band	8/11	9
Slim Pickin's Blue Grass Group	9/1	9
Recreational		
500 Cards	Wed, Sat	9
Billiards	Tue	9
Bingo	1st & 3rd Mon	9
Bocce	4th Mon	9
Dominoes	7/27, 8/24, 9/20	9
Ladies League Billiards	Thurs	9
Trips		
Day Excursions		
First Friday	7/1, 8/5	9
Forge Hills Orchards	9/21	9
PA Cigar Box Guitar Festival	8/27	9
Shopping Trips		
Bricker Village Shopping	8/23	10
Capital City Mall	7/28	10
Central Market	9/6	10
Roots Market	7/26	10
Tanger Outlets- Lancaster	7/7	10
Trader Joe's and Peppermill Trip	7/13	10

Description	Date	pg
Dining		
Diners Caravan		
Great American Saloon	7/15	10
John Wright	9/16	10
Marino's	7/19	10
Stonybrook Diner	9/8	10
Men's Continental Breakfast	7/21, 8/26, 9/15	10
Movies		
Lights, Camera, Action		
Grease	8/17	11
Great National Park Series	7/25, 8/30, 9/26	11
The Sound of Music	8/26	11
The Patriot	7/29	10
The Proposal	9/23	11
Waking Ned Divine	7/18	10
West Side Story	9/30	11
Theatre		
Chicago	9/14	11
The Wizard of Oz	7/30	11

COMMUNITY

CommUNITY Spirit

Seasons of Service	July	12
Community Committees	Varies	12

Service Groups

Garden Market	Seasonal	12
Village Gardeners	Varies	12
Volunteer Opportunities	Varies	12



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

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
Glatfelter Center Community Room B**

Spirit Striders Walking Group

Enjoy a morning walk in nature to local parks or trails among the company of others. Walk as little or as much as you wish while at the locations of choice. Weather permitting.

Occurs on every Tuesday and Thursday at 8:45am. Meet in the front of the Glatfelter Center.

SilverSneakers® Chair Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Chair Yoga modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

**Tuesday and Thursday at 2:00pm
Glatfelter Center Community Room B**

Wellness Programs

WELLNESS FAIR

With over 20 vendors, experience a variety of opportunities for learning and growing in body, mind, and spirit. For details, reach out to Madge Armstrong.

**September 27
10:00am - 1:00pm
Glatfelter Center Community Room A/B**

BUILDING A BETTER VERSION OF YOU

Learn how to add vitality to your life! This 30-minute session teaches how to use the cardio and strength equipment safely and effectively. Presentations taught by a health professional are also available.

**1st Monday
2:00pm
Glatfelter Center Gym**



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.

July 20, September 21

12:30 am

Rachel and Reuben's Cost: Varies

Registration required - Signup

Monday prior to event, Max 10 People

Spiritual

SPIRITUAL GATHERINGS

Worship Service

Join us as we observe our faith together as a community during a weekly service of Scripture, hymns and Holy Communion. A time of fellowship around coffee follows worship.

Sunday • 10:30 am

Glatfelter Center Community Room A

Faith Sharing

Monthly study group in which our chaplain or other volunteer, leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs. We will be taking a break in August, will resume in September.

July, Hank Steinhilber finishing his series from "The Call" by Adam Hamilton.

Tuesday July 12 and 26

2:00 pm

Glatfelter Center Community Room B

September, Faith Sharing will be led by Chaplain Tricia and focus on "3:16 - Numbers of Hope".

Tuesday September 6, 13, 20, 27

2:00 pm

Glatfelter Center Community Room B

Andrea Adams: Women at the Well Reenactment

How does a woman with a shameful past face the one who knows all about her? Come and hear the firsthand account of the Samaritan woman who happens upon Jesus at her local well.

Tuesday July 12

2:00 pm

Andrea Adams: Martha of Bethany Reenactment

She works hard to prepare a special meal for her special guest, but He seems only interested in her sister Mary. When Martha asks for help, Jesus reacts in a way which makes Martha feel unloved and unappreciated. Come find out what happens when Jesus interrupts her private thoughts in her kitchen and gives her a better understanding of what it means to love and serve God.

Tuesday September 13

2:00 pm

Glatfelter Center Community Room A



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

Educational

COFFEE AND TEA 101

What a great way to start your day! Learn about a specialty coffee and the company that has made it. We will taste and appreciate the coffee as well as some tea. Please join us for this educational coffee and tea segment.

3rd Tuesday of the month

9:00 am

Glatfelter Center Rachel & Reuben's

Cost: Free

Registration required – sign up by Friday prior to event

ARM CHAIR TRAVEL

Explore the world without leaving York! Watch a short documentary film about the region followed by a short presentation including facts, customs, traditions, religions, and more given by a life enrichment team members! Get a taste of different cuisines too with popular snacks from that region. If you've travelled here, bring photos and memorabilia to share.

Japan

An island off the east coast of Asia, Japan is made up of 6,852 islands. A majority of the islands are covered by mountains and dormant and active volcanoes. Each year, the country experiences with multiple earthquakes, tremors, volcanic activity, hot springs, and other natural occurrences.

Wednesday July 6

3:30 pm in Glatfelter Center Community Room A

Germany

One of Europe's largest countries and encompasses a mountainous landscape, forests, and plains. There are still many historic buildings in cities and villages in Germany, making it an interesting place to travel for our arm chair adventure.

Wednesday August 24

3:30 pm in Glatfelter Center Community Room A

Cambodia

A Southeast Asian country with the lands mainly consisting of plains and rivers. This country has been largely influenced by China and India in a cultural aspect. With the comparable size of Missouri and a population of roughly 17 million, this causes financial challenges for the country.

Wednesday September 28

3:30 pm in Glatfelter Center Community Room A

PRESENTATIONS

Thomas Davidson: Lincoln Highway Across the U.S.

Remember cross country road trips? The Lincoln Highway was the first coast-to-coast improved highway, established in 1913 so automobiles could travel from New York City to San Francisco. Come on our journey and discover favorite road side attractions and memories in every state along the route.

Friday July 22
2:00pm

Jim McClure: All the Presidential Visits

York County, always in the middle of things in the American history, has hosted 30 U.S. presidents. The country's location as a keystone of the 13 original Colonies contributed to that as well as its status as the place where north meets south. The Northern Central railroad helped presidents get here and then move on to the next stop.

Tuesday August 16
2:00pm

Man-Trailing Bloodhounds

Locating a lost child, a wandering Alzheimer's patient, a missing hiker, or a hiding criminal and evidence at a crime scene are all jobs often done by bloodhounds. Through live demonstrations, a PowerPoint presentation and video, Terri Heck and her dog will show why bloodhounds are so special. Terri is a K-9 handler with Summit Search & Rescue & Special Detective with the Cumberland County District Attorney's Office.

Thursday July 21
2:00pm

HOLLYWOOD CLASSICS

Rich Santel, self-proclaimed film buff, introduces, presents, and discusses Hollywood's greatest films. Specializing in The Studio Era, 1930-1948, Rich enjoys presenting little known facts and trivia. Grab some popcorn and enjoy the film!

2nd Friday of the month
1:00 pm
Glatfelter Center Community Room A

Cost: Free
Presenter: Rich Santel

A Place in the Sun, 1951

In this classic version of Theodore Dreiser's novel "An American Tragedy", George Eastman (Montgomery Clift), the nephew of a wealthy industrialist, is excluded from high society and given a blue-collar job at his uncle's factory. While ascending the ranks of the company, George becomes romantically involved with co-worker Alice Tripp (Shelley Winters). However, when he is introduced to socialite Angela Vickers (Elizabeth Taylor), he falls quickly for her, leading to a tragic love triangle.

Friday July 8

Watch on the Rhine, 1943

Anti-Fascist German engineer Kurt Muller (Paul Lukas), with his American-born wife, Sara (Bette Davis), and their three children, return to the United States in 1940 after spending 17 years in Europe, where Kurt has engaged in underground resistance to the rising Nazi threat. Unscrupulous Romanian count Teck de Brancovis (George Coulouris), a houseguest of Sara's family, discovers Kurt's secret and threatens to expose his activities to his contacts at the German embassy.

Friday August 12

Strangers on a Train, 1951

In Alfred Hitchcock's adaptation of Patricia Highsmith's thriller, tennis star Guy Haines (Farley Granger) is enraged by his trampy wife's refusal to finalize their divorce so he can wed senator's daughter Anne (Ruth Roman). He strikes up a conversation with a stranger, Bruno Anthony (Robert Walker), and unwittingly sets in motion a deadly chain of events. Psychopathic Bruno kill Guy's wife, then urges Guy to reciprocate by killing Bruno's father. Meanwhile, Guy is murder suspect number one.

Friday September 9

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.

Friday July 1 – Never Let Me Go

Friday August 5 – A Man for All Seasons

Friday September 2 – Eye in the Sky (The first Friday in September will be the 5th year anniversary for "Movies with a Moral Dilemma". Eye in the Sky was the first movie the group watched.

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



BRAIN GAINS

American Brain Gains

In the spirit of Independence Day, test your patriotic knowledge at this week's Brain Gains! Trivia on our country, our state, our leadership, and our values will be tested! Interesting facts, activities, and trivia will be provided.

Thursday, July 14
2:00pm in R&R

Fact or Fiction Brain Gains

Are you full of interesting facts? Are you good at telling if people are lying? You could be great at Fact or Fiction Brain Gains if you answered yes to either of these questions!

Thursday, July 28
2:00pm in R&R

Culinary Brain Gains

Test your knowledge of the culinary fine arts at this week's Brain Gains. There will be trivia on food types, cooking utensils, international delicacies, and more!

Thursday, August 4
2:00pm in R&R

Animal Brain Gains

Do you consider yourself to be an animal lover? This week we will be testing your knowledge on different household animals, wildlife, and exotic animals. Come to learn some interesting fact about animals and their unique features!

Thursday August 18
3:30pm in R&R

Sudoku Brain Gains

Celebrate National Sudoku Day as we gather and play Sudoku! This is for Sudoku experts as well as Sudoku beginners. This game is sure to give your brain a workout.

Thursday, September 8
2:00pm in R&R

Word Brain Gains

If you're a spelling bee champion, a Wordle warrior, or a Scrabble sensation, come join this week's Brain Gains to test your knowledge on words. We will be testing spelling on arduous words, guessing definitions of these challenging words, and playing a multitude of different word games.

Thursday, September 29
3:30pm in R&R

AWARENESS IN MOTION

Beach Treasures

Jennie Lagaman will be giving a presentation on beach life and experiences. She will share her shell collection with the group and other beach treasures. Feel free to bring your own beach treasures and stories to share. Jennie will host a beach craft after the presentation for those interested.

September 21
2:00 pm
Glatfelter Center Community Room A

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.

Friday July 8 & Friday September 2
10:30 am
Glatfelter Center Community Room A

TRIPS

State Capital and Lunch Out

Come and visit the historical Capital building in Harrisburg, Pennsylvania! The Pennsylvania Capitol Grounds, officially named Capitol Park, comprises more than 45 acres. Enjoy lunch at The Capitol Restaurant, located right on the premises for convenient and delicious dining! While the tour is free, lunch will be the responsibility of the residents.

August 8
9:00am

Front entrance of Glatfelter Center
Participants are responsible for lunch costs

Gettysburg Bus Tour

Visit sites from the Battle of Gettysburg on a bus tour with a guide who tells you about the phases of the 3-day battle, which was a turning point in the American Civil War. See Devil's Den, Little Round Top, the location of Pickett's charge and more. If you're a history buff, don't miss this chance to learn about a pivotal piece of the United States' past. Enjoy a guided coach tour of Gettysburg Battlefield, see significant sites such as Little Round Top and Devil's Den while listening to a detailed historical account of the Battle of Gettysburg. Lunch prior to the tour is reserved at Dunlaps in Gettysburg

September 12
10:00am Depart
Front entrance of Glatfelter Center
Tour: \$37, participants are responsible for lunch cost

Creative Arts

ART EXPLORATION

Red, White and Blue Crafting

On the fourth of July, red, white, and blue crafts will be held in the Glatfelter Center. There will be multiple crafts to choose from, or feel free to do them all!

July 4
3:00 PM
Community Room B

Coloring and Ice Cream

Celebrate National Coloring Book and Ice Cream Sandwich Day! Take a break from the hot summer days by joining us for adult coloring pages, music, and a refreshing treat.

August 2
2:00 PM
Community Room B

Cake Decorating

Take this opportunity to bring out your inner baker and indulge your sweet tooth! We will be decorating individual cakes, the theme being the summer time season. Feel free to take your scrumptious creation home with you for dessert!

August 3
3:30 PM
Community Room B

Pearl Discovery

In lieu of National Oyster Day, we will have an event where you find your own pearl! We will be shucking oysters, discovering pearls, and creating jewelry with your self-harvested gems.

August 5
2:00 PM
Community Room B

Seasonal Painting

Calling all novice and professional painters! Join us for an afternoon of painting a gorgeous lake scene with cherry blossoms and the sun setting. Option for couples' conjoined painting available as well! Materials provided.

August 18
2:00 PM
Community Room B

Trail Mix Bar

Come mix and create your own trail mix! We will have a large selection of different ingredients to add to your very own personalized trail mix. Also make your own reusable container to store your delicious creation in!

August 31
2:00 PM
Community Room B

Candle Making

Candle making is a great homemade gift Idea or just something to scratch your creative Itch! For beginners and pros! Supplies provided.

September 30
1:00 PM
Community Room B

Caramel Apple Making

In need of a refreshing autumn treat? Come join us to coat apples in rich caramel and decorate your creation with a variety of supplied toppings. This activity will be sticky and full of fun!

September 22
2:00 PM
Community Room B

Fall Scene Painting

Join fellow residents for a relaxing afternoon of painting. The step by step painting will be of a beautiful autumn tree with red, orange, and yellow leaves as pictured.

September 23
1:00 PM
Community Room B

KNITTING CIRCLE



If you are new to knitting or crocheting, 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 or crochet project ideas, and the ability to make new friends with a very similar interest to yours.

Thursday
1:00 pm
1911 Weisgerber

CRAFTING WITH EDNA

Join Edna Stevens and her crafting group as they work on a Halloween craft this fall season. All are welcome!

Tuesday September 27
10:00 am
Rachel and Reuben's



SOCIAL

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

Ice Cream Social

Looking for something refreshing in this summer heat? Grab a bowl of cold, refreshing ice cream with friends! There will be plenty of flavors and toppings to choose from.

Friday July 1

3:00 PM

Community Room B

Hawaiian Luau

Grab a lei, a tropical mixed drink, and enjoy our Hawaiian Luau! Snacks, drinks, Hawaiian games, and crafts will be supplied.

Tuesday July 5

3:00 PM

Glatfelter Center Community Room A

Lawn Games

Meet staff and residents outside of the Glatfelter Center for a mixture of lawn games and a Popsicle to keep you cooled down!

Thursday July 14

3:30 PM

Front lawn of Glatfelter Center

Summer Cookout

It's summer time! That means plenty of cookouts and enjoying the nice weather. Bring your appetite!

Tuesday August 9

3:00 PM

Front lawn of Glatfelter Center



Pot Luck

A little bit of this, a little bit of that, every bit delicious! This monthly get-together is a crowd pleaser! Make sure to sign up in the sign up binder with what you are bringing!

July 25, August 22, and September 26

5:00 PM

Glatfelter Center Community Room B

S'mores Bar

Roast your own marshmallows and assemble the perfect s'more! Supplies provided, some assembly required.

Wednesday August 10

2:00 PM

Glatfelter Center Community Room B

Sock Hop

A blast from the past! Kick off your shoes and join our 50's style sock hop. This event is in celebration of National Vinyl Record Day. Singles and couples are welcome!

Friday August 12

3:00 PM

**Glatfelter Center Community
Room B**

Build Your Own Banana Split

BYOB! Build your own banana split! Load up your banana split with whatever you like!

Thursday August 25

2:00 PM

**Glatfelter Center Community
Room A**

National Coffee and Biscotti Day

Take the afternoon to celebrate National Coffee and Biscotti Day! A variety of biscotti and coffee will be provided.

Thursday September 29

1:00 PM

**Glatfelter Center Community
Room A**

Ladies Tea Time

This is an opportunity for the ladies to get out and chat, snack, sip on some tea, and enjoy one another's company

July 26, August 23, September 20

3:00 PM

**Glatfelter Center Community
Room A**

UNCORKED

A wine party is a great way to learn more about wine and try new varieties! A new wine will be introduced and sampled. You're also welcome to bring a wine along to share..

July 8, August 19, September 9

3:00 pm

**Glatfelter Center Community
Room B**

**Registration required - Signup
Tuesday prior to event**

Cost: \$2

COCKTAILS & MORE

Enjoy mixing and mingling and games with others while sipping a featured beverage perfectly paired with the special happy hour theme.

National Mojito Day

A mojito is traditionally a Cuban drink. It consists of rum, sugar, lime juice, soda water, and mint. Whether you have never tried it before, or it is one of your all-time favorites, come join us for one...or two.

Monday July 11

3:00 PM

**Glatfelter Center Community
Room A**

Cost: \$2

Wine and Cheese Sampling

Do you enjoy the finer things in life? Come discover what wines taste best with a variety of cheeses.

Monday August 29

3:00 PM

**Glatfelter Center Community
Room B**

Cost: \$2

Beer Tasting and Charcuterie Board Making

National Beer Lovers Day and National Salami Day land on August 3. To celebrate, enjoy a beer sampling while creating your own charcuterie board! Come hungry, thirsty, and creative to this event!

Wednesday September 7

3:00 PM

**Glatfelter Center Community
Room A**

Cost: \$2

Chocolate and Wine Pairing

Two of the best indulgences in the world in one event! Taste a variety of wines and chocolates to see what you think is the most cohesive pair.

Tuesday September 13

3:30 PM

**Glatfelter Center Community
Room A**

Cost: \$2

Musical Entertainment

Nick DiSanto

Nick DiSanto is coming to share with us his “one man band”. He will use his mastery of multiple instruments to create something special.

Thursday August 11

3:00 pm

Glatfelter Center Community Room A

Jazz Me Band

A trio from the “Jazz Me Band” will be coming to put on an hour and a half musical performance!

Monday August 15

3:00 pm

Glatfelter Center Community Room A

Sim Pickin’s

Sim Pickin’s a blue grass group lead by Wayne Morris a native Pennsylvanian. Slim Pickin’s is excited to be back in PA after being in Florida entertaining audiences of several hundred people at Indian Lake Estates. This is a show you won’t want to miss!

Thursday September 1

3:00 pm

Glatfelter Center Community Room A

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.

500

Wednesday, 1:30PM

Saturday, 1:00PM

The Bean

Billiards

Tuesday

5:30 pm

Billiard Room

Bingo

The 1st Bingo game of the month is resident supplied. Please bring two prizes for the winners with the price limit \$1.00 per prize. For the 2nd bingo game of the month, please bring one prize.

1st & 3rd Monday 1:00 pm

Glatfelter Center Community Room B

Dominoes

July 27, August 24, September 28

Thursday 6:00 pm

Rachel & Reuben’s Patio

Ladies League Billiards

Thursday

10:00 am

Billiard Room

Bocce

4th Monday

1:00 pm

Glatfelter Center Community Room B

Trips

DAY EXCURSIONS

First Friday

First Friday is where shops in downtown York host special events, sponsor live entertainment, showcase local art galleries and provide a multitude of refreshments. This is a great way to revisit some of the historic side of York, while enjoying yourself, and getting out to experience something different.

Friday July 1, August 5

4:30 pm Bus departs back of Glatfelter Center

Transportation Provided

PA Cigar Box Guitar Festival

The PA Cigar Box Guitar festival is an all day, free, family friendly music festival featuring cigar box guitars. Right in the heart of downtown York. 14 bands on 2 stages. Rain or shine.

Saturday August 27

10:00 am bus departs

Cost: Free, participants are responsible for lunch and purchases

Forge Hills Orchards

Join us for some apple picking or grab any other produce needs while you are here! Take home your freshly picked apples or bring them to caramel apple making in the Glatfelter Center scheduled for the next day!

Wednesday September 21

10:00 am Bus departs back of Glatfelter Center

Shopping

Tanger Outlets - Lancaster

Thursday July 7

10:00 am bus departs

Cost: Free, participants are responsible for lunch and purchases

Trader Joe's and the Peppermill Family Restaurant

Wednesday July 13

10:00 am bus departs

Cost: Free, participants are responsible for lunch and purchases

Roots

July 26

9:00 am bus departs from Glatfelter Center

Cost: Free, participants are responsible for lunch and purchases

Capital City Mall

Thursday July 28

10:00 am bus departs from Glatfelter Center

Cost: Free, participants are responsible for lunch and purchases

Bricker Village and Lunch at Bricker House

Tuesday August 23

10:00 am bus departs from Glatfelter Center

Cost: Free, participants are responsible for lunch and purchases

Central Market

September 6

9:00 am bus departs from Glatfelter Center

Cost: Free, participants are responsible for lunch and purchases

Dining

Men's Continental Breakfast

A gathering for just men! Join fellow residents for breakfast and chatting.

July 21, August 26, September 15
9:00 am

Rachel and Reuben's

DINERS CARAVAN

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond.

Cost will vary by restaurant and is the responsibility of the diner.

Friday July 15 - Great American Saloon

5:00pm depart from Glatfelter Center

Registration required – sign up deadline 7/8

Tuesday July 19 - Marino's Pizza and Pasta House

11:00am depart from Glatfelter Center

Registration required – sign up deadline 7/12

Wednesday August 17 -

Stonybrook Family Restaurant

5:00 pm bus depart from Glatfelter Center

Registration required – sign up deadline 8/10

Thursday September 8 -

Stonybrook Family Restaurant

11:00 am bus depart from Glatfelter Center

Registration required – sign up deadline 9/1

Friday September 16 - John

Wright Restaurant

5:00 pm bus depart from Glatfelter Center

Registration required – sign up deadline 9/9

Movies

LIGHTS, CAMERA, ACTION

Glatfelter Community Center

Community Room A

Cost: Free

Waking Ned Divine

When best friends Jackie O'Shea and Michael O'Sullivan discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead in shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector the O'Sullivan is really Devine, and split the cash.

Monday July 18

3:00 PM

The Patriot

A widowed farmer, with a brave but brutal military past, decides not to join up when the British arrive in 1776. However, when his son enlists and is later captured by the enemy, the former soldier must abandon his new-found pacifist principles in order to rescue his oldest child, and forms a regiment of Carolina patriots, whose guerrilla tactics prove pivotal to the US war effort.

Friday July 29

2:00 PM

Grease

Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of 'Grease,' the most successful movie musical of all time. A wholesome exchange student and a leather-clad Danny have a summer romance, but will it cross clique lines?

Wednesday August 17
2:00 PM

The Sound of Music

A tuneful, heartwarming story, it is based on the real life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II. Julie Andrews plays the role of Maria, the tomboyish postulant at an Austrian abbey who becomes a governess in the home of a widowed naval captain with seven children, and brings a new love of life and music into the home."

Friday August 26
2:00 PM

The Proposal

Faced with deportation to her native Canada, high powered book editor Margaret Tate says she's engaged to marry Andrew Paxton, her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.

Friday September 23
2:00 PM

West Side Story

A musical in which a modern day Romeo and Juliet are involved in New York street gangs. On the harsh streets of the upper west side, two gangs battle for control of the turf. The situation becomes complicated when a gang member falls in love with a rival's sister.

Friday September 30
2:00 PM

Our Great National Park Series

From African beaches to Japan's islands to Australia's Great Barrier Reef, the National world's untamed beauty will be presented during the limited series of "Our Great National Parks" in 5 separate segments.

July 25, August 30, September 26
3:00 pm in CRA

Theatre***Allenberry Theatre presents "The Wizard of Oz"***

There truly is no place like home as the greatest family musical of all time, the wonderful Wizard of Oz, twists its way to the Playhouse at Allenberry! The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto, and their friends the Cowardly Lion, Tin Man, and Scarecrow. Don't miss the chance to travel Over the Rainbow and experience this national treasure on stage!

Saturday July 30

1:00 pm Bus Departs from Glatfelter Center

2:00 pm Show

Cost: \$35

Dutch Apple Dinner Theater presents "Chicago"

Set in Chicago in the jazz age, the musical is based on a 1926 play of the same title by reporter Maurine Dallas Watkins, about actual criminals and the crimes on which she reported. The story is a satire on corruption in the administration of criminal justice and the concept of the "celebrity criminal".

Wednesday September 14

10:30 am Departure

11:30 am Lunch

1:00 pm Show

Cost: \$68



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

Garden Club Hot Dog Roast

The Garden Club is selling hot dogs, with chips and drinks to raise money for their gardening needs.

Monday September 19

12:00 PM

Front of Glatfelter Center

Cost: \$2

SEASONS OF SERVICE

Summer of Kindness for our Furry Friends

During July, SpiriTrust Lutheran is collecting donations for a local animal shelter. (Drop off your donations at the Glatfelter Center reception desk.) Acceptable donations include: Small bags of treats, Canned food, Dry food, Canned kitten food, Clumping cat litter, Dog waste disposable bags, Fleece blankets , Towels

COMMUNITY COMMITTEES

These advisory committees offer an opportunity to collaborate, plan, and advise at The Village at Sprengle Drive. 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, Welcome Committee

SERVICE GROUPS

Garden Market

Bountiful blessings from the Village Gardeners are available for purchase. Off season sales will be announced in Weekly Updates.

Seasonal – See Inspirations Companion and Weekly Updates

Village Gardeners

A group of volunteers who tend and cultivate the garden located south of the Glatfelter Community building. Gardeners are always in demand – have interest in supporting the garden? Contact Life Enrichment Director for more information.

Branch Lions Club

Led by Shirley and Clair Starner, is a group of individuals who work together to help in the community. The club is typically held on the first Tuesday of every month and anyone is welcome to join!

Volunteer Opportunities

Do you enjoy helping others or have a heart for serving? The Village at Sprengle Drive has 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

