



David, Sight and Sound Theater, Lancaster ... page 8

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
WELLNESS		
Ongoing Fitness Classes		
Balance & Stretch	Wed	1
Fitness Fusion	Fri	1
Sit & Strengthen	Tues/Thurs	1
Spirit Striders Walking Group	Weds	2
Tai Chi	Mon	2
Wellness Programs		
10 Keys to Healthy Aging	7/25, 7/27, 8/1, 8/8	2
Blood Pressure Clinic	Tue	2
Morning Mindfulness	Mon	2

Spirit		
Study Groups & Services		
Bible Study	Tues	3
Catholic Mass	3rd Tues	3
Ecumenical Service	Tues	3

MIND		
Educational Programs		
Brain Games	1st & 3rd Mon	4
Ted Talks		
The Early Birdwatchers	9/22	5
How Your Memory Works	7/28	5
The Joyful Tradition of Mountain Music	8/25	5
You Read What??	2nd Mon	4
Creative Arts		
Crafty Crew		
Cabochon Pendants	8/11	5
Decoupage Flower Pot	7/14	5
Essential Oil Candles	9/8	5
Village Stitches	1st Mon	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		
Happy Hour	3rd Tues	6
Recreational		
Billiards	Tue, Fri	6
Bingo	1st Tue	6
Line Dancing	Thurs	6
Mexican Dominoes	Fri	6
Mini-Tennis	Fri	6
Ping Pong	Thurs	6
Skip-Bo	Tues	6
Ten Pin Bowling	Mon, Thurs	6
Wii Bowling	Wed	6

Dining		
Be Well Kitchen	2nd Tues	7
Chef Stage	Tues	7
Diners Caravan:		
Altland House	7/26	7
Maryland Mallot	8/23	7
Sidney Tavern	9/27	7
Friday Pub Grub	Fri	7
July 4th Cook-Out	7/4	7
Labor Day Cook-Out	9/5	7
Sunday Brunches	7/3, 7/17, 7/3, 8/14 8/28, 9/11, 9/25	7
Tour of the World	7/11, 7/25, 8/8, 8/22, 9/5, 9/19	7

Women's Birthday Luncheon	1st Tues	7
Trips		
Crab Feast Lunch	7/28	8
Sunrise Soap Company	7/13	8
York Revolution Baseball Game	9/9	8

Musical Performances		
Maria Rose	9/27	8

Theatre		
Dutch Apple Theatre: Chicago	9/7	8
Sight and Sound Theatre: David	8/9	8
Totem Pole Playhouse: Beehive	7/21	8

COMMUNITY		
Our Community		
Activities Planning Committee	8/4	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.

Fitness

ONGOING CLASSES

Balance & Stretch

This combined seated and standing class includes stretches for the entire body and focuses on balance exercises and will conclude with a relaxation piece to help balance the mind and body. This class is appropriate for moderately active individuals who could benefit from additional balance practice, those using mobility devices or experience compromised balance due to medical issues.

Wednesdays

1:00 – 1:30 pm

Fitness Room & Zoom

Fitness Fusion

This is a moderate to high intensity class that combines cardio, strength, and endurance in a 30 minute workout. Standing exercises with a chair assist are incorporated into the class.

Fridays

1:00 – 1:30 pm

Fitness Room & Zoom

Sit & Strengthen

This seated exercise class will use various types of equipment to strengthen major muscle groups of the body.

Increase your cardiovascular and muscular endurance with a fun seated workout.

Tuesdays and Thursdays

1:00 – 1:30pm

Fitness Room & Zoom



Spirit Striders Walking Group

Do you enjoy walking but don't enjoy doing it alone? Join the Life Enrichment Department and other "striders" to keep motivated and stay accountable while improving your health with the company of others.

Wednesdays

10:00 am

Outdoor walking (weather permitting) starting at the Community Center lobby.

T'ai Chi

T'ai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Benefits may include improved health, balance, strength, coordination and peace of mind. This class can be done seated or standing.

Mondays

1:00 – 1:45 pm

Fitness Room



Wellness Programs

BUILDING A BETTER VERSION OF YOU

Many health issues are often taken for granted or ignored as "just a part of aging". Engage in the many opportunities offered this quarter to debunk those thoughts and increase a heightened awareness for achieving better health and enjoying a longer more vibrant life.

Blood Pressure Clinic

Do you know your numbers?

What do they mean? Blood pressure checks are available on a drop – in basis from 1:00 pm – 2:00 pm every Tuesday.



Morning Mindfulness

Join your Life Enrichment Leader on a journey to discover meditation. Meditation is a 2,500+ year old practice for training your mind. It is the practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Every Monday

10:30-11:00 am

Zoom

10 Keys to Healthy Aging

Join the York County Area Agency on Aging for a four part course on healthy aging. The 10 keys that will be discussed are combating depression, smoking, cancer screenings, immunizations, regulating blood glucose, LDL cholesterol, staying physically and socially active, and maintaining healthy bones, joints, and muscles. Each session will be approximately two hours.

7/25, 7/27, 8/1, & 8/8

2:00-4:00pm

Lifelong Learning Room



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

Spiritual

BIBLE STUDY

Bible Study is a weekly study group in which our chaplain leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs.

Tuesday

1:00-2:00 pm

Great Room

Presenter: Chaplain Aaron Cope

Catholic Mass

The Village is located within the parish boundary of St. Joseph's Catholic Church. Priests from this parish offer Catholic Mass monthly in our worship space.

3rd Tuesday of the month

2:30 -3:00 pm

Skilled-Care Center Activity Room

Worship Services

ECUMENICAL SERVICE OF THE WORD

Join other Villagers as we observe our faith together as a community during a weekly worship service of Scripture, hymns and messages led by our community chaplain in partnership with area clergy as schedules permit.

Tuesday

10:30 – 11:00 am

Skilled-Care Center Activity Room



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

You Read WHAT?!?



Want to share your interesting book reads with your neighbors? Then this book club is for you. Bring your latest reads to share what you found interesting, inspiring, kept you guessing, a definite must – read or a maybe not.

2nd Monday of the month

10:00 am

Apartment Lobby

Educational Programs

BRAIN GAMES

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

1st & 3rd Mon

2:00 pm

Terrace Overlook

LET'S DISCUSS

Nourish your mind and body with thought provoking topics. Participants view a TED Talk video clip followed by an interactive discussion. TED began in 1984 as a conference where Technology, Entertainment and Design converged and today covers almost all topics — from science to business to global issues.

4th Thursday of the month

4:00 pm | Lifelong Learning Classroom

How your memory works—and why forgetting to totally OK

Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name? Walked into a room and immediately forgot why? Neuroscientist Lisa Genova digs into two types of memory failures we regularly experience -- and reassures us that forgetting is totally normal. Stay tuned for a conversation with TED science curator David Biello, where Genova describes the difference between common moments of forgetting and possible signs of Alzheimer's, debunks a widespread myth about brain capacity and shares what you can do to keep your brain healthy and your memory sharp.

Thursday, July 28

The joyful tradition of mountain music

Folk musician and storyteller David Holt plays the banjo and shares photographs and old wisdom from the Appalachian Mountains. He also demonstrates some unusual instruments like the mouth bow -- and a surprising electric drum kit he calls "thunderwear."

Thursday, August 25

The early birdwatchers

Birds, a perennial human fascination, entertained medieval homes long before science took them for serious study. "Wisdom of Birds" author Tim Birkhead tours some intriguing birdwatcher lore (dug up in old field journals) -- and talks about the role it plays in ornithology today.

Thursday, September 22

Creative Arts

VILLAGE STITCHERS

If you love to sew, this mission – oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

1st Monday of the month

9:00 – 11:30 am

Hobby Room

Current project: Monthly squares and Christmas gifts for Healthcare

CRAFTY CREW

Learn a new technique or skill as you create a beautiful craft that you can keep for yourself or give as a gift. Classes are open to both men and women. There is a \$10 cost per class, must have at least 5 people sign up.

Decoupage Terra Cotta Flower Pots

Using patterned paper napkins and Mod Podge, learn the technique of decoupage to turn a basic terra cotta flower pot into a beautiful planter just in time for Summer! No prior experience needed, this is an opportunity for learning, fun and laughter! Light refreshments will be offered.

Thursday July 14 • 2:00 pm

Cost: \$10

Lifelong Learning Classroom

Cabochon Pendants

Learn how to make a pendant using a clear gemstone called cabochon and either scrapbook paper, a photograph, or fabric to make a personalized pendant.

Thursday August 11 • 2:00 pm

Cost: \$10

Lifelong Learning Classroom

Essential Oil Candles

Learn how to make your own handmade candle. Infuse essential oils and other dried fragrances to make a natural perfumed candle. Join the Life Enrichment team to create your candle!

Thursday September 8 • 2:00 pm

Cost: \$10

Lifelong Learning Classroom



photos for representational purposes only





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

Happy Hour



Happy Hour is a great way to try new varieties! The parties are those that you enjoy with friends and neighbors so be sure and plan on attending this popular event.

3rd Tuesday of the month
4:00 – 5:00 pm
Terrace Overlook

Recreational GAMES

Games have always brought families and friends together. Discover new tabletop games, try your “hand” at a new card game or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Bingo

1st Tuesday, 2:00 pm
Lifelong Learning Classroom

Billiards

Tuesdays, Fridays 1:00 pm
Billiard Room

Mexican Dominoes

Fridays, 2:00 pm
Lifelong Learning Classroom

Mini – Tennis

Fridays, 11:00 am
Fitness Room

Skip – Bo

Thursdays, 10:00 am
Lifelong Learning Classroom

Ten Pin Bowling

Mondays & Thursdays, 1:00 pm
South Hanover Bowling Lanes
Cost is \$5 for three games & shoes.

Wii Bowling

If bowling without special shoes, lugging heavy balls or having to leave the community sounds right up your “alley”, this is for you!

Wednesdays, 2:00 pm
Fitness Room

Dining

BE WELL KITCHEN

Join one of our dining chefs every second Tuesday of the month for a themed cooking demonstration followed by a tasting.

2nd Tuesday

4:00pm-5:00pm

Terrace Overlook Dining Room

CHEF STAGE

Join us every Tuesday for our weekly Chef Stage, where we will be serving something new every week from pasta bars to potato bars.

Every Tuesday

Served 11:00am-1:30pm

Terrace Café

DINERS CARAVAN

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Cost will vary by restaurant, unless indicated and is the responsibility of the diner.

Altland House

One of the oldest continually running taverns in the country. Casual grill & pub dining, home of Center Square Brewing.

Tuesday, July 26

Bus starts to pick up at 4:00 pm

Cost: Separate checks

Register by Thur, July 21

Maryland Mallet

Located in Westminster MD serves a full menu including steamed crabs, seafood, steaks, BBQ and more.

Tuesday, August 23

Bus starts to pick up at 4:00 pm

Cost: Separate checks

Register by Thur, August 18

Sidney Tavern

Sidney by Chef Neil Annis is located in the heart of East Berlin, between York and Gettysburg. Pennsylvania's premier casual fine dining restaurant that uses the finest, freshest ingredients.

Tuesday, September 27

Bus starts to pick up at 4:00 pm

Cost: Separate checks

Register by Thur, Sept. 22

FRIDAY PUB GRUB

Featuring a casual lighter fare menu for weekend enjoyment.

Every Friday

Served 4:30 – 6:00 pm

Terrace Overlook Restaurant

Cost Ala Carte

Reservations Required

JULY 4TH COOK-OUT

Menu will include: BBQ Pork, Hot Dogs, Hamburgers, Baked Beans, Broccoli Salad, Macaroni Salad, Assorted Desserts

Monday, July 4

Reservations Required

12-2 pm

The Overlook Terrae will be closed

this evening

LABOR DAY COOK-OUT

Menu will include: BBQ Chicken, Hot Dogs, Hamburgers, Baked Beans, Coleslaw, Red Skinned Potato Salad, Assorted Desserts

Monday, September 5

Reservations Required

12-2 pm

The Overlook Terrae will be closed

this evening

SUNDAY BRUNCHES

A repertoire of Sunday brunch favorites, including Chipped Beef, Sausage Gravy, Omelet and Waffle Stations, Fresh Fruit Cup in season, and your choice of 2 lunch entrees, vegetable, starch and salad bowl.

July 3, 17, & 31 August 14 & 28,

September 11 & 25

Seating Time 12:30pm

Terrace Overlook Restaurant

Reservation Required

TOUR OF THE WORLD

Join us every other Monday of the month as Chef Don Martin and his team prepare a meal for you! Each meal highlights some new tastes from different regions around the world. Your palate will be pleasantly surprised.

July 11- French

July 25- Hawaiian

August 8- Spanish

August 22- Asian

September 5- Irish

September 19- German

Served 4:30 – 6:00 pm

Terrace Overlook Restaurant

Reservation Required

WOMEN'S BIRTHDAY LUNCHEON

Time to celebrate another year! Share good food, fellowship and hear the birthday ladies share some personal stories as we celebrate their lives.

1st Tues of the month

12:00 pm

Terrace Overlook Restaurant

Cost: \$8

Registration required at least one week prior (LE Program Sign-up Binder)

Trips

Sunrise Soap Company

Learn how to make your own handmade glycerin soap, bath bomb, or lip balm at the Creation Station at Sunrise Soap Company in Downtown York. Experiment with your favorite scents and pigments to create a product unique to you, handmade by you! Following, the group will visit Roost Uncommon Kitchen for lunch.

Wednesday, July 13

Bus starts to pick up at 10:00 am

Approximate return at 2:00 pm

Crabfeast

All you can eat crabs and other menu options available. Rube's Crab Shack Seafood Restaurant in Emmitsburg, MD offers some of the best seafood on the East Coast.

Thursday, July 28

Bus starts to pick at 11:15 am, 12:00 pm reservation

Approximate return at 3:00 pm

Cost: Off the menu with individual payments

Registration required by Monday, July 25

York Revolution Baseball Game

Back by popular demand is a night out with the Revs! Our bowl seats are reserved for this game between the York Revs and Blue Crabs of Southern Maryland.

Friday, September 9

Bus starts to pick up at 4:30 pm

Cost: \$15 (ticket and \$5 voucher for hot dog meal or \$5 off of food)

Registration and payment required by Friday, August 19

Entertainment

MUSICAL PERFORMANCES

Music by Maria Rose and Danny Elswick

Maria Rose and husband Danny can be seen often on the "Midwest Country" nationwide TV show on RFD-TV. They've released a DVD and many CD's, including the latest, "Originals", featuring songs written by Maria. Their biggest honor has been traveling overseas on 11 USO tours to entertain our Armed Forces.

Tuesday, September 27

2:00 pm

Terrace Overlook

Theatre

Beehive

Totem Pole Playhouse, Fayetteville

The ultimate celebration of 1960's female empowerment. Featuring such 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. Told from the perspective of six young women who came of age in this enigmatic decade, these young ladies look back on a host of issues ranging from their first Beehive Dance to the challenges we faced as a nation.

Thursday, July 21

Bus departs at 12:30pm,

Showtime 2pm

Cost: \$40

Register by Fri, June 17

David

Sight and Sound Theater, Lancaster

We will be taking a trip to Sight and Sound Theatre for the production of David. Enjoy a PA Dutch style grand Smorgasbord at Hershey Farm Restaurant prior to the show. Experience one of the most legendary Bible stories as it comes to life with spectacular special effects, massive sets, and live animals in this brand-new original stage production.

Tuesday, August 9

Bus departs at 10:45 am

Lunch at Hershey Farm Restaurant 12:30pm, Showtime 3:00pm

Cost: \$82.15 for meal and show

Register & payment required by Wed, June 29

Chicago

Dutch Apple Theater, Lancaster

After 25 years, CHICAGO is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one show stopping song after another and the most astonishing dancing you've ever seen. As we celebrate our 25th anniversary — you've got to come see why the name on everyone's lips is still...CHICAGO.

Wednesday, September 7

Bus departs at 12:30 pm

Cost: \$65 for show & buffet lunch

Register and payment required by Mon, August 15



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

SERVING WITHIN OUR COMMUNITY

Activities Planning Committee

All residential living residents are invited to help with the planning of events for late fall and winter 2022.

Thursday, August 4

2:00 pm



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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