



*Picnic and Hiking at Caledonia ... 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
<b>WELLNESS</b>		
<b>Fitness Classes</b>		
Chair Fitness	Tuesdays	1
Fun With Balance	Thursdays	1
Hybrid Chair Yoga	Mondays	1
Hybrid Fit Medley	Wed, Fri	2
Hybrid Strength	Thursdays	2
Hybrid Mat Stretch	Tuesday	2
<b>Wellness Programs</b>		
Beltone Hearing	10/26	2
Physical Therapy Talks	10/4, 11/1, 12/6	2
Wellness Talks	10/17	2
<b>Nutrition</b>		
Tasty Tips	10/10, 11/14, 12/5	2

<b>SPIRIT</b>		
<b>Study Groups &amp; Services</b>		
Catholic Mass	3rd Thursday	3
Praying of the Rosary	Thursday	3
Worship Services	Sundays	3

<b>MIND</b>		
<b>Educational Programs</b>		
Brain Games	10/12, 11/30	4
Interview With A Neighbor	11/9	4
Life Long Learning	4th Friday	5
Math "Fun"damentals	10/6, 11/3, 12/1	5
<b>Technology</b>		
Tech Support	By appointment	5
Tech Talks with Mark	11/8	5
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Holiday Snack Create and Take	12/28	5
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Rhythm and Motion	10/11, 11/22, 12/27	5

Description	Date	pg
<b>SOCIAL</b>		
Christmas Lights Ride	12/15	6
Christmas Luncheon	12/13	6
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New Year's Eve Party	12/31	6
Veteran's Day Dessert Social	11/10	6
<b>Trips</b>		
Boscov's	11/9	7
Downtown Gettysburg Shopping	12/12	7
Picnic and Hiking at Caledonia	10/5	7
World War II Museum	10/3	7
<b>Recreational</b>		
Bingo	Fridays	6
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<b>Dining</b>		
Bud's at Silver Run	11/17	7
Orchards Restaurant	10/18	7
Thanksgiving Pizza Luncheon	11/23	7
Village Breakfast	1st Tuesday	7
<b>Theatre &amp; Movies</b>		
American Music Theater	11/29	8
Christmas Movie Matinee	12/21	8
Sight and Sound in House		
Samson	11/2	8
Christmas	12/7	8
<b>Musical Entertainment</b>		
Christmas Sing-Along	12/20	8
Gettysburg Civic Chorus	12/11	8
Gettysburg Community Concerts		
Barclay Brass	11/15	8
Music Gettysburg		
A Christmas Offering	12/18	8
Jazz Tributaries	10/1	8

<b>COMMUNITY</b>		
<b>CommUNITY Spirit</b>		
Committees & Groups	Varies	9
Book Club	10/24	9
Community Turkey Trot	11/19	9
Senior Acts Group	10/17, 11/21	9

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

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.





# WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

## Ongoing Classes

### ***Chair Fitness***

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

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

**Tuesday**  
**10:30-11:00 am**  
**Cannons Corner**

### ***Fun With Balance***

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

**Thursday**  
**1:00 pm**  
**Wellness Gym**

### ***Hybrid Chair Yoga***

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

**Monday**  
**9:30-10:15 am**  
**Wellness Gym and Zoom**





**Hybrid Fit Medley**

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

**Wednesday, Friday**

**9:30 – 10:15 am**

**Wellness Gym and Zoom**

**Hybrid Strength**

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

**Thursday**

**9:30-10:15 am**

**Wellness Gym and Zoom**

**Hybrid Mat Stretch**

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

**Tuesday**

**9:30-10:15 am**

**Wellness Gym and Zoom**

**Wellness Programs****PHYSICAL THERAPY TALKS**

**October 4**

**Stroke/CVA**

**1:15 pm**

**Cannons Corner**

**Presenter: Katy Engelbert, PTA**

**November 1**

**Regaining Control “A Program for Incontinence Management”**

**1:15 pm**

**Cannons Corner**

**Presenter: Katy Engelbert, PTA**

**December 6**

**What’s on the Menu “Signs and Symptoms of Dysphagia”**

**1:15 pm**

**Cannons Corner**

**Presenter: Katy Engelbert, PTA**

**Wellness Talks**

**October 17 - Emotional Wellness**

**10:30 am**

**Cannons Corner**

**Presenter: Jess Sheahan**

**Beltone Hearing Seminar**

Vincent from Beltone will be educating the group on hearing health, symptoms of hearing loss, advancements in technology and how hearing works. Bring your questions!

**Wednesday, October 26**

**1:30 pm**

**Wellness Lounge**

**Presenter: Vincent Onomastico, Outreach Manager**

**Nutrition****TASTY TIPS**

Who couldn't use some tips on how to prepare a meal, what might be a healthier option or how to handle your food safely? During this monthly series you may be introduced to new ingredients, learn the benefits of different foods or expand your cooking knowledge.

**Monday, October 10**  
**Root Vegetables**

**Monday, November 14**  
**Zinc and Immunity**

**Monday, December 5**  
**Soups!**

**Presenter: Andrew Kronmeyer, Registered Dietician**

**1:30 pm**

**Wellness Lounge**

**Registration required. See receptionist**



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

## Spiritual

### WORSHIP SERVICE

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

**Sunday**  
**10:00 am**  
**Fellowship Room**



### CATHOLIC SERVICES

#### *Catholic Mass*

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

**3rd Thursday of the month**  
**10:00 am**  
**Fellowship Room**

#### *Praying of the Rosary*

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

**1st, 2nd and 4th Thursdays of the month**  
**10:00 am**  
**Arlington Sun Room**





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

## Educational

### BRAIN GAMES



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

**October 12 & November 30**

**1:00 pm**

**Wellness Lounge**

**Sign up with the receptionist**

### *Interview with a Neighbor*

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

**November 9**

**1:30pm**

**Wellness Lounge**

## LIFE LONG LEARNING

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

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

**October 28**

**Michael McGough**  
**“Voices of History”**

What we can learn from players in four historical events. Mike McGough is a retired history professor and columnist.

**November 11**

**“A Third Choice”**

A film about third political parties that have vied for posts in national elections.

## MATH “FUN” DAMENTALS

Our own Jim Wright, retired math teacher, will host this program using fun puzzles, riddles and quizzes to test your math skills and review what you learned back when you still did long division and had to “carry the two”.

Come have some fun. You are not required to know all the answers!

**First Thursdays of the Month**

**11:00 am**

**Wellness Lounge**

**Please sign up at the receptionist**

## Technology

### ONE-ON-ONE TECH SUPPORT



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

### Tech Talks With Mark

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

**November 8**

**2:30 pm**

**Wellness Lounge**

**Please sign up at the receptionist**

## Creative Arts

### Village Voices

Our campus choral group returns in October. We are a group of people who like to sing! Experience in choral music is not required BUT ability to read music and carry a tune is encouraged. The group may make a few appearances here on our campus during the autumn/Christmas season.

**Thursdays**

**2:00 pm**

**Fellowship Room**

**Please sign up at the receptionist if interested**

### Holiday Snack Create and Take

We will provide the ingredients, you provide the kitchen skills, and everyone will take home a snack to share over the New Year's weekend.

**Wednesday, December 28**

**1:30pm**

**Wellness Lounge**

**Please sign up at the receptionist**

## RHYTHM AND MOTION

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

**Tuesdays, 10/11, 11/22, 12/27**

**1:00 pm**

**Wellness Gym**





# SOCIAL

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

### ***Halloween Happy Hour***

We like Halloween here on our campus! Dress-up is optional but totally encouraged for our fun Halloween inspired happy hour. We provide some sort of “witches brew” and “finger foods” for all you ghouls to enjoy!

**Monday, October 31**

**2:00 pm**

**Fellowship Room**

**Please sign up at the receptionist**

### ***Christmas Lights Ride***

Many of us fondly remember driving through the neighborhood during the holiday season looking at the light displays that our neighbors worked so hard on. Recreate this time but let our driver do the driving. Take a ride through some of the area neighborhoods to celebrate the season.

**Thursday, December 15**

**6:00 pm**

**Please sign up at the receptionist**

### ***Christmas Luncheon***

Celebrate the season by joining friends and neighbors for our annual Christmas Luncheon served by members of our leadership team here in Gettysburg.

**Tuesday, December 13**

**11:30 am**

**Fellowship Room**

**Free**

**Please sign up at the receptionist**

### ***New Year’s Eve Gathering***

Come out before the ball drops and usher in the New Year with a glass of bubbly! You are welcome to bring a snack to share and a game that you like to play. It’s all about wishing your friends well as we say goodbye to 2022 and hello to 2023.

**Saturday, December 31**

**7:00 pm**

**Cannons Corner**

**Please sign up at the receptionist**

### ***Veteran’s Day Dessert Social***

Join us in honoring and thanking all the veterans on our campus who have served our country. All are welcome.

**Thursday, November 10**

**2:00 pm · Wellness Lounge**

**Please sign up at the receptionist**

## **Recreational**

### **GAMES GALORE**

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

### ***Mexican Train Dominoes***

**Wednesdays, 10/19, 11/16/, 12/14**

**2:00 pm · Cannons Corner**

### ***Bingo***

**Fridays · 2:00pm · Cannons Corner**



## Trips

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

### ***Boscov's and Lunch***

Do some early Christmas shopping or just pick up something for yourself then have lunch out with the group.

**Wednesday, November 9**

**Camp Hill**

**Bus departs at 9:30 am**

**Minimum required: 6**

**Please sign up at the receptionist**

### ***Downtown Gettysburg Shopping***

Downtown Gettysburg boasts a great array of fun shops to do your last minute Christmas shopping. The bus will drop you on the Square and pick you up so no parking is necessary.

**Monday, December 12**

**Bus Departs at 11:00am**

**Please sign up at the receptionist**

### ***Picnic and Hiking at Caledonia***

To celebrate Active Aging Week, take the day to ride to Caledonia with us and get some fresh air and dirt under your feet! You will have time to get a walk in and enjoy a nice picnic lunch. Wear sturdy shoes and bring a jacket as the temperatures in the woods can be a little chillier.

**Wednesday, October 5**

**Bus departs at 11:00 am**

**\$5.00 for lunch**

**Please sign up at the receptionist**

### ***World War II Experience Museum***

Here is an opportunity to visit the newest museum in Gettysburg. You can see a variety of authentic WWII vehicles, uniforms and artifacts and view displays including some of our SpiriTrust Lutheran® – Gettysburg residents.

**Monday, October 3**

**Bus departs at 10:00 am**

**Admission is \$11.00**

**Please register at the receptionist**

## Dining

There's nothing quite like sitting around with friends having great conversation over a delicious meal wherever it might be. Enjoy a meal at the "Village" or dine at various restaurants in the area and beyond. Unless a specific amount is listed cost will vary by the dining venue and is the responsibility of the diner.

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

### ***Bud's at Silver Run***

Bud's has come to be known for their excellent food, service and friendly staff. They source much of their menu from local farms and vendors and serve in a charming environment. Their menu includes seafood, salads, sandwiches and specialty items such as elk chops and chicken Mediterranean stew.

**Thursday, November 17**

**12:00 pm**

**Please register at the receptionist**

**Minimum required diners: 6**

### ***The Orchards***

The Orchards serves a traditional American fine dining menu and extensive wine selection. They have been family owned and operated for 25 years serving the Chambersburg area.

**Tuesday, October 18**

**Chambersburg**

**Bus departs at 3:00 pm**

**Minimum required diners: 6**

### ***Thanksgiving Pizza Luncheon***



Our pizza luncheons have become very popular. We are sure to have a pizza with the toppings that you like. Add a salad and dessert and you have a great way to celebrate Thanksgiving together before the turkey goes in the oven and the potatoes need to be peeled!

**Wednesday, November 23**

**Fellowship Room**

**11:30 am**

**Registration required. See receptionist.**

**Cost \$6.00 when registering**

### ***Village Breakfast***

Start your morning off right with good food and good friends. Enjoy a hearty breakfast prepared by our talented culinary team while catching up on local news.

**1st Tuesday of the month**

**8:30 am**

**Cannon's Corner**

## Entertainment

### MUSICAL ENTERTAINMENT

#### *Gettysburg Civic Chorus*

The Gettysburg Civic Chorus, celebrating its 60th season, presents their Christmas concert entitled "Remembering Decembers". This group welcomes back many of its members and will present their concert with over 90 voices and orchestra.

**Sunday, December 11**

**Gettysburg Middle School**

**Bus departs at 2:00 pm**

**Registration required. See receptionist**

**Minimum required participants: 4**

#### *Christmas Music and Sing-Along*

It's hard to listen to Christmas music and not sing along. Here's your opportunity to sing along with a group and feel the spirit of Christmas in song. We will have some music presented and others for you to join in.

**Tuesday, December 20**

**2:00 pm**

**Fellowship Room**

**Please sign up at the receptionist**

### GETTYSBURG COMMUNITY CONCERTS

Season ticket holders have been pre-paid. Single performance tickets are available at the door for \$20.00. Season ticket info is posted on the RL bulletin board in the Wellness hallway.

#### *Barclay Brass*

Top military and freelance musicians from the Washington, D.C area make up this group that presents classical music in new style for all audiences.

**Tuesday, November 15**

**Christ Chapel at Gettysburg College**

**Bus departs at 6:30 pm**

**Registration required. See receipt.**

### MUSIC GETTYSBURG CONCERTS

#### *Jazz Tributaries*

The Unified Jazz Ensemble and the Gettysburg College Choir perform the world premiere of a jazz suite featuring Blues and Bossa Nova, bebop, soul jazz, and the poetry of Langston Hughes.

**Saturday, October 1**

**The Majestic**

**Bus departs at 6:30 pm**

**Registration required. See receipt.**

**Minimum required participants: 4**

#### *"A Christmas Offering"*

A festive holiday sampling of music from favorite local performers including the Gettysburg Children's Choir, Wayne Hill, Teresa Bowers and the Ben Jones Brass.

**Sunday, December 18**

**Lutheran Seminary**

**Bus departs at 6:15 pm**

**Registration required. See receipt.**

**Minimum required participants: 4**

## Theatre

### *American Music Theater and Hershey Farms*

Celebrate the holiday season with the wonderful "Home for the Holidays." at the AMT. Tickets are for the matinee with lunch following at Hershey Farms. Please sign up as soon as possible, but do not write a check for your ticket until requested.

**Tuesday, November 29**

**Bus departs at 8:30 am**

**Lancaster**

**Cost: \$50.00 per ticket**

**Lunch to be paid separately**

**Sign up with receptionist ASAP**

**Minimum required participants: 6**

### LIGHTS, CAMERA, ACTION

#### *Sight and Sound In House*

Join our continuing series of biblically based musicals with movie theater snacks on our big screen.

**Wednesday, November 2**

**Samson**

**1:00 pm · Wellness Lounge**

**Registration required. See receptionist**

**Wednesday, December 7**

**Christmas Special**

**1:00 pm · Wellness Lounge**

**Registration required. See receptionist**

#### *Wednesday Movie Matinee*

See the classic movie, Miracle on 34th St., starring Natalie Wood, Edmund Gwenn and Maureen O'Hara.

**Wednesday, December 21**

**1:00 pm · Wellness Lounge**

**Registration required. See receptionist.**





# 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

### **Community Turkey Trot Spirit 360®**

Let's burn a few calories, enjoy the brisk autumn weather and support the SCCAP food pantry on this November morning. Participate in the 5k run/walk or come out and walk your own distance. We will send the 5k participants off first then welcome those who want a more leisurely walk shortly after. Please bring canned/shelf stable items as your entry fee. This event is open to team members and the community.

**Saturday, November 19**

**5k starts at 8:30 am**

**Walkers at 8:45 am**

**Please sign up at the receptionist**

### **The Senior Acts Group**

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

**Monday, October 17**

**Monday, November 21**

**Monday, December 19**

**1:30 pm**

**Fellowship Room**

### **Village Voices**

See information under Creative Arts

**Thursdays at 2:00 pm**

**Fellowship Room**

## COMMITTEES AND GROUPS

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

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



*Mission Statement:* to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

### **The Seven Dimensions of Wellness**

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



1075 Old Harrisburg Road • Gettysburg, PA 17325 • [www.SpiriTrustLutheran.org](http://www.SpiriTrustLutheran.org)

