



Hollabaugh Brothers Orchard Outing ... page 7

INSPIRATIONS

Inspiring Things to Do, Learn and Share



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

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

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

Description	Date	pg
WELLNESS		
Fitness Classes		
Exercise Equipment Orientation	11/16	2
Exercise with Bonnie	Tues	1
Healthy Hikers	10/4	2
Stretch & Strength with Ali	Mon, Wed	1
Tai Chi	Mon	1
YMCA Class	Thurs	2
Wellness Programs		
Personal & Residential Safety with Trooper Myers	12/6	2
Nutrition		
How to Read food Labels w/ Barb Goll	11/17	2

SPIRIT		
Emotional		
GriefShare w/Karen Yoder	11/7	3
Grief Support Group	3rd Wed of every month	3
Spiritual		
Bible Study	2nd and 4th Thu of the month	3
Service of Holy Communion	Sun	3

Description	Date	pg
MIND		
Educational		
Brain Health	Tue	5
Living History Presentation	10/21	5
Current Events		
Factors Affecting Russia	10/14	5
NATO	12/9	5
Life Long Learning		
When America Hit the Road:	10/19	4
The Magical World of Venice	11/16	4
Joy to the World!	12/14	4
Creative Arts		
Craft Corner	10/11, 11/15, 12/1	5
Song Birds	10/6, 10/20, 11/3, 11/17, 12/1, 12/15	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.

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



PROGRAM OFFERINGS

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

Description	Date	pg
SOCIAL		
Cocktails & More	10/28,11/30	6
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Trips		
A Christmas Carol	12/17	7
B & B Grocery Outlet Outing	11/1	7
Boscov's Shopping & Lunch Outing	11/22	7
Christmas Light Tour	12/19	7
Flight 93 National Memorial	10/12	7
Hollabaugh Orchard Outing	10/3	7
Lindt Shopping Outing	12/2	8
Pipe Organ Concert	10/16	8
Raleigh Ringers	12/3	8
Shippensburg Community Orchestra	11/20	8
Recreational		
Bocce Ball	1 & 3rd Tue/ends in Oct.	8
Chess Club	Wed	8
Games Galore	Mon	8
Shuffleboard	2nd & 4th Wed/ends in Oct.	8
Table Tennis	Thu	8
Wii Bowling	Wed	8
Dining		
On Campus-From the Kitchen		
Lunch & A Movie	12/23	9
Thanksgiving Take Out	11/18	9
Out and About		
Henry & Naomi's Amish Meal	11/4	9
Ladies Lunch Out		
Runways	10/18	9
Hoffman's All American Grill	12/20	9
Men's Breakfast Outing	11/14	9
Buffet & Celebrations		
Birthday Breakfast	10/25, 11/29, 12/27	9
Residential Living Christmas party	12/16	9
Veterans Lunch Celebration	11/8	9
Entertainment		
Luther Ridge Players	12/9	10
New Year's Eve Party	12/31	10
Theatre		
American Music Theatre	11/9	10
Majestic Theatre- La Traviata	11/5	10

Description	Date	pg
COMMUNITY		
CommUNITY Spirit		
Antrim BIC Church Concert	12/11	11
Bake Sale for Alzheimer's Assoc.	10/5	11
Christmas Caroling	12/21	11
Travel Leisure presentation	10/26	12
Trunk or Treat	10/19	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.

Classes

Stretch & Strength

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

Monday & Wednesday

9:30 am

Fleck Center – Group Exercise Room

Instructor: Ali Noll

Tai Chi

Join the group as they focus on fluid, circular, movements that are relaxed & slow in tempo. Breathing deep and slow, aids in concentration and relaxing the body. Health benefits include increased flexibility & muscle strength, greater fitness correct body posture, reduced pain & stiffness, uplifting the spirit.

Monday

10:30 am

Fleck Center - Group Exercise Room

Instructor: Ali Noll

Exercise with Bonnie

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

Tuesday

10:15 am

Fleck Center – Group Exercise Room

Instructor: Bonnie Shockey





Exercise Room Orientation

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

November 16

10:30 am

Fleck Center – Cardio Machine Room

Instructor: Ali Noll & Patty Hoover

Healthy Hikers



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

October 4

Cowan's Gap State Park

9:00 am

Registration Required

YMCA Class- Twinges & Hinges

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

Thursday

9:30 am - depart Fleck Center

YMCA Chambersburg

Registration Required - Must have 2 signed up

Instructor: Jane Sutton

Wellness Programs

Personal & Residential Safety

Trooper Myers will be here from the Pennsylvania State Police and will do a presentation on Personal & Residential Safety.

December 6

1:00 pm

Fleck Center - Dining Room

Instructor: Trooper Myers

Nutrition

How to Read Food Labels



Food label reading can be confusing and often misleading. Learn how to understand the new food labels & spot false or misleading claims often used to market products in the grocery stores. Learn how to make the best choices when it comes to your health.

November 17

1:30 pm

Fleck Center - Dining Room

Facilitator: Barb Goll



SPIRIT

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

Emotional

Grief: Finding Meaning

Our monthly Grief: Finding Meaning sessions are for adults who have suffered a loss through death and are in need of grief education & support. The group is structured for those who have experienced a death within the past two years.

3rd Wednesday of each month

10/19 · 11/16 · 12/21

9:00 am - 10:30 am

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

*** Due to Covid-19 indoor gathering limits, class capacity will be no more than 10 people. Masks are mandatory. For more information and to register please call 717-217-3527 or 1-855-817-3085.**

Facilitator: Kim McCurdy, SpiriTrust Lutheran Home Care & Hospice Grief Share

GriefShare

Join us for this introductory session featuring how to face the Holidays after loss. Each GriefShare session has three distinct elements: Video seminar with experts, support group discussion with focus and personal study and reflection.

November 7- Holiday Session

1:00 - 3:00 pm

Registration Required - Deadline

October 31st

Fleck Center Dining Room

Instructor: Karen Yoder

Note: A 13 week GriefShare will be offered starting January 9, 2023.

Contact information call Joann Rieder- King 717-817-8539.

Spiritual

Service of Holy Communion

Join other Villagers as we observe our faith together as a community at a service of Holy Communion led by Chaplain Amy Wagner every Sunday. The seasons of the Church are observed, and the message is based on the common lectionary readings.

Sunday · 2:00 pm

The Inn Personal Care Res. Chapel

Bible Study

Spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs. The study is interactive and moves along at a leisurely pace. Handouts and study guides are used. Bring your favorite Bible.

Study for the quarter: Acts

2nd & 4th Thursday of the month

10:00 am

Fleck Center – Hobby Room

Presenter: Herb Spomer



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

Educational

LIFE LONG LEARNING

When America Hit the Road: The Early Years of Our Automotive Culture

A hundred years ago, an exciting new technology was transforming America: the automobile. This program presents the history of that colorful era, when the first “horseless carriages” were giving way to sporty roadsters, classy limousines, and the ubiquitous Model T Ford. As you’ll learn, the story of our country’s early car culture was driven by unprecedented prospects for freedom and mobility—along with the mixed blessings of high-speed roads, expanding suburbs, installment loans, and parking meters.

October 19 • 11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

The Magical World of Venice

The first settled by migrant fishermen, Venice rose to become a powerhouse of Mediterranean commerce. Adding luster to its civic glory were the paintings of Titian, the music of Vivaldi, and the gilded domes of St. Mark’s Basilica. But behind the dazzling façade, scandal and violence flourished in the shadows. The nineteenth century brought doom and decay, then rebirth as one of the world’s top sightseeing destinations. This program brings you all the turbulent history, brilliant culture, and magical beauty of Venice.

November 16 • 11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

Joy to the World! The Stories behind Our Favorite Christmas Carols

Folk tunes, pagan revels, and medieval hymns have all contributed to the musical treasure we enjoy every year during the Christmas season. This program presents the colorful stories behind fifteen of our favorite Yuletide carols. Among other fascinating facts, you’ll learn who King Wenceslas really was...how a partridge got into a pear tree... why a Pennsylvania pastor immortalized the visit of the Three Kings to the baby Jesus... and how a snowy, starry night in an Austrian village inspired a beloved song of Christmas joy and peace.

December 14 • 11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

CURRENT EVENTS



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

Factors Affecting Russia Using Tactical Nuclear Weapons in Ukraine

This lecture will discuss Russia's possible use of tactical nuclear weapons in Ukraine, including tactical & technical factors, operational & strategic factors, legal & political factors, and the current U.S. nuclear weapons employment policy.

October 14

10:30 am

Fleck Center - Hobby Room

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

NATO

This lecture will discuss the North Atlantic Treaty Organization (NATO), including organizational structure, goals and current operations.

December 9

10:30 am

Fleck Center - Hobby Room

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

Brain Health

Exercising your brain is like exercising your body-with the right program; you can keep your brain young, strong, agile & adaptable. Organized on an increasing scale of difficulty from "Warm-up", to "Merciless," try out a variety of puzzles, trivia quizzes, brain teasers, and word games all fun and engaging to play.

Tuesday

11:00 am

Fleck Center - Hobby Room

Instructor: Patty Hoover

Living History Presentation

Living History returns to Luther Ridge with a first person account of the life of Major Martin Delany, the first African American field grade officer in the Union Army in the American Civil War. Presented by noted Living Historian, Tim Hodge, the story of Martin Delany is both educational and captivating.

October 21

1:00 pm

Fleck Center - Dining Room

Creative Arts

Song Birds

If you enjoy music from the 30's, 40's, and 50's and like to sing, don't miss this resident run program! Joel Ott leads the group while Herb Spomer accompanies him on the piano. All residents are welcome to the group, no experience necessary.

October 6, 20

November 3, 17

December 1, 15

3:00 pm

Fleck Center - Dining Room

Facilitator: Joel Ott and Herb Spomer

CRAFT CORNER

Mason jar Fall Luminary

Join us as we paint a mason jar and turn it into a nice decoration to add to your fall décor. All supplies provided. Limited to 8 people.

October 11

1:00 pm

Fleck Center - Hobby Room

Registration Required

Instructor: Patty Hoover

Kitchen Angel

Join the group as we use a seasonal dishcloth, tea towel, potholder, and ribbon to make a cute kitchen angel to give away for Christmas or put it in your kitchen window. This was such a success in the summer that we are offering this again! Limited to 8 people. Supplies provided to complete one kitchen angel. If you want to make more than one, you can bring your own supplies.



November 15

1:00pm

Fleck Center - Dining Room

Registration Required

Instructor: Patty Hoover

Evergreen Wreath

What gets you in to the holiday spirit more than the scent of a fresh evergreen wreath? All supplies provided. Limited to 10 people.

December 1

1:00 pm

Fleck Center - Hobby Room

Cost: \$5.00

Registration Required

Instructor: Charles White, Master Gardener



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

Cocktails & More



Enjoy mixing and mingling with others while enjoying a featured beverage as well as wine, beer, soda & snacks.

October 28 – entertainment by Silver 63 Band

November 30

4:00 – 5:30 pm

Fleck Center - Dining Room

Registration Required

Tuesday Team Trivia



Do you enjoy jeopardy? Do you have a real knack for interesting facts? Sign-up with a team of four and test your brainpower! If you do not have a team, we will gladly find one for you. We have a lot of fun, try it!

October 25

November 29

December 27

3:00 pm

Bistro

Registration Required

Facilitator: Patty Hoover

Trips

OUT & ABOUT

A Christmas Carol



A Multi-talented company of actors, singers and dancers bring Dickens tale to life with warmth, music and laughter. A Christmas Carol evokes the true magic of the Holiday season and is entertaining whatever age you may be!

December 17

Majestic Theatre Gettysburg, PA

1:00 pm

\$33.00 per person

Registration Required

B & B Grocery Outlet Outing

BB's Grocery Outlet is a discount grocery chain that was started on an Amish Farm in Lancaster County, in 1986. It began with the simple idea of providing quality groceries at greatly reduced prices to the local community.

November 1

9:30 am

Newburg, PA

Registration Required - Must have

10 signed up

Boscov's Shopping & Lunch Outing

Join us as we head to York Galleria Mall to shop at Boscov's . After a limited amount of time shopping, the group will head over to Long Horn Steak house for lunch! Everyone is invited to attend, guys we mean you! Get some Christmas shopping started!

November 22

9:00 am

York Galleria Mall

Registration Required - Must have 10 signed up

Christmas Light Tour

Hop on The Christmas Express as we travel locally to observe the displays of Christmas Lights and decorations. Enjoy an ice cream stop before returning to the Village.

December 19

5:30 pm

Registration Required

Flight 93 National Memorial & Lunch Outing



October is a great time to head west to see the Flight 93 National Memorial in Shanksville, PA that commemorates those who perished in the 911 attacks; one might even see a glimpse of fall peeking through. Once there the group will stop at the visitor's center, other sites there will be: white marble wall of names, wind chimes and Tower of voices. The group will eat lunch @ Kings & Queens Restaurant, in Stoystown. The drive to Shanksville will take approximately 2 hours.

October 12

8:30 am

Shanksville, PA

Cost: Lunch

Registration Required

Hollabaugh Brothers Orchard Outing

A family owned and operated fruit & vegetable farm with a fabulous retail farm market in Biglerville, PA Browse the market for baked goods, signature breads, fruit pies, dumplings, apple cider donuts or sticky buns, all made by scratch in their bakery. The group will have time to shop and pick up all your favorite fall goodies.

October 3

1:00 pm

Biglerville, PA

Registration Required - Must have 10 signed up for trip

Lindt Shopping Outing

Lindt factory store features an array of delicious premium chocolates not found anywhere else, including an extraordinary assortment of over 20 LINDUR Truffle varieties, seasonal varieties, create your own gifts, chocolate bars, and exclusive European Specialties boxed chocolates. Receive premium free chocolate sample and shopping assistance from expert Lindt advisors.

December 2
Carlisle, PA

9:30 am

Registration Required - Must have 10 signed up for trip

Pipe Organ Concert Outing

Carol Williams gives a new experience, to the Classical Organ Concert with a diversity elegance and her very special charismatic humor. She has also played San Diego "Civic" organist for 16 years, which drew thousands to these outside concerts. Carol has played with numerous orchestras and has also performed concerts with jazz, blues, pop & rock bands and has offered a number of performances for charitable organizations.

October 16

2:45 pm

**St. Matthew Lutheran Church,
Hanover, PA**

Registration Required - Must have 10 signed up for trip

Raleigh Ringers

The internationally acclaimed hand bell choir, The Raleigh Ringers, has been dazzling audiences with unique interpretations of sacred, secular and popular music, including famous rock n roll tunes arranged just for hand bells, since 1990! Join us for a unique holiday presentation close to home! Tickets are \$30.00.

December 3

2:15 pm

Luhr Center, Shippensburg, PA
\$30.00 per person - sign up in Life Enrichment Office
Registration Required

Shippensburg University Community Orchestra & Concert Choir

Large Brass choir and Small Chamber groups will perform a variety of repertoire representing the early Renaissance period to present day. The ensemble represents the university as musical ambassadors on a recruiting tour each fall. Music directed by Trever Famulare.

November 20

2:00 pm

Shippensburg, PA

Admission Free

Registration Required

**Recreational
LEISURE GAMES**

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

Bocce Ball

**1st & 3rd Tuesday, 1:00 pm –
Ending in October**
Fleck Center lawn

Shuffleboard

**2nd and 4th Wednesdays, 4:00 pm –
Ending in October**
Luther Ridge- Welcome Center

Table Tennis

Thursdays from 3:00 - 5:00 pm
Fleck Center – Group Exercise Room

Wii Bowling

Wednesday, 1:00 pm
Fleck Center – Dining Room

Games Galore:

**Rummikub, Quiddler,
Mexican Train, Dominos**
Monday, 1:00 pm
Fleck Center – Dining Room

Chess Club

Wednesday, 2:00 pm
Location Varies



Dining

There is nothing quite like sitting around with friends having great conversations over a delicious meal wherever it might be. Enjoy a meal at the “Ridge” or dine at various restaurants in the area and beyond. Cost will vary by the dining venue and is the responsibility of the diner. Registration is required.

FROM OUR CAMPUS KITCHEN

Thanksgiving Take - out

Let us all give Thanks at this time of the year for the many blessings that we receive each day! The menu will feature your seasonal favorites.

**November 18 - for Take-out only
11:30 am**

**Cost: \$10.00 per person
Registration Required**

LUNCH & A MOVIE

White Christmas

Menu: Ham & Cheese Sliders, Steak Fries & Pepper Slaw- \$7.75

December 23

Movie starts at 11:00 am. Lunch served at 12:00 pm

**Fleck Center - Dining Room
Registration Required**

OUT & ABOUT

Ladies Lunch Out:

There is nothing quite like sitting with your girlfriends having great conversations over a delicious meal. Join us as we travel to several great Restaurants! Be sure to ask a neighbor to join you!

October 18 - Runways – 11:00 am - Hagerstown, MD

December 20 – Hoffman’s All-American Grill – 11:00 am - State Line, MD

Registration Required

Men’s Breakfast Outing

**Bob Evans
November 14
8:30 am**

**Chambersburg, PA
Registration Required**

Naomi’s Country Kitchen

Join us for a family style Authentic Amish meal in Newburg! The meal includes Homemade Bread, Salad, Potatoes, Noodles, Vegetables, Roast Beef, Turkey and Dessert. While you are there, you may browse their crafts and Farm Fresh Preserves.

**November 4
11:15 am**

**Newburg, PA
\$23.00 per person - CASH ONLY
Registration Required**

Buffets & Celebrations

Birthday Breakfast

Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch.

Menu: Sausage or Bacon Quiche, Fresh Fruit, Muffin. If you are celebrating your birthday in Oct, Nov. or Dec., your breakfast is complimentary. Your spouse can come for a cost of: \$5.00.

October 25

November 29

December 27

9:00 am

**Fleck Center – Dining Room
Registration Required**

Veterans Luncheon

A special Thank you to all of our veterans who served our country! All Veterans will receive a complimentary meal, featuring Pot Roast, Roasted Potatoes, Roasted Root Vegetables & Cake. Spouse or friend may attend with you for cost of \$8.75

November 8 • 11:30 am

**Fleck Dining Room and Bistro
Veterans are complimentary and guests pay at luncheon
Registration Required**

Residential Living Christmas Party

Celebrate the holiday with your friends and neighbors. Enjoy delicious appetizers, entrée and decadent dessert. To end our time together we will sing a few favorite Christmas Carols. Complimentary Event.

December 16 • 11:30 am

**Fleck Center – Dining Room
Registration Required**

Entertainment

Luther Ridge Players Christmas Show

The Luther Ridge Players will stage their annual Christmas Show featuring selections of Christmas poems, stories, memories and music that capture the enduring meaning, spirit and merriment of the holiday!

December 9

1:30 pm

Fleck Center Dining Room

New Year's Eve Party



Let us finish out 2022 with a bang! Kick things off with a potluck dinner, followed by happy hour and entertainment by Take Two Variety Band. To round the evening off, join in for a few fun games. Please sign-up for a covered dish you will be bringing to share. Life Enrichment will provide the meat.

December 31

6:00 pm

Band Playing: 7:00 pm - 9:00pm

Fleck Center Dining Room

Registration Required

Theatre

American Music Theatre – Home for the Holidays



Inspired by the warm cherished memories of family Christmases spent together with loved ones, Home for the Holidays opens on the joyous gathering of family & friends who celebrate with a rich tapestry of songs, dance and holiday traditions. Hear some favorite secular and sacred holiday songs and the outstanding musical arrangements of the AMT Orchestra. The group will stop in York to eat a late lunch.

November 9

Lancaster, PA

7:30 am

\$40.00 per person

Registration Required - Deadline - October 10

Majestic Theatre - La Traviata



La Traviata tells the story of love between courtesan, Violetta and romantic Alfredo Germont. Played out against the hypocrisy of upper class fashionable society, Alfredo and Violetta's love threatens to shame his family. When his father directly appeals to Violetta to relinquish her one chance of happiness, Violetta submits her act of self-sacrifice leads to her paying the ultimate price.

November 5

12:00 pm - Opera starts @ 1:00pm

\$23.00 per person - pay at the door

Registration Required - must have 10 signed up for trip



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

Bake Sale

Visit the Fleck Center for those favorite fall goodies. We will be selling, cookies, pies, cakes, apple dumplings, etc. All proceeds will go to the Alzheimers Association. A sign-up sheet will be posted for all of you bakers out there that love to be in kitchen and make delicious desserts.

October 5

11:00 am – 2:00 pm

Those planning on baking items for the sale need to sign-up in Life Enrichment Office

Community Concert @ Antrim BIC Church

Antrim Community Choirs and Orchestra are comprised of 140+ members from over 40 churches and congregations in the area. Free admission but a good will offering will be taken.

December 11

3:00 pm

Chambersburg, PA

Registration Required

Christmas Caroling

Spread some holiday cheer to the residents of Luther Ridge. We will visit residents at the Inn, Skilled Care Center, and the Manor. Transportation will be provided, leaving from the Fleck Center.

December 21

Time to be determined

Registration Required

Canada & New England Cruise Highlights

Join Lori Heathcote from Leisure Travel to learn more about the 2023 Cruise offered by SpiriTrust Lutheran. Deposits will also be taken that day.

October 26

10:30 am

Fleck Center Dining Room

Registration Required - need to have 12 sign-up or presentation will be on Zoom

Trunk or Treat

Calling all ghosts and goblins, ages 1-12 (grandchildren, nieces and nephews), family members and team members. We will divide the group and visit residents through the hallways at the Inn and the Skilled Care Center. Residential Living residents will park in the front parking lot, and candy will be given from the trunk of your vehicle.

October 19

6:00 pm - starting at the Inn

Registration Required

***We will also be collecting donations of individual wrapped candy to be used for that evening.**

Bring donations to the Life Enrichment Office.

COMMITTEES AND GROUPS

Interested in providing input and insights to living at The Village at Luther Ridge? Participating in one of our advisory role committees or attending community meetings may interest you. Ask a member of the life enrichment team for more details on a specific committee and how to become involved. We offer a variety of committees and gatherings, including: Resident Council, Marketing Committee, Life Enrichment Committee, Luther Ridge Players Association, Town Hall Meeting, Good Neighbor Committee



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

The Seven Dimensions of Wellness

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

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



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

