



National Shrine Grotto of Our Lady of Lourdes ... 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		
Move!	Tue, Thur	1
Walking Group	Mon, Fri	1
Wellness Programs		
Blood Pressure Clinic	Mon	1

SPIRIT		
Study Groups & Services		
All Saints Day	11/6	2
Bible Study	Thur	2
Christmas Service	12/25	2
Worship Service	Sun	2

MIND		
Educational		
Book Club	Last Mon	3
Great Discussions: TED Talks	2nd Mon	
How mRNA medicine will change the world	10/10	3
Why having fun is the secret to a healthier life	11/14	3
Journey through dementia	12/12	3
Jeopardy with Julie	10/4 & 12/6	3
Life Long Learning	2nd Fri	
Christopher Columbus: Villain or Hero	10/14	4
Meet the Real Vikings	11/11	4
Joy to the World! The Stories Behind Our Favorite Christmas Carols	12/9	4

Creative Arts		
Craft Corner	4th Wed	4
Flower and Garden Club	1st Wed	4
Painting 201	1st & 2nd Fri	4
Stitch Witchery	3rd Wed	4

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

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



Description	Date	pg
SOCIAL		
Cocktails & More	Bi-wkly Thurs	5
Coffee & Donut Social	12/5	5
Ice Cream Social	10/3	5
Thanksgiving Pot Luck	11/22	5
White Elephant & Hors D'oeuvres	12/23	5

Recreational		
Cribbage	2nd & 4th Wed	5
Bingo & Treats	11/15	5
Board Game Day	1st Mon	5
Pinochle	See Monthly Calendar	5
Wii Bowling	Mon, Fri	5

Trips		
Boscov's	12/16	6
Burning of the Bridge Diorama	10/28	6
Christmas Lights & Hot Cocoa	12/20	6
Forney Tea House	12/13	6
Hershey Antique Auto Museum	10/24	6
Historic Chief Uncas River Tour	10/7	6
Longwood Gardens	11/29	6
Miniature Golf "Jim Mack's"	10/11	6
National Shrine Grotto of Our Lady of Lourdes	11/1	6

Dining		
Birthday Celebration	11/25, 12/27	8
Diners Caravan		
Marino's	10/4	7
Sunshine Grille	10/19	7
Stone Grille & Taphouse	11/8	7
Casa Mia's	11/30	7
Di Pasquale's Marketplace	12/6	7
The Great American Saloon	12/21	7

Movies		
Pizza & Movie	3rd Mon	
Jersey Boys	10/17	8
The Pink Panther	11/21	8
Elf	12/19	8

Musical Entertainment		
Sing Along with Joan	2nd Mon	8

Theatre		
Home for the Holidays	12/8	8
Saturday Night Fever	10/13	8

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



WELLNESS

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

Fitness

ONGOING CLASSES

Move!

Looking for a less strenuous exercise program? Have fun and Move! through an interactive DVD focusing on muscle strength, range of movement and balance. A chair is used for seated exercises and standing support with optional weight use.

Tuesday & Thursday

9:30 am

Club House

Cottage Shuttle available

Walking Group

Walking has long been considered an ideal form of physical exercise. It is easy, accessible, requires no special skills or equipment, and can be done virtually anywhere. Moreover it has been shown to be effective in contributing to overall weight loss, decreased blood pressure, and improvement in quality of life. This group will meet at the community entrance to Miller Park.

Monday & Friday

8:45 am

Miller Park

Wellness Programs

Blood Pressure Clinic

Do you know your numbers? What do they mean? Stop by the Wellness Suite to have your blood pressure checked; your heart and health will thank you!

Monday

1:00 pm

Wellness Suite

Cottage Shuttle available





SPIRIT

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

Spiritual

All Saints Day

Sunday, November 6

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available

Christmas Service

Sunday, December 25

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available

BIBLE STUDY

Bible Study is a weekly study group, facilitated by the community chaplain, leading participants through spirited discussions and offering opportunities to strengthen religious and spiritual beliefs.

Thursday

2:45 pm

Club House

Cottage Shuttle available

WORSHIP SERVICES

Join Villagers in observing faith together as a community during a weekly service of scripture and hymns.

Worship Service led by campus chaplain

Sunday

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available



MIND

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

Educational

BOOK CLUB



Do you love to read? This club serves as a forum where readers can meet and discuss books and their reading experience together. Discussions will be led by a resident facilitator.

Last Monday of the month
1:30 pm · Club House
Cottage Shuttle available

Jeopardy with Julie

Love to watch Jeopardy? Become a contestant and test your knowledge of trivia.

October 4 & December 6
4:00 pm · Club House
Cottage Shuttle available

GREAT DISCUSSIONS

Nourish your mind through thought provoking topics. Participants will view a TED Talk followed by an interactive question and answer session.

2nd Monday of the month
2:00 pm

Club House
Cottage Shuttle available

October 10: Great Discussions ***“How mRNA medicine will change the world”***

The secret behind medicine that uses messenger RNA (or mRNA) is that it “teaches” our bodies how to fight diseases on our own, leading to groundbreaking treatments for COVID-19 and, potentially one day, cancer, the flu and other ailments that have haunted humanity for millennia.

November 14: “Why having fun is the secret to a healthier life”

Have you had your daily dose of fun? It’s not just enjoyable, it’s essential for your health and happiness. Catherine Price proposes a new definition of fun and shares easy, evidence-backed ways to weave playfulness, flow and connection into your life.

December 12: “A mother and sons photographic journey through dementia”

Luciani was testing out a new camera when his 91-year-old mom snuck into the background of his photos. The images that resulted sparked a years-long collaboration, with Luciani documenting his mom’s life as she lived with dementia. He shares the stories behind some of their favorite shots, capturing the joy and grief of caring for an aging parent.

LIFE LONG LEARNING

Join John Maietta, veteran, historian, and communicator, as he presents various presentations monthly on historical topics.

2nd Friday of the month

2:00 pm

Club House

Cottage Shuttle available

Facilitator: John Maietta

October 14: Christopher Columbus: Villain or Hero?

Once hailed as a bold explorer and icon of Italian-American pride, Columbus is now condemned by some as a genocidal tyrant. This program presents the true story of his four fateful voyages to the New World... recounts the troubling circumstances of his final years in Spain... and examines the complex and controversial legacy he leaves behind today.

November 11: Meet the Real Vikings

The Vikings left a fascinating cultural legacy to the world. This program goes beyond myth and legend to paint a colorful picture of the real Vikings: sailors, craftsmen, warriors, and – by the 11th century – converted Christian kings of northern Europe.

December 9: 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 many of our favorite Yuletide carols.

TECHNOLOGY SKILLS SHARING & LEARNING

This is a resident led program with the goal of bringing together neighbors with all levels of proficiency with technology to share learned skills with each other and to help residents use their electronic devices more effectively.

1st & 3rd Thursday of the month

1:00 pm

Club House

Cottage Shuttle available

Creative Arts

CRAFT CORNER

Get those creative juices flowing and make new friends while creating fun and usable crafts.

4th Wednesday of the month

1:00 pm

Club House

Registration Required

Cottage Shuttle available

October 26

Painting Pumpkins

November 23

Oreo Turkeys

December 28

Milk Carton Bird Feeder

FLOWER & GARDEN CLUB



This is a resident led club that gathers to discuss everything flowers and gardening. Monthly meetings will introduce a variety of topics including resident photography presentations of flowers and gardens, how to grow and cook with herbs, planning your spring flower garden, and much more.

1st Wednesday of the Month:

October 5, November 2, December 7

10:00 am

Club House

Cottage Shuttle available

PAINTING 201

This is a technique learning class where residents will produce practical and useable pieces of painted artwork. Resident facilitated program.

1st & 3rd Friday of the Month

10:00 am

Club House

Cottage Shuttle available

STITCH WITCHERY

Residents will meet up to work on any type of handwork i.e.: quilting, knitting, crocheting, cross-stitch, and sewing. This is a great social activity for friends to catch up, share stitching tips, and meet others in the community new and existing.

3rd Wednesday of the Month:

May 18, June 15

10:00 am

Club House

Cottage Shuttle available



SOCIAL

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

Cocktails & More

Each month, enjoy a featured beverage (alcoholic and non-alcoholic) and hors d'oeuvres while you mingle and socialize.

Bi-Weekly on Thursday's

4:00 pm

Club House

Registration required

Cottage Shuttle available

Ice Cream Social

You scream, I scream, we all scream for ice cream! Join fellow residents in enjoying a scoop, or two, of ice cream and meet new friends.

Monday, October 3

1:00 pm

Club House

Registration required

Cottage Shuttle available

Donut & Coffee Social

Enjoy a cup of coffee and a sweet treat while you visit with and meet new neighbors within the community.

Monday, December 5

9:00 am

Club House

Registration required

Cottage Shuttle available

Thanksgiving Pot Luck

Make your favorite thanksgiving covered dish or dessert to bring along to share with your friends and neighbors. We all have so much to be thankful for!

Tuesday, November 22

5:00 pm

Club House

Registration required

Cottage Shuttle available

White Elephant & Hors D'oeuvres

A White Elephant Gift Exchange is a popular Christmas event where people vie to walk away with the best present. It also goes by Yankee Swap, Dirty Santa, and a plethora of other names.

Friday, December 23

2:00 pm

Club House

Registration required

Cottage Shuttle available

Recreational

Bingo & Treats

Prizes, treats and lots of laughs!

November 15 | 11:00 am

Club House

Board Game Day

Scrabble, Rummikub, Parcheesi, or bring your own ... you pick! Play a board game with friends and take the time to make new ones.

1st Monday | 11:00 am

Club House

Cribbage

Resident run program where players will have the opportunity to learn a new game.

2nd & 4th Wednesday | 2:00 pm

Club House

Pinochle

Pinochle is a popular card game played by two, three, or four persons, with a 48-card deck. This is a resident run program where residents can join to learn how to play or help teach others.

See Monthly Calendar for dates and times

Club House

Wii Bowling

Join this fun group that utilizes Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball. No experience required and can be played while seated in a chair.

Monday & Friday

3:00 pm

Club House

Trips

Historic Chief Uncas River Tour (Wrightsville, PA)



The Chief Uncas was built for Adolphus Busch, co-founder of the famous American beer company, to enjoy cruises at his summer estate on Otsego Lake in Cooperstown, NY – the very headwaters of the Susquehanna River. After cruising those headwaters for 109 years, the Chief Uncas will begin a new chapter in its life 400 miles downriver as Susquehanna National Heritage Area's flagship tour boat!

Friday, October 7

Bus departs from Zimmerman

Place at 1:00 pm

Cost: \$20.00

Registration required

Miniature Golf "Jim Mack's" (York, PA)

Try your hand at Jim Mack's 24 hole miniature golf course and enjoy a sweet treat after. Known as the "Home of the Thick Chocolate Malt" all of their ice cream is made on-location, featuring a wide variety of homemade flavors that ensures every sweet tooth is satisfied.

Tuesday, October 11

Bus departs from Zimmerman

Place at 1:00 pm

Cost: \$6.75

Registration required

Hershey Antique Auto Museum (Hershey, PA)

The AACAMuseum, Inc. at Hershey is dedicated to the preservation and presentation of motor vehicle history in a manner that provides for the education and entertainment of our guests. Offering noteworthy exhibits and an ever-growing permanent collection, the Museum welcomed guests of all ages to enjoy the wonders of invention, interactive educational displays, famous and one-of-a-kind vehicles, and family fun. Residents will enjoy a guided tour and lunch after at resident expense.

Monday, October 24

Bus departs from Zimmerman

Place at 9:00 am

Cost: \$10.00

Registration required

Burning of the Bridge Diorama (Wrightsville, PA)

The diorama depicts a story of adventure and history. It tells of the Confederate soldiers under General John B. Gordon, who reached Wrightsville in June 1863 and sought a way across the Susquehanna River: the last major obstacle between them and the riches of Pennsylvania. It is the story of a partially trained militia, using makeshift fortifications and their initiative to stop the Confederates. Finally, it tells of the burning of the Wrightsville-Columbia Bridge in an effort to stop the eastern advance of Lee's army. Resident will enjoy lunch at the John Wright restaurant.

Friday, October 28

Bus departs from Zimmerman

Place at 9:00 am

Cost: Free

Registration required



National Shrine Grotto of Our Lady of Lourdes (Emmitsburg, MD)

The National Shrine Grotto is a two-hundred year old replica of the apparition site in Lourdes, France where the Virgin Mary appeared to a young girl named Bernadette Soubirous, giving her messages to share with the entire world. Tucked away in the contemplative woods of the Blue Ridge Mountains, this Catholic Devotional Shrine attracts over 400,000 visitors a year. This will be a self-guided tour with moderate walking and lunch will be enjoyed at a local restaurant after.

Tuesday, November 1

Bus departs from Zimmerman

Place at 9:00 am

Cost: Free

Registration required

Longwood Gardens (Kennett Square, PA)

Longwood Gardens showcases more than 9,000 species and varieties of plants spread out across more than 1,000 acres of gardens and elaborate horticultural displays. The institution was originally founded by Pierre du Pont in 1906 and has since become world-renowned for its dedication to botany, design, education and art. Lunch will be enjoyed at the gardens and residents can choose between The Café, the Beer Garden or the sit down restaurant 1906 (reservations recommended for the later choice).

Tuesday, November 29

Bus departs from Zimmerman

Place at 8:45 am

Cost: \$27.00

Registration required

Forney Tea House (Hanover, PA)

Enjoy a proper English tea with a menu of soup, salad and an assortment of pastries at the quaint Forney Tea House in Hanover, PA.

Tuesday, December 13

Bus departs from Zimmerman

Place at 11:00 am

Cost: \$30.50

Registration required

Boscov's (York, PA)

Last minute Christmas shopping or just shopping for yourselves? Boscov's will surely have everything you are looking for!

Friday, December 16

Bus departs from Zimmerman

Place at 1:00 pm

Registration required

Christmas Light & Hot Cocoa (Shrewsbury, PA)

Come out for a drive around Shrewsbury to check out the beautiful Christmas lights to get you in the holiday mood. Hot Cocoa and light snacks will be enjoyed at the Clubhouse after the drive.

Tuesday, December 20

Bus departs from Zimmerman

Place at 6:00 pm

Cost: Free

Registration required

Dining

DINERS CARAVAN

There is nothing quite like sitting with friends and having great conversations over a delicious meal. Diners Caravan lets you explore various restaurants in the area and beyond. Cost will vary by restaurant and is the responsibility of the diner.

Marino's (York, PA)

Tuesday, October 4

Bus departs from Zimmerman

Place at 11:00 am

Registration required

Sunshine Grille (Fork, MD)

Wednesday, October 19

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

Stone Grille & Taphouse (York, PA)

Tuesday, November 8

Bus departs from Zimmerman

Place at 11:00 am

Registration required

Casa Mia's (Parkton, MD)

Wednesday, November 30

Bus departs from Zimmerman

Place at 4:30 pm

Registration required

Di Pasquale's Marketplace (Baltimore, MD)

Tuesday, December 6

Bus departs from Zimmerman

Place at 11:00 am

Registration required

The Great American Saloon (Red Lion, PA)

Wednesday, December 21

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

Birthday Dinner

Birthdays! A great reason to gather and celebrate the goodness of life. Join every other month for a birthday celebration with a menu of fried chicken, vegetables, mashed potatoes with gravy, birthday cake and ice cream. Residents will be treated to a free meal on their respective birthday month.

Tuesday, October 25 & December 27

4:00 pm

Club House

Cost: \$9.20

Registration required

Cottage Shuttle available

Movies**PIZZA & MOVIE**

3rd Monday of the month

5:00 pm

Club House

Cost: \$5.00

Registration required

Cottage Shuttle available

October 17

Jersey Boys (2014)

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960's rock group The Four Seasons. Rated R

November 21

The Pink Panther (2006)

Bumbling Inspector Clouseau must solve the murder of a famous soccer coach and find out who stole the infamous Pink Panther diamond. Rated PG-13

December 19

Elf (2003)

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit. Rated PG-13

Entertainment**MUSICAL****ENTERTAINMENT*****Sing Along***

Join SpiriTrust® Lutheran's very own Joan Slater in singing along to tunes that will be back memories of yesteryear.

2nd Monday of the month

1:00 pm

Club House

Cottage Shuttle available

Theatre***Saturday Night Fever***

Streetwise Brooklyn kid, Yony Manero, lives for Saturday evening and his visit to the local disco. Wanting to escape his dead-end life through dancing, he meets Stephanie Mangano and the two decide to take part in a dance competition. Based on the 1977 film, powered by the chart-breaking hits of the Bee Gees with songs like "Stayin' Alive", "Boogie Shoes", "Disco Inferno" and more! Dinner will be enjoyed at the theater and is included in the ticket price.

Thursday, October 13

Dutch Apple Theater (Lancaster, PA)

Cost: \$66.00

Bus departs from Zimmerman

Place at 5:00 pm

Registration required

Christmas Show: Home for the Holidays

This live, original musical experience features a new cast delivering the same high quality, Broadway-caliber performances as in years past – and it all begins the moment you arrive! 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 and friends who celebrate with a rich tapestry of song, dance, and holiday traditions. Next, we take you to Santa's Candy Factory where you'll be transported to a dream world of bright colors and Candy Elves! Finally, you'll join us at a "midnight" candlelight service for some songs of worship, traditional carols, and the powerful, harmony-filled rendition of "O Holy Night." Dinner after the show at a local restaurant paid by residents.

Thursday, December 8

**American Music Theater
(Lancaster, PA)**

Cost: \$40.00

Bus departs from Zimmerman

Place at 1:30 pm

Registration required



COMMUNITY

Making a positive impact, be it in the community reaching out to help others or improving the quality of our environment.

*“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi*

CommUNITY Spirit

MONTHLY SERVICE PROJECT

2nd Wednesday of the month (times may vary due to conflicts)

1:00 pm

Club House

Registration required

Cottage Shuttle available

*October 12 – Halloween Bags for Zimmerman Place
Personal Care residents*

*November 9 – Baked Goods for Southern Regional
Police*

December 14 – Food Collection for Local Pantry

SERVING WITHIN OUR COMMUNITY COMMITTEES

Interested in providing input and insights to living at The Village at Shrewsbury? Participate in one of our advisory role committees. Ask a member of the Life Enrichment team for more details on a specific committee and how to become involved. A wide variety of committees are offered including: Welcoming Committee, Spiritual Life Committee, Building and Grounds Committee, Social Life Committee, and Dining Committee.



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

The Seven Dimensions of Wellness

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

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



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