

The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship (FR)	9:30am Chair Yoga (Z and WS)	8:15 Cardio Mix (Z and WS) 9:30am Mat Stretch (Z and WS) 10:30am Chair Fitness (CC)	9:30am Fit Medley (Z and WS)	9:30am Strength (Z and WS)	9:30am Fit Medley (Z and WS)	

Additional Programs & Events Scheduled for the Month of February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship 1	2 10:30am Wellness Talk (CC) 1:00pm Olympic Trivia (WL) 3:00pm Prayer Circle (FR)	3 1:15pm PT Talk (CC) 2:00pm Passport to Wellness (RR – WL)	4 9:30am Area Shopping 1:30pm Meditation (WL) 3:30pm Rosary (AS)	5 9:30am Weis Market 1:00pm Balance (WS) 2:00pm Trinity UCC Historic Classroom (RR)	6 8:30am Eat Ice Cream For Breakfast Day (RR-WL) 2:00pm Music 101 (WL) 2:00pm Bingo (CC)	7 12:30pm Gettysburg College Men's Basketball Game (RR)
10:00am Worship (FR) 8	9 10:30am Chat with the Chaplain (CC) 1:00pm Brain Games (WL) 3:00pm Prayer Circle (FR)	10 2:00pm Passport to Wellness (RR -WL)	11 11:30am AKI (RR) 3:30pm Rosary (AS)	12 9:30am Weis Market 1:00pm Balance (WS)	13 11:00 Ladies “Galentine’s” Brunch (RR– WL) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	14
10:00am Worship (FR) 15 3:15pm St. James Benefit Concert (RR)	16 1:30pm Senior Acts (FR) 3:00pm Prayer Circle (FR)	17 2:00pm Passport to Wellness (RR -WL)	18 9:30am Area Shopping 1:30pm Chemistry of Cooking (WL-RR) 2:30pm Mexican Train Dominoes (CC)	19 9:30am Weis Market 10:00am Catholic Mass (FR) 1:30pm Cooking With Jill (RR-WL)	20 9:00am Men’s Breakfast—Fairfield Family Restaurant (RR) 2:00pm Music 101)WL) 2:00pm Bingo (CC)	21 1:00pm Gettysburg Community Theater “We The People” (RR)
10:00am Worship (FR) 22	23 10:00am-11:00am Blood Pressure Clinic (Janell’s Office) 1:30pm Book Club (Lib) 3:00pm Bereavement Group (PC Parlor)	24 1:00pm Rhythm and Motion 2:00pm Passport to Wellness (RR -WL)	25 1:30pm Winter Warm Up Happy Hour (RR-FR)	26 9:30am Weis Market 1:00pm Balance (WS) 2:00 Movie Matinee– Singing in the Rain (WL)	27 11:30am Vinnies (RR) 2:00pm Bingo (CC) 2:00pm Lifelong Learning (WL)	28
				For more details on any of the programs, please refer to Inspirations.	Program offerings are subject to change.	Key: RR- Registration Required \$\$- Cost OC – Off Campus FR – Fellowship Room WG – Wellness Gym T- Tent WL – Wellness Lounge TR – Tranquility Room CC – Cannon’s Corner WS – Wellness Suite BL- Braeburn Lounge



Lots of Choices in February

Please make sure to follow the deadline dates so that you don’t have to miss out on the fun. Here are some highlights that you may want to consider.

<u>Activity</u>	<u>Sign-up by</u>
February 2– Olympic Trivia	January 30
February 21—“We The People”	February 1 (must order tickets)
February 5—Trinity UCC Classroom	February 3
February 6—Eat Ice Cream for Breakfast	February 4
February 7—College Basketball Game	February 5
February 11—AKI	February 6
February 13—Ladies Galentine’s Brunch	February 11
February 15—St. Jame’s Benefit Concert	February 12
February25—Happy Hour	February 20

Calendar Question/Explanation

Do you look at the top of the calendar and wonder what that small row of gray means? Every month the top of the calendar lists the fitness class schedule. This schedule is fairly set-in-stone unless Jess is away or not available. The class descriptions are in Inspirations. Most of these classes are also available to be streamed on Zoom. “Z” denotes Zoom, “WS” denotes Wellness Studio and “CC” denotes Cannons Corner. IF you would like more information or the Zoom link, please contact Jess.



February 2026



February Birthdays

- February 4
Fred Smith
Cottage 8
- February 10
Charlene Strasbaugh-Grinder
Cottage 142
- February 19
Scotty Watt
Cottage 4
- February 20
Edward Gobrecht
Cottage 2

Here we are in February, the border between winter and spring. The hours of sunlight are already increasing and planning for spring and summer activities and vacations has an increased push. Winter has a purpose; to give us rest and renewal, to give us extra time to learn and to feed us with hope for the coming year. For some that hope is just to get rid of that winter jacket and to be able to step outside without the wind blowing you away!

We get it. That’s why February is a great time to start our Passport to Well-ness program. It gives you one hour a week to plan on seeing other people, reminisce about past travels or learn about somewhere you have always wanted to travel to. Oh, and we never reveal where we are traveling to until the first meeting. Some surprises are worth the wait. PTW is just one suggestion from the February calendar. You could step back in time on the local trip to Trinity UCC’s World War 1 Rest and Recreation Room to see how WW1 soldiers may have spent their time away from training camp in Gettysburg. Ladies, you could spend some “me time” with your friends at the “Galentine’s” Brunch. You could support local non-profits at an afternoon performance at St. James for their Benefit Concert or support the local theater by attending “We The People” to start your celebration of the 250th birthday of our country. Did you know that is our “Semiquincentennial”? If new vocabulary or old facts are your thing, maybe try some Brain Games or come play some Olympic trivia with us. That reminds me, if you need a time passer, it’s an Olympic year! Watch a new sport and enjoy your other favorites in the spirit of athletic competition. These are just a few suggestions from the many available ways to pass the month of February. Hibernating can be nice, but peeking out every once in a while is good to clear the cobwebs..

See you on the other side of the bridge—MARCHing in like a lion.