

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) 1:00pm Fun With Balance (WS)	9:30am Fit Medley (Z and WS)	

Additional programs & events scheduled for the month of JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program offerings are subject to change. For more details on any of the programs, please refer to your Inspirations catalog. Note: Time listed in Inspirations is departure time	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	9:00am Men’s Breakfast Gettys-1 burg Family Restaurant (RR) 11:00am Ladies Lunch Cameo Diner (RR) 1:30pm PT Talk (CC)	2 9:30am Area Shopping 2:00pm Guided Meditation (WL)	9:30am Weis Market 3 1:30pm DIY Pressed Flower Bookmarks (WL—RR)	4 No Fitness Classes Today 4th of July Special lunch in Cannons	5
10:00am Worship (FR) 6	7 10:30am Wellness Talk With Amy (CC)	8 1:30pm Town Meeting (FR)	9:30am “Cats” at Fulton (RR) 9 1:00pm Brain Games (WL) 3:30pm Rosary (AS)	9:30am Weis Market 10 11:00 Ott House (RR) No Fitness Classes Today	11 2:00pm Bingo (CC) No Fitness Classes Today	12
10:00am Worship (FR) 13 2:00 Norm Nunamaker and Jamie Buxton (FR)	14 10:30am Coffee with Chaplain (CC) 6:30pm Do, Re, Mi’s (FR)	15 1:00pm Rhythm and Motion (WS) 4:00pm Men’s Game Afternoon (CC)	9:30am Area Shopping 16 1:30pm Chemistry of Food (WL) 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 17 10:00am Catholic Mass (FR) No Fitness Classes Today	18 11:30am Chicken BBQ (RR-Tent) 2:00pm Bingo (CC)	19
10:00am Worship (FR) 20	21 10:30 Seated Volleyball (FR) 1:30pm Senior Acts	22 10:30am Outdoor Lawn Games (RR)	23 3:30pm Rosary (AS) 4:00pm Glory Ridge Tavern (RR)	9:30am Weis Market 24 1:30pm Happy Hour (FR-RR)	25 2:00pm Bingo (CC)	26
10:00am Worship (FR) 27	10:30am Blood Pressure Clinic (Wellness Suite) 28 1:30pm Book Club (LIB)	29 1:30pm RL Council Meeting (CR)	9:30am Area Shopping 30 1:30pm Interview with a Neighbor (WL) 3:30pm Rosary (AS)	9:30am Weis Market 31 1:00 Balance (WS) 3:00 Movie Matinee (WL)		



Some interesting things going on in July that you will need to sign up for!

<u>Event</u>	<u>Sign-up Deadline</u>
July 1— Men’s Breakfast—Family Restaurant	June 27
July 1— Ladies’ Lunch—Cameo	June 27
July 3—DIY Flower Bookmarks	June 27
July 10– Ott House	July 7
July 18—Chicken BBQ	July 11
July 23— Glory Ridge Tavern	July 18

Buffets & Celebrations

Look for these special celebrations in Cannons Corner

Fourth of July

Friday, July 4
Pork BBQ, Cole Slaw, Hamburgers, Hot Dogs, Potato Salad, Desserts

Cannons Corner

12-2:00 pm

Cost: \$12.00

Reservations are required

Labor Day

Monday, September 1
Steak, Salmon, Chicken, and sides

4:00-6:00 pm

Cost: Price will vary per item, Restaurant Style

Reservations are required



SpiriTrust Lutheran®
The Village at Gettysburg



Gettysburg *Gazette*

July 2025

July Birthdays

Mary Horner
Cottage 146

Dan Kessel
Cottage 168

Robert Gough
Apartment 402

Joe Moylan
Cottage 180

Kathy Kluge
Cottage 115

Betty Johnston
Apartment 407

Bob Hayes
Cottage 176

Helene Adrian
Cottage 103

Homer Wood
Apartment 411

I am writing on the eve of the longest day of the year, uncomfortable with the humidity but happy that the sun is out and the day with the most light is upon us. You can the “the most light” several different ways. Light can be sunshine, light can be hope, light can be spirited and carefree. Whatever the light represents for you, enjoy the 15 hours of it that you have been gifted for a few days and let that light carry you through.

Please read through the calendar and the Inspirations for July, August and September. Find what interests you and sign up for anything that says “registration required”. We use these RSVP’s to plan or possibly cancel events with low response. Usually activities that require food, transportation or supplies require registration.

Look at how many July birthdays we have! I think that is the highest number of the year. Happy birthday to all of you in advance. Of note for the month: tickets for “Cats” have been purchased. If you are still interested in going, tickets are available but they will not be in the same area as those who have already purchased. We have music from Norm Numamaker on the 13th and the Do, Re, Mi’s on the 14th. We have a chicken BBQ on the 18th and some opportunities to get active with seated volleyball and games on the lawn.

Things are heating up! Enjoy the month of July.