

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 March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> Program offerings are subject to change. </div> <div> For more details on any of the programs, please refer to your Inspirations catalog. </div> <div> <div> 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 – Well-ness Suite    BL- Braeburn Lounge </div> <div> Note: Time listed in Inspirations is departure time </div> </div> </div>						
10:00am Worship (FR)					10:00am Beltone Presentation (FR) 11:00am Peppermill (RR) 2:00pm Bingo (CC)	
10:00am Worship (FR)	9:30am Boscov’s (RR) 1:30pm So Good (WL)	1:15pm PT Talk (CC) 2:00pm Passport to Wellness (WL)	8:15am Village Breakfast (CC) <div>No Fit Medley Today</div> 9:30am Area Shopping 1:00pm Brain Games (WL) 3:30pm Rosary (AS)	9:30am Weis Market	9:00am Beltone Hearing Screening (Front Lobby ) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	
10:00am Worship (FR)  3:15pm Music Gettysburg Bowers& Hochmiller (RR)	10:30am Coffee with Chaplain (CC)	1:00 Rhythm and Motion 2:00pm Passport to Wellness (WL)	11:00am Garryowen Irish Pub (RR) 2:00pm Guided Meditation 3:30pm Rosary (AS)	9:30am Weis Market  3:00pm Pollinator Garden Presen- tation (FR)	1:00pm St. Patrick’s Day Happy Hour (RR) 2:00pm Bingo (CC)	
10:00am Worship (FR)	11:30am Be Well (CC) 1:30pm So Good (WL) 1:30pm Murder Mystery with Senior Acts (FR/RR)	2:00pm Passport to Wellness Celebration (WL,RR)	9:30am Area Shopping  2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market  10:00am Catholic Mass (FR)	2:00pm Bingo (CC) 2:00pm Life Long Learning (WL) 4:30pm St. Francis Fish Fry (RR)	
10:00am Worship (FR)  3:15pm Music Gettysburg Felix Hell (RR)	1:30pm Book Club (LIB) 3:00pm Gettysburg Grief Group (WL)	10:00am Terry Fox Battlefield Tour (RR)	1:30pm Interview with a Neighbor (WL) 3:30pm Rosary (AS)	9:30am Weis Market  10:00am Maundy Thursday Service (FR)	10:00am Good Friday Service (FR) 2:00pm Bingo (CC)	
10:00am Worship (FR)						
Easter						



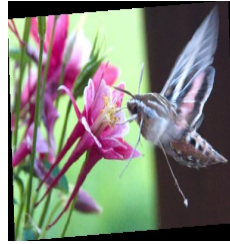


## Pollinator Garden Presentation

March 14, 2024

3:00pm Fellowship Room

Have you wondered what that garden is by the walking trail entrance? St. James in Gettysburg has provided our campus with a pollinator garden. Choosing native plants can help local pollinators such as bees, butterflies, hummingbirds, bats, and more! Come learn about our pollinator garden at this informative session.



## *Murder on the Lentini Line*

*A "Who-dun-it" presented by your fellow residents in conjunction with Senior Acts.*

*Enjoy an Italian themed meal and a comical murder mystery.*

*Monday, March 18*

*1:30pm*

*Fellowship Room aka "The Lentini Line"*

*\$7.00 at the receptionist/ Reservation only*



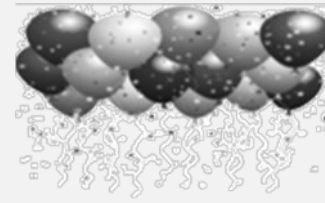
SpiriTrust Lutheran®  
The Village at Gettysburg



# Gettysburg Gazette

March 2024

## March Birthdays



Ann Harnsberger-  
Cot.132  
March 4

Nancy Redman  
Apt.307  
March 4

Eleanor Ott  
Cot.104  
March 14

Really and truly, there are signs that Spring is coming even though the groundhog has informed us otherwise. The mornings are still pretty darned cold but when we leave here in the afternoon that warm sunshine just puts a smile on your face. I am the eternal optimist but I know that Mother Nature usually has a few tricks up her sleeve in March. Mentally prepare for the worst so that when it doesn't come you will be that much more excited about those little crocus pushing their way up in your gardens.

There are things that make you think of spring on the calendar for March. You have some opportunities for great fried fish at the Garryowen and the St. Francis Fish Fry. You can shop for some new spring items for your wardrobe at Boscov's. How about learning about our Pollinator Garden located by the walking trail in front of the building? I bet that you don't know the story behind that and how much volunteer work went into bringing it to our campus. Maybe a private tour of the battlefield puts you in the mood to get out and explore the area. Has the actor or the detective in you had a yearning to come out? We have a murder mystery coming your way on the 18th. Add a few music opportunities on Sunday afternoons for your weekend enjoyment and of course, Holy Week and Easter provide the ultimate reason for celebration.

We are getting our short sleeves and open toed shoes ready for when we don't have to wade through the snow. Join us in preparing for spring.