

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 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship 1	2 10:30am Wellness Talk (CC) 3:00pm Prayer Circle (FR)	3 1:15pm PT Talk (CC) 2:00pm Passport to Wellness (RR-WL)	4 9:30am Area Shopping (RR) 1:30pm Meditation (WL) 3:30pm Rosary (AS)	5 9:30am Weis Market (RR) 1:00pm Balance (WS)	6 1:00pm Oreo Cookie Day (RR-WL) 2:00pm Music 101 2:00pm Bingo (CC)	7
10:00am Worship (FR) 8	9 10:30am Chat with the Chaplain (CC) 1:00pm Brain Games (WL) 3:00pm Prayer Circle (FR)	10 1:00pm Rhythm and Motion (WS) 2:00pm Passport to Wellness (RR-WL)	11 3:30pm Rosary (AS)	12 9:30am Weis Market (RR) 2:00pm Village Voices (FR)	13 11:30am Garryowen (RR) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	14
10:00am Worship (FR) 15 3:00pm US Army Chorus at the Seminary (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) 2:30pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	19 9:30am Weis Market (RR) 10:00am Catholic Mass (FR) 2:00pm Village Voices (FR)	20 9:00am Men's Breakfast - Perkins (RR) 2:00pm Music 101 (WL) 2:00pm Bingo (CC)	21
10:00am Worship (FR) 22 2:00pm Littlestown Municipal Band at St. Paul's (RR)	23 10:00-11:00am Blood Pressure Clinic (Janell's Office) 3:00pm Prayer Circle (FR) No Fitness Classes Today	24 No Fitness Classes Today	25 9:30am Trader Joe's, Boscov's and Lunch (RR) No Fitness Classes Today	26 9:30am Weis Market (RR) 2:00pm Movie Matinee - Take Me Out to the Ballgame No Fitness Classes Today No Village Voices Today	27 2:00pm Bingo (CC) 2:00pm Lifelong Learning (WL) 4:30pm St. Francis Fish Fry (RR) No Fitness Classes Today	28 9:15am "What's Opera Doc" (RR- Seminary)
10:00am Worship (FR) 29	30 1:30pm Book Club (Lib.) 3:00pm Bereavement Group (PC Parlor)	31 1:30pm RL Council Mtg. (CR)		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



March Madness

Please make sure to follow the deadline date 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>
March 6—Oreo Cookie Day	March 4
March 13— Garryowen Irish Pub	March 10
March 15— US Army Chorus	March 12
March 22— Littlestown Municipal Band	March 19
March 25— Trader Joe's and Boscov's	March 20
March 27—St. Francis Fish Fry	March 25
March 28—"What's Opera Doc?"	March 25

"Spring is nature's way of saying, 'Let's party!'"
— Robin Williams

 **SpiriTrust Lutheran**
The Village at Gettysburg



Gettysburg *Gazette*

March 2026



MARCH BIRTHDAYS

March 4
Ann Harnsberger
Cottage 132

March 4
Nancy Redman
Apartment 307

March 14
Eleanor Ott
Apartment
308

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." — Charles Dickens

I can never pass up a good quote, especially when it rings so true. Daily we chat about the sun streaming in the gym while we are working out but how the walk to and from feels like we're in a different season entirely. Maybe that is your clue to come to class: free sunshine while you are doing something good for your body!

We are several weeks into our Passport program and many of you are embracing the fitness challenge portion, logging your minutes and maybe adding a few extra to your daily routine. The walking trail is melting (and we hope it stays that way) and I see you walking by my window! All of this dialogue is to offer that if you need a recommendation for a fitness class or a few exercises to do in the gym, let me know (Jess). The top part of the calendar shows all of the classes—it's kind of like an "always available" menu.

Other than exercise, you know that there are many dimensions of wellness represented on our calendar this month. Spend spiritual time during Lent with Pastor Dave in Prayer Circle. Explore the arts with Music 101, several free concert opportunities and a comical study of opera at "What's Opera Doc?". If YOU like to make the music we start the spring season for Village Voices on March 12. Stay informed and feed your curiosity with Lifelong Learning and stay socially connected with any of our food related and game activities.

Spring and all its freshness is coming on March 20. We will be ready for it!