

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 May

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.	Key: RR- Registration Required \$\$- Cost FR – Fellowship Room WG – Wellness Gym T- Tent WL – Wellness Lounge CC- Cannon’s Corner WS – Wellness Studio BL- Braeburn Lounge Note: Time listed in Inspirations is departure time	8:15am Village Breakfast (CC) 1 9:30am Area Shopping	9:30am Weis Market 2 2:00pm Village Voices (FR)	3 1:00pm Cinco de Mayo Happy Hour (FR– RR) 2:00pm Bingo (CC)	4
10:00am Worship (FR) 5	6 6:30pm Gettysburg Children’s Choir (FR)	7 1:15pm Wellness Talk With Peggy (CC) 6:45pm Gettysburg Community Concert Hyperion String Quartet (RR-\$\$)	2:00pm Guided Meditation (WL) 8 3:30pm Rosary (AS)	9:30am Weis Market 9 No Village Voices Today 2:00pm Flower Planters (RR,\$\$,T)	10 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	11
10:00am Worship (FR) 12	13 10:30am Coffee with Chaplain (CC) 11:30am So Good (CC)	14 1:00pm Rhythm and Motion (WS)	15 9:30am Area Shopping 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 16 10:00am Catholic Mass (FR) 2:00pm Village Voices (FR)	17 2:00pm Bingo (CC)	18
Mother’s Day						
10:00am Worship (FR) 19 3:15pm Music Gettysburg Eric Fennell, tenor and James Day, guitar (RR)	20 11:30am So Good (CC) 1:30pm Senior Acts (FR) 1:30pm Be Well (WL-RR)	21 9:00am Hollywood Casino (RR-\$\$)	22 1:00pm Brain Games (WL) 3:30pm Rosary (AS)	9:30am Weis Market 23 2:00pm Village Voices (FR)	24 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	25
10:00am Worship (FR) 26	27 No Fitness Classes Today 1:30pm Book Club (LIB) Memorial Day	28 No Fitness Classes Today 1:30pm RL Council Meeting (CR)	29 9:30am Area Shopping 1:30pm Interview with a Neighbor (WL) 3:30pm Rosary (AS)	9:30am Weis Market 30 2:00pm Village Voices (FR) 3:00pm Buds at Silver Run(RR-\$\$)	31 2:00pm Bingo (CC)	



Special Cannons Dining Opportunities in May

Sunday, May 5– Cinco de mayo- \$8.00

Sunday, May 12– Mother’s Day - \$9.00

Monday, May 27– Memorial Day - \$8.00

See menus in Inspirations and sign up when required

Outings and Activities to Try in May

Friday, May 3 - Cinco de Mayo Happy Hour

Monday, May 6– Gettysburg Children’s Choir

Thursday, May 9 - Plant Your Own Planter (\$)

Tuesday, May 21– Hollywood Casino (\$)

Please see details in Inspirations and sign up when required

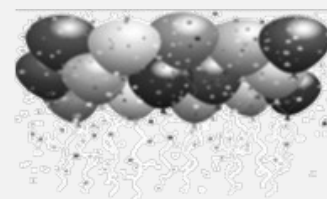
 **SpiriTrust Lutheran**
The Village at Gettysburg



Gettysburg *Gazette*

May 2024

May Birthdays



Alyce Riffon

(Apt.300)

May 3

Shirley Biser

(Cot.118)

May 8

Judy Leslie

(Cot. 162)

May 13

Robert Kelley

(Cot.120)

May 16

Richard Struble

(Cot.138)

May 20

In the song, “June is Bustin’ Out All Over” from Carousel Nettie Fowler says that “May is full of promises but she didn’t keep them quick enough for some.” Many of us hope that May brings warmth, flowering trees and the chance to get a little dirt under our nails. Let’s hope that it comes quick enough for us this year.

Our May calendar includes many “M’s”: Music, meditation, Cinco de MMMayo, Mother’s Day and Memorial Day. In between those M’s you will find ample chances to be out and about in the longer days that May brings.

Our thanks go out to those who have embraced receiving notifications through email. It helps immensely when we need to make changes or additions to the calendar. As most of you know, these calendars are created several months ahead to create “Inspirations”. This leaves time to find more activities and maybe for some to unfortunately be canceled. If you have email and haven’t tried, this is your chance to become a little more tech savvy while receiving your updates with the click of a key.

There will be talk of the resident garden coming up. Please look for opportunities in the near future to participate in a resident run group. As far as participation in activities, when you see an outing or gathering that you are interested in make sure to sign up promptly (if required) so that we can accommodate everyone and have proper preparations in place.

Enjoy what’s coming in May until “June busts out all over!”

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis