

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 October

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	8:30am International Coffee and Homemade Cookie Day (WL) 9:30am Area Shopping 1:00 Caregiver Documentary (WL)	9:30am Weis Market 2:00pm Village Voices (RR-FR)	3 2:00pm Bingo (CC) 2:00pm Music 101 (WL)	4
10:00am Worship (FR) 5 3:15pm Music, Gettysburg Jeremy H. Williams (RR)	6 2:00pm Lincoln Links (RR)	7 1:15pm Physical Therapy Talk (CC)	8 2:00pm Guided Meditation (WL) 3:30pm Rosary (AS) 4:30pm Altland House (RR)	9 9:30am Weis Market 1:00 Fun With Balance (WS) 2:00pm Village Voices (FR)	10 10:30am Indoor Active Games (FR-RR) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	11
10:00am Worship (FR) 12	13 1:00pm Rhythm and Motion (WS)	14 1:30pm Town Meeting (FR) 3:00 Movie Matinee October Sky (WL)	15 9:30am Area Shopping 1:30pm Chemistry of Cooking (WL) 2:30pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	16 9:30am Weis Market 10:00am Catholic Mass (FR) 1:30pm Cooking With Jill (WL) 2:00pm Village Voices	17 9:00am Men’s Breakfast Eisenhower Diner (RR) 2:00pm Bingo (CC) 2:00pm Music 101 (WL)	18 11:00am Furnace Fest at Pine Grove Furnace (RR)
10:00am Worship (FR) 19 2:00pm National Play Monopoly Day (RR)	20 10:30am Chat With the Chaplain (CC) 1:30pm Senior Acts (FR)	21 8:30am Kitchen Kettle Village (RR)	22 10:30am Wellness Talk (CC) 1:00pm Brain Games (WL) 3:30pm Rosary (AS)	23 9:30am Weis Market 1:00 Fun With Balance (WL) 2:00pm Village Voices (FR)	24 No Fit Medley Today 10:00am Campus Clean-up Day (RR) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	25
10:00am Worship (FR) 26 3:15pm Music, Gettysburg Key-stone Brass (RR)	27 10:00– 11:00am Blood Pressure Clinic (Janell’s Office) 1:30pm Book Club (LIB) 3:00pm Greif Group (CR)	28 1:30pm RL Council Meeting (CR) 6:45pm Gettysburg Community Concerts—Trio Confero (RR)	29 9:30am Area Shopping 3:30pm Rosary (AS)	30 9:30am Weis Market 1:30pm Halloween Happy Hour No Village Voices Today	31 2:00pm Bingo (CC) 2:00pm Music 101 (WL)	

October Highlights and Deadlines for Sign-ups

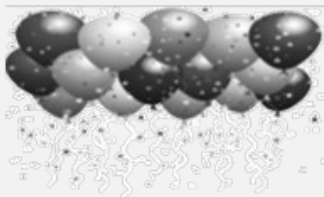
Event Date	Sign-up Deadline
October 1 International Coffee and Homemade Cookie Day	September 29
October 6 Mini Golf and Lincoln Links	October 3
October 8 Altland House	October 3
October 10 Indoor Active Games	October 8
October 16 Cooking With Jill	October 14
October 17 Men’s Breakfast	October 15
October 18 Furnace Fest	October 15
October 19 National Play Monopoly Day	October 17
October 21 Kitchen Kettle Village	October 17
October 24 Campus Clean-up Day	October 22
October 30 Halloween Happy Hour	October 28

This is not an exclusive list of events that need to be signed up for. Please refer to the calendar and sign up for any event that lists (RR) after it.



October 2025

October Birthdays



Bill Conover
Cottage 124

Fred Haines
Cottage 166

Catherine
Johnson
Cottage 154

Gene Pecher
Apartment 306

Nancy Crawford
Cottage136

October is bringing changes in the temperatures, shorter days and longer sleeves. It’s also bringing some new programs for you to try out as we move towards the winter months. We have a few on the calendar to trial this month to see if they might be worth adding to the calendars as we move inside.

One program that will definitely be staying around is Music 101 with Norm Nunnamaker. See a description of Norm’s class in Inspirations and on flyers posted in the community. This class will be open to the community similar to Lifelong Learning and will be offered on the opposite Fridays from Lifelong Learning. We are grateful to Norm and happy to host this series.

We will move the outdoor games on the lawn inside for “Indoor Active Games”. These games will be in the Fellowship Room. Plan on similar offerings from outside but adapted to indoors. Cooking with Jill continues with what I’m sure will be some fun seasonal items. Village Voices will be starting up again on October 2. We would love to have your voice join us; even better if you can sing in tune! It ‘s one way to sing Christmas music in October and not get made fun of.

We have a rescheduled trip to Kitchen Kettle Village that was previously to take place in the spring. We have a Monopoly Day, a Campus Clean-up Day and a chance to spend some time with our new RL Care Navigator, Janell, if you come out to the Wellness talk on the 22nd.

Of course there is a happy hour. Sport a hat, a funny shirt, some silly glasses, or go all out on a full costume. Whatever you wear, we will be serving up “spirits” and “finger” foods (pun intended).

Happy Pumpkin Spice Month!