

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 September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2 1:30pm PT Talk (CC)	3 9:30am Area Shopping 2:00pm Guided Meditation (WL) 3:30pm Rosary (AS)	9:30am Weis Market 4	9:30am Wegman's (RR) 5 2:00pm Bingo (CC)	6
10:00am Worship (FR) 7 2:15pm Army Band at the Majestic (RR)	8 10:30am Chat with the Chaplain (CC)	8:00am-11:00am Apple City Sweets—Front Entrance 9 1:30pm Town Meeting (FR)	10 1:00pm Brain Games (WL) 3:30pm Rosary (AS) 4:00pm Cashtown Inn (RR)	9:30am Weis Market 11 1:30pm Painted Totes (RR)	12 8:30am Waffles for Alzheimers 10:00am Walk for Alzheimers 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL) No Fitness Classes Today	13
10:00am Worship (FR) 14	15 1:30pm Senior Acts (FR)	16 1:00pm Rhythm and Motion (WS) 4:00pm Men's Games (CC)	9:30am Area Shopping 17 1:30pm Chemistry of Cooking (WL) 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 18 10:00am Catholic Mass (FR) 2:00pm Village Voices Rehearsal (FR) Move to Oct. 2 No Fitness Classes Today	9:00am Men's Breakfast (RR) 19 Perkins 2:00pm Bingo (CC) No Fitness Classes Today	20
10:00am Worship (FR) 21 3:15pm Music, Gettysburg Felix Hell (RR)	9:30 Special Chair Yoga (WS) 22 10:30am Blood Pressure Clinic (Wellness Suite) 3:00pm Grief Group (CR)	23 11:30am Appalachian Brewing Co. (RR) No Fitness Classes Today	24 9:30am Special Chair Fitness (WS) 3:30pm Rosary (AS)	9:30am Weis Market 25 3:00pm Movie Matinee (WL) "Summer Magic" No Fitness Classes Today	26 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL) No Fitness Classes Today	27
10:00am Worship (FR) 28	29 10:30am Seated Volleyball (FR) 1:30pm Book Club (LIB)	30 10:30am Games on the Lawn (RR) 1:30pm RL Council Meeting (CR) 7:00pm Gettys. Comm. Concert (RR)		For more details on any of the programs, please refer Inspi-rations	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

Highlights in September and some updates to programs.....

Painted Totes

September 11—Please sign up by September 1 for supply ordering.

Lifelong Learning in September

September 12—Film: Slovakian Nationalism

September 26—Dee Krasnansky and Colin Varga, “Village Life in Slovakia”

Alzheimer’s Association Fundraising Events

September 12—Waffle Friday and Walk to End Alzheimer’s on campus

Music Additions to the Calendar

September 7—Army Band at the Majestic. This concert is free but we have to reserve tickets. Please sign up by September 1 at the receptionist.

September 21—Organist Felix Hell at the Seminary (Music, Gettysburg) Free.

Food Cart

Tuesday, September 9—Apple City Sweets 8:00am– 11:00am

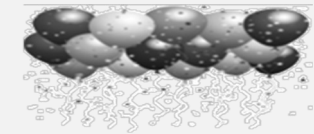
Peggy’s daughter, Julie, is returning with a selection of freshly baked treats (cookies, macarons and cinnamon buns). You will be sure to find something to appease that sweet tooth. Find her out front and pick up something delicious.

September 22 and 25— Jess will be on vacation and has recruited an old friend to teach some exercise classes while she is away. Come out for Chair Yoga at our regularly scheduled time (9:30am on Monday the 22nd) then try out a Chair Fitness class on Wednesday the 24th at 9:30am.

Grief Group Returns to the calendar on September 22nd.



September Birthday



September 1
Dottie Thompson
Cottage 112

September 10
Pat McKee
Apartment 406

September 16
Sue Everhart
Cottage 174

September 22
Chucki Strevig
Cottage 134

September 26
Rachel Parmentier
Cottage 117

September 27
Susan Roach
Cottage 144

September 29
Bob Gillelan—Cottage 116
Jim Roach—Cottage 144
Terry Cox—Cottage 102
(WOW!)

September 2025

Random thought for how I feel as I write this....If you have ever had to pay quarterly taxes you might understand. The reference is not financial, really, but time related. If you pay quarterly taxes you pay in March, then you pay your yearly taxes in April then you turn back around and pay again in June. In the life enrichment world we are physically approaching September but our minds are on planning for the trifecta: Halloween, Thanksgiving and Christmas.

Let’s talk about September and some additions since Inspirations. The Music, Gettysburg schedule has arrived so you will see a few additions of music to the calendar. Apple City Sweets (Peggy’s daughter) will be here with her truck and some special desserts. The Walk for Alzheimer’s is taking place a month earlier than usual this year so we are going to do our own event on our campus. You can come for waffles. You can walk. You can support in your own way. The rest of the month is shaping up somewhat as planned!

If you are planning on getting a season ticket for the Gettysburg Community Concert Association concerts, information and ticket order forms are on the bulletin board across from the library. \$50 gets you 4 local concerts and we provide the transportation. The first concert is September 30.

And again, take a look at how many birthdays we have in September! Lots of happy birthday wishes going out to all of our September birthday residents.