



Concordia at SpiriTrust
Sprenkle Drive

JULY 2026



This book features activities and special events happening at the Concordia at SpiriTrust Sprenkle Drive Community for the month of July 2026.

The theme for July is: **“Celebrating America’s 250th Anniversary”**! You’ll see this logo  next to activities related to the theme.

Program offerings are listed chronologically in this book (by date). You may also refer to the monthly Activity Calendar.

IMPORTANT: for all activities that require registration, you can sign up using the Sign-Up Binder located at the front entrance of the Glatfelter Center near the receptionist desk. Registration will open (with sign-up sheets available) at **12:00 noon** on **Wednesday, June 24th** to give everyone a fair and equal (*first-come, first-serve*) chance to sign up for activities of interest. Sign-up Sheets and program attendance will be used for billing purposes. Unless otherwise stated within the activity description, fees will be added to your monthly bill for activities that you and your guest(s) attend. Note: not all activities (only some) contain a fee.

Here at Concordia at SpiriTrust, we fully integrate the seven dimensions of wellness to encompass every aspect of life, supporting active aging and well-being so residents can live as fully as possible. Below you’ll find a short description and logos for the wellness dimensions. Each activity in this book will have one of the wellness logos next to it identifying what wellness dimension the activity is aligned with.



EMOTIONAL. Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.



ENVIRONMENTAL. Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



INTELLECTUAL. Opening our minds to new ideas/experiences and engaging in creative pursuits and life-long learning to sharpen the brain.



PHYSICAL. Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.



OCCUPATIONAL or (VOCATIONAL). Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.



SOCIAL. Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.



SPIRITUAL. Living with peace and harmony to realize a common purpose in our lives.

TED Talks [July 1 | Community Room A | 10:30AM]

Featuring three 15-min. talks on a variety of topics followed by meaningful conversation, discussion and sometimes debate. Stimulate the mind, share perspectives, be inspired, and reimagine. Get to know each other through thought and lifelong learning.



Cake Decorating Activity

[July 2 | Community Room B | 3:00PM | Fee: \$5]

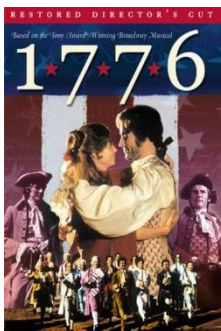
We'll be decorating an *American Flag* sheet cake in commemoration of America's 250th Anniversary. This activity is limited to 20 participants. Each participant takes home a tasty cake to enjoy. A \$5 fee will be assessed.

Registration is required – sign up in the Sign-Up Binder.

The Great Courses [July 3 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#9: Common Sense** and lecture **#10: An Army Falls in Brooklyn**.

An extraordinarily popular pamphlet helps turn the tide of American opinion toward the independence made official on July 4, 1776. The optimism of July 4th proves short-lived. Washington's army is poorly manned, poorly supplied, and poorly trained, and his officers have little practical experience.



Friday Flicks [July 3 | Community Room A | 1:00PM]

This week's Friday movie is the 1972 comedy/musical: "1776", that has also been made into a popular Broadway play. You'll be seeing stars and stripes as the most fascinating leaders in American history come to life in 1776, a musical about the birth of a nation! With the Boston Harbor still stained from over-taxed British tea, a revolution is brewing!

Fourth of July Picnic [July 4 | Community Room B | 12:00PM | Fee: \$15]

Celebrate our nation's birthday with a Concordia Dining Picnic! Registration is required – sign up in the Sign-Up Binder. The menu for this buffet-style grilling picnic will be advertised in the Weekly Connection newsletter. Cut-off for registration is 12:00 noon on July 1. A \$15.00 fee will be charged to your resident account for yourself and each guest you bring.





Sunday Worship Service [July 5 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us.

Bingo [July 6 | Community Room B | 1:00PM | Fee: \$3]

Bingo is held on the first Monday of each month! It's a fun way to relax, enjoy friendly competition, and connect with fellow residents in a lively atmosphere. A \$3.00 participation fee will be charged to your resident account with the fee used to provide prizes awarded to the winners.

NEW...You no longer need to bring prizes to participate!



Washington Documentary 1 of 3 [July 6 | Community Room A | 3:00PM]

Washington (2020) is an acclaimed historical documentary (3-episode) miniseries produced in collaboration with the History Channel featuring expert interviews and dramatic reenactments that detail Washington's remarkable transformation from an ambitious young soldier to the first President of the United States.

Episode 1 is titled **"Loyal Subject"** and is **1h 24m**.

Grocery Trip to Giant [July 7 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **Giant**. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.



Blood Pressure Clinic [July 7 | Wellness Office | 9:00AM]

Know your numbers. Regular blood pressure checks are important for your health. Monitoring helps detect problems early, track heart health, identify issues with medication interactions, and reduce the risk of stroke, heart disease, and other serious conditions. Linda Leroux, Wellness Nurse Navigator, will be available to check your blood pressure.

Catholic Communion [July 7 | Skilled Care Community Rm. | 10:00AM]

For those practicing Catholic faith, communion is held the first Tuesday of each month. Traditional Catholic Communion is the reception of the Holy Eucharist, believed to be the true Body and Blood of Jesus Christ. Received with reverence during Mass, it unites the faithful with Christ and strengthens their spiritual life and faith. Provided by parishioners of St. Patrick Parish.



Faith Sharing [July 7 | Assisted – Living Room | 2:30PM]

Faith sharing is the practice of discussing personal experiences of God, prayer, and spiritual growth with others. Through listening, reflection, and encouragement, participants deepen their faith, build community, and support one another on their spiritual journey. Chaplain Aaron Cope leads Faith Sharing twice each month. All are invited to attend.

Women's Breakfast [July 8 | Rachel & Reuben Bistro | 9:00AM]

Join us for a delightful Ladies' Breakfast event! Rise and shine! It's time to wake up and welcome another day. Connect with friends, make new acquaintances, and start the day off right with breakfast by Concordia Dining. Women's and men's breakfast will alternate each month with July being the ladies' turn. Participation is limited to 40. Registration (advanced sign-up) is required. There is no fee (no cost) for the monthly breakfast.

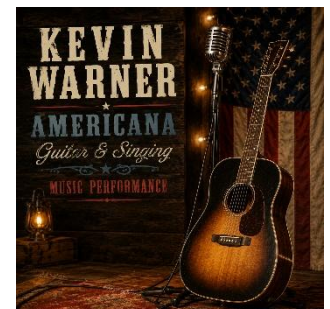


Garden Stroll [July 8 | Back Lobby of Glatfelter Ctr. | 10:30AM]

A self-paced walking tour of resident gardens. Residents are asked to sign up to be added to the tour to showcase their personal garden. Future residents will be invited to join in the stroll as a marketing event. The tour starts and ends at the front entrance of the Glatfelter Center. Refreshments will be available at the end of the stroll. Bring a garden hat or sun umbrella and water.

Kevin Warner - Performance [July 8 | Community Rm. A & B | 2:00PM]

Kevin Warner is a singer and guitarist performing Americana and Folk music/songs. Sit back and enjoy this live musical performance. Invite your friends and family to join you.





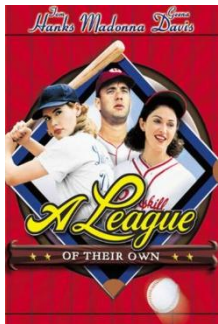
Movie: **Young Washington** [July 9 | Front of Glatfelter | 1:15PM | Fee: \$8]

Regal West Manchester Cinema Movie: “Young Washington” – Show time 1:50PM. **Bus will depart at 1:15PM from front of Glatfelter Center.** Before he became the first president of the United States, young George Washington tests his honor, loyalty and courage by fighting in the Revolutionary War. Discounted ticket fee of \$8.00 will be charged to your resident account. Limited seating available, must sign up in advance using Sign-Up Binder.

The Great Courses [July 10 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#11: A Glorious Issue** and lecture **#12: Joy in Princeton.**

Thomas Paine provides inspiration with a new pamphlet, *The American Crisis*, and Washington provides further hope with a surprise victory at Trenton. A break in combat gives Washington time to reorganize his army, by building on a touching appeal for reenlistments.



Friday Flicks [July 10 | Community Room A | 1:00PM]

This week’s Friday movie is the 1992 *Hollywood Classic Comedy-Drama*, **A League of Their Own**. With baseball lineups and locker rooms left empty during World War II, the newly founded All-American Girls Baseball League brought talented women to the big leagues--and brought fans to the stands. Starring Tom Hanks and Penny Marshall.

Sunday Worship Service [July 12 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us.



History: “Lady Liberty” [July 13 | Community Room A | 11:00AM]

Historian, John Maietta presents: “**Meet Lady Liberty: The Story Behind an American Icon**”. Inspired by French ideals of revolutionary freedom, the Statue of Liberty has come to embody the essence of American hope and opportunity. This program tells the story of the statue’s creation, its turbulent life, and its enduring cultural relevance. Today, newly refurbished and accessible, it continues to bear majestic witness to its meaning.

Washington Documentary 2 of 3 [July 13 | Community Rm. A | 3:00PM]

Washington (2020) is an acclaimed historical documentary (3-episode) miniseries produced in collaboration with the History Channel featuring expert interviews and dramatic reenactments that detail Washington's remarkable transformation from an ambitious young soldier to the first President of the United States.

Episode 2 is titled **"Rebel Commander"** and is **1h 24m**.



Grocery Trip to Aldi [July 14 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **ALDI**. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.

Lee Moyer – Performance [July 14 | Community Room A & B | 3:00PM]

Join us for an **"American Sing-Along"** performance by Lee Moyer, known as the *Gentleman of Jazz*. This is sure to be a festive time of patriotic music and song. Invite your family and friends and enjoy!



West Manchester Twp. Fireworks [July 14 | Bus Trip | 7:30PM]

Join in the fun at the West Manchester Twp. Old Tyme Carnival and Fireworks. Advanced sign-up is required. Limited seating for 10 participants. Bring your own lawn chair and flashlight. The bus will depart from the back of the Glatfelter Center at 7:30PM. Expected return time is 10:00PM. You can enjoy food trucks, games, and the fireworks.



Coffee 101 [July 15 | Rachel & Reuben Bistro | 9:00AM]

Enjoy a coffee klatch where you toast a cup of eye-opening Joe. Concordia at Spiritryst Sprenkle Drive has a monthly international coffee subscription. Each month we receive specialty coffee from some area of the world to experience the rich arabica bean flavors and learn about world culture. Concordia Dining provides a tasty sweet for full indulgence.





Catholic Mass [July 15 | Skilled Care Community Room | 10:00AM]

In addition to Catholic Communion (the first Tuesday of each month), traditional Catholic Mass is held the third Wednesday of each month. Father Kelley or Father Kashif from St. Patrick Parish comes to Concordia at SpiriTrust Sprenkle Drive to provide Catholic residents the opportunity to attend the Sacrifice of the Mass.

Evening Dominoes [July 15 | Community Room B | 6:00PM]

Dominoes is a classic tile-based game played with rectangular blocks, often called "bones" or "pieces". The goal of the game is to be the first to empty your hand by matching the numbered ends of tiles. Novice and experienced players are welcome. Come learn the rules and strategies of this popular game and have fun – every third Wednesday of the month!



York Revolution Baseball Game [July 16 | Bus Trip | 10:00AM]

Hunger Free Thursday promotion presented by Members 1st Federal Credit Union: *Bring a non-perishable food item to donate to the York County Food Bank to get a free ticket to this game.* Game time is 11:00AM against Staten Island Ferry Hawks. Bus departs from back of Glatfelter Center at 10:00AM. Registration is required – sign up in Sign-Up Binder. Maximum seating on bus is 14. You are responsible for concessions and cost of ticket (*if not bringing food item to donate*).

BORED Games [July 16 | Community Room B | 3:00PM]

There's no reason to be bored...join in the fun at community/family board game day! All are welcome. It's a great way to get to know your neighbors. A variety of board games will be available but feel free to bring your own games and snacks to share.



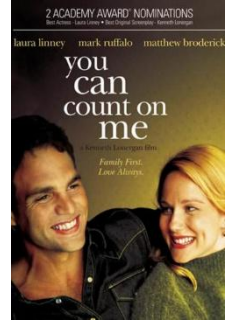
The Great Courses [July 17 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#13: Congress Are Not a Fit Body** and lecture **#14: America Is Not Subdued**.

In March 1777, the Continental Congress faces new tasks, including establishing, outfitting, and managing an army. Unable to solve these challenges, the delegates blame the costly army—and Washington—and move to ally with France.

Movie Morals & Dilemmas [July 17 | Community Room A | 1:00PM]

This week's Friday movie is a *Morals & Dilemma* featured film containing a thought-provoking plot or storyline that raises cultural issues and awareness. After the movie, reactions are shared in a group discussion led by fellow resident, Pam Zerba. In the 2000 Drama **"You Can Count On Me"**, a single mother's life is thrown into turmoil after her struggling, rarely-seen younger brother returns to town.



Sunday Worship Service [July 19 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us.

Scrabble and Storytelling [July 19 | Community Room B | 3:00PM]

How It Works: Players play a standard game of Scrabble, but each player writes down the words they play. At the end of the game, players are challenged to write a cohesive, 3-to-5 sentence short story that incorporates all the words they successfully played on the board. It turns a standard strategy game into a creative, collaborative writing exercise that is fun and social. Bring a scrabble board if you have one.



Sports Talk [July 20 | Community Room A | 11:00AM]

Love sports? Join us for Sports Talk, where fellow fans (men and women alike) come together to chat about everything from classic games to current matchups. Whether you're into football, baseball, basketball, or beyond, there's always something to dive into and debate. Come share your hot takes, favorite moments, and hear what others think – no stats degree required.

Today's Sports Talk will include pizza and beer/soda.

Bocce [July 20 | Community Room B | 1:00PM]

Get ready to roll with Bocce, the timeless classic that combines strategy, skill, and a little bit of luck – now with a fun twist played indoors! This version brings all the excitement of the traditional game into a comfortable setting, making it easy to enjoy no matter the weather. Join friends and neighbors for an engaging activity sure to spark plenty of fun competition.





Washington Documentary [July 20 | Community Room A | 3:00PM]

Washington (2020) is an acclaimed historical documentary (3-episode) miniseries produced in collaboration with the History Channel featuring expert interviews and dramatic reenactments that detail Washington's remarkable transformation from an ambitious young soldier to the first President of the United States.

Final Episode 3 is titled **"Father of His Country"** and is **1h 28m**.

Grocery Trip to Weis [July 21 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **Weis Market**. Registration is required by signing up in the sign-up book. The bus can only accommodate 8 passengers.



Cornhole Tournament [July 21 & 22 | Community Room B | 10:30AM]

The Cornhole Tournament will be played with teams of two. Teams can sign-up in the Sign-Up Binder. A tournament bracket will be provided with a schedule of times each team plays. Distance will be 15 feet. Round #1 is played on July 21 at 10:30 a.m. and Round #2 will be played on July 22 at 10:30 a.m. The Championship Game will be played on July 27 at 10:30 a.m.

Spectators are welcome. Good luck!

Mediterranean Nutrition [July 21 | Community Room A | 1:00PM]

Come out and learn how you can fit Mediterranean eating habits into your lifestyle and your Budget. A recipe demonstration and food tasting will be included in this presentation by Karen Carrier, Penn State Extension Educator. The Mediterranean Diet has been increasingly heralded as one of the healthiest diets in the world.



Cranium Crunch [July 21 | Community Room B | 3:00PM]

Give your brain a workout with fun cognitive exercises that will challenge your attention to detail, executive function, problem solving, and memory. We always have fun and end up in philosophical conversation as we spend time getting to know one another.

Quarterly IL Resident Council & E. D. Informal Meeting

[July 22 | Community Room A & B | 1:00PM]

Stay informed as you hear from representatives of Resident Council and Executive Director, Karly Sarvis and others. Receive up-to-date information and pertinent news with an opportunity for Q & A.



Book Club [July 22 | Community Room B | 4:00PM]

The Concordia at SpiriTrust Sprenkle Drive Resident Book Club is a wonderful way to combine social and intellectual wellness. Make new friends, discover new books, and share diverse perspectives. All are welcome.

Therapy Presentation [July 23 | Community Room A | 10:30AM]

Brianna Berger, Director of Inpatient Rehab will be presenting on the topic of **Dysphagia (Swallowing Difficulties)**. Learn about swallowing difficulties that occur as we age. What exactly is dysphagia? We will review the signs and symptoms, food and liquid consistencies, and how therapy can help.



KARLY SARVIS, DPT



Hinkle's Lunch Outing & Susquehanna River Boat History Ride

[July 23 | Bus Trip – Back of Glatfelter Center | 11:30AM | Fee: \$22 + Lunch]

Registration is required. Participation is limited to first 14 to sign-up. After lunch at Hinkle's in Columbia we will venture over to Wrightsville's Zimmerman Center for Heritage to receive instructions for boarding the 100 plus year old yacht **The Chief Uncas** for a 1-hour long **RIVERFEST: Flames Across the Susquehanna Boat Tour** where you'll learn about the region's Civil War history. Take in the spectacular river views as SNHA guides you on a journey to view the stone piers that once held the world's longest wooden covered bridge that was burned to prevent the Confederate militia from crossing. Discover the story of the night flames stretched across the Susquehanna as the Columbia-Wrightsville Bridge burned on June 28, 1863. **Accessibility:** Passengers must navigate a staircase of 3 metal grated stairs with handrail. Then passengers must navigate the 3-step ladder into the boat with assistance of handrails. SNHA's Crew and Captain are always available to assist. Lunch is self-pay separate checks. A \$22.00 fee will be charged to your resident account for the cost of the boat ride.



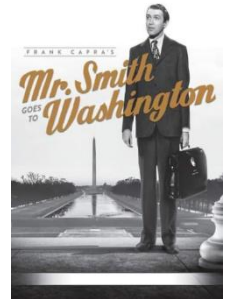
The Great Courses [July 24 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#15: A Day Famous in the Annals of America** and lecture **#16: Not Yet the Air of Soldiers**. General William Howe, British commander in chief in America, sails from Staten Island, intent on reaching Philadelphia. Washington blocks his way but suffers a series of defeats. Even news of a great American victory by Horatio Gates at Saratoga carries rumors of threats to Washington's command.

Friday Flicks [July 24 | Community Room A | 1:00PM]

This week's Friday movie is the 1939 Drama, "**Mr. Smith Goes to Washington**".

James Stewart takes on the powers-that-be in our nation's capitol in Frank Capra's timeless classic.



Christmas in July Social [July 25 | Community Room A & B | 1PM – 4PM]



Festivities include: homemade cookie share (*bake and bring your best Christmas cookies*), coffee/tea/hot chocolate, hymn and carol singing, movie: "It's a Wonderful Life", and optional White Elephant Gift Exchange. For those who opt to do the gift exchange, please bring a \$10 or under useful gift (wrapped).

Sunday Worship Service [July 26 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us.



Sunday Brunch Buffet

[July 26 | Community Room B | 12PM-2PM | Fee: \$25]



The Concordia Dining Team is pleased to announce the return of the end of month Sunday Brunch Buffet. Residents can look forward to a delicious brunch with friends and family. Registration is required – sign up in the Sign-Up Binder. The menu will be advertised in the Weekly Connection newsletter. Cut-off for registration is 12:00 noon on July 22. A \$25.00 fee will be charged to your resident account for yourself and each guest you bring.

Cornhole Championship Game

[July 27 | Community Room B | 10:30AM]

Spectators are welcome to come out and cheer on the teams playing in The Cornhole Tournament Championship Game. Good luck players!



Resident Potluck Dinner & Musical Concert

[July 27 | Community Room A & B | 5:00PM]

Sign-up in the Sign-Up Book to coordinate who is bringing what. It's always a fun and delicious time! Each person is asked to bring their full place settings to include glass/mug, plates, and silverware (in addition to their dish contribution). Drinks provided. After dinner enjoy a live "Big Band" musical performance by Joe Tomlinson Music Ministries.

Grocery Trip to Walmart [July 28 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **Walmart**. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.



Beltone Hearing Aid Clinic [July 28 | Community Room A | 2:00PM]

Beltone is coming to the Glatfelter Center for free hearing aid checks and cleanings. Be sure to sign up for this opportunity in the front Sign-Up Binder.

Faith Sharing [July 28 | Assisted – Living Room | 2:30PM]

Faith sharing is the practice of discussing personal experiences of God, prayer, and spiritual growth with others. Through listening, reflection, and encouragement, participants deepen their faith, build community, and support one another on their spiritual journey. Chaplain Aaron Cope leads Faith Sharing twice each month. All are invited to attend.





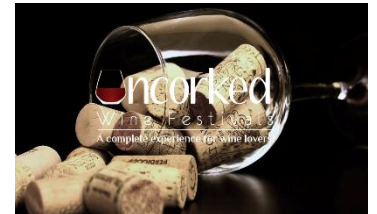
Mystery Lunch [July 29 | Bus Trip – Back of Glatfelter Ctr. | 11:00AM]

The anticipation just adds to the appetite. See if you can guess the location the closer we get to where we're going. Restaurants for the mystery lunches are chosen based on reviews and recommendations. The ambiance may not always be what you expect, but the food is sure to be good! Lunch outings are paid through individual separate checks. Registration is required – sign up in Sign-Up Binder.

Uncorked Event [July 29 | Rachel & Reuben Bistro | 3:00PM]



Relax with good wine and good friends and enjoy some hors d'oeuvres appetizers. Occasionally we will have a wine connoisseur guest speaker at the Uncorked Events to give advice on what foods to best pair with what wines and help educate us on the finer qualities of choice wines.



Red, White, and Blue Patriotic Planter Craft

[July 30 | Community Room A | 10:30AM]

We'll be making a **Red, White, and DIY: Decoupage Patriotic Mini Planter Box** as this month's craft project. Sign up in the Sign-Up Binder. Space is limited to 15 participants.

Ice Cream Trip [July 30 | Bus Trip – Back of Glatfelter | 1:00PM]

What Alice Handel started as just a single ice cream parlor in 1945 has grown to over 150 locations across 15 states. To this day, Handel's upholds the traditions Alice started all those years ago. From making each batch by hand, on premise to using many of her original methods, we're still sharing our homemade ice cream and serving the communities we love so much one scoop at a time. The bus will accommodate 14 passengers. Sign up in the Sign-Up Binder. Self-pay for what you order.

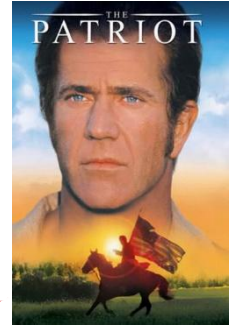


The Great Courses [July 31 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#17: With Washington at Valley Forge** and lecture **#18: The Widening War**. Washington settles in for the winter of 1777-1778. Although there are no battles, he must deal with shortages of clothing, housing, and food as well as attempts by Gates and others to undermine his authority in Congress.

Friday Flicks [July 31 | Community Room A | 1:00PM]

This week's Friday movie is the 2000 Action/Historical, **"The Patriot"**. In 1776 South Carolina, Benjamin Martin (*Mel Gibson*) finds himself thrust into the midst of the American Revolutionary War. Fighting to protect his family and his country, Martin discovers the pain of betrayal, the redemption of revenge and the passion of love.



Elite Coach Trip: Phillips Seafood Restaurant (Baltimore Inner Harbor), Babe Ruth Birthplace and Museum (Baltimore), The Village Coffee & Cream (Shrewsbury)



Elite Coach Trip [August 13 | Front of Glatfelter | 9:30AM – 5:00PM | Fee: \$95 - \$115]

Join us as we travel to Baltimore, Maryland. Seafood lovers and baseball fans will thoroughly enjoy this trip! First stop is **Phillips Seafood**, the iconic waterfront restaurant in the heart of Baltimore's sparkling Inner Harbor. Phillips Seafood is the perfect spot for award-winning crab cakes. There are three menu choices for lunch: 1) Hoopers Island 4oz. broiled Crab Cake Sandwich, lettuce, tomato, and mustard with french fries, 2) Grilled Chicken Sandwich, lettuce, tomato, and chipotle ranch served with french fries, or 3) Farmhouse Salad topped with grilled chicken or shrimp. **All choice menu items include Maryland Vegetable Crab Soup, coffee, tea and soft drinks.* We will be dining on the handicap accessible ground floor where there are no steps.

After lunch, we will be visiting and touring the **Babe Ruth Birthplace & Museum** located in the actual row house where the baseball legend was born. It offers exhibits on Ruth's life, family and career, including the "500 Home Run Club" and serves as a cultural landmark near Camden Yards. The museum is multi-level and has an elevator where all floors can easily be accessed.

Save room for ice cream! Our last stop before heading home will be at The Village Coffee & Cream Café in Shrewsbury. The Village Café is a quaint restaurant located in a beautifully refurbished historic bank building, where you can order light fare, coffee, and delicious ice cream. The entrance to Village Coffee & Cream Café has three steps with a handrail that you'll need to maneuver.

Itinerary: 9:30am departure – 10:45am to 11:15am brief stroll of Inner Harbor and shopping – 11:30am to 1:30pm lunch – 1:45pm to 2:45pm museum – 3:45pm to 4:30pm ice cream – 5:00pm expected return

Fee is based on the number of people registered. The minimum needed for the trip is 30, maximum is 45. The fee (per person) ranges from \$115 (based on 30-39ppl.) to \$95 (based on 40-45ppl.). The fee includes transportation, lunch, museum tickets, and all gratuities. **The Village Coffee & Cream Café is self-pay and not included.*

Guests of residents can attend and pay in advance with check payment or be added to the residents' bill.

Mobility device walkers are permitted on the bus. The charter can accommodate up to two individuals with motorized scooters.

Registration is now open by signing up in Sign-Up Binder. Cut off date to register is July 29.

FITNESS CLASSES & FITNESS CENTER

Taking care of your body for physical strength and function
and making positive choices to be as healthy as possible.



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m.	10:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.
Virtual Silver Sneakers	Easy Exercise with Linda	Virtual Silver Sneakers	Functional Fitness with Todd	Virtual Silver Sneakers

Fitness Center Orientation & Equipment Demonstrations occur every first Monday of each month at 2:00 p.m.

* Note: Easy Exercise with Linda on Tuesday, July 21 is canceled due to the Cornhole Tournament event.

THE BEAN BISTRO and RACHEL & REUBEN BISTRO

THE BEAN BISTRO (Eat-In or Carry-Out)				
Monday	Tuesday	Wednesday	Thursday	Friday
		8 a.m. – 11 a.m.		8 a.m. – 11 a.m.
		Coffee & Pastries		Coffee & Quiche

RACHEL & REUBEN (Eat-In or Carry-Out)				
Monday	Tuesday	Wednesday	Thursday	Friday
Rachel & Reuben Bistro is temporarily closed and is scheduled to reopen mid-July.				

THE SPRENKLE BEAUTY SALON

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm
By appointment. Appointments can be made in-person or by calling (717) 793-4127. Sam Krum, Beautician				

COMMITTEE MEETINGS

COMMITTEE	DATE	TIME	LOCATION
Life Enrichment Cmte.	Wednesday, July 1	2:30 p.m.	Community Room B
Dinning Cmte.	Thursday, July 2	2:00 p.m.	Rachel & Reuben
Sunshine Cmte.	Monday, July 6	2:00 p.m.	Rachel & Reuben
Branch Lions Club Mtg.	Tuesday, July 14	11:00 a.m.	Community Room A
Qtly. IL Resident Council & Karly Sarvis Informal Mtg.	Wednesday, July 22	1:00 p.m.	Community Room A&B

YORK CO. / LOCAL COMMUNITY EVENTS of INTEREST

Local area fireworks displays:

- **Springettsbury Township Fireworks and Concert**, 7 p.m. (concert) to 9 p.m. (fireworks), Friday, July 3, Springettsbury Township Park Amphitheater, 1501 Mt. Zion Road, Concert by Groovalicious followed by fireworks. Food trucks will be on hand.
- Saturday, July 4 – **WellSpan Park, York City - Following the York Revolution baseball game**, there will be live music from the York Symphony Orchestra and Chorus and a fireworks display at dusk.
- **Shrewsbury Fireman's Carnival Fireworks** - 10:30 p.m., Friday, June 26 - Shuttle services available from Grace Fellowship Church, 74 E. Forrest Ave., across from Wendy's.
- **York Township/Dallastown Area Freedom Fireworks**, 6:30 p.m., Friday, June 26, York Township Park, at 25 Oak St. The evening will kick off at 6:30 with Famous Rumors singing a mix of Classic Rock, Country and Motown. Fireworks will begin at dark.

Rentzel's Blueberry Farm (137 Butter Rd York PA 17404) Blueberry picking end of June, beginning of July. Call (717) 668-4806 for opening times.

Union Pacific's famed **Big Boy No. 4014**, the world's largest operating steam locomotive, historic coast-to-coast Eastern Leg Tour to celebrate America's 250th anniversary. Tuesday, July 7: Lebanon, PA Lebanon Station, 250 N. 8th St., arriving 12:30 p.m. and departing 1:15 p.m. If going, get there extra early as large crowds are expected.

The **West Manchester Township Olde Tyme Carnival** is scheduled for **Tuesday, July 14, 2026**, at **Sunset Lane Park** (2458 Sunset Ln, York, PA). Festivities run from **5:30 p.m. to 8:30 p.m.**, with a fireworks display to follow shortly after dark around 9:00 p.m.



We hope you'll enjoy participating in the many activities planned.

If you have ideas, recommendations, and referrals for future activities please share the information with Todd Canfield, Director of Activities. Your input and feedback are always appreciated.

Our Volunteer Program will be expanding as we look to create additional volunteer committees to support activities such as *Arts & Crafts, Set-Up & Decorating, Trips, Recreation, and Intergenerational.*

Stay tuned for more information about the new volunteer opportunities.

Thank you!