



Hollabaugh Brothers Orchard ... page 10

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.

Description	Date	pg
WELLNESS		
Fitness Classes		
Beach Ball Volleyball, Seated	Thu	4
Exercise Equipment Orientation	10/17	4
Line Dancing	10/17, 11/21, 12/12	5
Park Walk Greene Township Park	10/6	4
Stretch & Strength with Ali	Mon, Wed	4
Tai Chi	Mon	5
Wellness Programs		
Alert 1 Medical Alert System	10/27	5
Maintain, Don't Gain	11/2	5
Medical Minutes Parkinson Disease	10/10	5
Nutrition		
So Good		
Apples	10/12	5
Butternut Squash	11/9	5
Oranges	12/14	5
BeWell Kitchen		
Support Immunity through Food	10/31	5
Nutrient Dense Foods	11/28	5
Build a Balanced Snack	12/28	5

Description	Date	pg
SPIRIT		
Emotional		
Grief: Finding Meaning	3rd Wed of every month	6
Grief Share	11/6	6
Spiritual		
Bible Study	1st & 3rd Thur	6
Service of Holy Communion	Sun	6

MIND		
Educational		
Current Events		
U.S Strategic Deterrent Nuclear Forces & Presidential Authority	10/13	7
The second Gulf War & Iraq	12/8	7
Life Long Learning		
Pennsylvania Trivia	10/18	8
Food, Faith, and Football: The True Story of Thanksgiving	11/22	8
Tragedy and Triumph: The Life and Genius of Beethoven	12/13	8
Adventures on Mt. Everest	10/6	8
Habitat Humanity	10/20	8
Creative Arts		
Song Bird	10/5, 10/19, 11/2, 11/16, 12/7, 12/21	8
Craft Corner		
Gourd Pumpkin w/ Denise	10/4	8
Kitchen Angel Tea Towels	11/14	8
Evergreen Wreaths w/ Master Gardeners	11/28	8

PROGRAM OFFERINGS

Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.

Description	Date	pg
SOCIAL		
Cocktails & More	10/9, 11/30	9
Trick or Treat	10/24	9
Tuesday Team Trivia	10/31, 11/28, 12/26	9
Trips		
Beyond the Battle Museum	11/13	10
Boscov's Shopping & Lunch Outing	11/3	10
Brass Ensemble @ Luhrs Center	10/29	11
Christmas Light Tour	12/19	10
Hollabaugh Brothers Orchard	10/10	10
Lindt Candy & Lunch Outing	12/5	10
Orchestra Concert @ Luhrs Center	11/19	11
Recreational		
Billiards	Thur	11
Bocce Ball	1st & 3rd Tue- ends in Oct	11
Card Club	Tue & Fri	11
Chess Club	Wed	11
Game Night	10/11, 11/20, 12/13	11
Shuffleboard	2nd & 4th Wed ends in Oct	11
Table Tennis	Thu	11
Wii Bowling	Wed	11
Dining		
On Campus-From the Kitchen		
Afternoon Tea	10/18	11
Lunch & A Movie	12/22	11
Out and About		
Naomi's Country Kitchen-Amish Meal	10/25	12
Guys & Gals Lunch Outing		
Saga Shi	12/27	12
Ladies Lunch Outings		
Runways	11/29	12
Men's Breakfast Outing	10/20, 11/24, 12/29	12
Buffet & Celebrations		
Birthday Breakfast	10/31, 11/28, 12/28	13
RL Christmas Dinner	12/15	13
New Year's Eve Potluck & Party	12/31	13
Veteran's Day	11/10	13

Description	Date	pg
Entertainment		
Luther Ridge Players - Fall	10/26	13
Luther Ridge Players - Christmas	12/8	13
Theatre		
American Music Theatre		
The First Noel	11/8	14
Community Christmas Concert at Antrim BIC Church		
	12/10	14
Majestic Theatre		
A Christmas Carol	12/17	14
COMMUNITY		
CommUNITY Spirit		
Association Meeting	None this quarter	15
Bake & Book Sale	11/1	15
Community Concert @ Antrim BIC Church		
	12/10	15
Life Enrichment Committee	10/3, 11/1, 12/6	15
Resident Council Meeting	10/19, 11/16, 12/21	15
Spaghetti Dinner Outing	12/11	15
Town Hall Meeting	11/1	15

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.



Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.



WELLNESS

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

Classes

Stretch & Strength

This class leads you in stretching and strengthening all major muscle groups in a fun, relaxed setting. Exercises can be done standing or sitting and will meet you at your current fitness level. The class is not choreographed.

Monday & Wednesday

9:30 am

Fleck Center – Group Exercise Room

Instructor: Ali Noll

Beach Ball Volleyball

Exercise and laughter are rolled into one during this seated fun hour of play! The only thing missing is the sand! No experience necessary.

Thursday

1:00 pm

Fleck Center – Group Exercise Room

Instructor: Ali Noll



Exercise Equipment Orientation

Stop by the Cardio Machine Room for an equipment orientation and identify those best suited for your personalized exercise regimen. You will receive a hands-on demonstration of how to properly and safely operate the equipment.

October 17

1:00 pm

Fleck Center – Cardio Machine Room

Instructor: Ali Noll

Park Walks

Explore some of the local parks on foot. Walk with the group or enjoy time exploring on your own. Make sure to wear proper walking shoes, sun protection, and bring a bottle of water.

October 6 - Greene Township Park

9:30 am

Registration Required

Chambersburg, PA

WELLNESS



Line Dancing

Review some of our favorite line dances and learn new ones. No experience or partner required.

October 17

November 21

December 12

2:00 pm

Fleck Center - Group Exercise Room

Instructor: Ali Noll

Tai Chi

Class focuses on fluid, circular, movements that are relaxed & slow in tempo. Breathing deep and slow, aids in concentration and relaxing the body. Health benefits include increased flexibility & muscle strength, greater fitness, correct body posture, reduced pain & stiffness, in addition to uplifting the spirit.

Monday

10:30 am

Fleck Center - Group Exercise Room

Instructor: Ali Noll

Wellness Programs

MEDICAL MINUTES - PARKINSON'S DISEASE

October 10

1:00 pm

Fleck Center – Community Room

Presenter: Peggy Shuyler

Maintain, Don't Gain

Don't miss this opportunity to learn realistic tips and techniques to maintain your weight through the holiday season. Presented in a fun fashion with hand-on demonstrations.

November 2

11:00 am

Fleck Center – Community Room

Instructor: Andrew Kronmeyer RD, LD

Alert 1 Medical Alert System

Learn about the Alert 1 Medical Alert Systems, see examples of various "units" and have your questions answered.

October 27

2:00 pm

Fleck Center – Community Room

Presenter: Vicki James

Nutrition



SO GOOD

So Good promotes seasonal foods that you can feel good about. This monthly program offers items that have a foundation of delicious seasonal ingredients and offers flexible ways to enhance the menu. The featured Bistro menu items for October through December are:

October – Apples

Old Fashioned Apple Crisp

November – Butternut Squash

Butternut Squash Tart with Fried Sage

December – Oranges –

Orange and Avocado Salad

BeWell



BE WELL KITCHEN

Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Managers and Chefs conduct a cooking demonstration where they breakdown the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe! The features for October through December are:

October 31

Support your immunity through food.

Featured Recipe: Roasted Sweet potato, broccoli and chick pea plate

November 28

Make the most out of your meals – choose nutrient dense foods

Featured Recipe: Southwest Black Bean Burger

December 28

Build a Balanced Snack

Featured Recipe: Apple goat cheese almond toast

11:00 am

Fleck Center – Community Room

Presenter: Andrew Kronmeyer, RD, LD



SPIRIT



MIND

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

Emotional

Grief: Finding Meaning

Sessions are for adults who have suffered a loss through death and are in need of grief education & support. The group is structured for those who have experienced a death within the past two years.

3rd Wednesday of each month
10/18, 11/15, 12/20
9:00 - 10:30 am

St. Luke Lutheran Church, located on the campus of Luther Ridge
For more information and to register please call Kim
717-217-3527

Facilitator: Kim McCurdy, SpiriTrust Lutheran Home Care & Hospice Grief Share

Grief Share

Join us for the introductory session featuring how to face the Holidays after loss. Each Grief Share session has three distinct elements: Video seminar with experts, support group discussion with focus and personal study and reflection.

November 6 - Holiday Session 1:00 - 3:00 pm

Registration Required - Deadline: October 31

Fleck Center - Gathering Room
Instructor: Karen Yoder

Note: A 13-week GriefShare will be offered starting January 8, 2024. Call Joann Rieder-King 717-817-8539 for more information.

Spiritual

Bible Study - Book of Acts

Spirited discussions that strengthen religious and spiritual beliefs. The leisurely paced interactive study uses handouts and study guides. Bring your favorite Bible.

1st & 3rd Thursday of the month
10:00 am

Fleck Center - Hobby/Community Room

Presenter: Herb Spomer

Service of Holy Communion

Join other Villagers as we observe our faith together, led by Chaplain Amy Wagner. The seasons of the Church are observed, and the message is based on the common lectionary readings.

Sunday
2:00 pm
Chapel

Educational

CURRENT EVENTS

Mr. Ricca has more than 30 years of experience as weapons of mass destruction and counter-terrorism analyst. He retired from full-time work in 2005, but still serves the Departments of Defense and Homeland Security as a technical advisor.

U.S. Strategic Deterrent Nuclear Forces & Presidential Authority

This one-hour lecture will discuss the U.S nuclear TRIAD, the structure of the U.S. nuclear weapons stockpile, quality assurance, cost, current issues, employment policy and the authority of the U.S. President.

October 13
10:30 am

Fleck Center - Hobby Room
Facilitator: John Ricca

The Second Gulf War & Iraq WMD

This one-hour lecture will provide a historical summary of the early days of the Second Gulf War, including the response to the September 11 attack, pursuing Al Qaeda into Afghanistan, the invasion into Iraq, and the confusion about Iraq WMD.

December 8
10:30 am

Fleck Center - Hobby Room
Facilitator: John Ricca

LIFE LONG LEARNING

Pennsylvania Trivia

Test your knowledge as we explore a wealth of fun facts from state history and popular culture from why PA can lay claim to America's first gas station, the biggest shoe and more.

October 18
11:00 am
Fleck Center - Community Room
Presenter: John Maietta

Food, Faith, and Football: The True Story of Thanksgiving

In 1620, a small band of religious dissenters left England to settle in the New World. A year later, these grateful "Pilgrims" sat down to a three-day feast with their Native American neighbors. "The First Thanksgiving" left an enduring legacy across the country, giving rise to a beloved annual ritual of family, food, faith, and football.

November 22
11:00 am
Fleck Center - Community Room
Presenter: John Maietta

Tragedy and Triumph: The Life and Genius of Beethoven

Ludwig van Beethoven is considered one of the greatest classical music composers of all time. We will explore his turbulent life, towering genius, radical ideals, and lasting influence on Western Culture.

December 13
11:00 am
Fleck Center - Community Room
Presenter: John Maietta



Adventures on Mt. Everest

Hear a firsthand account of a thrilling expedition in the Nepalese Himalayas. Everest Base Camp, remote Sherpa villages and serene monasteries are explored, with the crossing of several substantial glaciers.

October 6
1:00 pm
Fleck Center - Community Room
Presenter: Kirk Bingaman

Habitat for Humanity

Come and learn what qualifies a family for Habitat for Humanity housing, how volunteers and donors make a difference in their local communities and how Habitat recycles money and materials to build the next house.

October 20
1:00 pm
Fleck Center - Community Room
Presenter: Mark Story

Creative Arts

Song Birds

If you enjoy music from the 30's, 40's, & 50's and like to sing, don't miss this resident run program! Joel Ott leads the group in song and Herb Spomer accompanies him on the piano. No experience necessary.

Thursday 10/5, 10/19, 11/2, 11/16, 12/7, 12/21
3:00 pm
Fleck Center - Community Room

CRAFT CORNER

Join your friends and neighbors as you learn how to make new crafts.

Pumpkin Courd

A perfect addition to add to your fall decor. All supplies provided.

October 4
1:00 pm
Fleck Center - Hobby Room
Cost: \$20.00

Registration Required
Instructor: Denise Forsyth



Snowman Ornament

The perfect addition for your tree or a beautiful handcrafted gift. All supplies provided.

November 14
1:00 pm
Fleck Center - Hobby Room
Registration Required

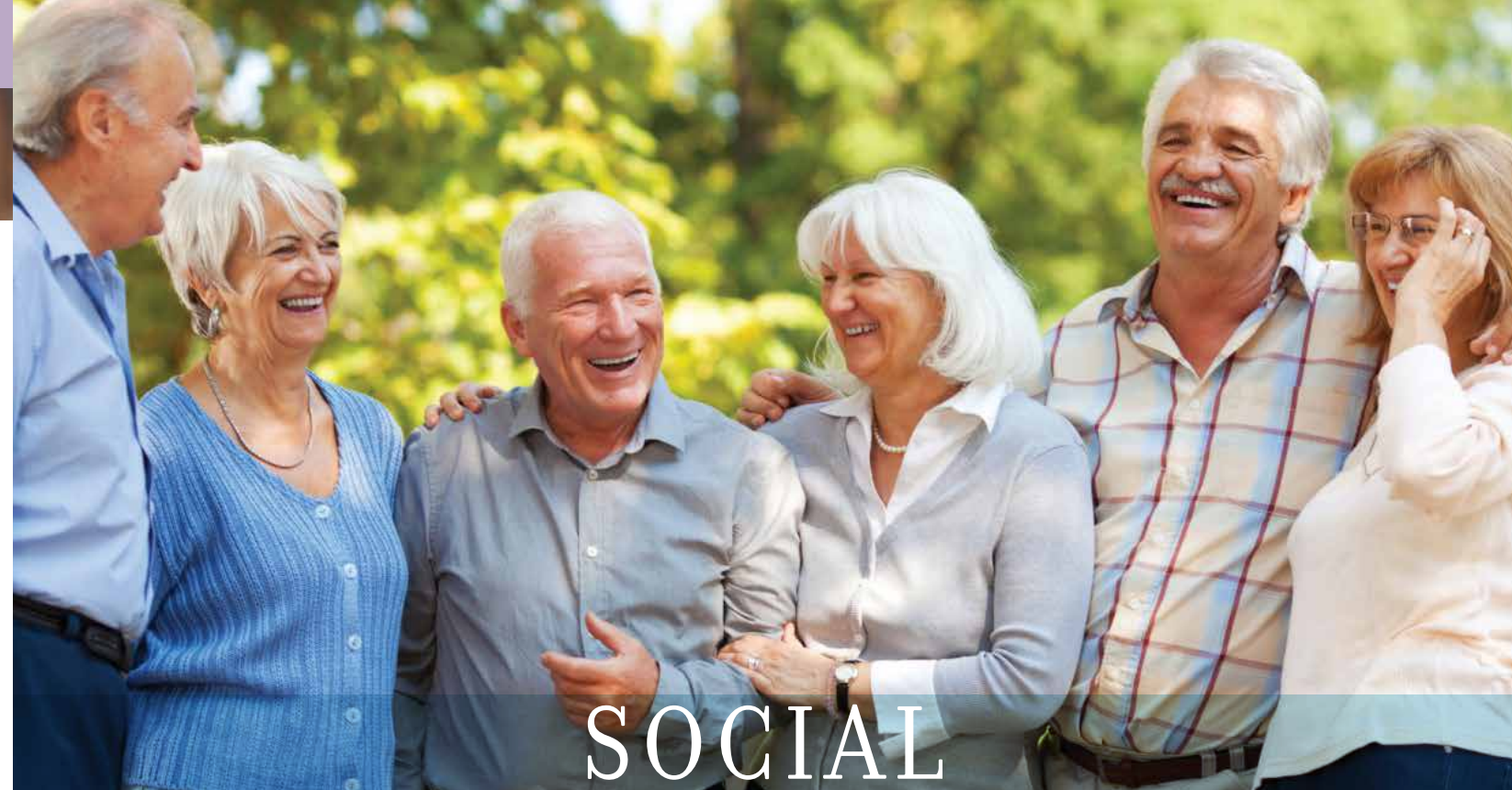
Instructor: Peg Herbert



Evergreen Wreath

Get ready for the Christmas season by making a fresh evergreen wreath. If you have a spare wreath frame from last year, you can bring it along. All supplies provided.

November 28
1:00 pm
Fleck Center - Gathering Room
Cost: \$10.00
Registration Required
Instructor: Annette Spry, Nancy Miller and Denise Lucas - Master Gardeners



Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.



Cocktails & More

Enjoy mixing and mingling with others while enjoying a featured beverage as well as wine, beer, soda & snacks.

October 9
November 30
4:00 pm
Fleck Center - Community Room
Registration Required



Tuesday Team Trivia

Sign-up your team (maximum number of four) and test your brainpower! If you do not have a team no worries, we will gladly find one for you. Enjoy an afternoon of fellowship and improved cognition, which helps the brain perform under pressure and considerably reduces stress.

October 31
November 28
December 26
3:00 pm
Fleck Center - Bistro
Registration Required



Trick or Treat

Calling all ghosts & goblins, ages 12 & under and family members. We will divide into groups and visit residents in Skilled Care Center & Personal Care Residence. You are also invited to hand out your own candy along the "route". Costumes are encouraged.

October 24
6:00 pm
The Inn- Personal Care Residence
Registration Required
We will be collecting donations of individually wrapped candy to be used that evening. Please drop off to Life Enrichment

Trips

OUT & ABOUT



Hollabaugh Brothers Orchard Outing

A family owned and operated fruit & vegetable farm with a fabulous retail farm market. Browse the market for baked goods, signature breads, fruit pies, dumplings, apple cider donuts or sticky buns, all made from scratch in their bakery.

October 10
10:00 am
Biglerville, PA
Registration Required - Must have 10 registrants

Boscov's Shopping & Lunch Outing

Travel to Camp Hill to do your Holiday shopping at the Boscov's. While there, pick your favorite place to eat lunch (located outside of Boscov's). The group pick up will be at 2pm where you were dropped off in the morning.

November 3
9:00 am
Cost: Shopping & lunch
Camp Hill, PA
Registration Required - Must have 10 registrants



Beyond the Battle Museum

The exhibit tells the remarkable story of ordinary eyewitnesses and their extraordinary experience before, during and after the Civil War. Through twelve interactive exhibit galleries packed with rare artifacts, the museum explores the story of Gettysburg as if you have never seen or heard it before. Visitors will see, hear, and feel what it was like for a Gettysburg family to be overrun by invading forces and trapped behind enemy lines.

November 13
1:00 pm
Cost: \$12.00 per person for 15 or more
Registration Required
Gettysburg, PA

Christmas Light Tour

Hop on the Christmas Express as we travel locally to observe the displays of Christmas lights and decorations. Before returning to the Village, the group will stop for ice cream. Always a highlight of the Christmas season for everyone!

December 19
5:00 pm
Cost: Ice cream
Chambersburg, PA
Registration Required



Lindt Candy Outlet & Lunch

Lindt Factory store features an array of delicious premium chocolates not found anywhere else, including an extraordinary assortment of over 20 Lindor Truffle varieties, create your own gifts, chocolate bars, and exclusive European Specialties boxed chocolates. We will stop locally for lunch.

December 5
10:00 am
Cost: Shopping & lunch
Carlisle, PA
Registration Required

Brass Ensemble

Large brass choir and small chamber groups will perform a variety of repertoire representing the early Renaissance period to present day. This is a FREE performance.

October 29
2:00 pm
Luhrs Center – Shippensburg, PA
Registration Required – Must have at least 10 registrants



Orchestra Concert

Shippensburg University Community Orchestra: Mozart, Beethoven, and Bach. This is a FREE performance.

November 19
2:00 pm
Luhrs Center – Shippensburg, PA
Registration Required - Must have at least 10 registrants

Recreational

LEISURE GAMES

Games have always brought families and friends together, whether on a designated game night or family holidays. Discover new tabletop games, card games, and outdoor games or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Table Tennis

Thursdays, 3:00 - 5:00 pm
Fleck Center – Group Exercise Room

Wii Bowling

Wednesday, 1:00 pm
Fleck Center – Gathering Room

Game Night - once a month

Various card & board games
 Pizza & beverage provided

October 11
November 20
December 13
4:00 pm
Fleck Center - Community Room



Billiards

Thursday, 2:30 pm
Fleck Center – Billiards Room



Card Club

Tuesday & Friday, 6:00 pm
Fleck Center - Community Room

Chess Club

Wednesday 2:00 pm
Location Varies



Bocce Ball

1st & 3rd Tuesday, 2:00 pm - Ends in October
Fleck Center

Shuffleboard

2nd & 4th Wednesday, 4:00 pm - Ends in October

Dining

There is nothing quite like sitting around with friends having great conversations over a delicious meal wherever it might be. Enjoy a meal at the “Ridge” or dine at various restaurants in the area and beyond. Cost will vary by the dining venue and is the responsibility of the diner. Registration is required.

FROM OUR CAMPUS KITCHEN



Afternoon Tea

Join your friends and neighbors as we enjoy an afternoon of tea, delectable desserts, tea sandwiches, and more. Feel free to dress the part!

October 18
2:00 pm
Cost: \$12.00
Fleck Center – Community Room
Registration Required



Lunch & a Movie A Christmas Carol

Enjoy this entertaining Christmas “classic” with your friends and neighbors. Menu: Honey Ham, Swiss & Dijon Sammies; Cranberry & Cabbage Salad; Sweet Potato Wedges & a sweet treat.

December 22
Movie starts at 11:00 am,
lunch served about 12:00 pm
Cost: \$7.75
Fleck Center – Community Room
Registration Required

OUT & ABOUT

Naomi’s Country Kitchen

Family style Amish meal served, with an authentic menu which includes two meats, homemade bread, salad, potatoes, noodles, vegetables and desserts.

October 25
11:15 am
Cost: \$23.00 per person - cash only
Newburg, PA
Registration Required



Ladies Lunch Out

There is nothing quite like sitting with your girlfriends having great conversations over a delicious meal. Join us as we travel to several great restaurants. Be sure to ask a neighbor to join you!

November 29 - Runways
11:00 am
Hagerstown, MD
Registration Required

Guys N Gals Lunch Outing

December 27 - Saga – Sushi Buffet & Hibachi
11:00 am
Chambersburg, PA
Registration Required



Men’s Breakfast Outing

October 20 - Flamingo’s Restaurant
November 24 - Hickory Ridge Restaurant
December 29 - Green Village Restaurant
9:00 am - Note time change
Chambersburg, PA
Registration Required

Buffets & Celebrations

Birthday Breakfast

Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch. Menu; Bacon, Ham & Swiss Quiche, Fresh Fruit, Muffin. If you are celebrating your birthday in October, November or December your breakfast is complimentary. Your spouse can come for a cost of \$5.00.

October 31
November 28
December 28
9:00 am
Fleck Center – Bistro
Registration Required



Veteran’s Day

A special “Thank You” to all of our Veterans who served our country! Olive Garden of Chambersburg will be donating lunch for all veterans who register for lunch. All campus Veterans are invited to enjoy lunch and patriotic sing along led by Herb Spomer. Wear your red, white & blue.

November 10
12:15 pm
Fleck Center - Community Room
Registration Required - The meal is complimentary for all Veterans



Christmas Dinner

Residential Living residents are invited to join in this wonderful event to spend time with your friends and neighbors while enjoying an incredible meal. This meal is complimentary.

December 15
11:30 am
Fleck Center - Community Room
Registration Required - The meal is complimentary



New Year’s Eve Potluck & Party

Let us finish out 2023 with a bang! Kick things off with a potluck dinner, followed by Happy Hour and Nite Life DJ with Michael Schultz. The Village at Luther Ridge will provide the main protein and ask you to sign up for a covered dish. Food ready at 5:45 pm, eating promptly @ 6pm.

December 31
5:45 pm
DJ Music: 7:00 - 9:00pm
Fleck Center - Community Room
Registration Required

Entertainment

The Luther Ridge Players Fall Show

Luther Ridge Players will be on hand with their Fall performance which will include a special act with residents and staff! This is rescheduled from September.

October 26
1:30 pm
Fleck Center - Community Room

The Luther Ridge Players Christmas Show

Luther Ridge Players will stage their annual Christmas show featuring a selection of Christmas poems, stories, memories, and music that capture the enduring meaning, spirit and merriment of the holiday.

December 8
1:30 pm
Fleck Center - Community Room

Theatre



American Music Theatre

Witness the magic and splendor as AMT presents "The First Noel" featuring incredible singing, astonishing dancers, wondrous costumes, breath taking sets and all the endearment of a perfect fireside family moment. This year's show features your favorite seasonal and sacred Christmas songs brought to life by marvelous vocal talent from across the country, accompanied by our masterful AMT Orchestra!

November 8
Lancaster, PA
Cost: \$43.00 per person & lunch
Registration Required: Deadline: October 8



A Christmas Carol

A multi- talented company of actors, singers and dancers bring Charles Dickens tale of life with warmth, music and laughter. A Christmas Carol evokes the true magic of the Holiday season. Join us in continuing this Totem Pole holiday tradition. God Bless us everyone.

December 17
1:00 pm
Cost: \$33.00 per person
Majestic Theatre in Gettysburg, PA
Registration Required: Deadline: November 17

Community Christmas Concert at Antrim BIC Church

Antrim Community Choir and Orchestra are comprised of 140+ members from over 40 churches and congregations in the area. Enjoy your favorite hymns and seasonal songs. Free admission but a "good will" offering will be taken.

December 10
3:00 pm
Greencastle, PA
Registration Required



"The best way to find yourself, is to lose yourself in the service to others."

— Mahatma Gandhi

CommUNITY Spirit

Bake & Book Sale

We will be selling a variety of delicious treats along with a wide array of books. All donations will go to the Alzheimer's Association. A sign-up sheet will be in the sign-up book for the bake sale. Any book donations can be dropped off to Life Enrichment. This will be held in conjunction with Town Hall.

November 1
11:00 – 2:00 pm
Fleck Center
Bakers can register in the sign up book

Spaghetti Dinner

Enjoy an All - You - Can - Eat Spaghetti Dinner at Marine Corp League. All proceeds go to local College Scholarships for students in the local area.

December 11
4:00 pm
Chambersburg, PA
\$10.00 per person - pay at the door
Registration Required

COMMITTEES AND GROUPS

Are you interested in providing input and insights to living at The Village at Luther Ridge? Participating in one of our advisory role committees or attending community meetings may interest you. Ask a member of the Life Enrichment team for more details on a specific committee and how to become involved. We offer a variety of committees including; Marketing Committee, Luther Ridge Players Association, Good Neighbor Committee.

Town Hall Meeting – 11/1
Association Meeting – none for this quarter
Resident Council – 10/19, 11/16, 12/21
Life Enrichment Committee – 10/3, 11/1, 12/6

Are you interested in sharing your time and talents? Contact Linda Beaver, Volunteer Coordinator to learn more about volunteer opportunities.



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360® program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **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.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **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.



2735 Luther Drive • Chambersburg, PA 17202 • www.SpiritrustLutheran.org

