



Castle Creek Farms “Lavendar Thyme Fair” ... page 13

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.*

If registration is required for an event, please see the receptionist.

Description	Date	pg
WELLNESS		
Fitness Classes		
Chair Fitness	Tuesdays	3
Fun With Balance	Thursdays	3
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Hybrid Chair Yoga	Mondays	4
Hybrid Fit Medley	Wed, Fri	4
Hybrid Strength	Thursdays	4
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Guided Meditation	4/3, 5/8, 6/5	5
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MIND		
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Description	Date	pg
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National Pretzel Day	4/26	10
Pizza Luncheon	4/11	10
Wine and Cheese Happy Hour	5/13	11
Creative Arts		
Making Homemade Mozzarella	4/4	11
Making Lavendar Soap	6/4	11
Plant Your Own Planter	5/9	11
Rhythm and Motion	4/9, 5/14, 6/18	11
Senior Acts	4/15, 5/20, 6/17	12
Village Voices	Thursdays	11
Trips		
Civil War Tails Museum	4/16	12
Flag Retirement Ceremony	6/14	13
Hollywood Casino	5/21	13
Lavendar Thyme Fair	6/15	13
Macy's	6/3	13
Rockhill Trolley/Path Valley	6/11	13
Scenic Ride-Sarah's Creamery	6/28	13
TJ Rockwell's/Ashcombe	4/24	12
Trader Joe's	4/2	12
Turkey Hill Experience	4/29	13
Recreational		
Bingo	Fridays	12
Mexican Train Dominoes	Third Wednesday	12
Dining		
Bay City	6/18	14
Bud's at Silver Run	5/30	14
Warehouse Gourmet	4/12	14

PROGRAM OFFERINGS

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Description	Date	pg
Buffets & Celebrations		
Caribbean American	6/20	15
Cherry Cobbler Day	5/17	15
Cinco de Mayo	5/5	14
Father's Day	6/16	14
Gourmet Hot Dog Day	6/6	14
Memorial Day Special	5/27	14
Mental Health Awareness	5/10	14
Mother's Day	5/12	14
National BBQ Month Dinner	5/21	15
National Grilled Cheese Day	4/12	15
Oatmeal Cookie Day	4/30	15
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Pump Boys and Dinettes	6/6	16
Musical Entertainment		
Gettysburg Community Concerts		
Ensemble 132	4/9	16
Hyperion String Quartet	5/7	16
Music Gettysburg		
Boston Shawm	4/6	16
Eric Fennell	5/19	16
Gettysburg Brass Festival	6/8	16
Hershey Handbell Choir	4/28	16
Gettysburg Children's Choir	5/6	16
Gettysburg Civic Chorus	6/2	16
Gettysburg College Symphony	4/14	16

COMMUNITY		
CommUNITY Spirit		
Committees & Groups	Varies	17
Earth Day Clean-up	4/23	17
Longest Day Event	6/20	17

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

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





WELLNESS

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

Ongoing Classes

Hybrid Cardio Mix

Are you looking to add another option to your cardio/strength routine? Cardio Mix is a class that incorporates intervals of cardio moves (think simple marching, knees, and arm movements) with short strength intervals mixed in. This class can be adapted for standing or sitting and does not incorporate dance type choreography. It is more “cardio forward” than our Strength class.

Tuesday
8:15am
Wellness Gym

Chair Fitness

This class incorporates cardio, strength, flexibility and coordination all in one workout without ever leaving your seat! Functional choreography is used for gentle joint activation. Everyone works at their own personal level to fun, upbeat music.

Tuesday
10:30-11:00 am
Cannons Corner

Fun With Balance

This combination class utilizes stretching, patterning, standing and moving balance drills, obstacle courses and strength training for daily activities and agility. This class can be modified and adapted for multiple levels of ability.

Thursday
1:00 pm
Wellness Gym



WELLNESS



Hybrid Chair Yoga

Chair yoga focuses on yoga postures and active stretching performed with the support of a chair. Standing and seated poses are blended together for a workout that is focused on helping to perform activities of daily living increase strength and flexibility. A Zoom link is available for those who would like to attend virtually.

Monday
9:30-10:15 am
Wellness Gym and Zoom



Hybrid Fit Medley

Fun music drives this class that will also challenge your coordination, balance and memory with easy-to-follow dance choreography. This low impact, high-energy 45-minute class includes 20-30 minutes of cardiovascular exercise followed by balance, strength or stretching. A Zoom link is available for those who would like to attend virtually.

Wednesday, Friday
9:30 – 10:15 am
Wellness Gym and Zoom

Hybrid Strength

Looking for a class that gives you a no-nonsense, head-to-toe strength and cardio workout without the fluff? This class is not “music based” and is held in the wellness gym using free weights. Participants move through timed intervals of cardio and resistance to increase strength and stamina. A Zoom link is available for those who would like to attend virtually.

Thursday
9:30-10:15 am
Wellness Gym and Zoom

Hybrid Mat Stretch

Light music and familiar patterning in stretches promote a relaxed state in this mat-based class that you attend virtually from your home. While situated on the floor, you will be led through a total body stretching routine that will leave you feeling relaxed, flexible and more focused. Modifications can be made for those who prefer to sit in a chair.

Tuesday
9:30-10:15 am
Wellness Gym and Zoom

Wellness

WELLNESS TALKS WITH PEGGY

Know the Signs and Symptoms of a Heart Attack

Tuesday, May 7
1:15pm
Cannons Corner
Presenter: Peggy Shuyler, RL Nurse Navigator

The Aging Eye - Cataract, Glaucoma and Macular Degeneration

Tuesday, June 4
1:15pm
Cannons Corner
Presenter: Peggy Shuyler, RL Nurse Navigator

Guided Meditation

Guided meditation can help you reduce anxiety and negative emotions, increase patience and tolerance and help to gain an overall sense of “self.”

Wednesday, 4/3, 5/8, 6/5
2:00 pm
Wellness Lounge
Please sign up at the receptionist

PHYSICAL THERAPY TALKS

Arthritis Moves

A program focusing on moving with arthritis.

April 2
1:15 pm
Cannons Corner
Presenter: Katy Englebert, Clinical Therapy Director

Nutrition

BE WELL
KITCHEN



BeWell Kitchen is a live learning workshop connecting food to health. Every month the Cura team conducts a cooking demonstration where they break down the recipe and share the steps to preparing the recipe. Afterwards, you get to sample the recipe! The features for April through June are as follows:

April 22, 2024

Earth Month: Plant Forward Eating – featuring Black Bean and Orange Quinoa Grain Bowl. Celebrate Earth Month with a plant-forward packed recipe.

May 20, 2024

National Physical Fitness & Sports Month featuring Almond Coconut Date Balls. Join us to learn more about fueling up for health and fitness.

June 17, 2024

Eating in Season featuring Spinach and Artichoke Dip. The perfect snack packed with all of the benefits of spinach!

Wellness Lounge

1:30 pm

Presenter: Franklin Oiler, Registered Dietitian

Sign-up Required

SO GOOD

So Good promotes seasonal foods that you can feel good about. This monthly program has a foundation of delicious seasonal ingredients that offer flexible ways to enhance the menu. The featured menu items for April through June are:



April

Asparagus

Monday, April 15 - Asian Style Asparagus at Cannon's Café, starting at 11:30 am, \$3.00 and Monday, April 22 - Crispy Baked Asparagus Fries at Cannon's Café, starting at 11:30 am, \$4.00



May

Spinach

Monday, May 13 - Spinach, Mushroom & Quinoa Sauté at Cannon's Café, starting at 11:30 am, \$5.00 and Monday, May 20 - Creamy Spinach Dip at Cannon's Café, starting at 11:30 am, \$2.50



June

Blueberries

Monday, June 10 - Blueberry Avocado Salad at Cannon's Café, starting at 11:30 am, \$3.00 and Monday, June 17 - Berry Spinach Salad with Blueberry Vinaigrette at Cannon's Café, starting at 11:30 am, \$3.00



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

Spiritual

Worship Service

Join other Villagers from throughout the campus as we observe our faith together during a weekly service of scripture, hymns and Holy Communion led by our campus chaplain.

Sunday

10:00 am

Fellowship Room

CATHOLIC SERVICES

Catholic Mass

Attended by campus residents from all levels of living, Catholic Mass is held monthly and celebrated by the clergy from St. Francis Xavier Catholic Church.

3rd Thursday of the month

10:00 am

Fellowship Room

Praying of the Rosary

Join fellow Catholic residents from all levels of living in a traditional praying of the Rosary led by a volunteer residential living resident.

1st, 2nd and 4th Wednesday of the month

3:30 pm

Arlington Sun Room

Gettysburg Grief Group

Have you experienced the loss of a loved one? Could you use some extra support? This group led by Chaplain Ricky McCarl, Chaplain Amy Wagner, Erin Naylor, Director of Social Services and is a safe space to talk about your grief, share stories and explore discussion topics.

Mondays

April 22, June 24

3:00 pm

Wellness Lounge



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

Educational



Brain Games

There are many ways to help improve your cognitive function as you age. Playing games is one of them. Enjoy a variety of games and activities using language, memory, trivia, patterning and just plain having fun.

Wednesdays

April 24, May 22, June 12

1:00 pm

Wellness Lounge

Interview with a Neighbor

Get to know your neighbors and team members at The Village at Gettysburg a little better. You might have more in common than you thought!

April 10, May 29, June 26

1:30 pm

Wellness Lounge

MIND



Life Long Learning

This popular educational program piques your intellectual curiosity with lectures and visual presentations on a variety of topics. Invite your friends, as this program is open to the community.

All sessions are presented in the Wellness Lounge at 2:00pm

April 12

Film: “Post War Hopes, Cold War Dreams” - How the Cold War evolved.

April 26

Topic: “Avoiding Apocalypse: How Science and Scientists Ended the Cold War.”

Speaker: Jeff Colvin, nuclear physicist and writer.

May 10

Film: “The Abolitionists” - How attitudes toward slavery crystallized prior to the Civil War.

May 24

Topic: “The Work for Freedom” – The struggle against slavery into the Pennsylvania borderlands.

June 14

Film: “Rooftops of Paris” - Visual ode to a beautiful French city.

June 28

Topic: “Three French Gardens”

Speaker: Janet Powers, retired Gettysburg College professor and amateur photographer.

Technology



One-On-One Tech Support

Mark Vanderbough is available to help you with your technology questions by appointment. He can help with questions about smartphones, online bill paying, social media, viruses on your computer and a wealth of other everyday usage problems with your electronic devices. Contact Teresa Lawyer for an appointment with Mark.

Tech Talks With Mark

Need advice or help with current technology topics. Bring your questions with you. They may just help your neighbor with a similar challenge they are having.

Dates and times of Mark’s talks will be announced monthly.



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



National Pretzel Day

What better way to celebrate our Pennsylvania heritage than with a warm soft pretzel. We'll have an assortment to choose from whether you like them hard or soft, savory or sweet.

**Friday April 26
1:00 pm
Wellness Lounge
Please sign up at the receptionist by
Tuesday, April 16**

Pizza Luncheon

Our pizza luncheons have become very popular. We are sure to have a pizza with the toppings that you like. Add a salad and dessert and you have a great way to celebrate spring.

**Thursday, April 11
Fellowship Room
12:00 pm
Registration required. See
receptionist.
Cost \$7.00 when registering**



Cinco de Mayo Happy Hour

May 5 marks the Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War in 1862. In the United States we celebrate with food, music, dancing and margaritas! Join the celebration!

**Friday, May 3
1:00 pm
Fellowship Room
Registration required. See
receptionist.**

Coffee and Cake with the Chaplain

What makes our Village so special? The team members and folks who live here! Come out and get to know our chaplain, Amy Wagner, and share your thoughts on additional spiritual programs you would enjoy participating in.

**Monday, April 8, May 13, June 10
10:30 am
Cannons Corner**

Book Club

Do you love to read? This club serves as a forum where readers can meet and discuss books and their reading experience together.

**Monday, April 29
Monday, June 24
1:30 pm
Library**



Wine & Cheese Happy Hour

Some things in life are meant to be simple. Come enjoy an afternoon with friends.

**Thursday, June 13
2:00pm
Fellowship Room
Registration required. See
receptionist.**

SOCIAL



Creative Arts



Making Homemade Mozzarella

A hands-on experience, this class is a must-attend for those that wish to use only the freshest of Mozzarella in their cooking.

**Thursday, April 4
1:30pm
Wellness Lounge
Register at the receptionist**

Plant Your Own Planter

We will give you a chance to plant your own planter and have it taken back to your cottage for you. You may bring your own medium sized pot or we will provide you with a basic one to plant your choice of annuals that we will have available. We will provide design tips, planting mix, an assortment of annuals and medium pots.

**Thursday, May 9
2:00pm
PC Tent
Cost: \$7 if you bring your own or
\$12.00 if you use one of ours.
Please sign up at the receptionist by
Wednesday, May 1**



Making Lavender Soap

We've all heard of the goodness that comes from goat's milk soap. Goat's milk soap contains many vitamins and essential elements to nourish the skin. Everyone will take home a cake of soap.

**Tuesday, June 4
2:00pm
Wellness Lounge
Cost: \$5.00
Register at the receptionist**

Rhythm and Motion

Rhythm and Motion is a drumming-based class designed to challenge your body and mind. Simple drumming patterns using stability balls for drums are taught to the tunes of fun, familiar songs. It all comes together to form an experience like you have never had before! Anyone can be a musician in this class.

**April 9, May 14, June 18
1:00 pm
Wellness Gym**

Village Voices

Calling all residents who like to sing! Experience in choral music is not required but ability to read music and carry a tune is encouraged.

**Thursdays
2:00 pm
Fellowship Room**

The Senior Acts Group

This group comes together monthly to share a love of literature, poetry, theater and acting. The group plans and performs excerpts from plays, books and personal original works, often sharing their talent by performing for local organizations throughout the year.

Monday, April 15
Monday, May 20
Monday, June 17
1:30 pm
Fellowship Room

Recreational

GAMES GALORE

Games have always brought families and friends together. Discover new tabletop and card games or enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time. If you would like to start a new game group let our Life Enrichment Team know how we can help.

Mexican Train Dominoes
Wednesdays, 4/17, 5/15, 6/19
2:00pm
Cannons Corner

Bingo
Bingo is facilitated by our residents who take turns as the caller.
Fridays
2:00 pm
Cannons Corner

Trips

Registration at the receptionist is required for all trips at least 3 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

Trader Joes

At Trader Joe's you'll discover a store full of unique and interesting products, along with everyday basics with the Trader Joe's label. Some personal favorite products are the "Everything Bagel" seasoning, cauliflower rice, and we hear the dark chocolate bars are a great buy!

Tuesday, April 2
Camp Hill
Bus departs at 9:30am
Registration required.
See receptionist
Minimum required participants: 6



Civil War Tails Museum & LeeBell's Mercantile

This unique museum features hand-made miniature soldiers in shapes of cats in dioramas of Civil War scenes. LeeBell's is an old-fashioned country store with a unique twist, penny candies, and kitchen, home goods. They also offer a small café where you can enjoy breakfast sandwiches all day and coffee.

Tuesday, April 16
Bus Departs at 12:30 pm
Admission to museum: \$6.50
Registration required by Sunday, April 7. See receptionist.
Minimum required participants: 6

TJ Rockwell's & Ashcombe
T.J. Rockwell's started with a small tavern and today has grown to one of the most recognizable names in central Pennsylvania. They serve American grill cuisine. Ashcombe is an ever-changing garden and landscape retailer. We will be eating lunch first and then shopping will be available right next door at Ashcombe for anyone who wishes to do so.

Wednesday, April 24
Mechanicsburg
Bus Departs at 11:00am
Registration required. See receptionist.
Minimum required participants: 6



Turkey Hill Experience & Picnic Lunch at Columbia Crossing Trail Center

Learn about dairy culture, the story of Turkey Hill Dairy, and how the company's ice cream and iced tea flavors are selected and created. There are free samples. We will be stopping to have lunch at Columbia Crossing, a River Park on the eastern shore of the Susquehanna. You can pack your own lunch or we can provide one for you.

Monday, April 29
Bus departs at 10:00am
Sign up at the receptionist
Cost: Turkey Hill ticket \$14.25;
Packed lunch \$ 7.00 Please pay when you sign up
Minimum required participants: 6



Hollywood Casino at Penn National

Featuring over 2,377 real, video slot and video poker machines. With over 50 table games and 16 poker tables, Hollywood Casino has a game for everyone. Lunch will be at the casino. There are a variety of food options.

Tuesday, May 21
Grantville
Bus departs at 9:00 am
Cost: While admission is free, food and games are "pay as you go."

Macy's Shopping

Just in time for summer spend a day shopping with friends! After shopping, enjoy lunch in the food court.

Monday, June 3
Macy's Department Store, Camp Hill
Bus Departs at 9:30 am
Registration required.
See receptionist.
Minimum required participants: 6



Rockhill Trolley & Path Valley Restaurant

A museum and heritage railway in Rockhill Furnace, PA that collects and restores trolley, interurban, and transit cars. Path Valley is a family restaurant popular among locals.

Tuesday, June 11
Bus Departs at 9:00am
Registration Required.
See receptionist



Flag Retirement Ceremony

This ceremony has been an integral part of The American Legion ritual since the 1930's. Come honor our nation and listen to Americana music by the Apple Core band.

Friday, June 14
Bus Departs at 5:00pm
Registration Required.
See receptionist



Castle Creek Farms "Lavendar Thyme Fair"

Blooming Lavender, farm animals, and Lavender cookies and lemonade. Vendor stands filled with all things Lavender. Come for a Relaxing and peaceful "thyme" on the farm.

Saturday, June 15
Bus Departs at 9:30am
Registration Required.
See receptionist

Scenic Ride & Sarah's Creamery

Sit back and enjoy a ride through the beautiful countryside. Sarah's serves 44 delicious flavors of ice cream that come straight from the Berkey Creamery at Penn State University.

Friday, June 28
1:00pm
Registration required.
See receptionist
Minimum required participants: 6

Dining

There’s nothing quite like sitting around with friends having great conversation over a delicious meal wherever it might be. Enjoy a meal at the “Village” or dine at various restaurants in the area and beyond. Unless a specific amount is listed cost will vary by the dining venue and is the responsibility of the diner. Registration at the receptionist is required for all events 7 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

OUT & ABOUT

Warehouse Gourmet

A lively gourmet pub with a creative menu of soups, salads & sandwiches along with beers made in-house.
Friday, April 12
Hanover
Bus departs at 11:00 am
Registration required. See receptionist

Bud’s at Silver Run

Bud’s has come to be known for their excellent food, service friendly staff and locally sourced ingredients. Their menu includes seafood, salads, sandwiches and specialty items such as elk chops and chicken Mediterranean stew.
Thursday, May 30
3:00 pm
Please register at the receptionist
Minimum required diners: 6

Bay City

A casual American-seafood restaurant with a large bar and a vast menu. A piece of trivia Bay City was Hanover’s first seafood restaurant.
Tuesday, June 18
Hanover
Bus departs at 3:00 pm
Minimum required diners: 6

Buffets & Celebrations

Village Breakfast

Start your morning off right with a hearty breakfast prepared by our talented culinary team. The first Wednesday is designated to welcome new residents to the Village at Gettysburg but all are open to all residents. The menu appears in the sign-up book at the receptionist for the week.
Every Other Wednesday
8:15 am
Ala Carte and AYCE options
Cannons Corner

Premium Night featuring Surf & Turf

Enjoy Steak Tenderloin and Crabcake served with Parmesan Risotto, Asparagus with Roasted Red Pepper, Side Salad, and Lemon Syllabub
Tuesday, April 9, 2024
Cannon’s Café at 4:30 pm – 1 Seating
\$18.00
Reservations Required, Signup and Payment at the Front Desk

Cinco de Mayo

Featuring Chicken and Beef Tacos with all the toppings. Served with a Churro and Vanilla Ice Cream.
Sunday, May 5, 2024
Cannon’s Café at 11:30 am
\$8.00

Mother’s Day

Celebrate all the amazing women with a Mother’s Day Lunch featuring Lemon Cod, Artichoke and Tomato Chicken, Broccolini, Rice Pilaf, and Triple Chocolate Cake.
Sunday, May 12, 2024
Cannon’s Café at 11:30 am
\$9.00
Signup Required in Café

Memorial Day

Enjoy a festive celebration featuring Hamburgers and Hot Dogs, Baked Beans, Coleslaw, Watermelon, and Ice Cream Sandwiches.
Monday, May 27, 2024
Cannon’s Café at 11:30 am
\$8.00

Hot Dog Bar

Enjoy a Gourmet Hot Dog with all your favorite toppings, including Chili.
Thursday, June 6, 2024
Cannon’s Café at 11:30 am
\$5.50

Happy Father’s Day

Celebrating all of the great men with a luncheon featuring Bourbon Glazed Salmon, Roast Beef, Italian Vegetables, Baked Potato, and Apple Pie.
Sunday, June 16, 2024
Cannon’s Café at 11:30 am
\$9.00
Signup Required in Café

“Holiday” Specials

Who knew these were holidays? Join the culinary team as they celebrate these off – the – wall nationally recognized days with some tasty entrees, themed around these “holidays.” All entrees are served at Cannon’s Cafe during lunch, unless indicated otherwise. Cost varies by item.

National Grilled Cheese Day

Enjoy a Cheesy, Toasty, and Tasty choice of four Cheeses, Bacon, and Tomato, served with Tomato Bisque
Friday, April 12, 2024
Cannon’s Café at 11:30 am
\$5.00

World Health Day

Celebrate with a menu featuring Herb Baked Chicken Breast with a side of Asparagus and Quinoa, including a Fruit and Yogurt Parfait for dessert.
Thursday, April 18, 2024
Cannon’s Café at 11:30 am
\$9.00



National Shrimp Scampi Day

We will be featuring a Shrimp Scampi station in Cannon’s Café with a variety of toppings. Includes a Side Salad, and Berry topped Cheesecake
Monday, April 29, 2024
Cannon’s Café at 11:30 am
\$10.50
Signup Required at Café

Oatmeal Cookie Day

Simple and sweet, today’s featured dessert is Fresh Oatmeal Cookies!
Tuesday, April 30, 2024
Cannon’s Café at 11:30 am
\$1.50

Mental Health Awareness Month

Featuring brain food Trail Mix– Seeds, Berries and Nuts
Friday, May 10, 2024
Cannon’s Café at 11:30 am
\$2.00

Cherry Cobbler Day

Enjoy a Cherry Cobbler Action Station with warm Cherry Cobbler and Ice Cream served to order.
Friday, May 17, 2024
Cannon’s Café at 11:30 am
\$3.75

National BBQ Month

Celebrate with Pulled Pork, Brisket, Corn, Mac & Cheese, Collard Greens, and Chocolate Peanut Butter Brownies.
Tuesday, May 21, 2024
Cannon’s Café at 4:30 pm
\$9.00
Reservations and Payment Required at the Front Desk

Rocky Road Day

It’s a favorite flavor day, featuring Rocky Road Ice Cream
Monday, June 3, 2024
Cannon’s Café at 11:30 am
\$1.00



National Strawberry Shortcake Day

A seasonal favorite, enjoy a Strawberry Shortcake as our featured dessert
Friday, June 14th, 2024
Cannon’s Café at 11:30 am
\$1.00

Caribbean American Heritage Month

Featuring Jerk Chicken, Caribbean Pork Stew, White Rice, Caramelized Plantains, and a Pina Colada Mousse for Dessert.
Thursday, June 20, 2024
Cannon’s Café at 4:30 pm
\$10.00
Reservations and Payment Required at the Front Desk

Theatre

Totem Pole Playhouse “Pump Boys & Dinettes”

The “Pump Boys” sell high octane on Highway 57 in Grand Ole Opry country and the “Dinettes,” Prudie and Rhett Cupp, run the Double Cupp diner next door. Totem Pole, in the woods in Caledonia is a local theater favorite.

Thursday, June 6

1:00pm

Fayetteville

Please sign up with the receptionist

Musical Entertainment

MUSIC GETTYSBURG

All Music, Gettysburg concerts are free and are presented at the United Lutheran Seminary in Gettysburg. Please sign up at the receptionist for each concert.

Saturday, April 6

3:15pm

Boston Shawm and Sackbut Ensemble

Sunday, April 28

3:15pm

Hershey Hand Bell Choir

Sunday, May 19

3:15pm

Eric Fennell, tenor and James Day, guitar

Saturday, June 8

2:00pm

Gettysburg Brass Band Festival

GETTYSBURG COMMUNITY CONCERTS



Season ticket holders have been pre-paid. Single performance tickets are available at the door for \$20.00. Season ticket information is posted on the RL bulletin board in the Wellness hallway.

Ensemble 132

Ensemble 132 is an American collective of 11 soloists and chamber musicians. Chamber ballets, transcriptions of symphonies and jazz standards, and orchestrations of solo works comprise just a few of ensemble132's programming highlights.

Tuesday, April 9

St. James Lutheran Church

Bus departs at 6:45 pm

Registration required. See receptionist

Hyperion String Quartet

Since their formation in 1999 at the Eastman School of Music, the HSQ have performed from New York's famed Lincoln Center to Japan's Izumi Hall and have had live radio and television appearances in California, Connecticut, New York, Wisconsin and Canada.

Tuesday, May 7

St. James Lutheran Church

Bus departs at 6:45 pm

Registration required. See receptionist

AREA MUSIC EVENTS

Gettysburg College Symphony Band “Winds of Spring”

A long standing ensemble where all Gettysburg College students and alumni can continue their participation in making and creating music.

Sunday, April 14

Majestic Theater

Cost: \$5.00 at the door

2:15pm

Gettysburg Children's Choir

Once more by popular demand, this amazing group of young performers cap their season off right here on our campus.

Monday, May 6

Fellowship Room

6:30pm

Gettysburg Civic Chorus Spring Concert

The Gettysburg Civic Chorus is one of Adam's County's oldest civic organizations, celebrating over 60 years of music in our area. The chorus is comprised of up to 100 voices performing with guest instrumentalists, under the direction of Bill Serfass and accompanied by Jamie Bowman.

Sunday, June 2

Gettysburg Area Middle School

Bus departs at 2:00 pm

Registration required. See receptionist

Min. required participants: 4



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

— Mahatma Gandhi

CommUNITY Spirit

The Longest Day

Please join us in honoring our loved ones with Alzheimer's and their caregivers. We will be walking the .75-mile walking trail on the SpiriTrust Lutheran™ - The Village at Gettysburg Campus for 12 hours to show support for those who live the longest day every day. Be a part of our efforts by walking with us on June 20, 2024 – The longest day of the year. You can join us any time between 6:00 am and 6:00 pm on the walking trail in front of the main building. You can walk one lap or 10! We will be there all day! More information will be available closer to the date. This is a community event hosted by the SpiriTrust™ Gettysburg team.

Thursday June 20

6:00am – 6:00pm

Gettysburg Campus

Sign up at the receptionist



Earth Day Campus Clean-up

Come lend a hand cleaning up what Mother Nature has blown down over the winter and spruce up our campus for Spring. We will meet in the front lobby and head outside. Gloves may be handy and comfortable shoes are a must (you might want to wear some that you don't mind getting muddy!)

Tuesday, April 23

2:00pm

Front Lobby

Please sign up with the receptionist

COMMITTEES AND GROUPS

Interested in providing input and insights to living at The Village at Gettysburg? Participating in one of our advisory role committees 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:

- Resident Council
- Marketing Committee
- Building & Grounds Committee
- Senior Acts Group
- Dining Committee



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.



1075 Old Harrisburg Road • Gettysburg, PA 17325 • www.SpiriTrustLutheran.org

