



*York Revolution Baseball Game ... page 14*

# 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
<b>WELLNESS</b>		
<b>Fitness Classes</b>		
Chair Yoga	Tues, Thurs	4
Silver Sneakers® Classic	Mon, Wed, Fri	4
<b>Wellness Programs</b>		
Beltone Hearing Aid Clinic	5/7	5
A Better Version of You	1st Mon	5
Blood Pressure Clinic	2nd Tues	5
Brain Injury Risk Factors	6/10	5
Pharmacy Presentation	5/14	5
Understanding Alzheimer's	5/14	5
<b>Nutrition</b>		
Be Well Kitchen	4/19, 5/20, 6/28	6
So Good	April, May, June	6

<b>SPIRIT</b>		
<b>Support Groups</b>		
Grief Support Group	3rd Thurs	7
Widow / Widower Luncheon	4/17, 5/15, 6/19	7
<b>Programs &amp; Services</b>		
Catholic Communion	4/4, 5/2, 6/6	8
Catholic Mass	4/15, 5/20, 6/17	8
Faith Sharing	4/9, 4/23, 5/7, 5/21, 6/4	8
Worship Service	Sun	8

<b>MIND</b>		
<b>Educational</b>		
Arm Chair Travel		
Italy	4/25	10
Ireland	5/30	10
Russia	6/27	10
Book Club	Last Wed	9
Coffee 101	3rd Tues	9
Moral Dilemma and Discussion		
If These Walls Could Talk	4/5	9
Dead Poets Society	5/3	9
Thank You For Smoking	6/7	9
<b>Presentations</b>		
Blue Bird Program	4/26	10
Life Through the Lens of		
Different Languages	4/16	10
Art Around the World	6/3	10
Stress, Success, and Survival	6/19	10

Description	Date	pg
<b>Creative Arts</b>		
Cake Decorating	5/29	11
Candle Decorating	5/23	11
Earth Day Planting and Pot		
Decorating	4/22	11
Flower Arranging	4/9, 4/23, 5/7, 5/21,	
	6/4, 6/18,	10
Knitting Circle	Weds	11
Leave You In Stitches	Thurs	11
Lemon Truffle Making	6/13	11
Mother's Day Flower Arranging	5/6	11
Seashell Ornament Making	6/12	11
Spring Painting	4/18	10
Summer Painting	6/20	11
Watermelon Coaster Making	6/24	11

<b>SOCIAL</b>		
April Fool's Party	4/1	12
Beer Tasting and Pretzels	4/15	12
Board Games and Drinks	4/10, 5/9, 6/17	12
Carnival	5/24	13
Group Sing Along	4/22	12
Homemade Jam Tasting	5/1	13
Italian Ice on the Patio	6/4	13
Floats and Tunes	5/2	13
Ladies' Tea	4/10, 5/9, 6/12	12
Longest Day Block Party	6/21	13
Mad Hatter Party	5/15	13
May Painting	5/8	13
Minute to Win it Fun	4/29	13
National Hummus Day Tasting	5/13	13
Shirley Temples with Shirley Temple	4/17	12
Sock Hop	4/30	13
Uncorked	4/26, 5/31, 6/28	13

<b>Recreational</b>		
500 Cards	Wed, Sat	14
Billiards	Tue	14
Bingo	1st Mon	14
Bocce	3rd Mon	14
Dominoes	4/17, 5/15, 6/19	14

<b>Shopping Trips</b>		
Grocery Trips	Tues	14
Kitchen Kettle Village	5/13	14
Roots Farmer's Market	5/14	14
Lancaster Central Market	5/31	14
Eastern Market	6/28	14

# PROGRAM OFFERINGS

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

Description	Date	pg
<b>Trips</b>		
York Revolution Baseball Game	5/16	14
Meadowbrooke Gourds Tour	5/28	14
Hollabaugh's Farm	6/8	15
Picnic at Pinchot	6/17	15
<b>Dining</b>		
Bagel Bar	4/5	15
Build Your Own Breakfast Burrito	6/5	15
Brunch Bunch	Last Sunday	16
Destination Dinners	4/25, 5/30, 6/27	16
Diners Caravan		
Diener's Restaurant	4/8	16
Gus's Keystone Restaurant	4/23	16
Yoder Restaurant	5/22	16
Shady Maple	6/11	16
Loxley's	6/25	16
Make Your Own Personal Pizza	6/10	15
Men's Breakfast	4/12, 5/10, 6/21	16
Residential Pot Luck	4/29, 5/27, 6/24	15
Surf and Turf	4/4	15
Waffle Bar	5/8	15

<b>Buffets &amp; Celebrations</b>		
Father's Day BBQ	6/14	17
Hawaiian Luau	6/26	17
Memorial Day Picnic	5/27	17
Mother's Day Luncheon	5/12	17
Quarterly Birthday Celebration	6/6	17

<b>"Special" Holidays</b>		
Asian American Pacific Islander		
Heritage Month	5/14	18
Autism Awareness Month Brunch	4/28	17
Caribbean American Heritage		
Month	6/11	18
Chicken Cordon Bleu Day	4/3	17
Chocolate Chip Day	5/15	18
Chocolate Ice Cream Day	6/7	18
Cupcake Lovers Day	6/13	18
National Candy Month	6/20	18
National Grilled Cheese Day	4/12	17
National Strawberry Month	5/1	18
National Shrimp Day	5/10	18
Oatmeal Cookie Day	4/30	17
Smoothie Day	6/21	18
Zucchini Bread Day	4/25	17

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



Description	Date	pg
<b>Movies</b>		
Lights, Camera, Action		
Singing in the Rain	4/19	19
Gettysburg	5/17	19
Cool Hand Luke	6/14	19
<b>Theatre &amp; Musical Performances</b>		
Andrea Adams:		
Peter's Mother-In Law	4/2	20
April Marion Musical Performance	4/4	20
David Dellman Magician Show	4/11	20
Dutch Apple Dinner Theater:		
Ragtime	5/5	21
Emigsville Band	4/26	20
Hunter O'Neill Pianist		
Performance	5/22	21
Joseph and the Amazing		
Technicolor Dreamcoat	4/12	20
Summer Outdoor Concert Series	5/23, 6/20	21
Virtual York Symphony Orchestra	4/8, 5/20	21
YSO: Liszt & Rachmaninoff:		
From Canvas to Concert	4/6	20
YSO: Schubert's Unfinished:		
Season Finale	5/18	21

<b>COMMUNITY</b>		
<b>CommUNITY Spirit</b>		
<b>Seasons of Service</b>		
Blessing Bags	5/28	22
Community Committees	Varies	23
Reading Partner Program	4/25	22
<b>Service Groups</b>		
Auxiliary	1st Wed	23
Branch Lions Club	2nd Tues	23
Garden Market	Seasonal	23
Independent Living Council	2nd Thurs	23
Sunshine & Welcome Committee	1st Mon	23
Village Gardeners	Varies	23
Volunteer Opportunities	Varies	23
Wellness Committee	1st Tues	23

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.

## Fitness

### ONGOING CLASSES

#### **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support.

**Monday, Wednesday, Friday**  
**10:00 am**  
**Community Room B**



#### **SilverSneakers® Chair Yoga**

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Chair Yoga modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

**Tuesday and Thursday at 11:00 am**  
**Community Room B**

# WELLNESS



## Wellness Programs

### **BUILDING A BETTER VERSION OF YOU**

Discover how to use the cardio and strength equipment safely and effectively during this 30-minute session. The goal is to increase awareness on health issues that are often taken for granted or ignored. Opt-in for building better health and a longer more vibrant life!

**1st Monday**  
**2:00 pm**  
**Glatfelter Center Gym**



### **Beltone Hearing Aid Clinic**

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 binder!

**2nd Tuesday**  
**10:00 am**  
**Residential Nurse Navigator Office**



### **Blood Pressure Clinic**

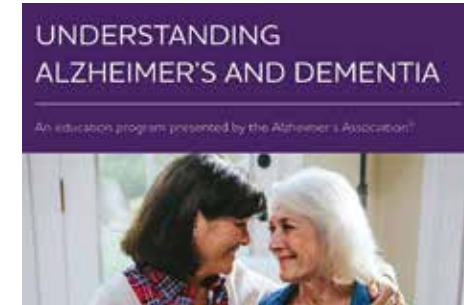
Do you know your numbers? Stop by the Residential Nurse Navigator's office to have yours checked. Your heart and health will thank you. Join us monthly and learn how you can add years to your life and life to your years!

**2nd Tuesday**  
**10:00 am**  
**Residential Nurse Navigator Office**

### **Masonic Village Pharmacy Presentation**

Masonic Village Pharmacy will be presenting information about deprescribing, eliminating unnecessary medications and over-the-counter products. They will also educate on the advantages of using an independent pharmacy provider including their services and two-day delivery.

**Tuesday, May 14**  
**11:00 am**  
**Glatfelter Community Room A**  
**Presenter: Joann Seigel**



### **Understanding Alzheimer's and Dementia**

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, current research and treatments available to address some symptoms, plus Alzheimer's Association resources.

**Tuesday, May 14**  
**2:00 pm**  
**Glatfelter Community Room A**  
**Presenter: Kyle Almoney**

### **Brain Injury Risk Factors Presentation**

Join MJ Schmidt, the Training & Outreach Coordinator of the Brain Injury Association of Pennsylvania, for a presentation and discussion about the risk of brain injury in older adults and ways to prevent it. This one-hour presentation will discuss what a brain injury is, why older adults are at greater risk, and tips for preventing brain injury. Please bring your questions as well.

**Monday, June 10**  
**1:00 pm**  
**Glatfelter Community Room A**  
**Presenter: MJ Schmidt**



Nutrition



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 April through June are:

**April 19**

Earth month: Plant Forward Eating – featuring black bean and orange quinoa bowl with a smokey black eyed pea soup

**May 20**

National Physical Fitness & Sport Month - featuring dried fruit energy bites and almond coconut date balls

**June 28**

Eating in Season – featuring spinach and artichoke dip

**Community Room A**

**11:00 am**

**Presenter: Chef Andy**

**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 and offers flexible ways to enhance the menu. The featured menu items are available in Rachel and Reuben’s for April through June are:

**April**

**Asparagus**

Creamy Brown Rice Risotto with Fresh Asparagus ; Asian Sauteed Fresh Asparagus with hints of Garlic, Ginger and Red Pepper ; Crispy Baked Asparagus Fries



**May**

**Spinach**

Spinach & Chickpea Curry; Spinach, Mushroom & Quinoa Saute; Homemade Creamy Spinach Dip Served with Pita Chips



**June**

**Blueberries**

Blueberry Avocado Salad; Blueberry Salsa; Berry Spinach with Blueberry Vinaigrette



SPIRIT

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

Emotional

**Widow/Widower Luncheon**

Meet other widows and widowers in a comfortable, social atmosphere where participants can find companionship, friendship, comfort, and support from one another. Participants order food from Rachel & Reuben’s Bistro menu and are responsible for food cost.

**April 17, May 15, June 19**

**12:00 pm**

**Rachel and Reuben’s**

**Cost: Varies**

**Registration required - Sign-up Monday prior to event**

**Grief Support Group**

The group provides emotional support, validation, and education about grief. It offers a different quality of support and connection that comes from being with people who have also experienced a loss.

**3rd Thursday**

**1:00 pm**

**Conference Room**

**Facilitated by: Fr. Ricky McCarl, Chaplain and Bereavement Counselor, SpiriTrust Lutheran Homecare & Hospice**

Spiritual

SPIRITUAL GATHERINGS

**Faith Sharing**

Faith Studies is a monthly study group in which our chaplain or other volunteers, lead participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs.



**Mercy Triumphs by Beth Moore**

"Bible scholars compare James to the prophet Amos. In other ways James more closely resembles the Book of Proverbs than any New Testament book. Come along with Beth Moore on a journey to get to know both the man and the Book of James. You will never be the same again."



April 9, April 23, May 7, May 21, June 4

1:00 pm  
Community Room A

Facilitator: Chaplain Aaron Cope

**Worship Service**

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

Sunday  
10:30 am  
Community Room A  
Led by Chaplain Aaron Cope

**Catholic Communion**

Several times a month parishioners of St. Patrick Parish bring the Holy Eucharist to Catholic residents. They gather in the community room of the Skilled Care Building for prayer, to hear the daily Scriptures, and receive the Most Holy Eucharist.

**Catholic Mass**

Each month Father Bateman from St. Patrick Parish comes to SpiriTrust to provide Catholic residents the opportunity to attend the Sacrifice of the Mass. Mass is held in the community room of the Skilled Care Building.



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

Educational



**Coffee 101**

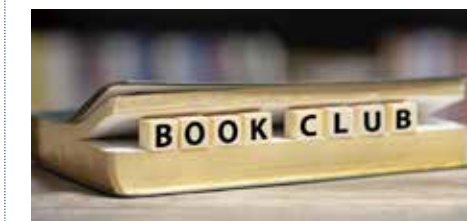
What a great way to start your day! Learn about a specialty coffee and the company that has made it. We will taste and appreciate the selected flavor of coffee for the month. Please join us for this educational coffee segment.

3rd Tuesday of the month  
9:00 am  
Glatfelter Center Rachel & Reuben's  
Cost: Free

**Book club**

Join fellow residents in discussing the current book of choice. The club meets monthly and is open for anyone to enjoy!

Last Wednesday of the Month  
4:00 pm  
Glatfelter Center Rachel & Reuben's Patio



**Moral Dilemma & Discussion**

Watch a thought-provoking film, filled with one or more moral dilemmas, and then after ask questions and engage in discussion. Led by fellow resident, David Kovach.

1st Friday of the month  
1:00 pm  
Community Room A

Friday, April 5 – If These Walls Could Talk

Friday, May 3 – Dead Poets Society

Friday, June 7 – Thank You For Smoking

Education continued next page



**Arm Chair Travel**

Explore the world without leaving your armchair! Utilizing technology, travel the globe without leaving York.

**Russia**

Russia is the largest country in the world, equivalent to 11% of the world's total landmass. Come to this armchair travel to learn more interesting facts about this country.



**Thursday, March 27**  
**3:00 pm in Glatfelter Center Community Room A**

**Italy**

Explore the European country of Italy! Learn about its culture, traditions, foods, and more.



**Thursday, April 25**  
**3:00 pm in Glatfelter Center Community Room A**

**Ireland**

Known as the Emerald Isle, Ireland has gorgeous landscapes and much to sight see. Check it all out at this month's Armchair Travel presentation.



**Thursday, May 30**  
**3:00 pm in Glatfelter Center Community Room A**

**Presentations**

**Life Through the Lens of Different Languages**

Join us in discovering fascinating ideas in words from many world languages, ideas that compel us to view a piece of the world through a different lens, thereby, hopefully enriching our own lives.

**Tuesday, April 16**  
**2:00 pm**  
**Glatfelter Community Room A**  
**Presenter: Charles Kauffman**



**Blue Bird Presentation**

Nancy Putt is a part of the North American Bluebird Society and is coming to educate and entertain with her Bluebird knowledge. The society was founded in 1978 to promote the preservation of bluebirds. Come to this presentation to learn more!

**Wednesday, April 26**  
**1:00 pm**  
**Glatfelter Community Room A**  
**Presenter: Nancy Putt**

**Art Around the World**

Do you know where to find art in York? Take a virtual insider tour of art and art venues around York, including artist studios, galleries, hidden gems, and of course the amazing art at the new Yorktowne Hotel.

**Monday, June 3**  
**2:30 pm**  
**Glatfelter Community Room A**  
**Presenter: Ellen Ehlenbeck**

**Stress, Success, and Survival**

This is a lighthearted program to help senior citizens learn to laugh and learn to live in these perilous times – before technology and after technology. This program offers a journey toward simplicity and triumph over confusion. This talk is not clinical or health related, it demonstrates ways to survive the stressful things that impact our lives. Mikele Stillman has presented this program many times in Wisconsin, where it was a workshop program for state agencies in Madison.

**Wednesday, June 19**  
**2:00 pm**  
**Glatfelter Community Room A**  
**Presenter: Mikele Stillman**

**Creative Arts**

**Flower Arranging**

Join fellow residents in creating beautiful floral arrangements to decorate Rachel and Reuben's Bistro!

**April 9, April 23, May 7, May 21, June 4, June 18**  
**2:00 pm**  
**Rachel and Reuben's**

**Spring Painting**

Paint a scene of April showers bringing May flowers in a pair of rainboots.



**Thursday, April 18**  
**1:00 pm**  
**Rachel and Reuben's Patio**

**Earth Day Planting and Pot Decorating**

Celebrate Earth Day by decorating your own flowerpot and planting your plant of choice to place on your cottage windowsill.

**Monday, April 22**  
**1:00 pm**  
**Community Room B**

**Mother's Day Flower Arranging**

Celebrate yourself, a family member, a friend, a mother figure, or any other mother in your life with a beautiful, handmade flower arrangement.

**Monday, May 6**  
**2:30 pm**  
**Community Room B**

**Candle Decorating**

Create a beautiful candle by adding a colorful wax design, etching wax, or even melting a design onto your candle. This activity will make a great gift!

**Thursday, May 23**  
**2:00 pm**  
**Community Room B**

**Cake Decorating**

Create your own sweet delicacy! This program is sure to please your creative side and your sweet tooth!

**Wednesday, May 29**  
**1:00 pm**  
**Community Room B**

**Seashell Ornament Making**

Decorate a beautiful seashell with paint, glitter, ribbon, and more. Use it to decorate your house for the summertime or save it for your Christmas tree!

**Wednesday, June 12**  
**1:00 pm**  
**Community Room A**



**Watermelon Coasters**

Make yourself a set of 4 watermelon coasters for all your summertime drinks. Your guests will want to know where you found such cute coasters!

**Monday, June 24**  
**1:00 pm**  
**Community Room B**

**Knitting Circle**

If you are new to knitting or crocheting, or a seasoned pro, this group might be just what you have been seeking. Get help with a new pattern, complete a lingering project, find new knitting or crochet project ideas, and meet new friends with a very similar interest to yours.

**Wednesday**  
**1:00 pm**  
**1911 Weisgerber**



**Lemon Truffle Making**

You'll be surprised to see how easy these citrusy treats are to make! Enjoy your summer desserts or gift them to a friend.

**Thursday, June 13**  
**1:00 pm**  
**Community Room B**



**Summer Painting**

Paint a beautiful close-up of a tropical hibiscus to hang during the summer season.

**Thursday, June 20**  
**1:00 pm**  
**Community Room B**

**LEAVE YOU IN STITCHES**

Take the word stitches any way you want – needle and thread or laughter! Bring your own project, be it knitting, crocheting, mending, or perhaps coloring if that's what you enjoy. There may be a group project sometimes if you choose to participate or you can feel free to continue working on your own project.

**Thursday**  
**10:00 am**  
**Rachel and Reuben's Patio**





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

***April Fool's Party***

Time to act like a fool! Prepare to be silly and even have a few tricks played on you at this April Fool's Day Party. Food and drinks will be served.

**Monday, April 1  
2:30 pm  
Community Room B**

***Board Games and Drinks***

Feeling "board"? Join us for board games and drinks. All are welcome and feel free to bring any board games from home that you would like to share!

**April 10, May 9, June 17  
Times Vary, Refer to Calendar  
Community Room B**

***Ladies' Tea***

Grab your fancy hats and get ready for teatime! Ladies of Sprenkle Drive are invited to partake in a variety of teas and finger foods while mingling with their neighbors.

**April 10, May 9, June 12  
3:00 pm  
Community Room B**



***Beer Tasting and Pretzels***

Come taste some beer and enjoy a soft pretzel. Take this opportunity to try a beer you've never had before! Non-alcoholic options also available.

**Monday, April 15  
2:00 pm  
Community Room B**

***Shirley Temples with Shirley Temple***

Grab a Shirley Temple drink and enjoy a classic Shirley Temple movie!

**Wednesday, April 17  
2:00 pm  
Community Room A**

***Group Karaoke Sing Along***

Enjoy karaoke in a group! We will sing any requests with the words on the big screen for your convenience. Majority of the songs included are favorites from the 50s and 60s!

**Monday, April 22  
2:30 pm  
Community Room A**

***Uncorked***

A wine party is a great way to learn about wine and sample new varieties! A new wine will be introduced and sampled. You're also welcome to bring wine along with you to share.

**April 26, May 31, June 28  
2:30 pm  
Community Room B**

***Minute to Win it Fun***

These "Minute to Win it" games are sure to test your patience, your intellectual abilities, and sure to have you laughing with friends and neighbors.

**Monday, April 29  
1:00 pm  
Community Room B**

***Sock Hop***

Join us on the dance floor and groove to the live music from the JCM Band. Of course, we will have some classic snacks and floats perfect for a sock hop.

**Tuesday, April 30  
2:00 pm  
Glatfelter Community Room A/B**



***Homemade Jam Tasting***

Taste a variety of delicious, HOMEMADE jellies and jams made by our own HR coordinator, Donna Giles. Donna is a professional at making homemade goodies such as these and is sharing her creations and jam secrets at this event.

**Wednesday, May 1  
1:00 pm  
Community Room B**

***Floats and Tunes***

Enjoy sipping on a float mix of your choice while enjoying some classic tunes from the 50s and 60s!

**Thursday, May 2  
1:00 pm  
Community Room B**

***May Painting***

Paint a spring themed bike scene. This will be a perfect decoration for the spring season.



**Wednesday, May 8  
1:00 pm  
R&R Patio**

***Hummus Tasting***

Celebrate National Hummus Day with a sample of different flavors of hummus. Pair this snack with a glass of Chardonnay.

**Monday, May 13  
2:00 pm  
Community Room B**

***Mad Hatter Party***

We are all mad here! Enjoy this crazy party hosted by Altrusa (lead by Ann from Silver Sneakers) including mixed drinks, prize raffles, food, and more. Wear your best hat for this event. Don't have one? No sweat! Altrusa will provide handmade hats and fasteners for those without.

**Wednesday, May 15  
2:00 pm  
Glatfelter Community Room B**



***Carnival***

Enjoy the Sprenkle Drive carnival located throughout Folkemer Circle. There are sure to be lots of games, food and fun!

**Friday, May 24  
12:00 pm  
Folkemer Circle**

***Italian Ice on the Patio***

Cut through the summer heat with a refreshing, cold cup of Italian Ice while catching up with friends

**Tuesday, June 4  
3:00 pm  
Community Room B Patio**

***Longest Day Block Party***

Help us raise money for the Alzheimer's Association at this fun event. There will be entertainment, basket raffles, and food.

**Friday, June 21  
1:00 pm  
Community Room A/B**

## Recreational

### GAMES

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

#### 500

Wednesday, 1:30 pm

Saturday, 1:00 pm

The Bean

#### Men's Billiards

Tuesday

5:00 pm

Billiard Room

#### Bingo

Bingo is resident supplied. Please bring two prizes for the winners with the price limit \$1.00 per prize. Everyone leaves with a prize!

1st Monday 1:00 pm

Community Room B

#### Dominoes

April 17, May 15, June 19

Wednesday 6:00 pm

Rachel & Reuben's Patio

#### Bocce

3rd Monday

1:00 pm

Community Room B

## Shopping



### Grocery Shopping Trips

Each Tuesday, the shuttle runs to a nearby grocery store. Grocery stores are on a rotation between Giant, Weis, Walmart, and Aldi. Be sure to sign up in the binder if you are interested in going on these trips!

Tuesday

9:00 am bus departs

Cost: Participants are responsible for purchases

### Kitchen Kettle Village

Monday, May 13

10:00 am bus departs

Cost: Free, participants are responsible for any purchases

### Roots Farmers Market

Tuesday, May 14

9:00 am bus departs

Cost: Free, participants are responsible for any purchases

### Lancaster Central Market

Friday, May 31

10:00 am bus departs

Cost: Free, participants are responsible for any purchases

### Eastern Market

Friday, June 28

9:00 am bus departs

Cost: Free, participants are responsible for any purchases

## Trips



### York Revolution Baseball Game

Take me out to the ball game! Join us in rooting for our local minor league baseball team, the York Revolution.

Meals provided.

Thursday, May 16

10:30 pm Bus Departure

### Meadowbrooke Gourds Tour



Meadowbrooke Gourds is a 200-acre gourd farm. The farm harvests their own home grown gourds and crafts them each into something unique. The tour will include a live demonstration of gourd crafting, a look at their farm, and a chance to shop for the beautiful, handcrafted veggies.

Tuesday, May 28

12:45 pm Bus Departure



### Hollabaugh's Farm

Hollabaugh Bros is a family owned and operated fruit and vegetable farm in Biglerville, PA. Join them for their annual strawberry festival which will include love music and lots of strawberry desserts!

Saturday, June 8

11:00 am Bus Departure

### Picnic at Pinchot

Enjoy a picnic lunch at Gifford Pinchot State Park. Beautiful scenery, games, and conversations are guaranteed on this trip!

Monday, June 17

11:00 am Bus departs back of Glatfelter Center

Cost: \$5

## Dining

### Surf and Turf Premium Meal

Enjoy our premium meal of petite N.Y. strip steak paired with a Maryland crab cake with baked potato and broccoli with petite carrots

Thursday, April 4

5:00-7:00 pm

Rachel and Reuben's

Cost: \$18

### Bagel Bar

Start your day off right with a Panera bagel. There will be a variety of flavors of bagels and cream cheeses to choose from.

Friday, April 5

10:30 am

Community Room A

### Pot Luck Dinner

Bring your favorite recipe to share or a new one you have been wanting to try. Be sure to bring a covered dish and beverage of choice for the event. Sign up in the sign up binder with what you are bringing!

April 29, May 27, June 24

5:00 pm

Glatfelter Community Room B

### Waffle Bar

It's Waffle Wednesday! Start your day off with a waffle, loaded with all the toppings of your choice...including ice cream!

Wednesday, May 8

9:00 am

Community Room A

### Build Your Own Breakfast Burrito

What's the best part of waking up? Breakfast! Build a breakfast burrito just how you like it at our BYO Breakfast Burrito Bar.

Wednesday, June 5

9:00 am

Community Room A



### Make Your Own Personal Pizza

Everyone LOVES pizza! But not everyone puts the "right" toppings on it. Take this opportunity to make your own pizza, just the way you like it!

Monday, June 10

2:00 pm

Community Room B

Dining continued next page





**DINERS CARAVAN**

\*Diners are responsible for cost of their meals

**Monday, April 8**  
**Diener's Country Restaurant**  
 11:00 am depart from back of Glatfelter Center  
 Registration Required –  
 Deadline 3/25

**Tuesday, April 23**  
**Gus's Keystone Restaurant**  
 5:00 pm depart from back of Glatfelter Center  
 Registration required –  
 Deadline 4/9

**Wednesday, May 22**  
**Yoder's Restaurant and Buffet**  
 4:00 pm depart from back of Glatfelter Center  
 Registration required –  
 Deadline 5/15

**Tuesday, June 11**  
**Shady Maple Smorgasbord**  
 12:00 am bus depart from back of Glatfelter Center  
 Registration required –  
 Deadline 6/4

**Tuesday, June 25**  
**Loxley's**  
 5:00 pm bus depart from back of Glatfelter Center  
 Registration required –  
 Deadline 6/11

**DESTINATION DINNERS**

Destination Dinners are dinners which correlate with the country we "traveled" to during our armchair travel segment that month. The dinners will be hosted by Jeff and the kitchen team and the cost for the dinner varies.

**April 25 – Italy**  
**May 30 – Ireland**  
**June 27 – Russia**  
 4:00 pm in Rachel and Reuben's  
 Cost varies

**BRUNCH BUNCH**

Last Sunday of the month  
 12:00 pm  
 Community Room B  
 Cost: \$15



**Men's Breakfast**

Join your fellow male residents for mingling, conversation and a variety of delicious breakfast foods to start your day out right!

**April 12, May 10, June 21**  
 9:00 am  
 Rachel and Reuben's

**Buffets & Celebrations**

**Autism Awareness Brunch**

Blue is the color that symbolizes Autism. We will be honoring Autism Awareness with blueberry themed desserts at brunch, including blueberry cheesecake and blueberry cobbler.

**Sunday, April 28**  
 12:00-1:00 pm  
 Community Room A  
 Cost: \$15



**Mother's Day Luncheon**

Celebrate all the special mothers we have among us at this Mother's Day Luncheon. The menu will include a baby green salad (with strawberries, raspberries, shredded cheddar, pecans, red onions, and poppyseed dressing), rolls, chef carved roasted N.Y. strip (with Au Jus and Horseradish sauce), chicken madeira (with shitake mushrooms in madeira wine sauce), English cod (with a fresh breadcrumb crust and lemon wine butter), roasted fingerling potatoes (with fresh herbs), broccoli and cauliflower, honey glazed carrots, and assorted pies and cakes.

**Sunday, May 12**  
 12:00 pm  
 Community Room B  
 Cost: \$20 for guests; free for mothers

**Memorial Day Picnic**

Honor those who lost their lives to defend our country at this event. The menu will include tossed salad, rolls, hamburgers, hotdogs, BBQ chicken, pasta salad, coleslaw, potato salad, homemade potato chips, and assorted desserts.

**Monday, May 27**  
 12:00 pm  
 Community Room B  
 Cost: \$15 per person



**Quarterly Birthday Celebration**

If your birthday is in April, May, June, it's time to celebrate you! All residents are welcome to this birthday dinner. Residents who had birthdays during the mentioned months eat for free! All other residents will be at an additional charge.

**Thursday, June 6**  
 12:00 pm  
 Community Room B  
 Cost: \$9 for guests; free for birthdays this quarter



**Father's Day BBQ**

Help us celebrate all the fathers and father figures at Sprenkle Drive. Fathers eat free at this event!

**Friday, June 14**  
 12:00 pm  
 Community Room B  
 Cost: \$10 for guests; free for fathers



**Hawaiian Luau**

Aloha! Grab your hula skirt and meet us for a big Hawaiian luau! This event will be complete with a pig roast, luau games, Hawaiian cocktails and more!

**Wednesday, June 26**  
 12:00 pm  
 Community Room A/B  
 Cost: \$20

**"Holiday" Specials**

Join the culinary team each month as they celebrate these off-the-wall nationally recognized days with some tasty entrées. Enjoy these little known "holidays" with a variety of specialty themed foods available from Rachel and Reubens.

**Chicken Cordon Bleu Day - 4/3**  
 Enjoy an open face Chicken Cordon Bleu Sandwich with Dijon Aioli on Toast and French Fries  
**11:30 am - 2:00 pm**  
 Rachel and Reuben's  
 Cost: \$8

**National Grilled Cheese Day - 4/12**  
 Enjoy gourmet grilled cheese with brie, cheddar cheese, Swiss cheese, and sliced fresh apples on sour dough with house chips  
**11:30 am - 2:00 pm**  
 Rachel and Reuben's  
 Cost: \$7

**Zucchini Bread Day - 4/25**  
 Celebrate with homemade zucchini nut bread  
**11:30 am - 2:00 pm**  
 Rachel and Reuben's  
 Cost: \$3

**Oatmeal Cookie Day - 4/30**  
 Simple and sweet, today's featured dessert is oatmeal raisin ice cream sandwiches!  
**11:30 am - 2:00 pm**  
 Rachel and Reuben's  
 Cost: \$4

*Holiday Specials continued next page*

# Movie Time



**National Strawberry Month - 5/1**

Celebrate the start of the month with strawberry shortcake and fresh whipped cream

**11:30 am - 2:00 pm**  
**Rachel and Reuben's**  
**Cost: \$4**

**National Shrimp Day - 5/10**

Enjoy a shrimp platter with steamed shrimp, battered shrimp, and shrimp scampi served with rice pilaf, zucchini, and cocktail sauce

**11:30 am - 2:00 pm**  
**Rachel and Reuben's**  
**Cost: \$12**

**Asian American Pacific Islander Heritage Month - 5/14**

Join us for a taste of the South Pacific Islands! Enjoy sweet Asian sticky ribs with sesame potatoes and snow peas with Julienne carrots

**Community Room B**  
**Cost: \$16**

**Chocolate Chip Day - 5/15**

Enjoy a short stack of chocolate chip pancakes

**12:00 - 1:00 pm**  
**Community Room A**  
**Cost: \$5**

**Chocolate Ice Cream Day - 6/7**

We will be creating chocolate shakes and floats to celebrate

**10:00 am - 2:00 pm**  
**The Bean Café**  
**Cost: \$5**



**Caribbean American Heritage Month - 6/11**

Celebrate with Caribbean shrimp, chicken rice bowl, and coconut rum cake

**5:00 - 7:00 pm**  
**Rachel and Reuben's**  
**\$14**

**Cupcake Lover's Day - 6/13**

Come and enjoy our fresh baked and ice cupcakes -- Assorted flavors available!

**8:00 - 11:00 am**  
**The Bean Café**  
**Cost: \$2**

**National Candy Month - 6/20**

BOGO on all candy at The Bean -- It's the longest day of the year, stop by and get some extra energy to make it through.

**The Bean Café**



**Smoothie Day - 6/21**

The Bean will be featuring fruit smoothies with strawberry, blueberry, and raspberries. Get crazy and mix in all 3!

**8:00 - 11:00 am**  
**The Bean Café**  
**Cost: \$5**

## Movies

### LIGHTS, CAMERA, ACTION

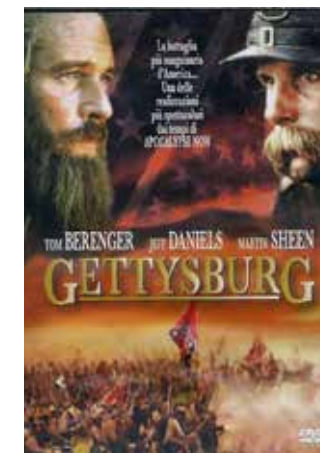
*Glatfelter Community Center Community Room A*



**Friday, April 19**  
**Singin' in the Rain**

When the transition is being made from silent films to 'talkies', everyone has trouble adapting. Don and Lina have been cast repeatedly as a romantic couple, but when their latest film is remade into a musical, only Don has the voice for the new singing part. After a lot of practice with a diction coach, Lina still sounds terrible, and Kathy, a bright young aspiring actress, is hired to record over her voice.

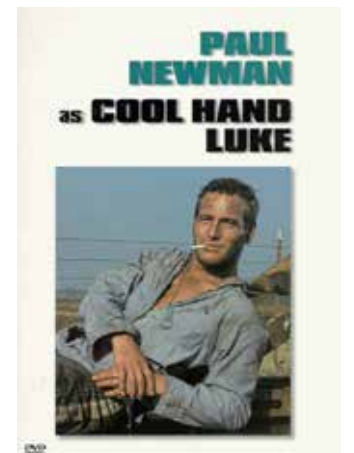
**2:00 pm**



**Friday, May 17**  
**Gettysburg**

This war drama depicts one of the biggest events of the American Civil War, the Battle of Gettysburg. The massive three-day conflict begins as Confederate General Robert E. Lee (Martin Sheen) presses his troops north into Pennsylvania, leading to confrontations with Union forces, including the regiment of Colonel Joshua Chamberlain (Jeff Daniels). As the battle rages on and casualties mount, the film follows both the front lines and the strategic maneuvering behind the scenes.

**9:00 - 11:00 am**  
**1:00 - 3:30 pm**



**Friday, June 14**  
**Cool Hand Luke**

When petty criminal Luke Jackson (Paul Newman) is sentenced to two years in a Florida prison farm, he doesn't play by the rules of either the sadistic warden (Strother Martin) or the yard's resident heavy, Dragline (George Kennedy), who ends up admiring the new guy's unbreakable will. Luke's bravado, even in the face of repeated stints in the prison's dreaded solitary confinement cell, "the box," make him a rebel hero to his fellow convicts and a thorn in the side of the prison officers.

**1:00 pm**

## Theatre & Musical Performances

### **Andrea Adams: Peter's Mother-In Law**

Andrea Adams is returning to Sprenkle drive for another biblical reenactment. Andrea will be portraying Peter's Mother-in law and her story.

**Tuesday, April 2**  
**2:00 pm**  
**Community Room A**

### **Musical Performance by April**

April Marion is a local young musical artist who will be sharing her talents of playing the guitar and singing. Some of her specialties include songs from the 50s, 60s, the Beatles, Fleetwood Mac and more!

**Thursday, April 4**  
**1:00 pm**  
**Community Room A**



### **YSO: Liszt & Rachmaninoff: From Canvas to Concert**

This Liszt and Rachmaninoff concert commemorates composers who created symphonic poems from thought provoking paintings. Inspired by Böcklin's painting of a small boat on the unwelcoming sea near an island, Sergei Rachmaninoff's The Isle of the Dead portrays the menacing waves concluding with a jubilation of reaching the island. Franz Liszt's victorious Hunnenschlacht was devised from Battle of the Huns painting. Camille Saint-Saëns's Danse macabre portrays the skeletons dancing on their graves with unique usage of the xylophone for clattering bones. Finally, the YSO is a proud to perform the world premiere of William Popp's The Galleries.

**Saturday, April 6**  
**6:30 pm**  
**Depart from Glatfelter Center**  
**Cost: \$11**  
**Sign Up Closed**

### **David Dellman**

David is a magician sure to amaze and awe his audience. David's show allows audience members to accomplish most of the "magic," astonishing themselves and enhancing their self-esteem.

**Thursday, April 11**  
**2:00 pm**  
**Community Room A**



### **Joseph and the Amazing Technicolor Dreamcoat**

Central York High School presents: "Joseph and the Amazing Technicolor Dreamcoat." This performance is a reimagining of the biblical story of Joseph, the father Jacob, eleven brothers and the coat of many colors. After being sold into slavery by his brothers he ingratiates himself with Egyptian noble Potiphar, but ends up in jail after refusing the amorous advances of Potiphar's wife. While imprisoned, Joseph discovers his ability to interpret dreams, and he soon finds himself in front of the might but troubled, Elvis-inspired, Pharaoh. Joseph's solution to Egypt's famine elevates him to Pharaoh's right-hand man and reunites him with his family.

**Friday, April 12**  
**6:30 pm**  
**Cost: \$12**  
**Signup Closed**

### **Emigsville Band**

The Emigsville Band is returning to the Glatfelter Center for a full band performance! The band consists of approximately 30 members and includes some of our very own residents.

**Friday, April 26**  
**6:00 pm**  
**Community Room A and B**



### **Dutch Apple Dinner Theater: Ragtime**

Set in early twentieth-century New York, three diverse American family tales are woven together. United by their courage, compassion, and belief in the promise of the future, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair.

**Sunday, May 5**  
**4:00 pm departure time**  
**Cost: \$77 per person**  
**Signup Closed**



### **YSO: Schubert's Unfinished: Season Finale**

Our season concludes with Schubert's seminal "Unfinished Symphony" and Mendelssohn's "Symphony-cantata Hymn of Praise." Schubert composed the first two movements of his 8th symphony before his untimely death at age 31. Perhaps one of music's greatest unanswered questions is why the work remained "Unfinished." The York Symphony Chorus joins the orchestra on Mendelssohn's "Symphony-cantata." Mendelssohn wrote this symphony to honor the unveiling the statue of Gutenberg. Due to Gutenberg spread of Protestantism, Mendelssohn used text from biblical scripture on a journey of suspense and hope.

**Saturday, May 18**  
**6:30 pm**  
**Depart from Back of Glatfelter Center**  
**Cost: \$11**  
**Sign Up Closed**

### **Virtual York Symphony Orchestra**

Don't feel that you missed out if you didn't go to the York Symphony. We will have a virtual showing to experience the beautiful music from the Glatfelter Center.

**April 8, May 20**  
**2:00 pm**  
**Community Room A**

### **Hunter O'Neill Pianist Performance**

Hunter O'Neill is a young entertainer who travels all around the U.S. to grace different retirement communities with his beautiful piano playing. Hunter plays songs you are sure to know, so don't be afraid to sing along!

**Wednesday, May 22**  
**2:00 pm**  
**Community Room A**

### **Summer Outdoor Concert Series - Red Lion Felton Band**

Kelly Drive has invited us to their summer outdoor concert series. There will be different groups coming to perform for us during the summer months. The first group will be the Red Lion Felton Band! The Red Lion Felton Band is a community staple, as it was formed July 4, 1932 as the Red Lion Concert Band and the Felton Band was established in 1892. These bands merged to become the Red Lion Felton Band in April 1972 and have been entertaining community members across Pennsylvania, Maryland, New Jersey and Delaware for over 128 years. The Red Lion Felton Band provides a full band experience that continues to be a community favorite.

**Thursday, June 20**  
**6:30 pm**  
**Fire Pit**



# COMMUNITY

# gratitude support volunteer compassion NOW

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

— Mahatma Gandhi

## CommUNITY Spirit

### SEASONS OF SERVICE

#### **Reading Partners with Devers Elementary School**

Share the love of reading by being a supportive reading partner to Devers Elementary School 2nd graders, as they bring over their favorite books to read to residents as they build their reading skills.

**Thursday, April 25**  
**1:00 pm**  
**Kelly Drive: Family Lounge**

#### **Blessing Bags**

Help local homeless shelters by creating “blessing bags”. Blessing bags include necessities such as lip balm, lotion, sunscreen (fragrance free), baby wipes, water-free toothbrushes, band-aids, apple sauce, pudding cups, trail mix, beef jerky, sugar-free gum, travel mugs, socks, handwarmers, gloves, hats, and t-shirts. Help this service project with donations of the items previously listed or help fill these blessing bags.

**Tuesday, May 28**  
**2:00 pm**  
**Community Room B**

### COMMUNITY COMMITTEES

These advisory committees offer an opportunity to collaborate, plan, and advise at The Village at Sprenkle Drive. For more information, contact the Independent Living Council or the Community Life Enrichment Director.

- Independent Living Council - 2nd Thursday of every month
- Life Enrichment Committee - 1st Wednesday of every month
- Sunshine and Welcome Committee - 1st Monday of every month
- Dining Services Committee - 1st Thursday of every month
- Wellness Committee - 1st Tuesday of every month

#### **Volunteer Opportunities**

Do you enjoy helping others or have a heart for serving? The Village at Sprenkle Drive has many opportunities to serve. Contact the Volunteer Office to learn more.

### SERVICE GROUPS

#### **Village Gardeners**

The Village Gardeners are a group of volunteers who tend and cultivate the garden located south of the Glatfelter Community Center. Seasonal produce from the garden and off-season sales, such as Raspberry Jelly and Jam are available for purchase at the Garden Market.



Gardeners are always in demand – have interest in supporting the garden? Contact Life Enrichment Director for more information.

#### **Branch Lions Club**

The Branch Lions Club, led by Shirley Starner is a group of individuals who work together to help in the community. The club is typically held on the second Tuesday of every month and anyone is welcome to join!

#### **SpiriTrust Lutheran Auxiliary**

This is a volunteer organization that serves residents in the Villages of Kelly and Sprenkle Drive. They meet the 1st Wednesday of the month at 9:00 am at Kelly Village meeting room. The auxiliary raises thousands of dollars each year through these memberships and different fund-raising projects. Money is then given to Kelly and Sprenkle Villages to support different projects usually related to residents’ activities and worship support. All are welcome!

#### **Volunteer Opportunities**

Do you enjoy helping others or have a heart for serving? The Village at Sprenkle Drive has many opportunities to serve. Contact Brenna in the Life Enrichment Office to learn more.



*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.

 **SpiriTrust Lutheran**®  
The Village at Sprenkle Drive

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