



Hanover Shoe Farm ... page 12

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		
Ongoing Fitness Classes		
Back to Basics	Mon/Wed	4
Balance & Stretch	Fri	4
Pilates	Tues/Thurs	4
Power Hour	Mon/Wed	5
Sit & Strengthen	Tues/Thurs	5
Tai Chi for Beginners	Wed	5
Wellness Programs		
Adams County Spring Fling	5/29	5
Blood Pressure Clinic	Wed	5
Massage by Tara	4/24, 5/22, 6/26	5
Morning Mindfulness	Fri	5
National Garden Meditation Day	5/3	5
National Walking Day	4/3	6
York Adams Tennis	5/15	6
Nutrition		
Be Well	4/16, 5/20, 6/6	6
So Good	Monthly	6
Spirit		
Catholic Mass	3rd Tues	7
Ecumenical Service	Thurs	7
Faith Break:		
“Saints” 10-Week Study	4/6- 6/8	7
MIND		
Educational Programs		
Book Club	1st Thurs	8
Brain Games	1st & 3rd Mon	8
Computer & Smart Phone Support	4/18, 5/16, 6/20	8
Heritage Committee of W. Manheim	4/2	9
Creative Arts		
Crafty Crew: Embroidery Hoop Hanging Flowerpot	5/9	9
Village Stitchers	1st Mon	9

Description	Date	pg
SOCIAL		
Happy Hour	4/16, 5/21, 6/18	10
Kickoff to Summer Cookout	5/23	10
Juliet's Club:		
Fabric Shopping Trip	5/6	10
Old Farm House Tea Room	6/13	11
Romeo Club:		
The Second World War	6/17	11
Wii Bowling hosting Kelly Drive	6/28	10
Wii Bowling at Shrewsbury	5/31	10
Recreational		
Billiards	Tue, Fri	11
Bingo	1st Tue	11
Chair Volleyball	4th Tuesday	11
Line Dancing	Thurs	11
Mexican Dominoes	Fri	11
Mini-Tennis	Fri	11
Rummikub	Mon	11
Ten Pin Bowling	Mon, Thurs	11
Wii Bowling	Wed	11
Trips		
Green Dragon Farm Market	4/26	11
Hanover Shoe Farm	5/1	12
Hollywood Casino	5/22	12
National Shrine Grotto	5/30	12
Odyssey Dinner Cruise	4/5	12
Pennsylvania State Capital	4/1	12
Shopping Trips		
Hanover Foods, Snyder's & Utz Factory Outlet Store	4/8	13
TJ Max & Giant	5/13	13
JOANN Fabric & Craft & Grocery Outlet	6/10	13
Performances		
Colby Dove	4/23	13
The Martin Ridge Group	5/14	13
Theatre & Movies		
American Music Theater	4/12	13
Dutch Apple Dinner Theater	6/20	14
Monthly In-House Movie	4/12, 5/10, 6/14	13
Oyster Mill Play House	5/17	14

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Description	Date	pg
Dining		
Brunch Bunch:		
Hinkle's	4/19	14
Plum Crazy Diner	5/3	14
Friendly's	6/7	14
Diners Caravan:		
Dellis Bar & Grill	4/30	14
Crimson American Grill	5/28	14
Great American Saloon	6/25	14
Buffets & Celebrations		
Cinco De Mayo	5/3	15
Father's Day	6/14	15
Gourmet Hot Dogs	6/28	15
Memorial Day	5/27	15
Mother's Day	5/12	15
Passover	4/26	15
Picnic Day	4/24	15
Southern Fried	4/12	15
Summer Picnic	6/20	15
Women's Birthday Luncheon	1st Tues	15
Holiday Specials:		
Asian American Pacific		
Islander Heritage Month	5/31	16
Caribbean American		
Heritage Month	6/7	16
Chocolate Ice Cream Day	6/6	16
Coffee Cake Day	wk of 4/1	16
Ice Tea Day	6/10	16
International Hummus Day	5/14	16
National BLT Month	4/16	16
National Hamburger Day	5/28	16
National Shrimp Scampi Day	4/29	16
National Strawberry Month	5/10	16
Onion Ring Day	6/12	16
Pineapple Upside Down Day	4/19	16

Description	Date	pg
COMMUNITY		
Greater Community		
God's Meal Barrel		
Food Drive	4/15-4/29	17
Supporting the Alzheimer's Association		
Car Wash	6/21	17
Our Community		
Campus Calendar Photo Shoot	5/8	17
Planning Committee	4/4	17

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.

Fitness

ONGOING CLASSES



Back to Basics

This combined seated and standing beginner class will help you get back to having energy and feeling better. This exercise class provides you with a total body workout to maintain a healthy you.

Mondays and Wednesdays
10:45 – 11:30 am
Fitness Center
Instructor: Tracy

Balance & Stretch

This combined seated and standing class includes stretches for the entire body and focuses on balance exercises and will conclude with a relaxation piece to help balance the mind and body.

This class is appropriate for moderately active individuals who could benefit from additional balance practice, those using mobility devices or experience compromised balance due to medical issues.

Fridays
9:00 – 9:30 am
Fitness Center
Instructor: Ashlynn

Pilates

Pilates will help lengthen and stretch all major muscle groups in the body. You will develop a stronger core, which will provide support to the back. This 45-minute class will require you to be standing and get down on a mat.

Tuesdays and Thursdays
10:00 – 10:45 am
Fitness Center
Instructor: Tracy



WELLNESS



Power Hour

This 45-minute advanced class will get you sweating. We will use weights, bands and your own body weight to challenge your body. Exercises will be performed standing.

Mondays and Wednesdays
10:00 – 10:45 am
Fitness Center
Instructor: Tracy

Sit & Strengthen

This seated exercise class will use various types of equipment to strengthen major muscle groups of the body. Increase your cardiovascular and muscular endurance with a fun seated workout.

Tuesdays and Thursdays
1:00 – 1:30 pm
Fitness Center
Instructor: Ashlynn



Tai Chi for Beginners

Tai Chi is a system of movements and positions believed to have been developed in 12th-century China. Tai Chi techniques aim to address the body and mind as an interconnected system and are believed to have mental and physical health benefits.

Wednesdays
1:00 – 1:30 pm
Fitness Center
Instructor: Tracy

Wellness Programs

BUILDING A BETTER VERSION OF YOU

Many health issues are taken for granted or ignored as “just a part of aging.” Engage in the many opportunities this quarter to increase a heightened awareness for achieving better health and more vibrant life.

Adams County Spring Fling

The Adams County Office for Aging celebrates Older Americans Month with this educational fair held at Gettysburg College Field House.

Wednesday, May 29
Hours: 9:00 – 11:00am
See calendar for departure time.
Registration required by Friday, May 3

Blood Pressure Clinic

Do you know your numbers? What do they mean? Blood pressure checks offered every Wednesday in the Nurse Navigator office.

Wednesdays
11:30 am – 12:30 pm
Nurse Navigator Office

Massage by Tara

Massage therapy...without having to leave campus! Tara will be here once a month; \$70 for 1 hour, \$40 for a half-hour; she can also offer a chair massage for a \$1/minute. To schedule, call Tara at 717-321-4895.

April 24, May 22 & June 26
10:00 am – 3:00 pm
Salon

Morning Mindfulness

Meditation, a 2,500+ year-old practice, focuses the mind on a particular object, thought, or activity to train attention and awareness and achieve a mentally clear, emotionally calm, and stable state.

Fridays
9:30 – 10:00 am
Great Room
Instructor: Tracy

National Garden Meditation Day

Celebrate Garden Meditation Day in our Courtyard. Even a few minutes a day can have a positive impact on your mental and physical health.

Friday, May 3
3:00 – 3:30 pm
Courtyard
Instructor: Tracy

National Walking Day

Let Wednesday, April 3 be the start of a great new habit for you. If you don't have a walking buddy, join Tracy and Ashlynn, with two groups at different paces to suit your needs.

Wednesday, April 3
2:00 – 2:30 pm
Community Center Entrance

York Adams Community Tennis

YACTA was founded in March 2004 to increasing the quality of life locally with tennis, and more recently pickleball. The current facility houses 3 indoor tennis and 3 indoor pickleball courts. We will take a tour of the facility and try out a little pickleball.

Wednesday, May 15
Bus starts to pick up at 10:30 am
Behind South Western Middle School

Nutritional



BE WELL



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 break down the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe!

Terrace Overlook Restaurant
2:00pm
Presenter: Christine Storm
Sign up Required

April 16
 Earth Month: Plant Forward Eating
 Featured Recipe-Smokey Black Eyed Pea Soup

May 20
 National Physical Fitness & Sports Month
 Featured Recipe-Almond Coconut Date Balls

June 6
 Eating in Season
 Spinach and Artichoke Dip

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 served in Chips Café for April through June are:



April - Asparagus

Creamy Brown Rice Risotto with Fresh Asparagus
Lunch, Chips Café • \$8.00
Week of April 8



Featured Side Dish: Sautéed Fresh Asparagus with Hints of Garlic, Ginger & Red Pepper
Dinner, Terrace Overlook Restaurant • \$4.00
Week of April 15

Fresh Asparagus Panko Breaded, Oven Baked served with Herbed Yogurt Dip
Lunch & Dinner, Chips Café & Terrace Overlook Rest. • \$4.00
Week of April 22

May - Spinach

Homemade Creamy Spinach Dip & Pita Chips
Lunch, Chips Café • \$6.00
Week of May 6



Featured Side Dish: Spinach, Mushroom & Quinoa Sauté
Dinner, Terrace Overlook Restaurant • \$3.00
Week of May 13

Chana Saag- Spinach & Chickpea Curry
Lunch, Chips Café • \$7.00
Week of May 20

June - Blueberry

Blueberry Avocado Salad
Lunch, Chips Café • \$7.00
Week of June 3



Blueberry Salsa served with Homemade Tortilla Chips
Lunch, Chips Café • \$5.00
Week of June 17

Berry Spinach Salad with Blueberry Vinaigrette
Lunch & Dinner, Chips Café & Terrace Overlook • \$6.00
Week of June 24



SPIRIT

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

Spiritual

Catholic Mass

The Village is located within the parish boundary of St. Joseph's Catholic Church. Priests from this parish offer Catholic Mass monthly in our worship space.

3rd Tuesday
10:30 - 11:30 am
Skilled-Care Center Activity Room

Ecumenical Service of the Word

Observe our faith together as a community during a weekly worship service of Scripture, hymns and messages led by our community chaplain in partnership with area clergy as schedules permit.

Thursdays
2:00 - 2:30 pm
Personal Care Activity Room
Facilitator: Chaplain Melissa Mosebrook

Faith Break

A weekly discussion group offering opportunities that strengthen an individual's religious and spiritual beliefs. Starting Saturday, April 6 begin a new 10-week study entitled "Saints" by Kate Armstrong. During this 10-week study, you will delve deeper into the lives of Nicodemus, Judas, Caiaphas, Peter & Paul.

Saturdays
10:15 - 10:45 am
Great Room
Facilitator: Chaplain Melissa Mosebrook



Heritage Committee of West Manheim Township

The selective acquisition, preservation, and access to artifacts and archives that reflect the heritage within the area defined as West Manheim Township, York County PA. This includes family histories, churches, schools, old deeds, inns, toll-houses, mills, organizations, photos, artifacts, Revolutionary War, civil war, business, and military service, which have a connection to West Manheim Township, to compile this information and update the history of West Manheim Township. This month's topic of discussion will be Nurses of the Civil War.

Tuesday, April 2
3:00 pm
Terrace Overlook Restaurant
Presenter: Sue Anne Keim

Creative Arts

**Crafty Crew Embroidery
Hoop Hanging Flowerpot**

Just in time for summer, create a unique hanging flowerpot that will look great inside or outside your home. This is easy enough that anyone can make it.

Thursday, May 9
2:00 pm
Hobby Room
Cost: \$10
Registration required by
Monday, May 6



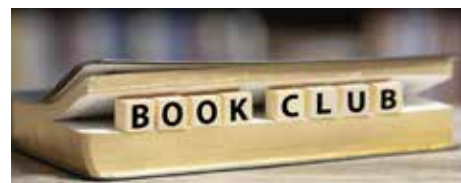
Village Stitchers

If you love to sew, this mission-oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

1st Monday of the month
10:00 am
Hobby Room



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



Brain Games

Join your friends and neighbors for an afternoon of brain games! Challenge your wits and have a good time!

1st & 3rd Monday
2:00 pm
Library



Book Club

Do you enjoy new books? Do you enjoy discussing the books you have read? Each month a new book selection for the group is selected to read.

1st Thursday
11:00 am
Library



Computer and Smart Phone Support

Having trouble with your computer or smartphone? Steve, an electrical engineer and wiz with electronics, is here to help! Receive one-on-one help, training, and troubleshooting.

April 18, May 16 & June 20
3:00 pm
Great Room
Instructor: Steve Bean



SOCIAL

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



Happy Hour

Happy Hour is a great way to try new drinks! These socials are for you to enjoy with friends and neighbors so be sure and plan to attend this popular event.

4/16, 5/21, 6/18

4:00 - 5:00pm

Terrace Overlook Restaurant

Kickoff to Summer Cookout

We are so excited for our Second annual Residential living Picnic on Thursday, May 23! Games, music, food, and lots of fun. You will have the option of bringing a dish or paying a fee to help cover the cost of the hot dogs and hamburgers. Water will be provided, if you would prefer something else to drink please bring it along.

Thursday, May 23

Apartment Parking Lot

Time 11 - 3:00 pm

Wii Bowling

We have invited Kelly Drive to join us for a friendly competition of Wii Bowling.

Friday, June 28

11:00 am

Fitness Center

Registration required by Friday, June 14

Wii Bowling at Shrewsbury

We will head to Shrewsbury for a friendly competition of Wii Bowling.

Friday, May 31

Registration by Friday, May 3 see calendar for departure time.

The Juliets Club

As the famous Shakespeare play references, what's ROMEO without a Juliet? Enjoy time with other ladies for special luncheons and programs throughout the year.

Fabric Shopping Trip

Travel to Lancaster County to a few quilting shops including, Log Cabin Quilt Shop and Mook Fabric Outlet. We will take a break from shopping for lunch at Gracie's on West Main Street.

Monday, May 6

Bus starts to pick up at 9:00 am

Registration by Friday, April 26

Old Farm House Tea Room

The Old Farm House Tea Room located in Thomasville is not only a Tea Room but also has a gift shop. You will enjoy freshly made scones, salad, sandwiches, dessert, and of course tea for \$16.00, this does not include tax and gratuity.

Thursday, June 13

See Calendar for departure time.

Cost: \$16, plus tax and gratuity

Registration required by Friday, May 31

ROMEO CLUB

Popping up all over the United States, this popular group is just for the guys! Come together with other men for food, fellowship, and of course lots of fun!

Second World War with author Ken Weiler

Ken Weiler author, writer, publisher, and lecturer has written several books on the subject of the Second World War. He strives to bring the importance of the war between Germany and the Soviet Union and other pertinent military issues, to the attention of the American public and the vital contribution of the Red Army made in defeating Nazi Germany in 1945. Enjoy a scoop or two of Ice Cream and visit with others after the presentation.

Monday, June 17

Terrace Overlook Restaurant

Time 2:00 pm

Recreational

GAMES

Games have always brought families and friends together, whether played using a deck of cards, a board, or specific equipment, on a designated game night, or during family holiday get-together. Discover new tabletop games, try your "hand" at a new card game, or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Billiards

Tuesdays, Fridays 1:00 pm

Billiard Room

Bingo

1st Tuesday, 2:00 pm

Great Room

Chair Volleyball

4th Tuesday, 11:30 am

Fitness Center

Line Dancing

Thursdays, 10:45 am

Fitness Center

Mexican Dominoes

Fridays, 2:00 pm

Library

Mini - Tennis

Fridays, 10:00 am

Fitness Center

Rummikub

Mondays, 1:00 pm

Great Room

Ten Pin Bowling

Mondays & Thursdays, 1:00 pm

South Hanover Bowling Lanes

Wii Bowling

Wednesdays, 2:00 pm

Fitness Center

Trips



Green Dragon Farmer's Market

Enjoy a beautiful Friday morning at Lancaster's favorite local farmer's market! The Green Dragon Farmers Market & Auction sits humbly on a spacious 60-acre site in the heart of Amish Country. Since its inception in 1932, they have grown to become one of the largest flea markets on the East Coast. They offer an incredible indoor and outdoor shopping experience, and of course, their specialty vendors! With seven large market buildings and over a hundred local vendors, you are sure to find whatever you are looking for at this prized Lancaster farmer's market. We will enjoy lunch on our own while shopping if you choose.

Friday, April 26

See calendar for departure time.

Registration by Friday, April 5

Trips continued next page



Hanover Shoe Farm

Visit this top-of-the-line breeding facility right here in our backyard and take a tour of the farm with Jim Simpson. Since the USTA began compiling breeder's statistics, Hanover Shoe Farms has led the annual money-earnings totals every year. The famous Pennsylvania nursery has been a world-class breeding establishment for nearly three-quarters of a century. Hanover sires have also produced a multitude of winners of harness racing's most prestigious events such as the Hambletonian, Kentucky Futurity, Little Brown Jug, and Breeders Crown. We will stop at Half Pint Creamery for ice cream after our visit of Hanover Shoe Farm.

Wednesday, May 1
See calendar for departure time.
Registration required by Friday, April 26

Hollywood Casino at Penn National

The casino offers a variety of entertainment options, including slots, table games, live thoroughbred and simulcast racing, and an array of casual and fine dining options. Enjoy the opportunity to be on your own, you will have time to gamble, eat, or people-watch. We will enjoy Horse Racing at 6 pm together if you choose.

Wednesday, May 22
See calendar for departure time.
Registration by Friday, May 3

National Shrine Grotto of Our Lady of Lourdes

The National Shrine Grotto of Our Lady of Lourdes is a place of prayer devoted to the Blessed Mother, Mary. This beautiful mountainside shrine features the oldest US replica of the Lourdes shrine in France, built just 13 years after the apparition of Our Lady to St. Bernadette in 1858. Each year the National Shrine Grotto welcomes hundreds of thousands from all over the world. It is a place for worship, pilgrimage, evangelization, and reconciliation. We will enjoy lunch at Mountain Gate Restaurant.

Thursday, May 30
See calendar for departure time.
Cost: \$18.99, Lunch Separate Checks
Registration by Friday, May 3



Odyssey Dinner Cruise

Enjoy a 3-course plated Dinner aboard the luxurious Odyssey ship. The views are magnificent of many national landmarks such as Arlington National Cemetery, Jefferson Memorial, Lincoln Monument, United States Capital and of course, the Cherry Blossoms we cruise on the Potomac River. Enjoy a dance floor with live music.

Friday, April 5
Cruise: 12:00pm – 2:00pm
See calendar for departure time.
Cost: \$95.64
Registration was required by Friday, February 16



Pennsylvania State Capitol

The Pennsylvania State Capitol building is a functional seat of government, where laws are passed, and public policy is set for over 12 million residents of Pennsylvania. This guided tour of the Capitol will last approximately half an hour. We will enjoy lunch in the capital after the tour.

Monday, April 1
See the calendar for the departure time.
Registration by Friday, March 22

Shopping



Join us for our monthly shopping trip. We will visit different stores each month in the surrounding area. We will need a minimum of six for this to take place.

Hanover Foods, Snyder's & Utz Factory Stores
Monday, April 8
1:00 pm bus departs
Registration by Friday, March 29

TJ Max & Giant
Monday, May 13
1:00 pm bus departs
Registration by Friday, May 3

JOANN Fabric and Crafts & Grocery Outlet
Monday, June 10
1:00 pm bus departs
Registration by Friday, May 31

Entertainment

MOVIES

Monthly Movie

Lights, Camera, Action! Join us this quarter for a monthly movie held in the Great Room at 11:00am unless otherwise noted.

Poms
Friday, April 12



Elvis
Friday, May 10



A Tourist's Guide to Love
Friday, June 14



Musical Performances

Colby Dove

Enjoy another musical performance by Colby, as he performs some of your favorite songs.

Tuesday, April 23
3:00 pm
Terrace Overlook Restaurant

The Martin Ridge Group

This volunteer group consists of about 12 members who perform a wide variety of music, enjoy Gospel Hymns, Elvis, Celtic, and some Pop music.

Tuesday, May 14
7:00 pm
Terrace Overlook Restaurant

Theatre

AMERICAN MUSIC THEATER



Abba Tribute

Their performances feature classic hits like "Dancing Queen", "Mamma Mia" as well as lesser-known songs like "Chiquitita" and "Fernando" They will ensure you a good time as you listen to ABBA songs while dancing in your seat. Not to mention, they show off an impressive musical talent that harkens back to the well-loved styles of the iconic Swedish band! We will stop for dinner at Red Robin Gourmet Burgers and Brews preceding the show.

Friday, April 12
Showtime: 8:00 pm
See the calendar for the departure time.
Cost: \$38.00
Registration and payment was required by Monday, March 11

Theatre continued next page

DUTCH APPLE DINNER THEATRE



The Full Monty

A funny and heartfelt story about six unemployed steel workers who come up with a bold way to make some quick cash. In the process, they find renewed self-esteem, friendship, have fun, and triumph over their nerves... and their clothes!

Thursday, June 20

Showtime: 1:00 pm

See calendar for departure time.

Cost: \$71.00

Registration and payment required by Wednesday, May 29

OYSTER MILL PLAY HOUSE

Hay Fever

Celebrated playwright Noel Coward's Hay Fever is a stylish comedy set in an English country house in the 1920s. The play deals with the four eccentric members of the Bliss family and their outlandish behavior when they each invite a guest to spend the weekend. Rousing fights, surprise engagements, and fevered declarations of love finally drive their guests to flee, as the Bliss family carries on with their over-the-top games, bickering, and outrageous behavior. We will enjoy dinner preceding the show.

Friday, May 17

Showtime: 7:30 pm

See calendar for departure time.

**Cost: \$20, Dinner Separate Checks
Registration and payment required by Friday, April 19**

Dining

BRUNCH BUNCH

Join the Brunch Bunch monthly at various local diners for good food with good friends. See calendar for departure time. Registration is required.

**Hinkel's Restaurant, Columbia
April 19**

**Plum Crazy Diner, Westminster
May 3**

**Friendly's, York
June 7**

DINERS CARAVAN

There is nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant, and is the responsibility of the diner.

Dellis Bar & Grill

Dellis' Restaurant Bar & Grill is a popular eatery located in Rosedale, Maryland. They offer a diverse menu with burgers and steaks being some of their customer favorites.

Tuesday, April 30

See calendar for departure time.

Cost: Separate Checks

**Registration Required by Friday,
April 5**

Crimson American Grill

Crimson American Grill is a restaurant located in York, Pennsylvania. It offers American cuisine with a modern twist and daily specials to satisfy every appetite. The restaurant has a casual and beautiful dining room that is perfect for lunch or dinner.

Tuesday, May 28

See calendar for departure time.

Cost: Separate Checks

**Registration Required by Friday,
May 3**

Great American Saloon

Great American Saloon located in Red Lion is a favorite. Their menu offers a variety of freshly prepared foods at a fair price. Some of the dishes that guests praise include crab & corn fettuccine, scotch eggs, steaks, and pasta dishes. They also have a selection of bottled and draft beers, including unique cocktails.

Tuesday, June 25

See calendar for departure time.

Cost: Separate Checks

**Registration Required by Friday,
June 7**

Buffets & Celebrations

Women's Birthday Luncheon

Time to celebrate another year! Share good food, fellowship and hear the birthday women share some personal stories as we celebrate their lives. Please provide 24-hour notice if you are unable to attend.

1st Tuesday

12:00 pm

Terrace Overlook Restaurant

Cost: \$10

**Sign-up Required in the LE
Program Binder**

Southern Fried

Enjoy the tastes of the South with Friend Chicken, Fried Fish, Smoked Sausage, Cabbage, Collard Green, and Sautéed Green Beans with Bacon, Creamy Mac & Cheese, Coleslaw, Roasted Potato Salad, Corn Bread, Hush Puppies and assorted Desserts.

Friday, April 12

Terrace Overlook Restaurant

Cost: \$20

Reservation Required

Picnic Day

Join us for our Picnic Buffet. The menu includes Hot Dog Bar with Chili, Kraut, and Onions. Build your own Burger Bar with all the fixings and BBQ chicken. Potato Salad, Garden Salad, Baked Beans, and assorted Desserts.

Wednesday, April 24

Terrace Overlook Restaurant

Cost: \$16

Reservation Required

Passover

Celebrate Passover with our braised brisket with apricots. This tender brisket served with delicate sauce of tomatoes, garlic, apricots, and cinnamon is a tradition Passover meal. Served with roasted potatoes.

Friday, April 26

Terrace Overlook Restaurant

Cost: \$12

Reservation Required

Cinco De Mayo

Themed dinner specials include hard and soft tacos, shrimp quesadillas, taco salads, and nachos.

Friday, May 3

Terrace Overlook Restaurant

A la Carte Pricing

Reservation Required



Mother's Day

Celebrate Mom with our Mother's Day Brunch featuring an Omelet Station, Carving Station, Fresh Pastry and Muffins, Fresh Fruit, Pasta Salad, Chicken Marsala, Penne Vodka and assorted Desserts.

Sunday, May 12

Terrace Overlook Restaurant

Cost: \$23

Reservation Required

Memorial Day

Join us for the start of summer with BBQ Pulled Pork, All Beef Hot Dogs, Grilled Burgers, Potato Salad, Corn Salad, Fresh Fruit Salad and assorted Desserts.

Monday, May 27

Terrace Overlook Restaurant

Cost: \$14

Reservation Required

Father's Day

Celebrate Father's Day with our Beef and Bourbon event. Bourbon glazed Ribs, Jack Daniels Chicken and Bourbon Steak Tips. We will be pairing each Entrée with the Bourbon that complements our choice.

Friday, June 14

Terrace Overlook Restaurant

Cost: \$23

Reservation Required

Summer Picnic

Enjoy the first day of summer picnic! The deck will be open for seating. Enjoy BBQ chicken pulled pork hot dogs, burgers, potato salad, fruit salad, pasta salad, and assortment of desserts.

Thursday, June 20

\$16.00

Gourmet Hot Dogs

All beef hot dogs topped with your choice of cheese, kraut, bacon, onions, or chili and served with baked beans.

Friday, June 28

\$7.00

“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 at Chips Café, unless noted otherwise.

Coffee Cake Day

Enjoy a fresh piece of Coffee Cake for an afternoon snack. Choose from Lemon Glazed, Orange Poppy or Cinnamon Streusel.

Week of April 1st
\$2.00

National BLT Month

Celebrate National BLT month with our feature BLT Special: Crispy Bacon, Fresh Tomatoes, Lettuce, and Mayo served on Texas Toast with our Homemade Chips.

Tuesday, April 16
\$8.00

Pineapple Upside Down Day

Simple and sweet, today’s featured dessert is Pineapple Upside Down Cake.

Friday, April 19
\$3.00



National Shrimp Scampi Day

Our evening special of Shrimp Scampi will be served over Pasta.

Monday, April 29
Terrace Overlook Restaurant
Cost: \$14
Reservation Required

National Strawberry Month

Swing by Chips Café for a Strawberry Milkshake. The perfect way to start the weekend!

Friday, May 10
\$3.00

International Hummus Day

Enjoy our homemade Roasted Garlic Hummus served with Warm Pita Chips.

Tuesday May 14
\$6.00

National Hamburger Day

Enjoy National Hamburger Day with our build your own burger special. Pick from American, Swiss, or Provolone Chess, Lettuce, Tomato, and Onion. We will also feature specialty Burgers such as the Pizza Burger, or Breakfast Burger.

Tuesday, May 28
\$8.00

Asian American Pacific Islander Heritage Month

Join us for a taste of the South Pacific Islands! Enjoy Roasted Pork with Mango Salsa, Huli Huli Chicken Thighs in a Pineapple Ginger Marinade, Roasted Vegetables, Cold Local Salads and so much more!

Friday, May 31
Terrace Overlook Restaurant
Cost: \$18
Reservation Required

Chocolate Ice Cream Day

Celebrate chocolate ice cream day. Come make your own sundae with chocolate ice cream and toppings.

Thursday, June 6
\$5.00

Caribbean American Heritage Month

Enjoy the taste of Puerto Rico, Cuba, Jamaica, and Honduras. We will be offering such delicacies as Pincho’s, a marinated Chicken Kabab, Arroz Mamposteas, a Rice Dish with Vegetables and Meat, Mojo Pork, a citrus-marinated Pork, and more!

Friday, June 7
Terrace Overlook Restaurant
Cost: \$16
Reservation Required

Iced Tea Day

Join us for some refreshing ice tea to celebrate. We will be highlighting a different flavor every day. Enjoy Mango, Peach, Blueberry, and more.

Week of June 10
\$2.00

Onion Ring Day

Join us for our twist on Onion Ring Day. Enjoy our Blooming Onion served with our special dipping sauce.

Wednesday, June 12
\$6.00



COMMUNITY

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

CommUNITY Spirit

SERVING THE GREATER COMMUNITY

God’s Meal Barrel

God’s Meal Barrel’s mission is to provide an open pantry to feed those in need without questions or qualifications. Help support their cause by donating items needed. Items include; cereal, stuffing mix, canned beans, meats, vegetables, and fruits. Peanut Butter, pasta, mac and cheese, and boxed potatoes. Hygiene supplies such as toothbrushes, toothpaste, soap, and shampoo. This will help the community by supplying grocery items for those in need. Please no glass items. Please place your donations in the collection basket in the Hub Room or at the Apartment.

Monday, April 15 through Monday, April 29

SUPPORTING THE ALZHEIMER’S ASSOCIATION

Help to raise awareness and funds for Alzheimer’s care, support, and research by participating in the following fundraiser event or by financial donations.



Car Wash

Residents are invited to have their cars washed by staff and volunteers. Last year we raised \$741.00, our goal this year is to \$800.00. Help us raise funds for the Alzheimer’s Association.

Friday, June 21
10:00 am – 12:00 pm
Cost: Donation

SERVING WITHIN OUR COMMUNITY

Life Enrichment Planning Committee

All residential living residents are invited to help with planning events for July, August and September.

Thursday, April 4
3:00 pm
Hobby Room

Campus Calendar Photo Shoot

We’re creating a calendar again for next year! Communications Manager Chris Beck will snap the photos. Get an individual/couples photo or a group! Bring costumes or props, and options for a fun backdrop will be available. Calendar will then be for sale, cost TBD.

Wednesday, May 8
10:00 am
Great Room



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.



2100 Utz Terrace • Hanover, PA 17331 • www.SpiritrustLutheran.org

