



National Watch & Clock Museum and Turkey Hill Experience ... page 11

INSPIRATIONS

Inspiring Things to Do, Learn and Share



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

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

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

Description	Date	pg
WELLNESS		
Fitness Classes		
Beach Ball Volleyball, Seated	Thu	4
Exercise Equipment Orientation	5/21	4
Fitness Fun	4/5, 4/12, 4/26, 5/17, 5/24, 5/31, 6/7, 6/21, 6/28	4
Line Dancing	4/16, 5/21, 6/4	4
Stretch & Strength with Ali	Mon, Wed	5
Wellness Programs		
Medical Minutes		
Fall Prevention	4/12	5
Parkinson's Disease	5/13	5
Dehydration	6/18	5
Nutrition		
Be Well Kitchen		
Plant – Forward Eating:		
Good for You & the Planet	4/11	5
National Physical Fitness & Sports Month: Move More	5/9	5
Farm to Fork: Embrace Seasonal Eating	6/20	5
So Good Menu item available in Bistro		
Asparagus	4/25	5
Spinach	5/23	5
Blueberries	6/6	5
SPIRIT		
Emotional		
Grief: Finding Meaning	3rd Wed of every month	6
Spiritual		
Bible Study	1st & 3rd Thu	6
Service of Holy Communion	Sun	6
MIND		
Educational		
Current Events	4/12, 6/14	7
Tech Tips with Tiffany	4/24, 5/8, 6/27	7
Creative Arts		
Craft Corner		
String Art Class	4/23	8
Birdseed Ornaments	5/22	8
DIY Suncatchers	6/19	8
Song Birds	1st Thu	8

Description	Date	pg
SOCIAL		
Cocktails & More	4/26, 5/16, 6/20	9
Fashion Show/ Shopping Event	6/11	9
Ice Cream Wagon	6/3	9
Jeopardy with Tiffany	4/19, 5/10, 6/14	10
Memorial Day Celebration	5/27	10
Putt – Putt Palooza	4/12	10
Team Trivia	4/29, 5/28, 6/25	10
Trips		
BB's Grocery Outlet	6/13	10
Community Aide		
Shopping & Lunch	5/14	10
Family Cow Farm Tour	5/29	11
Fort Richie Museum Tour	6/6	11
Gettysburg Outlets & Lunch	4/9	11
Hershey Gardens	4/18	11
Huntsdale Fish Hatchery	6/27	11
National Watch & Clock Museum	4/30	11
PA Wolf Sanctuary	5/23	12
Pride of Susquehanna		
Riverboat Cruise	6/24	12
Robotic Dairy Cow Farm		
Tour & Lunch	5/7	12
Turkey Hill Experience	4/30	11
Warehime – Myers Mansion	6/12	12
WWII: American Experience		
Museum	5/9	12
Recreational		
Billiards	Thu	13
Card Club	Tue & Fri	13
Chess Club	Wed	13
Game Night	4/16, 5/15, 6/19	13
Shuffleboard	2nd & 4th Wed; starting in May	13
Table Tennis	Thu	13
Wii Bowling	Wed	13

PROGRAM OFFERINGS

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For program listing by date, refer to Monthly Event Calendar.

Description	Date	pg
Dining		
On Campus-From the Kitchen		
Masters, 19th Hole & Putt – Putt Palooza	4/12	13
Southern Fried	4/23	13
Autism Awareness Month	4/29	13
Mother's Day	5/10	13
Asian – American & Pacific Islander Heritage Month	5/22	13
Father's Day	6/14	13
Caribbean American Heritage Month	6/18	14
National Egg Month & Egg – Stravaganza	6/28	14
Out and About		
Guys & Gals Lunch Outing		
Family Table	6/26	14
Ladies Lunch Outings		
Zach Greenlee's Trackside	4/25	14
Casa Agave	5/17	14
Rosalie's Grill	6/21	14
Men's Breakfast Outing		
Complimentary Breakfast at Shippensburg VFW	4/5	14
Hickory Ridge	5/3	14
Greyhound Family Restaurant	6/7	14
Buffets & Celebrations		
Birthday Breakfast	4/29, 5/28, 6/25	14
Memorial Day Buffet	5/27	14
"Special" Holidays		
National Chicken Cordon Bleu Day	4/3	15
National Mushroom Day	4/15	15
National Garlic Day	4/19	15
Earth Day	4/22	15
National Apple Pie Day	5/13	15
International Hummus Day	5/13	15
National Buttermilk Biscuit Day	5/14	15
National Cherry Cobbler Day	5/17	15
National Cheese Day	6/4	15
National Donut Day	6/7	15
National Cupcake Lovers Day	6/13	15
National Strawberry Shortcake Day	6/14	15
National Chocolate Pudding Day	6/26	15
Entertainment		
Music at the Ridge		
Two Mountains Over	5/30	16
Tina Marie	6/18	16
The Sound of Charles Lee	7/25	16

Description	Date	pg
Theatre		
Shippensburg Wind Ensemble & Concert Band	4/7	16
Shippensburg University Community Orchestra	4/21	16
Totem pole		
Season Overview	4/10	16
Pump Boys	6/4	16
Clue	6/29	16
Jersey Boys	8/6	16

COMMUNITY		
CommUNITY Spirit		
Association Meeting	5/1	17
Community Yard Sale	6/1	17
Life Enrichment Committee	4/3, 5/1, 6/5	17
Resident Council Meeting	4/18, 5/16, 6/20	17
Spaghetti Dinner Outing	5/13	17
Town Hall Meeting	5/1	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.

Classes

Beach Ball Volleyball

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

Thursday

1:00 pm

Fleck Center – Group Exercise Room

Instructor: Tiffany Dawson

Exercise Equipment Orientation

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

May 21

1:00 pm

Fleck Center – Cardio Machine Room

Instructor: Ali Noll

Fitness Fun

Stop by the exercise room for this fun and exciting version of an exercise class. Classes will vary with different fitness activities/ games for everyone to participate in. It is guaranteed to keep you active and moving, while you have lots of laughs with your friends and neighbors.

April 5, 12, 26

May 17, 24, 31

June 7, 21, 28

1:00 pm

Fleck Center – Group Exercise Room

Instructor: Tiffany Dawson

Line Dancing

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

April 16 | May 21 | June 4 | 2:00 pm

Fleck Center - Group Exercise Room

Instructor: Ali Noll

WELLNESS



Stretch & Strength

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

Monday & Wednesday

9:30 am

Fleck Center – Group Exercise Room

Instructor: Ali Noll

Wellness Programs

MEDICAL MINUTES

April 12- Fall Prevention & Techniques

Therapy to teach techniques to lessen the risk of injury from falls.

1:00 pm

Fleck Center – Community Room

Presenter: Kenny Sample

May 13 - Parkinson's Disease

Learn the symptoms of Parkinson's Disease.

1:00 pm

Fleck Center – Community Room

Presenter: Peggy Shuyler

June 18 - Dehydration

Learn the signs and symptoms of dehydration and ways to prevent dehydration.

1:00 pm

Fleck Center – Community Room

Presenter: Peggy Shuyler

Nutrition



BE WELL KITCHEN

Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Team 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 11

Plant - Forward Eating: Good for You & the Planet - featuring Black Bean & Orange Quinoa Grain Bowl

May 9

National Physical Fitness & Sports Month: Move More – featuring Almond Coconut Date Balls

June 20

Farm to Fork: Embrace Seasonal Eating – featuring Spinach & Artichoke Dip

11:00 am

Fleck Center – Community Room
Presenter: Franklin Oiler, RDN, LDN



SO GOOD

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

April 25

Asparagus

Cream of Asparagus Soup



May 23

Spinach

Strawberry Field Salad (Balsamic Grilled Chicken, Spinach, Strawberries, Onion, Toasted Almonds with Lemon Poppy seed Dressing).



June 6

Blueberries

Blueberry Dinner Salad (Lemon Chicken, Mixed Greens, Blueberries, Feta Cheese, Toasted Almonds, and Lemon Poppy Seed Dressing).





SPIRIT



MIND

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

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

Emotional

Spiritual

Educational

Grief: Finding Meaning

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

**3rd Wednesday of each month
9:00 - 10:30 am**

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

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

Bible Study – Isaiah

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

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

**Fleck Center – Hobby / Community Room
Presenter: Herb Spomer**

Service of Holy Communion

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

**Sunday
2:00 pm
Chapel at the Inn**

CURRENT EVENTS

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

North Korean Nuclear Threat

This presentation will discuss North Korea's nuclear weapons development, testing, current status, capabilities, and the overall threat to the U.S., South Korea and U.N. forces in Korea.

**April 12
10:30 am
Fleck Center - Hobby Room
Facilitator: John Ricca**

Preventing a Terrorist Nuclear Attack

This presentation will discuss the mission of the Department of Homeland Security to prevent a terrorist nuclear attack. It will include the possible techniques that terrorists could use to transport a nuclear weapon, types of intelligence, detection capabilities, the technical and operational approaches to intercept a weapon, and conclusions.

**June 14
10:30 am
Fleck Center - Hobby Room
Facilitator: John Ricca**

TECH TIPS WITH TIFFANY

Tech Tips with Tiffany is a monthly reoccurring program, that provides guidance with technology. Each class will be centered around a certain issue / topic and will be hands - on. If suitable bring your device or a notebook to keep track of all the information and tips provided

**4/24, 5/8, 6/27
10:00 am
Fleck Center - Community Room
Presenter: Tiffany Dawson**

Creative Arts

CRAFT CORNER

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



String Art Class/ Workshop

Cindy with The Woods in Three Square is coming to Luther Ridge to teach us how to make the beautiful string art she creates. You do not need to have any experience and she will have helpers with her if you need assistance. All supplies will be provided, when registering, you will pick your desired project at that time (Tiffany will have examples).

April 23

1:00 – 3:00 pm

Cost: \$ 27

Fleck Center - Community Room

Birdseed Ornaments

Get in the spirit of spring and make your own unique birdseed ornament to hang in your tree or on your porch to attract our feathered friends.

May 22

1:00 pm

Fleck Center – Hobby Room



DIY Suncatchers

Join your fellow crafters and take some time to relax and have some fun. We will each make our own unique glass stone suncatcher. It is very simple and requires no experience.

June 19

1:00 pm

Fleck Center – Community Room

Song Birds

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

1st Thursday of the month

3:00 pm

Fleck Center - Community Room



SOCIAL

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



Cocktails & More

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

April 26

May 16

June 20

4:00 pm

Fleck Center - Community Room

Registration Required

Fashion Show and Mobile Shopping Event

Join your friends for this wonderful fashion show with models from our Campus! We will have the mobile shopping setup inside before the fashion show for anyone who cannot make it to the fashion show. See Tiffany in Life Enrichment if you are interested in being one of the models in the fashion show. The models will receive a discount on their purchase for modeling some of the outfits.

June 11

Shopping starts at 11:00 am

Fashion Show starts at 1:00 pm

Fleck Center - Community Room

Registration Required

Ice Cream Wagon

Grab your lawn chair and join your neighbors outside your cottage or at the gazebo for a sweet treat from your favorite ice cream delivery squad.

June 3

5:30 pm

Street times will be listed on the June Calendar

Jeopardy with Tiffany

If you are a fan of trivia and or just like to have fun, then Jeopardy with Tiffany is for you! This program is similar to the real Jeopardy in many aspects, even including a prize for the winning team. Sign up your team (maximum number of four) & no worries, we will find you a team if you don't have one.

April 19

May 10

June 14

3:00 pm

**Fleck Center – Community Room
Registration Required**

Memorial Day Celebration

After the buffet join Tiffany outside the Fleck for some fun backyard games!

May 27

12:30 pm

Fleck Center

Putt – Putt Palooza

Test your skills at our indoor putt – putt course with a prize-winning Master's hole. Putters will be available if you don't have one. There is no experience needed, so come try your luck and your skills. For those not brave enough to test their skills, golf trivia will be held during the Master's 19th hole lunch.

April 12

10:30 am

Fleck Center – Bistro/ Community Room

**Team Trivia**

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

April 29

May 28

June 25

3:00 pm

**Fleck Center – Community Room
Registration Required for
Modeling**

Trips**BB's Grocery Outlet**

BB's Grocery Outlet is a discount grocery chain that was started on an Amish Farm in Lancaster County in 1986. It began with the simple idea of providing quality groceries at greatly reduced prices to the local community. If possible, please bring reusable bags with your name on them.

June 13

1:00 pm

Newburg, PA

**Registration Required - Must have
at least 10 Registrants**

Community Aid Shopping & Lunch

The group will travel to Mechanicsburg to visit the Community Aid Thrift Store on Senior Day where everyone over 55 will get 50% off their purchase. They will not automatically give you the discount you must ask for the discount at the register. After we have all our shopping done the group will head to a local restaurant for a delicious lunch.

May 14

9:00 am

Mechanicsburg, PA

Cost of your lunch

**Registration Required - Must have
at least 10 Registrants**

Family Cow Farm Tour

Our group will travel just a few short miles down the road to tour the Family Cow Farm. This farm has been in the same family for over 100 years! They specialize in high-integrity, nutrient-dense, raw, organic, and soy-free foods from God's Green Earth and his grazing cattle. The duration of the tour will approximately be 45 minutes - 1 hour.

May 29

9:45 am

Chambersburg, PA

**Cost: Free, Items available for
purchase**

**Registration Required - Must have
at least 10 Registrants**

Fort Richie Museum

Built in 1927 as a mess hall and dedicated as a memorial library to the man who designed Ritchie, Robert Barrick, this space honors the legacy of the local veterans including those who proudly served at Ritchie from 1926-1998. The tour will consist of an outside bus tour of the grounds and then an inside tour as well.

June 6

10:00 am

Cascade, MD

**Cost: Donations are welcomed, not
required**

**Registration Required - Must have
at least 10 Registrants**

Gettysburg Outlet Shopping & Lunch

The Gettysburg Outlets were built in 2000 and to this day still have such a wide variety of stores to satisfy your shopping needs. The group will stop and get lunch at a restaurant offsite after everyone is done with their shopping. The group pickup time will be 12:00 where you were dropped off. If you finish shopping early you can go to the bus before the scheduled pickup time.

April 9

9:30 am

Gettysburg, PA

Cost of your lunch

**Registration Required - Must have
at least 10 Registrants**

**Hershey Gardens & Lunch**

Our group will stop for an early lunch before the tour at Hershey Gardens. Our group will tour the beautiful gardens as well as visit the butterfly atrium. Please note this is a walking tour, there are benches along the path to sit and rest, please wear comfortable walking shoes and clothes.

April 18

9:30 am

Hershey, PA

Cost: \$20 pp , plus your lunch

**Registration Required - Must have
at least 10 Registrants**

Huntsdale Fish Hatchery

Constructed in 1932, the Huntsdale State Fish Hatchery was built on approximately 80 developed acres (167 total acres) of land. The fish hatchery is owned by the Commonwealth of Pennsylvania and is managed by the Fish and Boat Commission.

June 27

12:30 pm

Carlisle, PA

Cost: Free

**Registration Required - Must have
at least 10 Registrants**

**National Watch & Clock Museum and Turkey Hill Experience**

Please note this is a combined trip, we will begin our day at the National Watch & Clock Museum that is home to North America's largest horological collection. This collection features more than 13,000 pieces from around the world. Once we have finished visiting the Watch and Clock Museum we will head to lunch. After a delicious lunch we will visit the Turkey Hill Experience, where we will go through the exhibits and finish our day in their taste lab. The taste lab is where we will have an ice cream 101 class and then make our own ice cream flavor.

April 30

8:00 am

Columbia, PA

Cost: \$27 pp, plus your lunch

**Registration Required - Must have
at least 10 Registrants**



PA Wolf Sanctuary

The group will travel to Lititz, PA to visit the Wolves of Speedwell nestled in the heart of Pennsylvania Dutch country. For over 40 years, the Darlington Family has offered refuge to gray wolves and wolf - dogs. Our group will tour their grounds and get to see why wolves and wolf - dogs are not actually like myths portray them to be.

May 23
8:00 am
Lititz, PA
Cost: \$17 per person
Registration Required - Must have at least 10 Registrants

Pride of Susquehanna Riverboat Cruise

This will be a combined group cruise on "Senior Monday" not only with the public but also with some of the residents from the Village at Shrewsbury Campus of SpiriTrust Lutheran. The riverboat has restrooms aboard and is very handicap accessible and even has a full bar. Senior Monday Cruises feature either a guest speaker, live music, games, bingo, or trivia.

June 24
2:30 pm
Harrisburg, PA
Cost: \$10 per person
Registration Required - Must have at least 10 Registrants

Robotic Dairy Cow Farm Tour & Lunch

If you worked on a farm growing up, you might want to see what this tour has to offer. New cutting-edge technology offers a newer fresher outlook on how a Dairy farm can be run today. This is a family-owned farm run by the Brake family since the 1930's. Oakleigh Farm is home to 120 milk cows, 25 dry cows and 115 heifers and calves on 400 acres of land. We will tour the Farm and learn things about dairy cattle you may not have known. The duration of the tour will be approximately 45 minutes - 1 hour.

May 7
9:45 am
Mercersburg, PA
Cost of your Lunch
Registration Required - Must have at least 10 Registrants

WWII: American Experience

Our group will travel to Gettysburg to check out this museum filled with WWII history waiting to be discovered by you. This Museum has a lot to offer from their wide variety of authentic WWII vehicles, uniforms, artifacts not just from the battlefield, but the home front as well.

May 9
1:00 pm
Gettysburg, PA
Cost: \$13
Registration Required - Must have at least 10 Registrants



Warehime - Myers Mansion

Nestled in Hanover, PA the Warehime - Myers Mansion was built over three years beginning in 1911. William Warehime generously donated the Warehime-Myers Mansion, its contents, and the grounds to the Hanover Area Historical Society along with an endowment for the conservation of the properties. Our group will tour both public floors and grounds directly behind the mansion. The mansion has an elevator to the second floor or a case of stairs with a handrail.

June 12
12:00 pm
Hanover, PA
Cost:\$8.00
Registration Required - Must have at least 10 Registrants

Recreational

LEISURE GAMES

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

Billiards

Thursday, 2:30 pm
Fleck Center - Billiards Room



Card Club

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

Chess Club

Wednesday 2:00 pm
Location Varies

Game Night!!!



Game Night - Once a month

Various card & board games
Pizza & beverage provided.
April 16, May 15, June 19
4:00 pm
Fleck Center - Community Room

Shuffleboard

2nd & 3rd Wednesday, 4:00 - 5:00 pm
(begins in May)

Table Tennis

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



Wii Bowling

Wednesday, 1:00 pm
Fleck Center - Community Room

Dining

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

FROM OUR CAMPUS KITCHEN

Masters, 19th Hole

Menu - Banh Mi Shrimp Burger with Cilantro Pickled Vegetables & Sriracha Sauce on a Kaiser Roll, Steak Fries, Tomato Salad, Steak & Potato Soup and Sour Cream Pound cake with Peaches. See Putt - Putt Palooza under Social for more information.

Friday, April 12
Fleck Center - Bistro
Cost: \$8.75

Southern Fried

Menu - Southern Fried Chicken, Mashed Potatoes & Gravy, Green Beans & Ham, Bacon Corn Chowder & Banana Pudding.
Tuesday, April 23
Fleck Center - Bistro
Cost: \$8.75

Autism Awareness Month

Menu - Blueberry Dump Cake
Monday, April 29
Fleck Center - Bistro
Cost: \$1.50

Mother's Day

Menu - Lemon Parmesan Chicken, Creamy Spinach Penne, Julienne Carrots, Red Peppers & Green Beans, Crab & Red Pepper Bisque & Strawberry Shortcake.
Friday, May 10
Fleck Center - Bistro
Cost: \$8.75

Asian - American & Pacific Islander Heritage Month

Menu - Swai with Pineapple Salsa, Coconut Mashed Sweet Potato, Cucumber Tomato Salad, Chicken Adobo Soup & Japanese Style Sponge Cake
Wednesday, May 22
Fleck Center - Bistro
Cost: \$8.75

Father's Day

Menu - Grilled Southwest Pork Chop with Onion Straws, Smashed Potatoes, Garlicky Green Beans, Clam Chowder & Chocolate Cake.
Friday, June 14
Fleck Center - Bistro
Cost: \$8.75



Caribbean American Heritage Month

Menu – 13 Spice Caribbean Pork Loin, Black Bean Stew over Rice, Corn Soup with Dumplings & Banana Cake.

Tuesday, June 18
Fleck Center – Bistro
Cost: \$8.75

National Egg Month

Menu – Baked Egg with Swiss Cheese, Mushroom & Bacon. Join Tiffany for her Egg - Stravaganza and compete in some of the most egg - cellent games you have ever played. We will have an Egg Toss and Egg relay with a prize for the winning team.

Friday, June 28
Fleck Center – Bistro
Cost: \$8.75

OUT & ABOUT

Guys N' Gals Outing

Join your fellow neighbors and have a delicious meal for a great price at this family centered restaurant that has been open since 2018.

June 26
Family Table
4:00 pm
Chambersburg, PA
Registration Required

Ladies Lunch Out

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

April 25 – Zach Greenlee's Traskside Restaurant
May 17 – Casa Agave Restaurant
June 21 – Rosalie's Grill
11:00 am
Chambersburg, PA
Registration Required

Men's Breakfast Outing

There is just something about breakfast that brings a smile to people's faces, or could it be a friend/ neighbor you haven't gotten a chance to sit down and chat with for a while? Come have a great time, a great breakfast, and catch up with your fellow buddies.

April 5 – Complimentary Breakfast at Shippensburg VFW
May 3 – Hickory Ridge
June 7 – Greyhound Family Restaurant
9:00 am
Chambersburg, PA
Registration Required

Buffets & Celebrations



Birthdays Breakfast

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

April 29
May 28
June 25
9:00 am
Fleck Center – Bistro
Registration Required

Memorial Day Celebration Buffet

Menu – BBQ Chicken, Italian Pasta Salad, Broccoli Salad, Fresh Fruit & Lemon Meringue Sheet Cake. See Memorial Day Celebration under Social for more information.

Monday, May 27
11:30 am
Fleck Center – Bistro
Cost: \$15.00
Registration Required – Deadline May 15

“Holiday” Specials

Who knew these were holidays? Join the culinary team as they celebrate these off – the – wall nationally recognized days with some entrees. All entrees are served at the Corner Bistro during lunch, unless indicated otherwise. Cost varies by item.

National Chicken Cordon Bleu Day – 4/3

Come and try our Chicken Cordon Bleu: A “blue ribbon dish” that combines chicken, ham, and cheese.

National Mushroom Day – 4/15

Did you know mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants that provide many different benefits for our bodies?

National Garlic Day – 4/19

Garlic: the secret ingredient to a good meal.

Earth Day – 4/22

Come and try our take on the world - famous Dori Greenspan's World Peace Cookies.

National Apple Pie Day – 5/13

When life gives you apples, you have to make apple pie or at least eat a slice!



International Hummus Day – 5/13

Join millions of people around the world in celebrating love for hummus.

National Buttermilk Biscuit Day – 5/14

Enjoy a nice warm buttermilk biscuit with your meal.



National Cherry Cobbler Day – 5/17

It's cherry cobbler, who doesn't love cherry cobbler?!



National Cheese Day – 6/4

Life is great, but cheese just makes it better!

National Donut Day – 6/7

I Do – nut know how you can pass up this perfect opportunity to get a Donut!

National Cupcake Lovers Day – 6/13

Who doesn't love cupcakes?!



National Strawberry Shortcake Day – 6/14

Strawberry Shortcake is a spring delight.

National Chocolate Pudding Day – 6/26

Add some joy to your day with this delicious decadent chocolate pudding.

Entertainment

Music at the Ridge

It's that time of the year and our outdoor concerts are back! Bring a chair, a friend, and your dancing shoes.

May 30 – Two Mountains Over

June 18 – Tina Marie

July 25 – The Sound of Charles Lee

6:00 pm

Fleck Parking Lot

Auxiliary will be serving food starting at 5:00 pm

Theatre

Shippensburg Wind Ensemble & Concert Band

Travel with us to the Luhrs Center in Shippensburg to listen to the Shippensburg Wind Ensemble & Concert Band perform.

April 7

2:00 pm

Shippensburg, PA

Cost: Free

Registration Required

Shippensburg University Community Orchestra

Our group will celebrate Earth Day with music performed by the Shippensburg University Community Orchestra. They will have a selection of music inspired by nature including work by Greig and Strauss.

April 21

2:00 pm

Shippensburg, PA

Cost: Free

Registration Required

Totem Pole Playhouse Season Overview

David Caldwell is back with his enthusiastic and entertaining overview of this year's lineup of performances they have to offer. Please be prepared to register and pay for any of the plays you are interested in attending.

April 10

1:00 pm

Fleck Center – Community Room

Presenter: David Caldwell

Pump Boys & Dinettes

This is a musical tribute to life by the roadside following the "Pump Boys" and the two ladies next door that run Double Cupp Diner. This will be an afternoon of country western songs and laughter.

June 4

1:00 pm

Cost: \$40 per person

Fayetteville, PA

Registration Required: Deadline is May 4



Clue: On Stage

This performance is based on the film and popular board game. It is sort of a whodunnit type performance, where each guest of this unusual dinner party has a different alias, and they must all try to find out who is the murderer among them.

June 29

1:00 pm

Cost: \$40 per person

Fayetteville, PA

Registration Required: Deadline is May 29



Jersey Boys

This performance takes you behind the scenes and behind the music of Frankie Valli and the Four Seasons.

August 6

1:00 pm

Cost: \$40 per person

Fayetteville, PA

Registration Required: Deadline is July 6



COMMUNITY

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

— Mahatma Gandhi

CommUNITY Spirit

Spaghetti Dinner at Marine Corp League

All you can eat spaghetti dinner. All proceeds go to local college scholarships for students in the local area.

May 13

3:30 pm

Chambersburg, PA

Cost: \$ 10 per person - pay at the door

Registration Required

Community Yard Sale

Are you looking to do some spring cleaning at your cottage? Perhaps you may be interested in finding some good bargains. Whether you are adding something to your collection or getting rid of things, come to the Annual Community Yard sale at the Hospice building. For those interested in reserving a space, call LE staff at the Fleck at 717-267-1665. You are responsible for providing your own table and for setting up your things.

June 1

8:00 am – 2:00 pm

Village at Luther Ridge- Home Care & Hospice

COMMITTEES AND GROUPS

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

- Association Meeting: 5/1
- Life Enrichment Committee: 4/3, 5/1, 6/5
- Resident Council: 4/18, 5/16, 6/20
- Town Hall Meeting: 5/1

Are you interested in sharing your time and talents? Contact Ali Noll, Director of Life Enrichment, to learn more about volunteer opportunities.



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

The Seven Dimensions of Wellness

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

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



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