

**SPECIAL EVENTS**

**October 2<sup>nd</sup> Picnic at Codorus Lake (Hanover, PA) 11:15 am** Join us for an early fall picnic by the lake. Enjoy the crisp air, fall scenery, and good conversation. Bring your own lunch or purchase a boxed lunch from the Café. **Cost: \$12.00 For a boxed lunch From Café. Please place lunch order by 9/24.**

**October 3<sup>rd</sup> Havre de Grace (Havre de Grace, MD) 9:30 am** Nestled at the mouth of the Susquehanna River where it meets the Chesapeake Bay, Havre de Grace is a historic city known today for its graceful Victorian architecture, antiques, and maritime charm. Smithsonian named it one of the 20 best small U.S. towns to visit.

**October 9<sup>th</sup> Fall Festival (Gathering Room) 5:30 pm** Enjoy an evening full of games, trick or treating, snacks and more.

**October 10<sup>th</sup> Virtual Voyager “Niagara Fall’s” (Clubhouse) 2:00 pm** If you want to spend the perfect day at Niagara Falls, our guide navigates you through the breathtaking beauty and exhilarating activities this natural wonder offers. From the misty journey on the Maid of the Mist boat tour, which brings you face-to-face with the thunderous falls, to the awe-inspiring views from the Skylon Tower's observation deck, we detail each moment on both the USA and Canadian sides of the falls. It will surely be a day you will never forget, with natural wonders and fun tourist attractions.

**October 15<sup>th</sup> Car Show (Zimmerman Place) 2:00 pm** Come check out a car collection presented by the Chesapeake Region Antique Automobile Association of America.

**October 16<sup>th</sup> Autumn Safety with Grace (Clubhouse) 1:30 pm** Please join us in viewing an important presentation on Autumn Safety, which will cover key tips for protecting ourselves and the community for the fall and winter seasons. As the weather cools and the days grow shorter, it is crucial to review our safety practices for a smooth and safe transition!

**October 21<sup>st</sup> Pizza & Movie “Billy Elliot” (2000) (Clubhouse) 5:00 pm** The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the class exacting instructor, Mrs. Wilkinson. With a tart tongue and a never-ending stream of cigarettes in her hand, Mrs. Wilkinson's zest for teaching is revived when she sees Billy's potential. Rated R **Cost: \$5.00**

**October 22<sup>nd</sup> Heritage Hills Mini Golf (York, PA) 12:00 pm** Enjoy an 18-hole, fancifully themed putting course that's both fun and slightly challenging. **Cost: \$7.00. Ice cream is additional.**

**October 30<sup>th</sup> Halloween Bash (Clubhouse) 5:00 pm** Enjoy a spooky-themed meal and a costume contest to celebrate the scariest holiday of the year. **Cost: \$12.00**



# Lifestyle

## Newsletter

October 2025

**The Quiet Crusader**



On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*. The response was overwhelming. The government would build a new hospital in Britain that could be transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions were responsible for reducing the hospital death rate from 42% to 2%. Florence Nightingale's persuasive tactics to improve hospital hygiene—with the government's help—are only part of her legacy. During the Crimean War she earned the nickname “The Lady with the Lamp.” After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This type of round-the-clock care, coupled with her insistence on sanitation, helped revolutionize modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages. Indeed, the Florence Nightingale Museum in Britain hails its namesake as the most influential woman to have lived in Victorian Britain, Queen Victoria excepted.



The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Communion Service (ZP)(GR)	2:00 Exercise with Kim from the YMCA (CH)  3:00 Wii Bowling & Ping Pong (CH)	10:00 Move! (CH)  11:00 Blood Pressure Clinic (WS)  1:00 Pinochle (CH)  3:00 Exercise with Alec (CH)	9:00 Shopping Giant (OFF)  2:00 Cribbage (CH)	9:00 Saubel's/Bank Run (OFF)  10:00 Move! (CH)  1:00 Singalong with Joan (ZP)	9:30 Bible Study (CH)  3:00 Wii Bowling & Ping Pong (CH)	

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Additional programs & events scheduled for the month of October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your Inspirations catalog.	<b>Key:</b> <b>RR- Registration Required    \$\$- Cost    OFF – Off Campus</b> <b>CH – Club House    ZP – Zimmerman Place</b> <b>WS – Wellness Suite    GR – Gathering Room</b>		<b>1</b> 10:00 Garden Club **(CH)  1:00 Trivia with Friends **(CH)	<b>2</b> 11:15 Picnic Codorus Lake**(OFF) <b>CD 9/24</b>	<b>3</b> 10:00 Painting (CH)  9:30 Havre de Grace **(OFF)\$\$ <b>CD 10/1</b>	<b>4</b>
<b>5</b>	<b>6</b> 12:00 History of Shrewsbury Police Force (GR)(ZP)	<b>7</b> 10:15 RL Board Meeting (CH)  11:00 Lunch at Stonebridge Grill & Millers Sunflower Fields **(OFF)\$\$ <b>CD 10/6</b>	<b>8</b> 1:00 Catholic Mass (GR)(ZP)  1:00 Service Project: Donations for Youth Development Center (CH)	<b>9</b> 5:30 Fall Fest**(CH) <b>CD 10/8</b>	<b>10</b> 10:30 Bingo**(CH)  2:00 Virtual Voyager “Niagara Falls” **(CH)	<b>11</b>
<b>12</b>	<b>13</b> 11:00 Board Game Day (CH)  1:00 Great Discussions “Advice That Will Leave You Speechless” **(CH)	<b>14</b> 10:30 Coffee & Conversation (CH)  4:00 Dinner Out Great American Saloon**(OFF)\$\$ <b>CD 10/13</b>	<b>15</b> 10:00 Stitch Witchery (CH)  2:00 Car Show (ZP Parking Lot)	<b>16</b> 1:30 Autumn Safety with Grace **(CH)  4:00 Cocktails & More **(CH) <b>CD 10/14</b>	<b>17</b> 10:00 Painting (CH)  3:00 Live Music with JD Sage (GR)(ZP) <b>CD 10/14</b>	<b>18</b>  7:00 YSO Streaming Show**(CH)
<b>19</b>	<b>20</b> 11:00 Board Game Day (CH)  5:00 Pizza & Movie “Billy Elliot” **(CH)\$\$ <b>CD 10/17</b>	<b>21</b> 2:00 Social Life Committee Meeting (CH)  1:30 Chemistry of Cooking “Pumpkin Mousse” **(CH)	<b>22</b> 2:00 Dining Committee Meeting (CH)  12:00 Heritage Hills Mini Golf & Ice Cream**(OFF)\$\$ <b>CD 10/20</b>	<b>23</b> 2:00 Town Hall (CH)	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 11:00 Board Game Day (CH)  1:00 Book Club **(CH)	<b>28</b> 11:00 Men at Eleven (CH)  5:00 Birthday Dinner**(CH)\$\$ <b>CD 10/24</b>	<b>29</b> 1:00 Craft Corner “Hand Wrapped Yarn Pumpkins” **(CH) <b>CD 10/27</b>	<b>30</b> 5:00 Halloween Bash**(CH)\$\$ <b>CD 10/23</b>	<b>31</b>	Program additions or changes since catalog was published are <b>bold</b> . Program offerings are subject to change.