



Concordia at SpiriTrust
Sprenkle Drive

AUGUST 2026



Pictured: Residents of Sprenkle Drive who volunteer at **The Garden Market**. The Garden Market is open every Wednesday from 10:15am until 10:45am during harvest season (May to October) in front of the Sprenkle Glatfelter Community Center. Cash only donations benefit local food banks.

This book features activities and special events happening at the Concordia at SpiriTrust Sprenkle Drive Community for the month of August 2026.

The theme for August is: **“Dog Days of Summer”**! You’ll see this logo  next to activities related to the theme.

Program offerings are listed chronologically in this book (by date). You may also refer to the monthly Activity Calendar.

IMPORTANT: for all activities that require registration, you can sign up using the Sign-Up Binder located at the front entrance of the Glatfelter Center near the receptionist desk. Registration will open (with sign-up sheets available) at **9:00 a.m.** on **Friday, July 31st** to give everyone a fair and equal (*first-come, first-serve*) chance to sign up. Sign-up Sheets and program attendance will be used for billing purposes. Unless otherwise stated within the activity description, fees will be added to your monthly bill for activities that you and your guest(s) attend. Note: not all activities (only some) have a fee.

Here at Concordia at SpiriTrust, we fully integrate the seven dimensions of wellness to encompass every aspect of life, supporting active aging and well-being so residents can live as fully as possible. Below you’ll find a short description and logos for the wellness dimensions. Each activity in this book will have one of the wellness logos next to it identifying what wellness dimension the activity is aligned with.



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.



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.



INTELLECTUAL. Opening our minds to new ideas/experiences and engaging in creative pursuits and life-long learning to sharpen the brain.



PHYSICAL. Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.



OCCUPATIONAL or (VOCATIONAL). Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.



SOCIAL. Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.



SPIRITUAL. Living with peace and harmony to realize a common purpose in our lives.

Bingo [M. Aug. 3 | Community Room B | 1:00PM | Fee: \$3]

Bingo is held on the first Monday of each month! It's a fun way to relax, enjoy friendly competition, and connect with fellow residents in a lively atmosphere. A \$3.00 participation fee will be charged to your resident account with the fee used to provide prizes awarded to the winners or you are welcome to bring two wrapped prizes and not be billed the fee. Registration is required – sign up in the Sign-Up Binder.



Beltone Clinic [T. Aug. 4 | Community Room A | 9:00AM]

Beltone will be on-site at the Sprenkle Drive Community offering free hearing consultations and free hearing aid cleanings by appointment. Registration is required – sign up in the Sign-Up Binder.

Catholic Communion [T. Aug. 4 | Skilled Care Community Rm. | 10:00AM]

For those practicing Catholic faith, communion is held the first Tuesday of each month. Traditional Catholic Communion is the reception of the Holy Eucharist, believed to be the true Body and Blood of Jesus Christ. Received with reverence during Mass, it unites the faithful with Christ and strengthens their spiritual life and faith. Provided by parishioners of St. Patrick Parish.



TED Talks [Th. Aug. 6 | Community Room A | 10:30AM]

Featuring three 15-min. talks on a variety of topics followed by meaningful conversation, discussion, and sometimes debate. Stimulate the mind, share perspectives, be inspired, and reimagine. Get to know each other through thought and lifelong learning. In conjunction with this month's "Dog Days of Summer" theme, the TED Talks topic will be about dogs.

The Great Courses [F. Aug. 7 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#19: The French Menace** and lecture **#20: Vain Hopes in the Carolinas**. With efforts to create an American navy stymied, the bulk of the French intervention will be carried by her navy, which proves a distraction to the British who believe victory might lie southward.





Friday Flicks [F. Aug. 7 | Community Room A | 1:00PM]

This week's Friday movie is the 2009 drama **"Hachi: A Dog's Tale"**. This heartwarming true story is an American adaptation of a Japanese tale about a loyal dog named Hachiko. This very special friend would accompany his master to the train station every day and return each afternoon to greet him after work. Sadly his master departs one day, passes away and never returns to the station. Bring your kleenex.

Sunday Worship Service [Su. Aug. 9 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us. Expect some changes to the service as guest chaplains fill in until a permanent chaplain is named.



Coffee 101 [M. Aug. 10 | Rachel & Reuben Bistro | 9:00AM]

Enjoy a coffee klatch where you toast a cup of eye-opening Joe along with a tasty sweet. Concordia at SpiriTrust Sprenkle Drive has a monthly international coffee subscription. Each month we get to taste a specialty coffee from an area of the world and learn about that area's culture. Registration is required – sign up in the Sign-Up Binder.

Trip to Trader Joe's [M. Aug. 10 | Glatfelter Ctr. – Front | 1:00PM]

Take a convenient bus outing to this favorite shopping destination in Camp Hill. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 14 passengers. 1PM departure from front of Glatfelter.



Grocery Trip to Aldi [T. Aug. 11 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to Aldi. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.

Craft: Dog Ear Bookmarks [T. Aug. 11 | Community Room B | 2:30PM]

DIY origami craft with instructions on how to create your own dog ear bookmarks. Great for book lovers and as gift give-a-ways or to make for the Sprenkle Annual Craft Fair in November. Registration is required – sign up in the Sign-Up Binder.

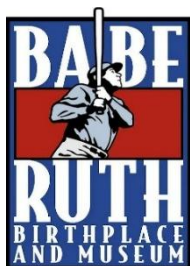


Grief Support Group [T. Aug. 11 | Community Rm. A | 3:00PM]

A new support group helping those feeling the pain of grief and loss will meet every 2nd and 4th Tuesday of each month. Led by resident Cathy Heilman. All are invited to attend.

Canine Kitchen Corner [W. Aug. 12 | Community Rm. B | 2:00PM]

Join us for this culinary craft where we'll be making homemade dog treats. We will be making a variety of healthy treats using organic dog friendly ingredients such as sweet potato, vegetables and peanut butter. Take the treats home to your furry friend, gift them away, or bring to the "hot diggity dog party" later this month. Registration is required – sign up in the Sign-Up Binder.



Luxury Coach Day Trip to Inner Harbor Baltimore to Phillips Seafood and Babe Ruth Museum and More!

[Th. Aug. 13 | Back Lobby of Glatfelter Ctr. | 9:30AM to 5:30PM]

The trip is not sold out...there are still seats on the bus. See Todd Canfield, Activities Director, for itinerary and cost information.

The Great Courses [F. Aug. 14 | Community Room A | 10:30AM]

The 24-lecture series on **The American Revolution** continues with lecture **#21: The Americans Fight Like Demons** and lecture **#22: The Reward of Loyalty**. Nathanael Greene is appointed to take over the southern army after Gates's defeat at Camden. His innovative strategies are successful, ultimately forcing British general Cornwallis to admit that the Americans can "fight like demons."





Friday Flicks [F. Aug. 14 | Community Room A | 1:00PM]

This week's Friday movie is the 1981 *drama-animation* **"The Fox and the Hound"**. When a feisty little fox named Tod is adopted into a farm family, he quickly becomes friends with a fun and adorable hound puppy named Copper. Life is full of hilarious adventures until Copper is expected to take on his role as a hunting dog -- and the object of his search is his best friend! Your family will want to share the fun and adventure in THE FOX AND THE HOUND!

Sunday Worship Service [Su. Aug. 16 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us. Expect some changes to the service as guest chaplains fill in until a permanent chaplain is named.



Men's Breakfast [M. Aug. 17 | Rachel & Reuben | 9:00AM]

Nourish your body and soul as you enjoy men's fellowship over a hardy breakfast. Limited to 45 participants. Registration is required – sign up in the Sign-Up Binder.

Appalachian Trail Virtual Hike Information Session

[M. Aug. 17 | Community Room A | 11:00AM]

Come and learn about the AT Hike Virtual Challenge and what it's all about! This information session will explain all the details you need to know.



Bocce [M. Aug. 17 | Community Room B | 1:00PM]

Get ready to roll with Bocce, the timeless classic that combines strategy, skill, and a little bit of luck – now with a fun twist played indoors! This version brings all the excitement of the traditional game into a comfortable setting, making it easy to enjoy no matter the weather. Join friends and neighbors for an engaging activity sure to spark plenty of fun competition.

DIY Craft: Miniature Yarn Dog

[M. Aug. 17 | Community Rm. A | 2:30PM]

Create adorable miniature dogs using yarn, a unique textile craft that you can use as a key chain or stocking stuffer gift for a dog lover.

Registration is required – sign up in the Sign-Up Binder.



Grocery Trip to Weis [T. Aug. 18 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **Weis**. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.

Special Guest Speaker: Soren West

[T. Aug. 18 | Community Room A & B | 1:00PM] **followed by book sale/signing*

Don't miss this amazing presentation by Soren West, a local man from Lancaster County who realized his childhood dream of thru hiking the Appalachian Trail! He did so at age 75 with his dog Theo. Buy and read his book titled "Northbound With Theo", detailing this incredible adventure.



Catholic Mass [W. Aug. 19 | Skilled Care Community Room | 10:00AM]

In addition to Catholic Communion (the first Tuesday of each month), traditional Catholic Mass is held the third Wednesday of each month. Father Kelley or Father Kashif from St. Patrick Parish comes to Concordia at Spiritr Trust Sprengle Drive to provide Catholic residents the opportunity to attend the Sacrifice of the Mass.

Ladie's Tea [W. Aug. 19 | Rachel & Reuben Bistro | 2:00PM]

Enjoy some girls talk over tea and tea cakes and tea sandwiches. Limited to 45 participants.

Registration is required – sign up in the Sign-Up Binder.





Evening Dominoes [W. Aug. 19 | Rachel & Reuben | 6:00PM]

Dominoes is a classic tile-based game played with rectangular blocks, often called "bones" or "pieces". The goal of the game is to be the first to empty your hand by matching the numbered ends of tiles. Novice and experienced players are welcome. Come learn the rules and strategies of this popular game and have fun – every third Wednesday of the month!

Physical Therapy Presentation: *Adaptive Equipment*

[Th. Aug. 20 | Community Room A | 10:30AM]

Brianna Berger, Concordia at SpiriTrust Sprenkle Drive Director of Inpatient Rehab, will present on the topic of '*Adaptive Equipment*'. Come learn about how and what devices can help assist you with everyday activities now or later in life.



Pet Caricatures [Th. Aug. 20 | Community Rm. B | 2PM to 4PM | Fee]

BRING YOUR DOG *or* BRING A PHOTO OF YOUR DOG. A pet caricature artist will be here to create a fun and whimsical portrait caricature of your dog to keep as a keepsake. There will be a fee (unknown at this time). Please bring cash or check. You will also have the option of having the fee billed to you. Registration is required – sign up in the Sign-Up Binder.

Pupsicles & Pooch Parade [Th. Aug. 20 | Community Room B | 3:30PM]

BRING YOUR DOG. If you don't have a dog, we still want you to come for the fun! Dogs and humans will enjoy pupsicles and popsicles followed by a short parade where Personal Care residents will judge best in show and best pup parade costume. Come early to have a caricature portrait made of your dog!



The Great Courses [F. Aug. 21 | Community Room A | 10:30AM]



The 24-lecture series on **The American Revolution** concludes with lecture **#23: A Sword for General Washington** and lecture **#24: It is All Over.** Cornwallis moves into Virginia to cut off Greene's supply and recruiting and to establish a naval station. But he underestimates American and French strength. The course concludes with the fates of the war's major figures and a summation of what the conflict meant to most Americans

Friday Flicks [F. Aug. 21 | Community Room A | 1:00PM]

This week's Friday movie is the 2019 comedy - drama **"The Art of Racing in the Rain"**. A dog named Enzo recalls the life lessons he has learned from his race car driving owner, Denny.



Sunday Worship Service [Su. Aug. 23 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us. Expect some changes to the service as guest chaplains fill in until a permanent chaplain is named.

Mystery Lunch [M. Aug. 24 | Bus Trip – Back of Glatfelter Ctr. | 11:00AM]

The anticipation just adds to the appetite. See if you can guess the location the closer we get to where we're going. Restaurants for the mystery lunches are chosen based on reviews and recommendations. The ambiance may not always be what you expect, but the food is sure to be good! Lunch outings are paid through individual separate checks. Registration is required – sign up in Sign-Up Binder.



Yappy Hour [M. Aug. 24 | Community Room B | 4:00PM]

Every Monday needs a happy hour! **BRING YOUR DOG** or just bring yourself if you don't have a dog for this tail wagging good time with cocktails and mocktails, appetizers, dog howling music and more! Registration is required – sign up in Sign-Up Binder.

Grocery Trip to Walmart [T. Aug. 25 | Glatfelter Ctr. – Front | 9:00AM]

Each Tuesday at 9:00AM features a convenient trip to a different grocery store. Today's trip is to **Walmart**. Registration is required by signing up in the Sign-Up Binder. The bus can only accommodate 8 passengers.





Appalachian Trail Virtual Hike Information Session

[T. Aug. 25 | Community Room B | 2:00PM]

Come and learn about the AT Hike Virtual Challenge and what it's all about! This information session will explain all the details you need to know.

Note: If you came to the information session on Aug. 17 you do not need to also come to this information session, as both are the same.

Grief Support Group [T. Aug. 25 | Community Rm. A | 3:00PM]

A new support group helping those feeling the pain of grief and loss will meet every 2nd and 4th Tuesday of each month.

Led by resident Cathy Heilman. All are invited to attend.



Informal Meeting with Karly Sarvis, Executive Director

[W. Aug. 26 | Community Room A & B | 1:00PM]

Stay informed as you hear from Executive Director, Karly Sarvis and others. Receive up-to-date information and pertinent news with Q & A.

Book Club [W. Aug. 26 | Community Room B | 4:00PM]

The Resident Book Club is a wonderful way to combine social and intellectual wellness. Make new friends, discover new books, and share diverse perspectives. All are welcome.



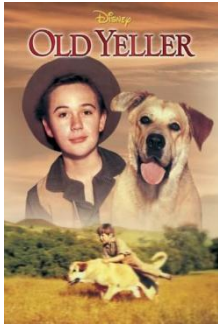
Hot Diggity Dog Party [Th. Aug. 27 | Community Room B | 2:00PM]

Sorry, this event is NOT open to dogs (just humans). Come enjoy our dog days of summer themed party as we say goodbye to summer. Featuring: themed food and drinks, doggy trivia, doggy songs sing-along, doggy skee ball game, and more! Registration is required – sign up in Sign-Up Binder.



The Great Courses [F. Aug. 28 | Community Room A | 10:30AM]

We begin a new 12 lecture course titled **“Stories of America’s National Parks”** with lecturer Dr. Megan Kate Nelson, author of several highly acclaimed books about American history and ecology. Dr. Nelson traverses the country to give you an insider’s look at a dozen national treasures. We’ll explore the origins, cultural legacy, and environmental import of sites from the Hawaiian islands to the Atlantic seaboard.



Friday Flicks [F. Aug. 28 | Community Room A | 1:00PM]

This week’s Friday movie is the 1957 *drama – kids & family* **“Old Yeller”**. OLD YELLER: Walt Disney’s first and quintessential film about a boy’s love for his dog is now an American original as much as it is a Disney classic. No film better portrays the powerful emotions of hope, courage, and friendship.

Sunday Worship Service [Su. Aug. 30 | Community Room A | 10:30AM]

Please join us for a traditional Lutheran worship service. Our service will center around Word and Sacrament. Holy Communion will be served each Sunday. Whoever you are, we are so glad you are here and want you to know you are always welcome to join us. Expect some changes to the service as guest chaplains fill in until a permanent chaplain is named.



Sunday Brunch Buffet

[Su. Aug. 30 | Community Room B | 12PM-2PM | Fee: \$25]

Residents can look forward to a delicious brunch with friends and family. Registration is required – sign up in the Sign-Up Binder. The menu will be advertised in the Weekly Connection newsletter. Cut-off for registration is 12:00 noon on Aug. 26. A \$25.00 fee will be charged to your resident account for yourself and each guest you bring.

Dog Wash Fundraiser [M. Aug. 31 | Community Room B | 10AM to 1PM]

Have your dog washed and groomed. Donations benefitting the Concordia at Spiritryst Sprenkle Drive *Fall Musical Concert Series* in September and October, featuring live musical entertainment. See Todd Canfield, Activities Director, if interested in volunteering for the dog wash.





Resident Potluck Dinner

[M. Aug. 31 | Community Room B | 5:00PM]

Sign-up in the Sign-Up Book to coordinate who is bringing what. It's always a fun and delicious time! Each person is asked to bring their full place settings to include glass/mug, plates, and silverware (in addition to their dish contribution). Drinks provided.

FITNESS CLASSES & FITNESS CENTER

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



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.
Virtual Silver Sneakers	Functional Fitness with Karen	Virtual Silver Sneakers	Functional Fitness with Todd	Virtual Silver Sneakers

Fitness Center Orientation & Equipment Demonstrations occur every first Monday of each month at 2:00 p.m.

* Note: Functional Fitness with Todd on Thursday, Aug. 13 is canceled due to the Baltimore Trip.

THE BEAN BISTRO and RACHEL & REUBEN BISTRO

THE BEAN BISTRO (Eat-In or Carry-Out)				
Monday	Tuesday	Wednesday	Thursday	Friday
		8 a.m. – 11 a.m.		8 a.m. – 11 a.m.
		Coffee & Pastries		Coffee & Quiche

RACHEL & REUBEN (Eat-In or Carry-Out)				
Monday	Tuesday	Wednesday	Thursday	Friday
12 p.m. – 1:30 p.m.	12 p.m. – 1:30 p.m.	12 p.m. – 1:30 p.m.	12 p.m. – 1:30 p.m.	12 p.m. – 1:30 p.m.
RSVP/see menu	RSVP/see menu	RSVP/see menu	RSVP/see menu	RSVP/see menu

* Note: Rachel and Reuben will be closed for lunch on Wednesday, Aug. 19 due to the Ladie's Tea activity.

THE SPRENKLE BEAUTY SALON

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm	8:30am – 4:30pm
By appointment. Appointments can be made in-person or by calling (717) 793-4127. Sam Krum, Beautician				

COMMITTEE MEETINGS & GENERAL MEETINGS

COMMITTEE	DATE	TIME	LOCATION
Sunshine Cmte.	Monday, Aug. 3	2:00 p.m.	Community Room A
Life Enrichment Cmte.	Wednesday, Aug. 5	2:30 p.m.	Community Room B
Dinning Cmte.	Thursday, Aug. 6	2:30 p.m.	Rachel & Reuben
Branch Lions Club Mtg.	Tuesday, Aug. 11	11:00 a.m.	Community Room B
Town Hall Meeting with Brian Hortert, Concordia COO	Tuesday, Aug. 11	1:00 p.m.	Community Room A&B
IL Council Meeting	Thursday, Aug. 13	10:00 a.m.	Community Room B
AT Hike Virtual Challenge (Info. Session)	Monday, Aug. 17	11:00 a.m.	Community Room A
AT Hike Virtual Challenge (Info. Session)	Tuesday, Aug. 25	2:00 p.m.	Community Room B
Karly Sarvis Informal Meeting	Wednesday, Aug. 26	1:00 p.m.	Community Room A&B

Future Activities and Events:

September (all month long) – Appalachian Trail Hike Virtual Challenge

Thursday, September 10 | 3:00 pm – Travelogue (Florida)

Monday, September 14 | 12:00 pm – Garden Club Hot Dog Roast and Harvest Party

Tuesday, September 22 | 9am to 1pm – Wellness Fair

September 28, 29, & 30 | *Schedule & Times TBD* – Croquet Tournament

Saturday, October 17 | 9:30am – Walk to End Alzheimer's Event

Thursday, October 29 | 2:30 pm – Halloween Party

Friday, October 30 | 6:00 pm – Sprenkle Drive Resident & Employee Trick or Treat Night



Congratulations to Team “**Corndogs**” (**Paul Knaub** and **Pat Ehrhart**) for winning the 2026 Sprenkle Cornhole Tournament Championship against Team “**Tigger Binksters**” (**Ben Binkley** and **Karen Binkley**). Thanks to all players for playing! Pictured L to R above: Karen Binkley, Ben Binkley, Paul Knaub and Pat Ehrhart.

We hope you’ll enjoy participating in the many activities planned.

If you have ideas, recommendations, and referrals for future activities please share the information with Todd Canfield, Director of Activities, at email: TCANFIELD@CONCORDIALM.ORG or phone: (717) 764-9994 Ext. 20556. Your input and feedback are always appreciated.

Our Volunteer Program will be expanding as we look to create additional volunteer committees to support activities such as *Arts & Crafts*, *Set-Up & Decorating*, *Trips*, *Recreation*, and *Intergenerational*.

Stay tuned for more information about the new volunteer opportunities.

Thank you!