

Committee Meetings:

8/4 2:00pm Sunshine Committee

8/6 2:30pm Life Enrichment Committee

8/7 2:00pm Dining Committee

8/12 11:00am Branch Lions Club

8/14 10:00am Independent Living Council

August Special Events:

8/7 10:00am Exercising Your Way to a Healthy Heart: Discover signs of an unhealthy heart and learn what preventative measures you can take.

8/8 2:00pm Across the River-Murder at Accomac: Join local author Michael Maloney for a presentation of his book "Across the River: Murder at Accomac," a captivating exploration of a true crime story that rocked York County, Pennsylvania, on Decoration Day in 1881. On that fateful morning along the tranquil Susquehanna River, young Emily Myers was fatally shot by John Coyle, Jr., a man whose love turned lethal in the face of rejection. His shocking claim of innocence during his two trials sparked a fierce public outrage and dominated local headlines, raising questions about the justice system and the implications of the insanity plea. Through meticulous research, Across the River brings to life the characters, the courtroom drama, and the enduring impact of the crime.

8/12 2:30pm Sharp as a Tack: Do you worry about moments of forgetfulness, question if you are getting the right amount of sleep or wonder if nutrition and exercise really do make a difference? Join Erin as she explores current research that supports the answers to these questions as well as identifies ways to keep your brain sharp and maintain an overall sense of wellness.

8/22 2:00pm PA Dutch Foods: When the Germans settled York County, they brought customs dating centuries back. However, the flora and fauna in south-central PA forced our ancestors to adapt to the new environment. Behold - the birth of PA Dutch culture. In this presentation, Dr. Jamie Noerpel, will explore the culinary traditions of our grandmothers and grandfathers including raspberry puddin and fastnachts, apple butter, butchering cows and pigs, and of course pickled tripe. However, her favorite thing to make is dandelion wine. Come with your own recipes to add to this story telling afternoon.

8/28 3:00pm Armchair Travel: Cruise along the East Coast inland waterway from Jacksonville, Florida to Washington, DC. See some of the sights you don't see traveling I-95.

8/29 2:00pm The Haines Shoe House: The Haines Shoe House in Hellam Township, York County, PA is an excellent example of programmatic architecture. In the twentieth century, buildings were constructed to advertise products and grab the attention of motorists as they traveled along the highway. Discover the history of one of York's most famous roadside attractions.

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



Inspirations Companion

August 2025

HELLO August

Let the sunshine of August
Inspire you to shine your
Brightest.
--Unknown



The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Exercise with Karen (CRB)	9:00am Virtual Chair Yoga (CRB) 10:30am Easy Exercise with Linda (CRB)	9:30am Exercise with Karen (CRB)	9:00am Chair Yoga with Carol (CRB)	9:30am Virtual Silver Sneakers (CRB)	

Additional programs & events scheduled for the month of August						
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.	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	Key: ** - Registration Required \$\$ - Cost Involved OOB – Off Campus R & R - Rachel & Reuben’s CRA – Community Room A CRB – Community Room B LIB – Library Patio – R&R Side Room BR – Billiard Room CR – Card Room / Rear R&R B- Bean GYM – Fitness Room WO – Wellness Office			<div>1</div> 1:00pm Movie Morals and Dilemmas: Resistance – They Fought Back (CRA)	<div>2</div>
<div>3</div> 10:30am Worship Service (CRA)	<div>4</div> 10:00am Catholic Mass (SCC) 10:30am Trip to Edward’s Nuts and Candy Store (back of GC)** 1:00pm Bingo (CRB)** 2:00pm Sunshine Committee (R&R) 2:00pm Gym Demonstration(GYM)	<div>5</div> 9:00am-11:30am Beltone Hearing Aid Clinic (CRA)** 9:00am Giant Grocery Trip (OOB)** 1:00pm Faith Sharing (CRA) 2:30pm Hymn Sing Along with Jana	<div>6</div> 2:30pm Life Enrichment Committee Meeting (CRB) 5:00pm Dinner at Stonybrook Family Restaurant (OOB)**\$\$	<div>7</div> 10:00am Physical Therapy Presentation: Exercising Your Way to a Healthy Heart (CRA) 11:00am The Chemistry of Cooking (CRA)** 2:00pm Dining Committee (R&R)	<div>8</div> 9:00am Men’s Breakfast (R&R)** 1:00pm Hollywood Classics: Letter From an Unknown Woman (CRA) 2:00pm Mike Maloney: “Across the River-Murder at Accomac” (Kelly Drive)**	<div>9</div>
<div>10</div> 10:30am Worship Service (CRA)	<div>11</div> 12:00pm Seafood Boil (CRA)\$28.50** 2:30pm Learn how to Line Dance (CRB)**	<div>12</div> 9:00am Aldi Grocery Trip 9:00am Blood Pressure Clinic 11:00am Branch Lions Club (CRA) 2:30pm Erin Nelson: Sharp as a Tack Presentation (CRA)	<div>13</div> 9:00am Ladies Breakfast (R&R)** 2:00pm Peter Senica: 60s and 70s Guitar Performance (CRA)	<div>14</div> 10:00am Independent Living Council (R&R) 1:30pm Paint Class (CRB) **	<div>15</div> 1:00pm Friday Flick: The Longest Yard (CRA)	<div>16</div>
<div>17</div> 10:30am Worship Service (CRA)	<div>18</div> 9:00am Coffee 101 (R&R)** 1:00pm Bocce (CRB)** 2:30pm TED Talks: “You are the Bridge to the Next Generation,” “A Joyful Way to get Outside,” “The Otters of Singapore” (CRA)	<div>19</div> 9:00am Weis Grocery Trip 10:00am Catholic Communion (SCC) 1:00pm Faith Sharing (CRA) 2:00pm BORED Games (CRB)**	<div>20</div> 12:00pm Widow/Widower Lunch (R&R) \$\$ 2:00pm RL Town Hall (CRA/CRB) 6:00pm Evening Dominoes (R&R)**	<div>21</div> 1:00pm Grief Support Group (Kelly Drive) 2:30pm Uncorked (CRB) **	<div>22</div> 1:00pm Friday Flick: Won’t You be my Neighbor? (CRA) 2:00pm Jamie Noerpel: “PA Dutch Food” (Kelly Drive)**	<div>23</div>
<div>24</div> 10:30am Worship Service: Remembering the Friends We Lost (CRA)	<div>25</div> 1:00pm Laughter is the Best Medicine Presentation (CRA) 2:00pm Cranium Crunch (R&R Patio) 5:00pm Residential Pot Luck (CRB)	<div>26</div> 9:00am Walmart Grocery Trip 12:00pm Lunch at Franklin Street Social (OOB)**\$\$ 2:00pm Pinecone Bouquets (CRB)**	<div>27</div> 1:00pm Carnival (Folkemer Circle)** 4:00pm Book Club (R&R) 6:00pm Spring Garden Band (Kelly Drive)**	<div>28</div> 3:00pm Armchair Travel with Jay: East Cost Inland Waterway (CRA) 4:00pm Destination Dinner (R&R) \$18**	<div>29</div> 1:00pm Friday Flick: My Fair Lady (CRA) 2:00pm Tom Davidson: “The Haines Shoe House” (Kelly Drive)**	<div>30</div>
<div>31</div> 10:30am Worship Service (CRA) 12:00pm Brunch Bunch (CRB) \$18**						

