

Committee Meetings:

1/1 2:00pm Dining Committee

1/5 2:00pm Sunshine Committee

1/7 2:30pm Life Enrichment Committee

1/8 10:00am Independent Living Council

1/13 11:00am Branch Lions Club

1/15 10:00am Quarterly Independent Living Council

Special Events in January:

1/1 2:30pm National Bloody Mary Day Bar: Create your own Bloody Mary! We will have a variety of toppings for you to add to your savory beverage.

1/7 1:00pm Scott Mingus-History of Paper Making: In “History of Papermaking” Scott Mingus Jr., a scientist and consultant in the global pulp and paper industry, discusses the origins of paper and papermaking, including the transition from hand-made paper to automated paper machines. The focus is on the paper mills of York County, PA, Wheeling, VA, and other parts of Ohio Valley during the 19th century, including the Civil War.

1/12 2:00pm Snowman Wine Cork Craft: Make a homemade winter decoration with some wine corks! Paint the corks white, add some button eyes, a nose and mouth, and finish it off with a winter hat.

1/13 1:00pm Collections, Hobbies, and Passions: Members of AAUW York Branch will bring examples of their hobbies or collections, and other members will speak about their art, music, yoga, poetry, publishing experience, volunteer passions, etc. This is a great way to get to know each other as we educate and support each other.

1/20 2:00pm National Cheese Lovers Day: Are you a cheese connoisseur? Come enjoy this party complete with a cheese fountain, mozzarella sticks, cheese stuffed mushrooms, pimento cheese, marinated mozz skewers, baked brie, and more!

1/23 1:00pm PA Dutch Language and Culture: Kannscht du Pennsylvanisch Deitsch schwetze? Can you speak Pennsylvania Dutch? Spoken primarily in parts of southeastern Pennsylvania, the unique Germanic language called “Pennsylvania Dutch” is a combination of German dialect and modified English that reflects both the languages of America’s early settlers and the anglicized language of today. This introductory session will focus on the uniqueness of the German- and English-based forms of “Dutch” and related cultures. In addition to exploring such Dutchified expressions as Throw Papa down the stairs his slippers, students will learn how to say a few basic expressions in Pennsylvania Dutch (German). The speaker is an instructor of languages and linguistics who grew up in Lancaster County where he was in contact with speakers of both the German and “Dutchy” English forms. This colorful dialect is still very much in use.

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



Inspirations Companion

January 2026



January

Sparkling winter sunshine,

Faces all aglow

Making resolutions,

And angels in the snow –

Steaming cups of cocoa,

A year that’s fresh and new...

All of this is magic –

Unfolding just for you



The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Exercise with Karen (CRB)	10:30am Easy Exercise with Linda (CRB)	8a-11a The Bean: Featuring Assorted Pastries (B) 9:30am Exercise with Karen (CRB)	9:00am Chair Yoga with Carol (CRB)	8a-11a The Bean: Featuring Quiche (B) 9:30am Virtual Silver Sneakers (CRB)	

Additional programs & events scheduled for the month of January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to your Inspirations Catalogue	Key: ** - Registration Required \$\$ - Cost Involved OOB – Off Campus R & R - Rachel & Reuben’s CRA – Community Room A CRB – Community Room B AL – Assisted Living Patio – R&R Side Room CR – Card Room / Rear R&R B- Bean GYM – Fitness Room WO – Wellness Office SCC-Skilled Care		Program offerings are subject to change.	2:00pm Dining Committee (R&R) 2:30pm National Bloody Mary Day Bar (CRB)** *No Yoga Today*	11:00am Chemistry of Cooking 2 (CRA)** 1:00pm Movie Morals and Dilemmas: A Thousand Clowns (CRA)	3 2:00pm Jim Litke: Ukele Performance (CRA)
10:30am Worship Service (CRA) ₄ 3:00pm One Voice Community Choir Performance (CRA)	1:00pm Bingo (CRB)** ₅ 2:00pm Sunshine Committee (R&R) 2:00pm Gym Equipment Demo (GYM)	9:00am Walmart Grocery Trip (OOB)** ₆ 10:00am Catholic Communion (SCC) 1:00pm Un-Deck the Halls (CRA) 2:30pm Faith Sharing (AL)	1:00pm Scott Mingus: History of Paper Making Presentation (CRA) ₇ 2:30pm Life Enrichment Committee Meeting (CRB)	9:00am Ladies Breakfast (R&R) ₈ 10:00am Independent Living Council (R&R) 2:30pm Team Trivia and Cocktails (CRA)**	9:00am Men’s Breakfast (R&R)** ₉ 1:00pm Hollywood Classics: (CRA) 1:00pm Turkey Hill Experience (OOB)**DL 3/9 \$13	3:00pm Rainbow Puppet Show ₁₀ from 4 th United Methodist Church (CRA)
11 10:30am Worship Service (CRA)	12 10:00am Bagel Bar (CRA)** 2:00pm Snowman Wine Cork Craft (CRB)**	13 9:00am Giant Grocery Trip (OOB)** 10:00am Blood Pressure Clinic (WO) 11:00am Branch Lions Club(CRB) 1:00pm AAUW: Collections, Hobbies, and Passions” (CRA) 2:30pm Uncorked (R&R)**	14 10:30am Physical Therapy Presentation: Tendonitis (CRA) 11:30am Lunch at Rocoto Restaurant (OOB)**\$\$ 2:00pm Kevin Warner: Musical Performance (CRA)	15 10:00am Quarterly Independent Living Council (CRA/CRB) 1:00pm Grief Support Group (Kelly Drive) 1:30pm Trip to Trader Joe’s (OOB)**	16 1:00pm Friday Flicks: Big Miracle (CRA)	17 6:30pm YSO: Winter Moons & Appalachian Spring (OOB)**DL 10/24
18 10:30am Worship Service (CRA)	19 9:00am Coffee 101 (R&R)** 1:00pm Bocce (CRB)** 2:00pm Virtual YSO (CRA)	20 9:00am Aldi Grocery Trip (OOB)** 2:00pm National Cheese Lovers Day Party (CRB)**	21 10:00am Catholic Mass (SCC) 12:00pm Widow/Widower Lunch (R&R)\$\$ 1:00pm Penn State Presentation: Calcium (CRA) 2:00pm Cranium Crunch (R&R)** 6:00pm Evening Dominoes (R&R)**	22 12:00pm Fork and Film: Wedding Crashers (CRA)**\$25 2:30pm BORED Games (R&R)**	23 10:00am The Old Farmhouse Tea Room (OOB)**\$18 1:00pm Friday Flicks: Hidden Figures (CRA) 1:00pm Pennsylvania Dutch (German) Language & Culture (Kelly Drive)**	24
25 10:30am Worship Service (CRA) 12:00pm Brunch Bunch (CRB)**\$18	26 1:30pm Bill Tileston: Musical Performance (CRA) 5:00pm Residential Pot Luck (CRB)**	27 9:00am Weis Grocery Trip (OOB)** 1:00pm Trip to the Watch and Clock Museum (OOB)**\$12 2:30pm Faith Sharing (AL)	28 1:00pm Paint Class: Valentine’s Day (CRB)** 4:00pm Book Club (R&R) 5:00pm Dinner at Scottie Dogs (OOB)**\$ DL 1/14	29 10:00am Trip to Markets at Shrewsbury (OOB)** 1:00pm Wendy Dell: Arthritis Presentation (CRA) 2:00pm Patricia White: Fraud Alert Presentation (CRA)	30 1:00pm Friday Flicks: As Good As it Gets (CRA)	31