

Committee Meetings:

7/1 11:30am Wellness Committee

7/2 2:30pm Life Enrichment Committee

7/3 2:00pm Dining Committee

7/7 2:00pm Sunshine Committee

7/10 10:00am Independent Living Council

July Special Event:

7/1 2:00pm July 1st is Canada Day! Celebrate with homemade maple soda. Stir in a tablespoon of maple syrup and a dash of vanilla into cold seltzer water and enjoy!

7/9 1:00pm Broadway My Way: Debbie will perform some of her favorite songs including those from The Sound of Music, West Side Story, My Fair Lady, and more! Debbie will share information about the shows they came from including composers, notable performers, and little-known anecdotes. Stroll down memory lane while singing along and reliving your own favorite Broadway memories.

7/10 2:00pm Aloha! Grab your hula skirt and meet us for a big **Hawaiian luau!** This event will be complete with Hawaiian themed snacks, luau games, Hawaiian cocktails and more!

7/11 2:00pm Todd Platts Chat: Join Todd Platts, former Republican politician and attorney, for a discussion on Washington, D.C. politics, legislative challenges, and the impact of federal policies on York County.

7/24 12:00pm Fork and Film: This program will have you emerged in the movie experience. Residents will watch a movie (Julie and Julia) while being served the food depicted in the film! \$\$

7/25 10:00am Pancake Bar: Start your morning out with a fresh pancake, dressed up with toppings just how you like it!

7/25 2:00pm Glorious Sadness: On Friday, February 2, 2001, a fifty-five-year-old man entered the North Hopewell-Winterstown Elementary School wielding a two-foot-long machete and randomly attacked twenty-three kindergarten children, their teacher, a third-grade teacher, and the school principal, Norina Bentzel. Although Norina and some others sustained serious injuries, no one was killed. Join Norina as she shares her firsthand experience with school tragedy, loss, and resilience.

7/29 10:00am Joint Protection Strategies Presentation: Techniques and strategies to protect your joints, especially for those with Arthritis.

7/30 2:30pm Uncorked: A wine party is a great way to learn about wine and sample new varieties! A new wine will be introduced and sampled. You're also welcome to bring wine along with you to share.

7/31 6:00pm Red Lion Felton Band: Red Lion Felton's Band's repertoire encompasses a wide range of musical genres including classical, jazz, pop, and traditional marches. They are a vibrant and talented group of musicians who share a deep passion for music, with a commitment to enriching the community through their performances. Established in 1892, the band has been an integral part of the Red Lion and Felton communities for over 130 years. The group is comprised of musicians from various walks of life, including seasoned professionals, enthusiastic amateurs, and talented students. (Located at Kelly Drive)

 **Spiritrust Lutheran**
The Village at Sprenkle Drive



Inspirations Companion

July 2025

Special Days in July

July 1 – U.S. Postage Stamp Day

July 4 – Independence Day

July 7 – Tell the Truth Day

July 8 – Be a Kid Again Day

July 23 – Hot Enough For ya? Day

July 27 – Dance Day



One July Summer

What has happened to summer,

That's what I want to know.

Is she on a vacation –

Who knows where did she go?

Tell, what was she wearing;

A zephyr breeze and rosebud

Or grass and wild berry?

Could she be honeymooning

With spring or early fall

Or has gone so far away

She'll not return at all?



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 Chair Yoga with Carol (CRB) 10:30am Easy Exercise with Linda (CRB) 5:00pm Men's Billiards (BR)	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 July

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.	1 9:00am Walmart Grocery Trip (OOB)** 11:30am Wellness Committee (R&R) 2:00pm Canada Day: Homemade Maple Soda Social (CRB)**	2 10:00am York County History Center*** (OOB) DL 6/18 2:30pm Life Enrichment Committee Meeting (CRB)	3 11:00am The Chemistry of Cooking (CRA)** 2:00pm Dining Committee (R&R) 3:00pm TED Talks: "What I Learned From Going Blind in Space," "Ink Made of Air Pollution," "How Vultures Help Solve Crimes" (CRA)	4 11:00am 4 th of July Cookout \$\$ (CRB Patio)**DL 7/2 *Virtual Silver Sneakers is Canceled Today*	5
6 10:30am Worship Service (CRA)	7 1:00pm Bingo (CRB)** 2:00pm Sunshine Committee Meeting (R&R) 2:00pm Gym Equipment Demonstration (GYM)	8 9:00am Giant Grocery Trip (OOB)** 9:00am Blood Pressure Clinic (WO) 11:00am Branch Lions Club (CRA) 1:00pm Faith Sharing (CRA)	9 1:00pm Debbie Butcher: Broadway My Way (CRA) 3:00pm Ladies' Tea (CRB)**	10 10:00am Independent Living Council (R&R) 2:00pm Hawaiian Luau (CRB)**	11 9:00am Men's Breakfast (R&R)** 1:00pm Hollywood Classics: Notorious (CRA) 2:00pm Todd Platts Chat (Kelly Drive)**	12
13 10:30am Worship Service (CRA)	14 9:00am Coffee 101 (R&R)** 1:00pm Learn Spanish with Dalisa (CRA)** 2:30pm S'mores Social (CRB)**	15 9:00am Aldi Grocery Trip (OOB)** 10:00am Catholic Communion (SCC) 2:00pm National Ice Cream Month: Sundae Bar (CRB)**	16 12:00pm Widow/Widower Lunch \$\$ (R&R)** 1:00pm BORED Games (CRB)** 6:00pm Evening Dominoes (R&R)**	17 10:00am Quarterly Independent Living Council (CRA/CRB) 10:30am York Revolution Baseball Game \$7 (Front of Glatfelter)** 1:00pm Grief Support Group (Kelly Drive)	18 1:00pm Friday Flicks: An Officer and a Gentleman (CRA)	19
20 10:30am Worship Service (CRA)	21 10:00am Catholic Mass (SCC) 1:00pm Bocce (CRB)** 6:00pm Emigsville Band (CRA)	22 9:00am Weis Grocery Trip (OOB)** 1:00pm Faith Sharing (CRA) 1:15pm York Fair (front of Glatfelter Center)**	23 1:00pm Informal Update/Meeting with Karly (CRA) 5:00pm Black and Bleu Restaurant (back of GC)**\$\$ OOB DL 7/9	24 12:00pm Fork and Film: Julie and Julia \$\$ (CRA)**	25 10:00am Pancake Bar \$5 (CRA)** 1:00pm Friday Flicks: Pretty Woman (CRA) 2:00pm Norina Bentzel: Glorious Sadness (Kelly Drive)**	26
27 10:30am Worship Service (CRA) 12:00pm Brunch Bunch \$15 (CRB)**	28 1:00pm Learn Spanish with Dalisa (CRA)** 2:00pm Cranium Crunch (R&R Patio)** 5:00pm Residential Pot Luck (CRB)**	29 9:00am Walmart Grocery Trip (OOB)** 10:00am Physical Therapy Presentation: Joint Protection Strategies (CRA) 12:00pm Lunch at The Cove (Back of Glatfelter Center) \$\$\$	30 2:30pm Uncorked (CRB)** 4:00pm Book Club (R&R Patio)	31 10:00am LLBean and Wegman's Shopping Trip (OOB)** 1:00pm Paint Class (CRB)** 6:00pm Red Lion Felton Band (Kelly Drive)**	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 B- Bean GYM – Fitness Room WO – Wellness Office SCC-Skilled Care Center	

