

June Committee Meetings:

- 6/2 2:00pm** Sunshine Committee
- 6/4 2:30pm** Life Enrichment Committee
- 6/5 2:00pm** Dining Committee
- 6/10 11:00am** Branch Lions Club
- 6/12 10:00am** Independent Living Council

Special Events in June:

- 6/2 2:30pm** Celebrate National Rocky Road Ice Cream Day today with a big bowl or chocolatey, nutty, marshmallow-y goodness!
- 6/9 10:00am** Campus Clean Up Day: From picking up litter, to weeding flower beds, the group will be busy providing a wonderful service to our very own community.
- 6/10 2:00pm** A Black Cow is a drink made with root beer, chocolate ice cream, chocolate syrup, whipped cream, and a cherry on top!
- 6/11 10:30am** Repairing the Aging Voice: As we age, changes may occur with our voices like hoarseness. Speech therapy can assist with these changes and help you overcome them.
- 6/16 2:00pm** Learn Spanish with Dalisa: Learn some of the Spanish basics with fluent Spanish speaker, Dalisa. This program is designed for beginners but watch out because by the end of this session, you will be able to speak a complete sentence in a new language!
- 6/18 2:00pm** Whipped Lemonade Making: Nothing beats a glass of refreshing lemonade in the summer! Switch it up and make it a little more fancy with whipped pink lemonade. All you'll need for this drink is pink lemonade mix, heavy whipping cream, water and patience!
- 6/24 10:00am** Senior Planet empowers people who are 50 and older through technology to stay connected, learn new skills, and thrive. This month, Senior Planet will discuss the topics from the survey which was taken on April 29th.
- 6/25 2:30pm** Civil War Murder Mysteries of York: Four interesting murder stories from York County, PA – a Louisiana Confederate soldier, a Union courier, a dead man in a field, and the killing of a black confederate slave. Whodunnit?
- 6/26 2:30pm** Tech Talk: Susan Lehr will be presenting on Technology for Seniors. Her presentation will include common risks to be aware of, safe habits for everyday tech use, helpful apps that make life easier, online safety tools and settings, what to do if something goes wrong, and a question-and-answer session.



Inspirations Companion

June 2025

June

The sun is rich
And gladly pays
In golden hours,
Silver days,
And long green weeks
That never end.
School's out.
The time is ours to spend.
There's Little League,
Hopscotch, the Creek,
And, after supper,
Hide and Seek.
The live-long light
Is like a dream,
And freckles come
Life flies to cream.

John Updike



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 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 June						
1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
10:30am Worship Service (CRA)	1:00pm Bingo (CRB) 2:00pm Sunshine Committee Meeting (R&R) 2:00pm Gym Equipment Demo 2:30pm National Rocky Road Ice Cream Day Social (CRB) 3:00pm Village Voices (CRA)	9:00am Walmart Grocery Trip 10:00am Catholic Communion-SCC 10:00am AAUW Meeting (CRA) 2:30pm Succulent Pot Painting (CRA)	1:00pm Sandy Heisey: Musical Performance (CRB) 2:30pm Life Enrichment Committee Meeting (CRB)	10:00am Low Intensity Walking Workout (Back of Glatfelter Center) 11:00am The Chemistry of Cooking (CRA) 2:00pm Dining Committee (R&R)	1:00pm Movie Morals and Dilemmas: The Sea Inside (CRA)	
8 10:30am Worship Service (CRA)	9 10:00am Catholic Mass (scc) 10:00am Campus Clean Up Day (Front of Glatfelter Center) 2:00pm Uncorked (CRB)	10 9:00am Giant Grocery Trip 9:00am Blood Pressure Clinic (WO) 11:00am Branch Lions Club (CRA) 1:00pm Faith Sharing (CRA) 2:00pm Black Cow Drink Social	11 10:30am “Repairing the Aging Voice” Presentation (CRA) 1:00pm Trip to Zoo America in Hershey (back of Glatfelter Center) \$14.50	12 9:00am Ladies’ Breakfast (R&R) 10:00am Independent Living Council (R&R) 1:30pm Paint Class (CRB)	13 9:00am Men’s Breakfast (R&R) 1:00pm Hollywood Classics: Spellbound (CRA)	14
15 10:30am Worship Service (CRA)	16 1:00pm Bocce (CRB) 2:00pm Learn Spanish with Dalisa (CRA)	17 9:00am Aldi Grocery Trip 9:00am Coffee 101 (R&R) 10:30am Trip to Kitchen Kettle Village ** (OOB) 2:00pm Tie Dye Day (CRB Patio)	18 12:00pm Widow/Widower Lunch \$\$ (R&R) 2:00pm Whipped Pink Lemonade Making (CRB) 6:00pm Evening Dominoes (R&R)	19 1:00pm Grief Support Group (Kelly Drive) 3:00pm Armchair Travel:Fiji (CRA) 4:00pm Destination Dinner (R&R)	20 10:00am Trip to the Teaching Museum for Fiber Arts and Textiles \$\$ 1:00pm Friday Flicks: Pocketful of Miracles (CRA)	21
22 10:30am Worship Service (CRA)	23 12:00pm Hot Dog Roast (Front of Glatfelter Center) 2:00pm Cranium Crunch (CRB)	24 9:00am Weis Grocery Trip 10:00am Senior Planet Presentation (CRA) 1:00pm Faith Sharing (CRA) 2:00pm BORED Games (CRB)	25 1:00pm Informal Update with Karly (CRA) 2:30pm Scott Mingus: Civil War Murder Mysteries of York (CRA) 4:00pm Book Club (R&R)	26 12:00pm Quarterly Birthday Party (CRB) \$10 for guests 2:30pm Susan Lehr: Tech Talk (CRA)	27 1:00pm Friday Flicks: Unstoppable (CRA) 1:00pm Podiatry (appointment sign up deadline 6/23) 5:00pm Dinner at The First Post \$\$ DL 6/13	28
29 10:30am Worship Service (CRA) 12:00pm Brunch Bunch (CRB)	30 11:30am Lunch at Altland House \$\$ DL 6/9 5:00pm Residential Pot Luck (CRB)		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	