

Committee Meetings:

- 3/2 2pm Sunshine Committee
- 3/3 11am Wellness Committee
- 3/4 2:30pm Life Enrichment Committee
- 3/5 2pm Dining Committee
- 3/10 11am Branch Lions Club
- 3/12 10am Independent Living Council

Special Events in March:

- 3/5 1pm Who is that handsome couple? Bring an old photo to this program and let's see if the group can guess who it is! Photos can be from any age...baby pictures may make this a challenge!
- 3/10 1pm Mary Almy is a transgender woman of faith whose desire is to build bridges and heal hurts between the LGBT community and the church. She not only served her country in the military but was a missionary in Africa as well. She has been married to an ordained Presbyterian minister for 40 years. Mary tells how she courageously faced a world that lacked the knowledge and ability to support her true identity.
- 3/11 2pm Enjoy a soft pretzel and mustard while attempting to be part of the team to put a puzzle together the quickest!
- 3/12 2:30pm It's National Crayon Day! To celebrate, we will heat these colorful wax utensils to create a unique dripping art piece.
- 3/23 1pm In preparation for Easter, we will be learning how to paint a cute chocolate bunny!
- 3/25 2pm Joe Tomlinson (singer-songwriter and music producer) and his wife perform some of the big band hits from the 40s and 50s that are sure to have you tapping your foot and singing along. Joe started playing the guitar at age 16 and began writing music professionally in the 1990s.
- 3/26 2pm Peter brought Jesus to her mother in Capernaum, who was ill with a very high fever. Jesus touched her hand and rebuked the fever. Immediately the fever was gone. Peter's mother-in-law jumped up and began to serve Jesus and his disciples. Watch the whole story unfold as Andrea Adams reenacts the scenario.
- 3/28 10am The Easter Egg Hunt is open to all residents and their families along with the employees' families. Kids will hunt for eggs in CRA/CRB/R&R based off age, then go across the street to Skilled Care for a "bunny trail" where kids can go door to door for candy! Be sure to sign up!
- 3/31 1pm Joseph Stalin's daughter, Svetlana Aliluyeva, lived in East Berlin, Pennsylvania in 1967. After being denied a stay in India, Svetlana walked into the U.S. Embassy in New Delhi and requested political asylum. The U.S. government feared diplomatic fallout with the Soviet Unions and discreetly helped her to the U.S. Learn more about this interesting story at this presentation.

SpiriTrust Lutheran
The Village at Sprengle Drive



Inspirations Companion

March 2026

Special Days in March!

- 3/3 What if Cat and Dogs Had Opposable Thumbs Day
- 3/8 International Women's Day
- 3/11 International Fanny Pack Day
- 3/13 World Sleep Day
- 3/21 World Poetry Day
- 3/22 World Water Day
- National Peanut Month



March

Racing clouds and whistling winds,
Coats flapping in the breeze,
Bright kites circling in the skies,
The dance of swaying trees,
The cheerful sight of crocuses,
The first sweet breath of spring –
Just part of all the many moods
The month of March can bring.



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)	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 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am Worship Service (CRA)	2 1:00pm Bingo (CRB)** 2:00pm Sunshine Committee (R&R) 2:00pm Gym Equipment Demo (GYM) 3:00pm Village Voices (CRA)	3 9:00am Weis Grocery Trip (OOB)** 10:00am Catholic Communion (SCC) 11:00am Wellness Committee (R&R) 2:30pm Faith Sharing (AL)	4 12:00pm Country Buffet (R&R)\$** 1:30pm Springfield Traditions: Bluegrass Performance (CRA) 2:30pm Life Enrichment Committee Meeting (CRB)	5 10:30am Physical Therapy Presentation: What's on the Menu? (CRA) 1:00pm Who Am I? (CRA)** 2:00pm Dining Committee (R&R)	6 11:00am Chemistry of Cooking (CRA)** 1:00pm Movie Morals and Dilemmas: The Third Man (CRA) 2:00pm Collectables, Collecting, and Toys (Kelly Drive)**	7 6:30pm YSO: Strauss' Domn Quixote (OOB)**DL 10/24 \$12
8 10:30am Worship Service (CRA)	9 9:00am Omelet Bar (CRA) \$8** 1:00pm Trip to Trader Joes (OOB)** 2:00pm Virtual YSO (CRB) 3:00pm Village Voices (CRA)	10 9:00am Walmart Grocery Trip (OOB)** 9:00am Blood Pressure Clinic (WO) 11:00am Branch Lions Club (CRB) 1:00pm AAUW "From Pain to Purpose" Presentation (CRA)	11 11:30am Lunch at The Rockfish Public House (OOB)\$ DL 2/25** 2:00pm Pretzels and Puzzles (CRB)	12 10:00am Independent Living Council (R&R) 1:00pm Jim Litke: Ukelele Performance (CRA) 2:30pm National Crayon Day: Melting Art (CRB)**	13 9:00am Men's Breakfast (R&R)** 1:00pm Hollywood Classics: Gilda (CRA) 1:00pm Turkey Hill Experience (OOB) \$13 DL 3/9**	14
15 10:30am Worship Service (CRA)	16 9:00am Coffee 101 (R&R)** 1:00pm Bocce (CRB)** 2:00pm Cake Decorating (CRB)** 3:00pm Village Voices (CRA)	17 9:00am Giant Grocery Trip (OOB)** 12:00pm St. Patrick's Day Buffet (CRB)**\$25 2:30pm Faith Sharing (AL)	18 10:00am Catholic Mass (SCC) 12:00pm Widow/Widower Lunch (R&R)\$ 2:00pm Cranium Crunch (R&R)** 3:00pm Ladies' Tea (CRB)** 6:00pm Evening Dominoes (R&R)**	19 1:00pm Grief Support Group (Kelly Drive) 2:30pm Uncorked with St. Patty's Day Cocktails (R&R)**	20 10:30am Presentation: The Journey Through Retirement – Embracing the Emotions of Change (CRA) 1:00pm Magnificent March Musicals: La La Land (CRA)	21
22 10:30am Worship Service (CRA)	23 1:00pm Paint Class: Easter (CRB)** 3:00pm Village Voices (CRA) 5:00pm Residential Pot Luck (CRB)**	24 9:00am Aldi Grocery Trip (OOB)** 12:00pm Quarterly Birthday Celebration (CRA) \$12 for Guests** 1:00pm BORED Games (R&R)**	25 1:00pm RL Town Hall (CRA/CRB) 2:00pm Variety Big Band Performance (CRA) 4:00pm Book Club (R&R) 5:00pm Dinner at Victor's Italian Restaurant (OOB)**\$ DL 3/11	26 10:30am Stuffing Easter Eggs (CRA) 2:00pm Andrea Adams: Peter's Mother In Law (CRA)	27 1:00pm Magnificent March Musicals: The King and I (CRA)	28 10:00am Easter Egg Hunt with Resident and Employee Families (CRA/CRB/SCC)**
29 10:30am Palm Sunday Worship Service (CRA) 12:00pm Brunch Bunch (CRB) \$18	30 12:00pm Fork and Film: Ratatouille (CRA) \$25** 3:00pm Village Voices (CRA)	31 9:00am Weis Grocery Trip (OOB)** 1:00pm How on Earth did Joseph Stalin's Daughter End Up in East Berlin? Presentation (CRA) 2:30pm Faith Sharing (AL)	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 LIB – Library Patio – R&R Side Room SCC – Skilled Care Center CR – Card Room / Rear R&R B- Bean GYM – Fitness Room WO – Wellness Office AL – Assisted Living		Program offerings are subject to change.