

### May Committee Meetings:

**5/1 2:00pm** Dining Committee

**5/5 2:00pm** Sunshine Committee

**5/6 11:30am** Wellness Committee

**5/7 2:30pm** Life Enrichment Committee

**5/8 10:00am** Independent Living Council

**5/13 11:00am** Branch Lions Club

### May Special Events:

**Thursday** Low Intensity Walking Workout: Exercise shouldn't feel like a chore. As with everything else in life, you should enjoy it! Join a friendly group of your neighbors as we walk, take breaks to complete low intensity exercises, and proceed with our walk. This breaks up the exercises and gives it a fun twist!

**5/5 2:30pm** Cinco de Mayo Walk Away Taco Social: Walk Away Tacos are a portable version of the beloved taco! Fill a snack bag of chips with your favorite taco toppings and enjoy the "taco salad" right out of the bag.

**5/6 2:00pm** Land Below the Wind – Borneo: This presentation takes us to Sabah, Malaysia in Borneo! Orangutans, proboscis monkeys, hornbills, flowerpeckers, spiderhunters, flying frogs, flying lizards, giant squirrels, and giant bumblebees—these are just some of the amazing animals you will meet through the lens of amateur photographer, Linette Mansberger, as she shares images and information from her 2019 visit to the northern area of the tropical island of Borneo in southeast Asia.

**5/12 1:30pm** York County White Rose: The nurse honor guard pays tribute to nurses after their death by providing the Nightingale tribute at their funeral or memorial service. This service is similar to a military tribute and officially releases the nurse from their nursing duties. Learn more about the Nurse Honor Guard at this presentation.

**5/13 10:00am** Senior Planet Presentation: Senior Planet empowers people who are 50 and older through technology to stay connected, learn new skills, and thrive.

**5/14 10:30am** Home Safety Presentation: Learn how to incorporate preventative techniques to make your home safer for you and your loved ones to live in. This presentation will be given by SpiriTrust Lutheran's Physical Therapy.

**5/14 12:30pm** Tick Born Diseases Presentation: There are approximately 850 species of ticks found world-wide and over 90 in the United States. We will be discussing the species commonly found in our area and the diseases they carry. This presentation will be given by SpiriTrust Lutheran's Home Care and Hospice.

**5/20 2:00pm** Virtual Trip to the Elephant Sanctuary: Operating on 3,060 acres in Hohenwald, Tennessee, The Elephant Sanctuary is the nation's largest natural habitat refuge for elephants. Come learn more about the sanctuary and the complex needs of elephants in captivity as well as the crisis facing elephants in the wild.

**5/23 2:00pm** Honeybee Basics: This presentation will introduce the residents to the behaviors and biology of the honeybee, how honeybees co-exist with other pollinators, and how beekeepers approach the management of their colonies through the seasons. Presenter: Kay McAdams.

**SpiriTrust Lutheran**  
The Village at Sprengle Drive



# Inspirations Companion

May 2025

### Birthdays in May!

### Special Days in May!

May 5<sup>th</sup> – Cinco de Mayo

May 13<sup>th</sup> – World Cocktail Day

May 14<sup>th</sup> – National Dance like a Chicken Day

May 15<sup>th</sup> - National Chocolate Chip Cookie Day

May 16<sup>th</sup> – Do Something Good for your Neighbor Day

May 20<sup>th</sup> – World Bee Day

May 27<sup>th</sup> – Nothing to Fear Day

May 31<sup>st</sup> – National Smile Day

HELLO  
May

Month of May

Lucky is the man born upon this month,  
Green surroundings, beautiful bloomings.

Flowers and plants, dogs and cats,  
Happy munchings of cows on plants.

Powdery puffs of golden bushes,  
Spread, flying up along the windy tops.

Going up a blue spread of gentle clouds,  
When the sun smiles upon boys and girls.

Incircling maypole stand bouncing little kids,  
Admiring Reyna Elena beauties paraded.

Before May Flower ends, young kids baptised  
Confirmed or having the first communions.

All these colorful activities where all are free  
From rainy days, are found on the month of May.

Minerva Agriam



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 May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	<b>Key:</b> <b>** - Registration Required \$\$ - Cost Involved OOB – Off Campus</b> <b>R &amp; R - Rachel &amp; Reuben's CRA – Community Room A</b> <b>CRB – Community Room B LIB – Library Patio – R&amp;R Side Room</b> <b>BR – Billiard Room CR – Card Room / Rear R&amp;R B- Bean</b> <b>WO – Wellness Office SCC – Skilled Care Center</b>	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.	<b>1</b> 10:00am Low Intensity walking Workout (Back of Glatfelter Center) <b>11:00am</b> The Chemistry of Cooking (CRA)** <b>2:00pm</b> Dining Committee (R&R)	<b>2</b> 10:00am Campus Clean Up Day (Front of Glatfelter Center) <b>1:00pm</b> Movie Morals and Dilemmas: It Ends With Us (CRA)	<b>3</b>	
<b>4</b> 10:30am Worship Service (CRA)	<b>5</b> 10:00am Catholic Mass (SCC) <b>1:00pm</b> Bingo (CRA)** <b>2:00pm</b> Sunshine Committee (R&R) <b>2:00pm</b> GYM Equipment Demo <b>2:30pm</b> Cinco De Mayo Walk Away Tacos and Margaritas (CRB)** <b>3:00pm</b> Village Voices (CRA)	<b>6</b> 9:00am-11:30am Beltone Hearing Aid Clinic (CRA)** <b>9:00pm</b> Walmart Grocery Trip(OOB)** <b>10:00am</b> Catholic Communion(SCC) <b>11:30pm</b> Wellness Committee-R&R <b>2:00pm</b> Linette Mansberger: Land Below the Wind – Borneo (CRA)	<b>7</b> <b>1:00pm</b> K-9 Police Unit Presentation (CRA) <b>2:30pm</b> Life Enrichment Committee Meeting (CRB)	<b>8</b> 10:00am Independent Living Council (R&R) <b>10:00am</b> Low Intensity Walking Workout (Back of Glatfelter Center) <b>3:00pm</b> Ladies' Tea (CRB)**	<b>9</b> <b>9:00am</b> Men's Breakfast (R&R)** <b>1:00pm</b> Hollywood Classics: Ninotchka (CRA)	<b>10</b>
<b>11</b> 10:30am Worship Service (CRA) - Remembering the Friends We Lost	<b>12</b> 12:00pm Mother's Day Lunch \$18(CRB)** DL 5/5 <b>1:30pm</b> York County White Rose Nurse Honor Guard Presentation (CRA) <b>3:00pm</b> Village Voices (CRA)	<b>13</b> 9:00am Giant Grocery Trip (OOB)** <b>9:00am</b> Blood Pressure Clinic <b>10:00am</b> Senior Planet Presentation-CRA <b>11:00am</b> Branch Lions Club (CRB) <b>1:00pm</b> Faith Sharing (CRA) <b>2:30pm</b> Make Your Own Guac! (CRB)**	<b>14</b> 10:30am Physical Therapy: Home Safety" Presentation-CRA <b>12:30pm</b> Home Care: Tick-Born Diseases Presentation (CRA) <b>2:00pm</b> Charles Kauffman: Wisdom in Sayings from Around the World (CRA)	<b>15</b> 10:00am Low Intensity Walking Workout (Back of Glatfelter Center) <b>1:00pm</b> Grief Support Group (Kelly Drive) <b>2:30pm</b> Uncorked (CRB)**	<b>16</b> 1:00pm Friday Flick: Cocoon (CRA) <b>5:00pm</b> Dutch Apple Dinner Theater: Fiddler on the Roof \$83 (OOB)**	<b>17</b> <b>6:30pm</b> YSO: Mahler's First Symphony \$\$ (OOB)** DL 10/4 <b>No Transportation Provided</b>
<b>18</b> 10:30am Worship Service (CRA)	<b>19</b> 1:00pm Bocce (CRB)** <b>2:15pm</b> Virtual Showing of YSO (CRB) <b>3:00pm</b> Village Voices (CRA) <b>5:00pm</b> Residential Pot Luck (CRB)** **No Exercise Today**	<b>20</b> 9:00am Aldi Grocery Trip (OOB)** <b>9:00am</b> Coffee 101 (R&R)** <b>2:00pm</b> Virtual Trip to the Elephant Sanctuary in Tennessee (CRA)**	<b>21</b> 12:00pm Widow/Widower Lunch (R&R) \$\$ <b>2:00pm</b> RL Town Hall (CRA/CRB) <b>3:00pm</b> Popsicles on the Patio (CRB Patio)** <b>6:00pm</b> Evening Dominoes(R&R)**	<b>22</b> 10:00am Low Intensity Walking Workout (Back of Glatfelter Center) <b>3:00pm</b> Armchair Travel with Jay: North Atlantic Journey (CRA) <b>4:00pm</b> Destination Dinner \$15 (R&R)**	<b>23</b> <b>2:00pm</b> Kay McAdams-Honeybee Basics: Understanding Bees and How to Support Pollinators (CRA)	<b>24</b>
<b>25</b> 10:30am Worship Service (CRA)	<b>26</b> <b>12:00pm</b> Memorial Day Picnic \$15 (CRB)** <b>3:00pm</b> Village Voices (CRA)	<b>27</b> <b>9:00am</b> Weis Grocery Trip(OOB)** <b>9:00am</b> Roots Market (OBB)** <b>1:00pm</b> Faith Sharing (CRA)	<b>28</b> <b>1:00pm</b> Paint Class (CRB)** <b>2:30pm</b> BORED Games (CRA)** <b>4:00pm</b> Book Club (R&R Patio)	<b>29</b> 10:00am Low Intensity Walking workout (Back of Glatfelter Center) <b>12:00pm</b> Lunch at The White Rose \$\$ DL 5/15 (OOB)** <b>2:30pm</b> Cranium Crunch (R&R Patio)	<b>30</b> <b>9:00am</b> Trip to Markets at Shrewsbury (OOB)** <b>1:00pm</b> Friday Flick: The Seven Year Itch (CRA)	<b>31</b>

