

**Committees in September:**

- 9/2 11:30am Wellness Committee
- 9/3 2:30pm Life Enrichment Committee
- 9/4 2:00pm Dining Committee
- 9/8 2:00pm Sunshine Committee
- 9/9 11:00am Branch Lions Club

**Special Events in September:**

- 9/3 1:00pm TED Talks: TEDTalks are influential videos from expert speakers on education, business, science, tech, and creativity. This months videos are “The Luminous Mystery of Fireflies,” “Why You Shouldn’t Trust Boredom,” and “How to Find Laughter Anywhere.”
- 9/5 1:00pm Movie Morals and Dilemmas: Watch a thought provoking film, filled with one or more moral dilemmas, and then after ask questions and engage in discussion. Led by fellow resident, David Kovach. This month, we will be watching “The Sea Inside.” Ramón Sampedro is a Spanish ship mechanic and part-time poet who is left a quadriplegic after a diving accident. This film tells the true story of Sampedro's 30-year battle for the legal right to end his own life. He develops close relationships with his long-term lawyer Julia and his friend Rosa, who tries to convince him that his life is worth living. Despite his situation, Ramon manages to inspire those around him to live life to the fullest.
- 9/8 2:30pm Meet Mary’s Macaw: Mary is one of our chefs here at Sprenkle Drive and is bringing in her two pet Macaws. She will educate us on the species and the beautiful birds will demonstrate how they can talk, sing, and more!
- 9/9 1:00pm The JFK Assassination and Unanswered Questions: There are countless unanswered questions about the assassination of President John F. Kennedy. This presentation focuses on what did and didn’t happen in Dealey Plaza that day; Secret Service rules that were broken; the magic bullet theory and other mysterious happenings.
- 9/12 1:00pm Hollywood Classics: Rich Santel, self-proclaimed film buff, introduces, presents, and discusses Hollywood’s greatest films. Specializing in The Studio Era, 1930-1948, Rich enjoys presenting little-known facts and trivia. This month, we will be watching “The Glenn Miller Story.” Glenn Miller is a poor trombone player with dreams of fame. Eventually, through years of hard work and determination, he is able to start his own band, and they become one of the most successful groups of the big-band era. With a beautiful wife and one of the biggest songs in America, "Moonlight Serenade," Miller has it all. But at the onset of World War II, Miller enlists, giving up his fame and success to help entertain the troops stationed in Europe.
- 9/15 2:30pm Decorate your Own Potholders: We will be using fabric paints and stencils to make beautiful designs, sure to enhance your already beautiful kitchen!
- 9/23 10:00am-1:00pm Wellness Fair: The Wellness Fair will comprise of various companies and organizations that will supply residents with information to help us stay healthy. This fair is thanks to our very own Sprenkle Drive Wellness Committee and Residential Nurse Navigator.
- 9/25 10:00am Finding Balance: Find out how different activities can improve your balance and prevent falls.



# Inspirations Companion

September 2025

**Birthdays in September**

**Special Days in  
September**

- 9/1 Labor Day
- 9/6 Coffee Ice Cream Day
- 9/12 Day of Encouragement
- 9/28 Good Neighbor Day

**September Song**

It seems that Summer’s fading fast  
And autumntime is here;  
The leaves all turn to red and gold  
About this time of year.  
October’s just a breath away  
And now September song  
There’s loveliness about the earth  
And birds sing all day long.  
The crimson red and gold and green  
All to the eye will please;  
Folks come from miles to mountains high  
To view this lovely scene.  
I thank You, God, for all I see  
So picturesque and clear;  
Each pretty leaf we see today is in Your loving  
care.

--Katherine Smith Matheney



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 Virtual Chair Yoga (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 September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 12:00pm Labor Day Picnic **(CRB)\$18  *No Exercise Class Today*	<b>2</b> 9:00am Giant Grocery Trip**  10:00am Catholic Communion (SCC) 11:30am Wellness Committee (R&R) 2:00pm Faith Sharing (AL) 2:30pm Flower Arranging (R&R)	<b>3</b> 1:00pm TED Talks: "The Luminous Mystery of Fireflies," "How to Find Laughter Anywhere," "Why You Shouldn't Trust Boredom" (CRA) 2:30pm Life Enrichment Committee Meeting (CRB) *Virtual Exercise Class Today*	<b>4</b> 11:00am Chemistry of Cooking (CRA)** 2:00pm Dining Committee (R&R) 3:00pm Nancy Rexrode: Get Good Nutrition in Your Diet (CRA)	<b>5</b> 1:00pm Movie Morals and Dilemmas: The Sea Inside (CRA)	<b>6</b>
<b>7</b> 10:30am Worship Service (CRA)	<b>8</b> 10:00am Parfait Bar (CRA) \$5** DL 9/4 1:00pm Bingo (CRB)** 2:00pm Gym Equipment Demonstration 2:00pm Sunshine Committee (R&R) 2:30pm Meet Mary's Macaw! (CRA) 3:30pm Spanish Class with Dalisa (CRA)**	<b>9</b> 9:00am Aldi Grocery Trip** 9:00am Blood Pressure Clinic 11:00am Branch Lions Club (CRA) 2:00pm Ice Cream Sandwiches on the Patio (CRB Patio)	<b>10</b> 1:00pm Andrea Adams: The Canaanite Woman (CRA) 3:00pm Ladies' Tea (CRB)**	<b>11</b> 10:00am Independent Living Council (R&R Patio) 2:00pm Rock Painting (CRB)	<b>12</b> 9:00am Men's Breakfast (R&R)**  1:00pm Hollywood Classics: The Glenn Miller Story (CRA)	<b>13</b>
<b>14</b> 10:30am Worship Service (CRA)	<b>15</b> 9:00am Coffee 101 (R&R)** 1:00pm Bocce (CRB)** 2:30pm Decorate Your Own Pot Holders (CRA)**	<b>16</b> 9:00am Weis Grocery Trip** 11:00am Lunch at Hinkle's Restaurant (Back GC) \$\$** 2:00pm Faith Sharing (AL) 2:30pm BORED Games (CRB)**	<b>17</b> 10:00am Catholic Mass-SCC  12:00pm Widow/Widower Lunch (R&R)\$\$ 1:00pm Paint Class (CRB)** 6:00pm Evening Dominoes (R&R)*	<b>18</b> 1:00pm Grief Support Group (Kelly Drive) 2:00pm Cranium Crunch (R&R Patio)**	<b>19</b> 1:00pm Friday Flicks: Out of Africa (CRA)	<b>20</b>
<b>21</b> 10:30am Worship Service (CRA)	<b>22</b> 12:00am Hot Dog Roast (Front of Glatfelter Center)** 3:30pm Spanish Class (CRA)** 5:00pm Residential Pot Luck (CRB)**	<b>23</b> 9:00am Walmart Grocery Trip** 10:00am-1:00pm Wellness Fair (CRA/CRB)	<b>24</b> 2:30pm Uncorked (R&R)** 4:00pm Book Club (R&R)	<b>25</b> 10:00am Physical Therapy Presentation: Finding Balance (CRA) 12:00pm Fork and Film: Nonnas (CRA)\$25** DL 9/22	<b>26</b> 1:00pm Friday Flicks: The Sting (CRA)	<b>27</b>
<b>28</b> 10:30am Worship Service (CRA)  12:00pm Brunch Bunch (CRB) \$18**	<b>29</b> 1:00pm Cornhole Tournament with Root Beer Floats (Front of Glatfelter)** 5:00pm Dinner at El Rodeo (back of Glatfelter Center)\$\$**	<b>30</b> 9:00am Giant Grocery Trip** 12:00pm Quarterly Birthday Party**(CRB)\$12 guests DL 9/25 1:00pm Sharp as a Tack (CRA) 2:00pm Faith Sharing (AL)	For more details on any of the programs, please refer to your Inspirations catalog, found on the Resident Website.	Program offerings are subject to change.	<b>Key:</b> ** - Registration Required    \$\$ - Cost Involved    OOB – Off Campus R & R - Rachel & Reuben's    CRA – Community Room A CRB – Community Room B    GC – Glatfelter Center    Patio – R&R Side Room BR – Billiard Room    SCC – Skilled Care Center    B- Bean GYM – Fitness Room    WO – Wellness Office    AL – Assisted Living	