



*The State Capitol & Duke's Grille ... page 9*

# INSPIRATIONS

*Inspiring Things to Do, Learn and Share*



*“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”*

*— American Author Dr. Julie Connor*

# PROGRAM OFFERINGS

Program offerings are listed alphabetically by category.  
For program listing by date, refer to Monthly Event Calendar.

If registration is required for an event, please see the receptionist.

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<b>Wellness Programs</b>		
Fitness Testing	1/18, 1/20	4
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<b>Nutrition</b>		
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Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

Description	Date	pg
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<b>Trips</b>		
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<b>Theatre &amp; Movies</b>		
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Book Club	1/30, 2/27, 3/27	11
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Senior Acts Group	1/16, 2/20, 3/20	11

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.



## WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

### Ongoing Classes

#### Chair Fitness

This class incorporates cardio, strength, flexibility and coordination all in one workout without ever leaving your seat! Functional choreography is used for gentle joint activation. Everyone works at their own personal level to fun, upbeat music.

**Tuesday**  
**10:30-11:00 am**  
**Cannons Corner**

#### Fun With Balance

This combination class utilizes stretching, patterning, standing and moving balance drills, obstacle courses and strength training for daily activities and agility. This class can be modified and adapted for multiple levels of ability.

**Thursday**  
**1:00 pm**  
**Wellness Gym**

#### Hybrid Chair Yoga

Chair yoga focuses on yoga postures and active stretching performed with the support of a chair. Standing and seated poses are blended together for a workout that is focused on helping to perform activities of daily living increase strength and flexibility. A Zoom link is available for those who would like to attend virtually.

**Monday**  
**9:30-10:15 am**  
**Wellness Gym and Zoom**

#### Hybrid Fit Medley

Fun music drives this class that will also challenge your coordination, balance and memory with easy to follow dance choreography. This low impact, high-energy 45-minute class includes 20-30 minutes of cardiovascular exercise followed by balance, strength or stretching. A Zoom link is available for those who would like to attend virtually.

**Wednesday, Friday**  
**9:30 - 10:15 am**  
**Wellness Gym and Zoom**





## WELLNESS



### Hybrid Strength

Looking for a class that gives you a no-nonsense, head-to-toe strength and cardio workout without the fluff? This class is not “music based” and is held in the wellness gym using free weights. Participants move through timed intervals of cardio and resistance to increase strength and stamina. A Zoom link is available for those who would like to attend virtually.

**Thursday**  
**9:30-10:15 am**  
**Wellness Gym and Zoom**

### Hybrid Mat Stretch

Light music and familiar patterning in stretches promote a relaxed state in this mat-based class that you attend virtually from your home. While situated on the floor, you will be led through a total body stretching routine that will leave you feeling relaxed, flexible and more focused. Modifications can be made for those who prefer to sit in a chair.

**Tuesday**  
**9:30-10:15 am**  
**Wellness Gym and Zoom**

## Wellness Talks

### Stroke

**January 9**  
**10:30am**  
**Cannons Corner**  
**Presenter: Peggy Shuyler,**  
**Wellness Nurse**

### Congestive Heart Failure

**February 13**  
**10:30am**  
**Cannons Corner**  
**Presenter: Peggy Shuyler, Wellness**  
**Nurse**

### Diabetes

**February 13**  
**10:30am**  
**Cannons Corner**  
**Presenter: Peggy Shuyler,**  
**Wellness Nurse**

### Fitness Testing

Would you like to get an idea of how fit you are compared to some national standards? Knowing your fitness level can help you plan for long term goals and how to achieve them. Overall fitness is important for your body and mind. You would be surprised at how exercising for just a few minutes a day can improve your stamina and help you to move with more ease. Testing will take about a half an hour and you will not be asked to do anything that you are not comfortable doing. Sign up will be by half hour timeslots.

**Wednesday, 1/18 9:30am-11:00am**  
**Friday, 1/20 1:00pm-2:00pm**  
**Wellness Gym**  
**Registration required**

## Nutrition

### TASTY TIPS

Who couldn't use some tips on how to prepare a meal, what might be a healthier option or how to handle your food safely? During this monthly series you may be introduced to new ingredients, learn the benefits of different foods or expand your cooking knowledge.

### Monday, January 9

#### Benefits of Fermented Foods



**Presenter: Andrew Kronmeyer,**  
**Registered Dietician**  
**1:30 pm**  
**Wellness Lounge**  
**Registration required**

### Monday, February 13

#### For the Love of Chocolate!



**Presenter: Andrew Kronmeyer,**  
**Registered Dietician**  
**1:30 pm**  
**Wellness Lounge**  
**Registration required**

### Monday, March 13

#### Protein and Muscle Mass



**Presenter: Andrew Kronmeyer,**  
**Registered Dietician**  
**1:30 pm**  
**Wellness Lounge**  
**Registration required**



Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

## Spiritual

### WORSHIP SERVICE

Join other Villagers from throughout the campus as we observe our faith together during a weekly service of Scripture, hymns and Holy Communion led by our campus chaplain.

**Sunday**  
**10:00 am**  
**Fellowship Room**



### Ash Wednesday Service

Begin your Lenten season with Pastor Amy and the administering of ashes in this solemn service.

**Wednesday, February 22**  
**10:00am**  
**Fellowship Room**

### CATHOLIC SERVICES

#### Catholic Mass

Attended by campus residents from all levels of living, Catholic Mass is held monthly and celebrated by the clergy from St. Francis Xavier Catholic Church.

**3rd Thursday of the month**  
**10:00 am**  
**Fellowship Room**

#### Praying of the Rosary

Join fellow Catholic residents from all levels of living in a traditional praying of the Rosary led by a volunteer residential living resident.

**1st, 2nd and 4th Thursdays**  
**of the month**  
**10:00 am**  
**Arlington Sun Room**





Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

## Educational

### BRAIN GAMES



There are many ways to help improve your cognitive function as you age. Playing games is one of them. Enjoy a variety of games using language, memory, trivia, patterning and just plain having fun.

**January 11, February 22, March 22**  
**1:00pm**  
**Wellness Lounge**  
**Registration required**

### *Interview with a Neighbor*

Come and get to know your neighbors and team members at The Village at Gettysburg. You might have more in common than you thought or you might even be living next to someone who lived in the same town growing up!

**January 25, March 8**  
**1:30pm**  
**Wellness Lounge**  
**Registration required**

### *Lessons in Language Week*

We have tried learning a musical instrument, practicing math skills, playing brain games and physical exercise. How about learning a few phrases in a foreign language as your next educational challenge? We will be learning popular phrases and words in French, Spanish, German and Italian. Each day will be a new language. This is a no pressure setting and there is not a test at the end (not a serious one)!

**January 2-6**  
**1:00pm**  
**Wellness Lounge**  
**Registration required**

## MIND

### Technology

#### ONE-ON-ONE TECH SUPPORT



Mark Vanderbough is available to help you with your technology questions by appointment. He can help with questions about smartphones, online bill paying, social media, viruses on your computer and a wealth of other everyday usage problems with your electronic devices. Contact Teresa Lawyer for an appointment with Mark.

#### *Tech Talks With Mark*

Mark is bringing the residents together to offer advice and help with current technology topics. Bring your questions with you. They may just help your neighbor with a similar challenge they are having.

**Tuesday, January 10**  
**1:00pm**  
**Wellness Lounge**  
**Registration required**

### LIFE LONG LEARNING

This popular educational program piques your intellectual curiosity with lectures and visual presentations on a variety of topics. Invite your friends as this program is open to the community.

**All sessions are presented in the Wellness Lounge at 2:00pm**

#### *January 13: Film, "Tong Tana: Lost Paradise"*

A film about a tribe in Borneo and their struggle to survive rainforest devastation.

#### *January 27: Speaker TBA*

#### *February 10: Film, "Civil War: Globe Trekker"*

Megan McCormic presents an overview of the American Civil War, including several stops in Gettysburg.

#### *February 24 : "Talking Flags: The United States Signal Corps on July 1 and Beyond"*

How the Signal Corps affected the course of the battle in Gettysburg and afterward.

**Facilitator: Peter Miele, Executive Director, Seminary Ridge Museum**

#### *March 10: Film, "The Johnstown Flood"*

Accounts of those who survived the worst flood disaster in our nation's history.

#### *March 27: "Voices of History"*

What we can learn from major historical events in our nation's history.

**Facilitator: Mike McCough, Educator and Newspaper Columnist**

### Creative Arts

#### *Painted Pine Cone Flowers*

Let's have a little fun painting a colorful bouquet of flowers. Pine cone tops look remarkably like zinnias when you add some colorful paint. You can opt for stems or no stems and display them in a dish for some color to brighten up the end of winter.

**Wednesday, March 1**  
**1:00pm**  
**Wellness Lounge**  
**Registration required**

#### *Village Voices*

Our campus choral group returns in February. We are a group of people who like to sing! Experience in choral music is not required BUT ability to read music and carry a tune is encouraged. The group may make a few appearances here on our campus during the autumn/Christmas season. We will begin our spring semester in mid-February.

**Thursdays**  
**2:00pm**  
**Fellowship Room**  
**Registration required**

### RHYTHM AND MOTION

Rhythm and Motion is a drumming-based class designed to challenge your body and mind. Simple drumming patterns using stability balls for drums are taught to the tunes of fun, familiar songs. It all comes together to form an experience like you have never had before! Anyone can be a musician in this class.

**1/17, 2/6**  
**1:00pm**  
**Wellness Gym**





Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

**1950's Murder Mystery**

Meet us for a fun day of mystery and intrigue centered around Ryder High and the Pink Chicks, D-Birds, Black Widows and the Pit Vipers. A 50s diner lunch will be served between acts. Minimum of 8 volunteer actors/actresses needed to help put on the show. No memorization is required. Others will form the audience to help figure out "who dun-it?"

**Monday, January 23  
10:30am  
Fellowship Room  
Registration required  
Cost: \$5.00**

**National Eat Ice Cream for Breakfast Day**

Come enjoy a hot waffle with your ice cream to complete your breakfast. We'll be serving before, during and after Chair Yoga so you can work it off!

**Friday, February 3  
8:00am-10:30am  
Wellness Lounge  
Registration encouraged**

**St. Patrick's Day Happy Hour**

Come soak up a little luck on the Irish on St. Patrick's Day. No need to leave campus to feel a little festive. Come to the Wellness Lounge and we'll have you leaving singing "O Danny Boy!"

**Friday, March 17  
12:30pm  
Wellness Lounge  
Registration required**

**Recreational  
GAMES GALORE**



Games have always brought families and friends together. Discover new tabletop and card games or enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time. If you would like to start a new game group let our Life Enrichment Team know how we can help.

**Mexican Train Dominoes**

**Wednesdays, 10/19, 11/16/, 12/14  
2:00pm  
Cannons Corner**

**Bingo  
Fridays  
2:00pm  
Cannons Corner**

**Bowling at Rockwell Lanes**

Rockwell Lanes in Biglerville has started a 55 & Over league for the casual bowler. New bowlers and all skill levels are welcome. Shoes and ball are included and you don't have to commit to participating every week. Teams of 3 are put together but individuals are encouraged to come.

**Thursday, January 19  
Bus departs at 1:45pm  
Registration required  
Minimum required participants: 4**

**Trips**

Registration at the receptionist is required for all trips at least 3 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

**Dancing with the Stars**

Five local stars, paired with professional dancers, will compete for the DWTLS traveling trophy. Each couple will perform the waltz and a second dance of their choosing. Audience vote will decide the winner. Proceeds benefit YWCA Gettysburg & Adams County programs and Adams County Arts Council. If interested in going you will need to purchase your own ticket online. (\$33-45) If you need help with purchasing a ticket please see Nikki or Jess.

**Friday January 13  
Majestic Theater  
Bus departs at 6:00pm  
Cost: You must purchase your own ticket at [www.ywcagettsburg.com](http://www.ywcagettsburg.com)  
Registration required**

**Trojan Diner & Mr. Ed's**



The Trojan Diner & Sports Bar is a family friendly restaurant that

offers a wide variety of food choices. Afterward, we will head to Mr. Ed's candy emporium and elephant museum with delicious homemade fudge, chocolates and retro candy plus more than 12,000 elephant figurines and art.

**Tuesday, January 24  
Bus departs at 11:00am  
Cost: Menu price  
Registration required**

**SOCIAL**

**Wegmans**

Shopping, sampling or just browsing! Wegmans has groceries, specialty deli, prepared foods, and kitchen ware.

**Monday, March 6  
Mechanicsburg  
Bus departs at 9:30am  
Registration required  
Minimum required participants: 6**

**The State Capitol & Duke's Grille**

After touring the State Capitol have lunch at Duke's, the area's best place for fresh seafood and fresh cut steaks.

**Monday, March 27  
Harrisburg, PA  
Lunch is menu cost  
Bus departs at 9:00am  
Registration required  
Minimum required participants: 6**

**Dining**

Enjoy a meal at the "Village" or dine at various featured restaurants. Cost will vary by the dining venue and is the responsibility of the diner. Registration at the receptionist is required for all events 7 days before the scheduled date. Please be aware of minimum participation. Cancellation of the event will take place 48 hours before if the minimum is not met.

**Red Lobster**

American seafood with those delicious Cheddar Bay biscuits.

**Thursday, January 5  
Bus Departs at 3:00pm  
Registration required  
Minimum required diners: 6**

**Village Breakfast**

Enjoy a breakfast prepared by our talented culinary team.

**1st Tuesday of the month  
8:30am  
Cannon's Corner  
Registration required**

**Valentine's Day Luncheon**



In the spirit of love and friendship, join us for our annual Valentine's Day luncheon. Menu will include a live pasta station. 2 seatings will be available in Cannons Corner.

**Cost: \$10  
Times: 11:00am-11:45am or  
12:00pm - 12:45pm  
Cannons Corner  
Please sign up with the receptionist no later than Tuesday, February 7th**

**Bonefish Grill**

Wonderful seafood and cocktail selection.

**Friday, February 17  
Bus departs at 11:30am  
Registration required  
Minimum required diners: 6**

**O'Rorke's Irish Pub**

Named for Civil War hero Colonel Patrick O'Rorke, this restaurant offers an extensive menu of American and Irish cuisine that includes salads, burgers, cold and hot sandwiches.

**Wednesday, March 15  
Gettysburg  
Bus departs at 11:00am  
Registration required.  
Minimum required diners: 4**

**St. Francis Xavier Fish Fry**

Take a short bus ride over to St. Francis for one of their annual Lenten dinners. A variety of meals are available.

**Friday, March 31  
4:30pm  
Registration required  
Minimum required diners: 4**



## Entertainment

### MUSICAL ENTERTAINMENT

#### *Apple Core Band*



The Apple Core Band is a local community band with members of all ages from Adams County, PA. This event will be held at The Bendersville Fire Hall. You will also have the option to purchase food. There is no cost for the band.

**Sunday, January 22**

**Bus departs at 12:30pm**

**Cost: Participants are responsible for cost of food**

**Registration required**

**Minimum required participants: 4**

### GETTYSBURG COMMUNITY CONCERTS

Season ticket holders have been pre-paid. Single performance tickets are available at the door for \$20.00. Season ticket information is posted on the RL bulletin board in the Wellness hallway.

#### *Camerta RCO*

Camerta RCO is a unique ensemble. Comprised of members of the Royal Concertgebouw Orchestra in Amsterdam they enjoy playing in the orchestra tremendously but like to expand this joy by playing together in a small ensemble as well.

**Thursday, March 30**

**Gettysburg Middle School**

**Bus departs at 6:15 pm**

**Registration required**

### MUSIC, GETTYSBURG CONCERTS

#### *Gettysburg Chamber Orchestra Baroque Ensemble*



A smaller group playing just as magnificent music, written in the 18th century for the delight of the 21st!

**Sunday January 15**

**Gettysburg Seminary**

**Bus departs at 2:15pm**

**Registration required**

**Minimum required participants: 4**

#### *Felix Hell*

The Gettysburg Seminary presents its' annual visit from this world-famous performer taking full advantage of the chapel's two magnificent organs.

**Sunday, February 5**

**Gettysburg Seminary**

**Bus departs at 3:00 pm**

**Registration required**

**Minimum required participants: 4**

#### *Elena Millar Nikita Burakovsky*

Artists and music from eastern Europe. Millar and Burakovsky are a violin and piano duo who play gorgeous music by Tchaikovsky and Rachmaninoff among other composers.

**Sunday, March 19**

**3:00pm**

**United Seminary Chapel**

**Registration required**

**Minimum required participants: 4**

## Theatre

### LIGHTS, CAMERA, ACTION

#### *Pippin*

Gettysburg High School presents "Pippin". We're invited to attend the dress rehearsal. This Tony Award winning show is known for such songs as "Corner of the Sky" and "Join Us".

**Thursday, March 2**

**5:00pm**

**Gettysburg High School**

**Bus departs at 5:00pm**

**Registration required**

#### *Wednesday Movie Matinee*

At R/C Gateway Theater on any given Wednesday there are at least 3 matinee showings. The week before we will let you know what movies will be shown and you can choose which one you would like to see.

**Wednesday, February 8**

**Gateway R/C**

**Bus departs at 3:30pm**

**Minimum required participants: 4**

**Cost: Ticket price**

**Registration required**

### SPIRIT 360®

#### *Passport to Wellness 2023 – Travel on the Orient Express*

Celebrating 8 years of virtual travel together, this year we embark on the famed Orient Express to travel their historically celebrated route from London to Istanbul. Weekly meetings will focus on the luxury liner, its famous stops, the food, the history and other fun facts. And...the Orient Express has a gym, so of course a physical challenge will be included for those who would like to participate.

**Tuesdays: 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21**

**2:00pm**

**Wellness Lounge**

**Registration required**



# COMMUNITY

**"The best way to find yourself, is to lose yourself in the service to others."**

**— Mahatma Gandhi**

## CommUNITY Spirit

#### *The Senior Acts Group*

This group comes together monthly to share a love of literature, poetry, theater and acting. They plan and perform excerpts from plays, books and personal original works. They also share their talent by performing for local organizations throughout the year.

**Monday, January 16**

**Monday, February 20**

**Monday, March 20**

**1:30 pm**

**Fellowship Room**

#### *Village Voices*

**See information under Creative Arts**

**Thursdays at 2:00 pm**

**Fellowship Room**

#### *Book Club*

**Monday, January 30**

**Monday, February 27**

**Monday, March 27**

**1:30pm**

**Library**

## COMMITTEES AND GROUPS

Interested in providing input and insights to living at The Village at Gettysburg? Participating in one of our advisory role committees may interest you. Ask a member of the life enrichment team for more details on a specific committee and how to become involved. We offer a variety of committees, including:

- Resident Council
- Marketing Committee
- Building & Grounds Committee
- Senior Acts Group
- Dining Committee



*Mission Statement:* to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

### **The Seven Dimensions of Wellness**

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



1075 Old Harrisburg Road • Gettysburg, PA 17325 • [www.SpiritrustLutheran.org](http://www.SpiritrustLutheran.org)

