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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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Study Groups & Services		
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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.

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



Description	Date	pg
SOCIAL		
Book Club	1/29, 2/26, 3/25	10
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Fastnachts and Coffee	2/13	9
St. Patrick's Day Happy Hour	3/15	10
Tailgate Happy Hour	2/9	9
Creative Arts		
Chocolate Roadshow	2/5	10
DIY Oils/Extracts	2/29	10
Rhythm and Motion	1/9, 2/13, 3/12	10
Senior Acts	1/15, 3/18	11
Senior Acts Murder Mystery	2/19	11
Village Voices	Thursdays from 3/14	11
Trips		
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Recreational		
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Red Lobster	1/4	12
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AKI	1/31	12
Olivia's	2/8	12
Bonefish Grill	2/23	12
Peppermill	3/1	13
Garryowen	3/13	13
St. Francis Fish Fry	3/22	13
Gettysburg Eddies	3/28	13

Buffets & Celebrations		
Ash Wednesday Fish Fry	2/23	13
Bagel Buffet	1/16	13
"Holiday" Specials		
National Soup Month	1/8 – 1/12	14
Ice Cream for Breakfast Day	2/2	14
National Noodle Month	3/4 – 3/8	14
National Peanut Butter Month	3/8	14
St. Patrick's Day	3/17	13
Valentine's Day Luncheon	2/14	13

Theatre & Movies		
Dancing with the Local Stars	1/12	14
Musical at Gettysburg H.S.	3/7	14

Musical Entertainment		
Music Gettysburg Concerts	1/14, 1/28, 2/4, 3/10, 3/24	14

COMMUNITY		
CommUNITY Spirit		
Committees & Groups	Varies	15



WELLNESS

Taking care of your body for physical strength and function and making positive choices to be as healthy as possible.

Ongoing Classes

Hybrid Cardio Mix

Are you looking to add another option to your cardio/strength routine? Cardio Mix is a class that incorporates intervals of cardio moves (think simple marching, knees, and arm movements) with short strength intervals mixed in. This class can be adapted for standing or sitting and does not incorporate dance type choreography. It is more “cardio forward” than our Strength class.

Tuesday
8:15am
Wellness Gym

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



Ongoing Classes continued next page



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

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



Fitness Testing

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, January 17

9:30am-11:30am

Wellness Studio

Please sign up for a timeslot at the receptionist

Guided Meditation

Guided meditation can help you reduce anxiety and negative emotions, increase patience and tolerance and help to gain an overall sense of “self.”

Wednesday, January 31 and March 13

2:00 pm

Wellness Lounge

Please sign up at the receptionist

Passport to Wellness 2024

Each year our Passport to Wellness program is held to keep you engaged during the winter months. As we have done in the past, our passport program has multiple components that encompass several dimensions of wellness – physical, intellectual, social, emotional and FUN! We meet weekly for discussion, presentations, tastings and to stamp those passports measuring your exercise for the week. Our trip itinerary is always a surprise so come and find out where we are “headed”!

Tuesday, February 6 – March 19

2:00pm

Wellness Lounge

Register at the receptionist



Belton Tech Session

Come with your hearing questions and take advantage of the opportunity to get your hearing aids checked and cleaned.

March 8

9:00am

Apartment Wellness Suite

Register at the receptionist



PHYSICAL THERAPY TALKS

Arthritis Moves

A program focusing on moving with arthritis.

January 2

1:15 pm

Cannons Corner

Presenter: Katy Englebert, Clinical Therapy Director

“Do the Repetitive Motion With Me”

A program focusing on repetitive use injuries.

February 6

1:15 pm

Cannons Corner

Presenter: Katy Englebert, Clinical Therapy Director

“Joints are Cool”

A program focusing on Tendonitis.

March 5

1:15 pm

Cannons Corner

Presenter: Katy Englebert, Clinical Therapy Director

Nutrition



BE WELL KITCHEN

Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Managers and Chefs conduct a cooking demonstration where they breakdown the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe!

January 22

Black Bean Enchiladas

February 19

Chick Pea Avocado Lettuce Wraps

March 18

Sweet Potato Skins

Presenter: Franklin Oiler, Registered Dietitian

11:30 am

Cannons Corner



SO GOOD

Our So Good program promotes seasonal foods that you can feel good about. This monthly program has a foundation of delicious seasonal ingredients and offers flexible ways to enhance the menu.



January 8 and January 22

Avocados



February 12 and February 19

Cabbage



March 4 and March 18

Mushrooms

1:30 pm

Wellness Lounge



SPIRIT

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

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.

1, 2 & 4 Wednesday of the month
3:30 pm
Arlington Sun Room

Ash Wednesday Service

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

Wednesday, February 14
10:00am · Fellowship Room

Maundy Thursday Service

Thursday, March 28
10:00am · Fellowship Room

Good Friday Service

Friday, March 29
10:00am
Fellowship Room

Gettysburg Grief Group

Have you experienced the loss of a loved one? Could you use some extra support? This group led by Chaplain Ricky McCarl, Chaplain Amy Wagner, Erin Naylor, Director of Social Services is a safe space to talk about your grief, share stories and explore discussion topics.

Mondays
January 29, February 26, March 25
3:00 pm
Fellowship Room



MIND

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

Educational

American Sign Language (ASL)

“Discover Sign Language” will teach you how to sign basic phrases and complete sentences and how to put it all together, allowing you to introduce yourself and start a conversation.

Along the way, you will learn signs for colors, numbers, locations, family, and the activities you like to do. This is an online workshop overseen by Jess and Nikki who will learn along the way with you.

Tuesdays and Thursdays in January

2:00pm

Wellness Lounge

Register at Receptionist



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 and activities using language, memory, trivia, patterning and just plain having fun.

Wednesdays

January 24, February 7, March 6

1:00 pm

Wellness Lounge

Sign up with the receptionist

Interview with a Neighbor

Get to know your neighbors and team members at The Village at Gettysburg a little better. You might have more in common than you thought!

January 10, February 28, March 27

1:30 pm

Wellness Lounge

Sign up with the receptionist

Educational continued next page



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 12

“Man of the Serengeti”

This film focuses on Masai culture and a warrior who works as a wildlife ranger.

January 26

Topic: “Tanzanian Safari”

Speaker: Linette Mansberger, retired teacher and naturalist.

February 9

“Scarborough”

This film explores North Yorkshire, a seaside city.

February 23

Topic: “James Herriot and the Yorkshire Dales”

Speaker: David Baird Scott, retired Naval officer and European traveler.

March 8

“And There Was Israel”

This film returns to the origins of the creation of the State of Israel (from 1896 to 1948).

March 22

Topic: “Can There Be a Two-State Solution?”

Speaker: ME Expert Linda Funsch

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

Need advice or help with current technology topics. Bring your questions with you. They may just help your neighbor with a similar challenge they are having.

Dates and times of Mark’s talks will be announced monthly.



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



Chocolate Happy Hour

We believe in all things chocolate well before Valentine's Day. We'll be serving an assortment of chocolate items, including a chocolate cocktail

Thursday, January 25

1:30 pm

Fellowship Room

Please sign up at the receptionist by Tuesday, January 23

Fastnachts & Coffee

Some of you call it "Fat Tuesday", some call it "Shrove Tuesday". Here in south-central Pennsylvania, it's Fastnacht Day (translated as "fast night") and we enjoy those doughy treats dipped in sugar. Enjoy one with a cup of coffee to start your day.

Tuesday, February 13

8:30 am

Cannons Corner



Tailgate Happy Hour

Get in the spirit for the Superbowl with some tailgate favorites.

Friday, February 9

1:00 pm

Fellowship Room

Please sign up at the receptionist by Wednesday, Feb. 7

Social continued next page

Coffee and Cake with the Chaplain

What makes our Village so special? The team members and folks who live here! Come out and get to know our chaplain, Amy Wagner, and share your thoughts on additional spiritual programs you would enjoy participating in.

Monday, January 8, February 12, March 11

10:30 am

Cannons Corner

Book Club

Do you love to read? This club serves as a forum where readers can meet and discuss books and their reading experience together.

Monday, January 29

Monday, February 26

Monday, March 25

1:30 pm

Library

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

No blarney! Join us for the "wearing" of the green as you follow the rainbow to a Happy Hour you won't want to miss!

Friday, March 15

1:00pm

Fellowship Room

Please sign up at the receptionist by Monday, March 11

Creative Arts***Chocolate Road Show***

Donna Haase, chocolate instructor, brings her professional knowledge of chocolate to our campus. History, production and yes, tastings, will be included.

February 5

1:30pm

Wellness Lounge

Register at the receptionist

DIY Oils and Extracts

We'll be making infused oils and extracts to add extra flavor to your home cooked meals and baked goods. You will have a choice of herbs and natural flavorings to make one oil and one extract to take home with you.

Thursday, February 29

2:00pm

Wellness Lounge

Please sign up at the receptionist by Monday, February 26

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.

1/9, 2/13, 3/12

1:00 pm

Wellness Gym



Village Voices

Calling all residents who like to sing! Experience in choral music is not required but ability to read music and carry a tune is encouraged.

Thursdays starting March 14

2:00 pm

Fellowship Room

Please sign up at the receptionist if interested

The Senior Acts Group

This group comes together monthly to share a love of literature, poetry, theater and acting. The group plans and performs excerpts from plays, books and personal original works, often sharing their talent by performing for local organizations throughout the year.

Monday, January 15

Monday, February 19

Special murder mystery

Monday, March 18

1:30 pm

Fellowship Room

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, 1/17, 2/21, 3/21

2:00pm

Cannons Corner

Bingo

Bingo is facilitated by our residents who take turns as the caller.

Fridays

2:00 pm

Cannons Corner

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.



Shippensburg Casino

Parx Casino Shippensburg is a 73,000 square foot casino with 500 slot machines and 48 electronic table games. The casino also features sports wagering kiosks. The casino also has several food options.

Tuesday, February 20

Bus Departs at 10:30 am

Registration required by Sunday, February 11. See receptionist.

Minimum required participants: 6

Farm Show

Pennsylvania is proud to host the largest indoor agricultural exposition in the nation, with nearly 6,000 animals, 10,000 competitive exhibits and 300 commercial exhibits. This is the 108th Pennsylvania Farm Show. Don't forget to have a milk shake and wear comfortable shoes!

Wednesday, January 10

Bus departs at 9:30am

Sign up at the receptionist

Cost: Participants are responsible for food cost and personal purchases

Minimum required participants: 6

Trips continued next page

Wegmans

It's a grocery store and so much more. Spend your time shopping, sampling or just browsing the aisles. Wegmans has all your regular groceries plus specialty deli, prepared foods, international cuisine and kitchen ware. We will eat lunch at the store.

Monday, January 22

Mechanicsburg

Bus departs at 9:30am

Registration required.

See receptionist

Minimum required participants: 6

Boscov's & Cracker Barrel

Just in time for spring spend a day shopping with friends! After shopping, enjoy lunch out with the group.

Monday, March 4

**Boscov's Department Store,
Camp Hill**

Bus Departs at 9:30 am

Registration required.

See receptionist.

Minimum required participants: 6

**Guided Battlefield Tour**

Everyone's favorite tour guide, Terry Fox, will accompany the group and provide history and background of some of the battlefield's most historic areas.

Tuesday, March 26

Bus Departs at 10:00am

Registration Required.

See receptionist

Dining

There's nothing quite like sitting around with friends having great conversation over a delicious meal wherever it might be. Enjoy a meal at the "Village" or dine at various restaurants in the area and beyond. Unless a specific amount is listed 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.

OUT & ABOUT**Red Lobster**

Popular chain restaurant serving American seafood standards. Don't forget those delicious Cheddar Bay biscuits.

Thursday, January 4

Hanover

Bus Departs at 3:00pm

Please register at the receptionist

Minimum required diners: 6

Cashtown Inn

This local historic inn, under new ownership, has decided to get back in the restaurant business. They are offering a fine dining menu in their newly renovated dining room.

Wednesday, January 17

Cashtown

Bus departs at 3:30 pm

Minimum required diners: 4

AKI

Enjoy sushi, hibachi and Asian cuisine cooked right in front of you by one of their talented and entertaining chefs. The flaming onion is always fun!

Wednesday, January 31

Hanover

Bus departs at 11:00 am

Registration required.

See receptionist

Olivia's

Olivia's specializes in Mediterranean and Italian cuisine. To check out their chef tune in to Fox 43 on Wednesday morning cooking segments.

Thursday, February 8

Bus departs at 3:30pm

Registration required.

See receptionist

Minimum required diners: 6

Bonefish Grill

Bonefish Grill is an upscale casual restaurant known for their wonderful seafood and cocktail selection.

Friday, February 23

Bus departs at 3:00pm

Registration required.

See receptionist

Minimum required diners: 6

Peppermill

From homemade soups and healthy salads to seafood, sandwiches and more, the Peppermill has a varied menu with many favorites.

This family-owned restaurant in Mechanicsburg, PA has been serving the area with their signature dishes for the past 25 years.

Friday, March 1

Mechanicsburg

Bus departs at 11:00

Minimum required: 6

Garryowen Irish Pub

Enjoy authentic Irish food with a bit of an upscale twist at Gettysburg's only Irish owned pub. Our personal recommendations are the fish and chips and shepherd's pie!

Gettysburg

Wednesday, March 13

Bus departs at 11:00am

Registration required by Monday, March 11

Minimum required: 6

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 and are sure to fill you up on a Friday evening.

Friday, March 22

4:30pm

Registration required.

See receptionist

Minimum required diners: 4

Gettysburg Eddie's

Enjoy pub style food while sitting in a museum dedicated to Edward Stewart Plank, Gettysburg Hall of Fame baseball player.

Thursday, March 28

Bus departs at 3:30pm

Registration required by Monday, March 25

Minimum required: 6

Buffets & Celebrations



Village Breakfast

Start your morning off right with a hearty breakfast prepared by our talented culinary team. The first Wednesday is designated to welcome new residents to the Village at Gettysburg but all are open to all residents. The menu appears in the sign-up book at the receptionist for the week.

Every Other Wednesday

8:15 am

Ala Carte and AYCE options

Cannons Corner



Bagel Buffet

Enjoy a bagel with your favorite "schmear" or try something new on National Bagel Day. Savory or sweet options – you might even see some lox on the buffet!

Tuesday, January 16

9:00 am

Wellness Lounge

\$3.00

Please sign up at the receptionist

No cost to residents

Ash Wednesday Fish Fry

Menu :Fresh oven fried fish and chips, macaroni and cheese and stewed tomatoes

Friday, February 23

Cannon's Corner

\$9.00



Valentine's Day Luncheon

Our dining team likes to show off a little on Valentine's Day. Two seatings will be offered for this special event in Cannons Corner. Carved Tenderloin, grilled shrimp, asparagus, fingerling potatoes, tossed salad, death by chocolate cake.

Wednesday, February 14

11:30 am

Cannons Corner

COST: \$15.00

Please sign up at the receptionist by Monday, February 5

St. Patrick's Day Celebration

Menu: Corned Beef and Cabbage, Sheppards Pie, Irish Soda Bread, plus some other Irish favorites. Our dining team likes to show off a little on Valentine's Day.

Sunday, March 17

11:30 am

Cannons Corner

COST: \$10.00

*Buffets & Celebrations
continued next page*

“HOLIDAY” SPECIALS

Who knew these were holidays? Join the culinary team as they celebrate these off-the-wall nationally recognized days with some fun entrées. All entrées served at Cannons Corner during lunch. Cost varies by item.



National Soup Month
1/8 – 1/12

Warm-up with some homemade Clam Chowder and Vegetable Soup

National Eat Ice Cream for Breakfast Day - 2/2

8:00 am-10:30 am
Wellness Lounge
Registration encouraged
No cost to residents

National Noodle Month
3/4 – 3/8

Build your own noodle bowl.

National Peanut Butter Month
3/8

Enjoy a slice of homemade Peanut Butter Pie.

Musical Entertainment

MUSIC GETTYSBURG

All Music, Gettysburg concerts are free and are presented at the United Lutheran Seminary in Gettysburg. Please sign up at the receptionist for each concert.

Sunday, January 14
3:15pm

Gettysburg Chamber Orchestra
Baroque Ensemble

Sunday, January 28
3:15pm

Jeffrey Fahnestock, tenor

Sunday, February 4
3:15pm

Jocelyn Swigger, pianist

Sunday, March 10
3:15pm

Teresa Bowers and Susan Hochmiller,
flute and soprano vocalist

Sunday, March 24
3:15pm

Felix Hell, organist

Theatre



Dancing with the Local Stars

To celebrate their 10th show, Dancing With the Local Stars will give you the opportunity to name the best of the local stars from the past 10 shows. If you are interested in going you will need to purchase your own ticket online. Ticket prices range from \$33-45. If you need help with purchasing a ticket, please see Nikki or Jess. The show runs for about 2 hours.

Friday, January 12

Majestic Theater

Bus departs at 6:00pm

Cost: You must purchase your own ticket at

www.ywcagettsburg.com

Registration required. See receptionist

Gettysburg High School Spring Musical

Each year our residents are invited to attend the dress rehearsal of the Gettysburg High School spring musical and every year we are blown away by their talent. The name of the spring musical has not been revealed but it is sure to be a great event!

Thursday, March 7

Bus departs at 5:00

Sign up at the receptionist by Monday, March 4



COMMUNITY

“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi

CommUNITY Spirit

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
- Building & Grounds Committee
- Dining Committee
- Marketing Committee
- Senior Acts Group
- Village Voices



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

