



*Strawberry Festival at Hollabaugh's Farm ... page 7*

# 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.*

Description	Date	pg
<b>WELLNESS</b>		
<b>Fitness Classes</b>		
Chair Exercise	Tuesdays	1
Fun With Balance	Thursdays	1
Hybrid Chair Yoga	Mondays	1
Hybrid Fit Medley	Wed, Fri	2
Hybrid Mat Stretch	Tuesday	2
Hybrid Strength	Thursdays	2
<b>Wellness Programs</b>		
Physical Therapy Talk	5/7, 6/7	2
<b>Nutrition</b>		
Tasty Tips	2nd Mon. 5/9, 6/13	2

<b>SPIRIT</b>		
<b>Study Groups &amp; Services</b>		
Catholic Mass	1st Tuesday	3
Praying of the Rosary	Thursday	3
Worship Service	Sundays	3

<b>MIND</b>		
<b>Educational Programs</b>		
Brain Games	5/11, 6/22	4
<b>Life Long Learning</b>		
Life Long Learning	4th Friday	4
<b>Technology</b>		
Tech Support	By appointment	5
Tech Talks with Mark	5/23	5
<b>Creative Arts</b>		
Rhythm and Motion	5/10	5

Description	Date	pg
<b>SOCIAL</b>		
Cinco de Mayo	5/5	6
Spring Dinner	TBA	6
Interview With a Neighbor	6/8	6
<b>Trips</b>		
Boscovs and Lunch	5/11	7
Hike and Picnic at Oakside	5/25	7
Strawberry Festival	6/4	7
Windy Knoll Creamery	6/14	7
<b>Recreational</b>		
Bingo	Fridays	6
Mexican Train Dominoes	3rd Wednesday	6
<b>Dining</b>		
Black and Blue	5/20	7
Village Breakfast	5/4, 6/7	7
<b>Theatre &amp; Movies</b>		
Always, Patsy Cline	TBA	8
Sight and Sound in House, Jonah	6/29	8
Sunday Matinee	5/22	8
<b>Musical Entertainment</b>		
Gettysburg Chamber Orchestra	5/8	8
Gettysburg Civic Chorus	6/5	8

<b>COMMUNITY</b>		
<b>CommUNITY Spirit</b>		
Committees & Groups	Varies	9
Longest Day (Spirit 360)	6/21	9
Senior Acts Group	Mon. 5/16, 6/20	9

**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.





# 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**  
**Fellowship Room**

### ***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**

### ***Zoom 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**

**Zoom**



## **Wellness Programs**

### **PHYSICAL THERAPY TALKS**

#### ***Oh My Aching Joints***

A program for managing arthritis.

**May 7**

**Cannons Corner**

**1:15 pm Presenter: Katy Engelbert, PTA**

#### ***Keeping Your Mind Sharp***

A program for improving memory.

**June 7**

**1:15 pm**

**Cannons Corner**

**Presenter: Katy Engelbert, PTA**

## **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.

**May 9, June 13**

**1:30 pm**

**Wellness Lounge**

**Registration required. See receptionist**





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.

**1st Tuesday 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.

**2nd, 3rd, 4th Thursdays of the month**  
**10:00 am**  
**Arlington Sun Room**





# MIND

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

## BRAIN GAMES

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

**Wednesdays**

**5/11, 6/22**

**1:00 pm**

**Wellness Lounge**

**Sign up with the receptionist**

## 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**

**May 27 – “Mentalism” How Not To be Tricked**

**Facilitator: John Wolfe, Local Attorney and Magician**

**June 24 – “Beauty of the Neotropics” Photos of plants and animals in the Americas.**

**Facilitator: Linette Mansberger, retired teacher and naturalist**

## 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 Nikki Richwine 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.

**Friday, May 15**

**Monday, June 15**

**11:00 - 12:00 pm**



## Creative Arts

### 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.

**Tuesdays, 5/10**

**1:00 pm**

**Wellness Gym**





# SOCIAL

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

## ***Spring Dinner***

You are cordially invited to The Residential Living annual Spring Dinner. Come mingle with your neighbors and enjoy the delicious food and cocktails. More information will be coming.

**Date and Time TBA**

**Two seatings will be available**

**Fellowship Room**

**Registration will be required.**

## ***Cinco de Mayo***

May 5 marks the Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War in 1862. In the United States we celebrate with food, music, dancing and margaritas! Join the celebration!

**Thursday, May 5**

**2:00 pm**

**Wellness Lounge**

**Please sign up at the receptionist by May 3**

## ***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 even be living next to someone who lived in the same town growing up!

**June 8**

**1:30pm**

**Wellness Lounge**

## **Recreational**

### **GAMES GALORE**

Games have always brought families and friends together, whether on a designated game night or family holidays. 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 you.

***Mexican Train***

***Dominoes***

**Wednesdays, 5/20, 6/17**

**2:00 pm**

**Wellness Lounge**

***Bingo***

**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.*

### **Boscov's & Lunch**

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

**Wednesday, May 11**

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

**Bus Departs at 9:30 am**

**Registration required.**

**See receptionist.**

**Minimum required participants: 6**

### **Picnic in the Park**

Lace up your walking shoes and pack your lunch. We are heading to Oakside Park in Biglerville for lunch and an afternoon stroll. The path is 1.8 mile and is not paved (gravel). Drinks will be provided. Wear appropriate foot wear. You may walk as little or as much as you like.

**Wednesday May 25**

**Biglerville**

**11:00 am**

**Registration required. See  
receptionist**

**Minimum participants: 6**

### **Strawberry Festival at Hollabaugh's Farm**

Get ready to celebrate everything strawberry! The amazing ice cream tent will be back up for you to enjoy delicious strawberry desserts. Live music from Paul Zavinsky will be featured. Enjoy a wagon ride around the farm and cool off with a delicious strawberry milkshake! Also, B&L Dogz will be bringing their fabulous food truck, so plan on coming hungry! Hope to see you on the farm for some strawberry fun. Food and some activities are pay as you go.

**Saturday, June 4**

**Biglerville**

**Bus departs at 12:00 pm**

**Cost: While admission is free, food  
and activities are "pay as you go"**

**Registration required.**

**See receptionist**

**Minimum required participants: 6**

### **Windy Knoll Creamery & Scenic Drive**

This unique farm market and creamery sells homemade ice cream, fresh produce, deli meats and cheeses, delicious subs & hoagies, baked goods, homemade soups and salads and bulk foods. You will also be able to purchase lunch and ice cream. Afterward sit back and enjoy a ride through the beautiful countryside.

**Tuesday, June 14**

**Chambersburg**

**Bus departs at 11:00 am**

**Registration required. See  
receptionist**

**Minimum required participants: 6**

## 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.*

### **Black-n-Bleu**

Black-n- Bleu's steak, seafood & pasta top the large American menu at this upscale-casual spot with a full bar.

**Friday, May 20th**

**Mechanicsburg**

**11:00 am**

**Registration required. See  
receptionist**

**Minimum required diners: 6**

### **Village Breakfast**

Start your morning off right with good food and good friends. Enjoy a hearty breakfast prepared by our talented culinary team while catching up on local news.

**1st Wednesday of the month**

**8:30 am**

**Cannon's Corner**

## Entertainment

### MUSICAL ENTERTAINMENT

#### *Gettysburg Chamber Orchestra*

What better way to celebrate Mothers Day than with the GCO! This performance will feature soloists Felix Hell on the organ and Grace Kim on the piano - Music, Gettysburg! All-Stars!

**Sunday, May 8**

**3:00pm**

**Lutheran Seminary**

**Registration required. See receptionist.**

**Minimum required participants: 4**

#### *Gettysburg Civic Chorus Spring Concert*

The Gettysburg Civic Chorus is one of Adams County's oldest civic organizations, celebrating 56 years of music in our area. The chorus is comprised of up to 100 voices performing with guest instrumentalists, under the direction of Bill Serfass and accompanied by Sharon Hedges. Their concerts are a seasonal favorite in the Gettysburg community. This season's concert is entitled, "Broadway Through the Ages".

**Sunday, June 5**

**Gettysburg Area Middle School**

**Bus departs at 2:00 pm**

**Registration required. See receptionist**

**Min. required participants: 4**



## Theatre

### *Always....Patsy Cline*

Always... Patsy Cline is more than just a tribute concert to the legendary country singer who died tragically at the age of 30 in a plane crash in 1963. The show is based on a true story about Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961, and continued a correspondence with Cline until her death. The musical play, complete with down home humor, true emotion and even some audience participation, includes many of Cline's hits such as "Crazy", "Walking After Midnight", "I Fall to Pieces", "Sweet Dreams".

**Date and cost will be announced when tickets become available**

**Fayetteville**

**Sign up with receptionist as soon as date is announced**

**Minimum required participants: 6**

### LIGHTS, CAMERA, ACTION

Join our continuing series of biblically based musicals from Sight and Sound Theater. Enjoy movie theater snacks while you watch on our big screen in the Wellness Lounge. We will take a 5-10 minute intermission to stretch.

**June 29 – Jonah**

**1:00 pm**

**Wellness Lounge**

**Registration required. See receptionist**

### *Sunday Matinee*

Rather than watching in your living room, get that movie theater feeling in the Wellness Lounge watching a movie on our big screen TV. We will be showing "Going in Style" with Morgan Freeman, Alan Arkin and Michael Caine.

**Sunday, May 22**

**2:00 pm**

**Wellness Lounge**

**Registration required. See receptionist.**

**Minimum participants: 4**





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.

## 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, May 18**  
**Monday, June 15**  
**1:30pm**  
**Fellowship Room**

## SPECIAL PROGRAMS – SPIRIT 360®

### *The Longest Day*

Please join us in honoring our loved ones with Alzheimer's and their caregivers. We will be walking the .75 mile walking trail on the SpiriTrust Lutheran - The Village at Gettysburg Campus for 12 hours to show support for those who live the longest day every day. Join us on June 21, 2022. You can join us any time between 6am and 6pm on the walking trail in front of the main building. You can walk one lap or 10! We will be there all day! This is a community event hosted by the SpiriTrust Gettysburg team.

**Saturday, June 21**  
**6:00 am – 6:00pm**  
**Gettysburg Campus**  
**Sign up at the receptionist**

## 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)

