



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
WELLNESS		
Fitness Classes		
BOOM Fitness	1/11, 2/29, 3/14	4
Exercise Equipment Demo	1st Thurs	4
Silver Sneakers Strength	Wed	4
ZOOM Chair Yoga	Mon	4
Wellness Programs		
BeWell Kitchen	1st Thurs	5
Blood Pressure Clinic	2nd Tues	5
Healthy Bites	2/8	5
Hearing Aid Clinic	1/4	5
So Good	Jan, Feb, March	5

SPIRIT		
Grief Support Group	3rd Thurs	6
Widow/Widower Luncheon	1/17, 2/21, 3/20	6
Spiritual		
Faith Sharing	Wed	6
Martin Luther's Small Catechism	Wed	6
Holiday Services		7
Ash Wednesday	2/14	7
Easter Sunday	3/31	7
Good Friday	3/29	7
Maundy Thursday	3/28	7
Palm Sunday	3/24	7
Worship Service	Sun	7

MIND		
Educational Programs		
Winter Life-Long Learning Series		
Art around the Town	1/19	8
Hex Hollow	1/26	8
Life of General Devers	3/8	9
York County Commissioner	2/23	9
Trip to the Polar Bears	3/22	9
York City Police Therapy Dogs	1/12	8
Zion Hill Cemetery Project	2/29	9

Technology		
Tech Classes with Dante		
Resident Tech Support	1/30, 3/26	9

Creative Arts		
Creative York Monoprint Art	1/30	10
Flower Arranging	3/5	10
Kelly Choir	Tues	10
Valentine's Wine & Paint Party	2/15	10

Description	Date	pg
SOCIAL		
AllVETS: A Veteran Legacy Project		11
Conversation Café	Fri	11
Happy Hour	1/18, 3/12	12
Ice Cream Social	1/29, 2/26, 3/18	11
Movie Matinee	First Fri	11
Spring Fling	3/19	12
Recreational		
500	Varies	12
Bingo		
Resident Hosted	First Sat	13
Quickel Church & St. Matthew Lutheran Church	1/17, 2/21, 3/20	13
Canasta	Varies	12
Game Night	Fri	12
Jeopardy	Varies	12
Mexican Train Dominoes	Sat	12
Pinochle	Sun	12
UNO Flip	Varies	12
Wii Bowling	Mon, Tues	13

Dining		
Destination Dinner:		
Mardi Gras in 'Nawlins	2/13	13
Harvest Restaurant	3/25	13
Kelly Fresh	1/19, 3/15	13
Pizza Party	1/25, 2/22, 3/21	14
Pretzel Sale	3rd Thurs	14
Resident Hosted Lunch Out	1/16, 2/20, 3/19	13

Buffets & Celebrations		
Birthday Breakfast	1/11, 2/8, 3/5	14
Easter Sunday curbside	3/31	14
Irish Breakfast	3/15	14
New Year's Day	1/1	14

"Holiday" Celebrations		
National Bagel Day	1/15	15
National New England Clam Chowder Day	1/22	15
National Pizza Day	2/9	15
National Cherry Day	2/20	15
National Chili Day	2/16	15
National Meatball Day	3/8	15
National Cheese Steak Day	3/24	15

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
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Description	Date	pg
Entertainment		
Dearest Home	1/17	15
Gaither Concert Series		
The Best of David Phelps	2/23	15
The Best of Guy Penrod	2/27	15
Kennedy Center Homecoming	3/26	15
Hunter O'Neill	2/17	15
Hymns with Dan Baker	3/23	15
Silver 63	3/9	15
Theatre		
York Symphony		
Mozart's A Little Night Music	1/22	16
Mahler's 4th Symphony	2/12	16
Trips		
Duckpin Bowling	1/4	17
Jazz Vespers	1/13	13
Markets at Shrewsbury	3/22	17
Sunrise Soap Company	1/24	17
Yorktowne Hotel Tour & Lunch	2/19	17
Shopping		
Boscov's & Galleria Mall	1/22, 2/26, 3/18	17
Errand Day	2nd Fri	17
Target	2/21	17
Walmart	1st Wed	17
Weis Market	2nd & 4th Tues	17

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



Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

COMMUNITY

Our Community		
Carry Out for a Cause	3/8	18
Meat Pie & Apple Dumpling Sale	1/24	18
Reading Partners/Devers		
Elementary	2nd Thurs	18
Committees & Groups		
Social Committee	1st Fri	19
Dining Committee	2nd Thurs e/o month	19
Worship Committee	1st Wed	19
Welcome Committee	varies	19
Christmas Luncheon Committee	varies	19
Wellness Committee	varies	19
Residential Living Association	1st Mon	19
Volunteer Opportunities	varies	19



WELLNESS

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

Fitness

ONGOING CLASSES

Zoom Chair Yoga

Seated yoga class that includes basic traditional postures, flows and balance work. This class will leave you feeling refreshed mind, body and spirit.

Monday

9:30 am

Fellowship Room for group Zoom class//Virtually from home

Silver Sneakers Strength

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles and Silver Sneakers ball are offered for resistance and a chair is provided for seated or standing support.

Wednesday

9:00 am

Fellowship Room

Instructor: YMCA of the Roses

BOOM Fitness

BOOM is designed for Beginners, Older individuals, Out of shape adults and Movement/Motivation seekers. This low impact 45-minute class includes various fitness and dance moves to music from the 50s, 60s and 70s. Exercises can be done seated or standing.

Thursday, January 11, February 29, March 14

2:30 pm

Fellowship Room

Instructor: Jen Angeles

Exercise Equipment Demo and Q&A

With treadmills, hand weights, stationary bikes and more, there is a variety of exercise equipment to use to help you keep feeling strong and healthy. Come for some 1:1 time to ask questions and get comfortable with the machines.

First Thursday

1:30 pm

Lower-Level Exercise Room

Instructors: Lauren Eriksen & Linda LeRoux

Wellness Programs

BUILDING A BETTER VERSION OF YOU

Are you looking for a little guidance and support to help you maintain your health? Join us as we cover a variety of topics that will increase awareness on health issues that are often taken for granted or ignored. Learn more about resources that can assist you to building better health and a longer more vibrant life.



Blood Pressure Clinic

Stop in and get your blood pressure. This is a quick and easy way to keep up on your health.

2nd Tuesday

1:00 pm – 2:00 pm

Wellness Suite

Facilitator: Linda LeRoux, RL Nurse Navigator

Hearing Aid Clinic

Bring your hearing aid in for a deep cleaning and check by a qualified representative from Beltone Hearing Aid Center of York. Beltone is also able to answer questions about assistive hearing devices for your phone, TV, etc.

Thursday, January 4

9:00 am – 11:00 am

Conference Room

Facilitator: Beltone Hearing Aid Center of York

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 4

New Year New You: Eat with Purpose – featuring Black Bean Vegetable Enchiladas. Ringing in the New Year with new goals? Learn how to eat with purpose by becoming more aware of your natural hunger!

February 1

American Heart Health Month: Eat Clean for a Healthy Heart featuring Turmeric Rice & Chicken with Herb Yogurt Drizzle. Join us to learn more about eating clean for a healthy heart.

March 7

Celebrate National Nutrition Month: Beyond the Table featuring Roasted Walnut and Cauliflower “MEAT” Tacos.

1:30 pm

Fellowship Room

Registration Required

Presenter: Chef Colt Rauhauser

HEALTHY BITES WELLNESS TALK

Boosting Wintertime Immunity

Winter doesn't have to be for fighting off colds – come learn about food choices you can make during winter to boost immunity to keep you feeling your best.

Thursday, February 8

3:00 pm

Fellowship Room

Presenter: Lexy Nusbaum, Nutritionist



SO GOOD

So Good 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. The featured menu items for January through March are:

January

Avocado

Three Bean Corn and Avocado Salad

February

Cabbage

White Bean, Mango and Red Cabbage Salad

March

Mushrooms

Grilled Mushroom Antipasto Salad



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

Emotional

Grief Support Group

The group provides emotional support, validation, and education about grief. It offers a different quality of support and connection that comes from being with people who have also experienced a loss.

3rd Thursday

1:00 pm

Conference Room

Facilitator: Fr. Ricky McCarl, Chaplain and Bereavement Counselor, SpiriTrust Lutheran Homecare & Hospice

Widow/Widower Luncheon

Meet other widows and widowers in a comfortable, social atmosphere where participants can find companionship, friendship, comfort, and support from one another. Participants order food from Rachel & Reuben's Bistro menu and are responsible for food cost.

January 17, February 21, and March 20

12:00 pm

The Village at Sprenkle Drive, Rachel and Reuben's

Cost: Varies

Spiritual

FAITH SHARING

Martin Luther's Small Catechism

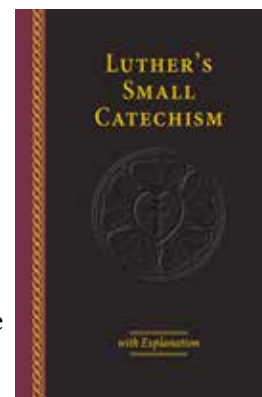
When Luther reached the end of his life, he said you could get rid of everything he had written except this. It is a small, simple read that acts as a tool for families to discuss the Christian faith together. It includes discussion of some of the core resources of the Christian faith such as the Ten Commandments, The Creed, The Lord's Prayer, Baptism, and Communion.

Wednesday

2:00 pm

Fellowship Room

Presenter: Chaplain Aaron Cope



Worship Services

Worship Service

Join us as we come together in the presence of God through song, scripture, prayer, sermon and weekly communion. All services are ecumenical in spirit, and all persons are welcomed and encouraged to participate.

Sunday

3:00 pm

Fellowship Room

Holiday Services



Ash Wednesday Worship Service

Ash Wednesday is a solemn day of prayer that begins the season of Lent. During Lent's forty days, we are invited to carry out the Lenten discipline, practices of fasting, prayer, and works of love. On this day we may receive the sign of ashes. This ancient symbol of repentance reminds us of our mortality. Returning to God's mercy and grace, marked with the cross of Christ, we make our way through Lent.

Wednesday, February 14

3:00 pm

Fellowship Room

Palm Sunday Worship Service

On this day, united with Christians around the world, we mark Jesus' triumphant entry into the holy city of Jerusalem to complete the work of our salvation. We follow in his footsteps as we enter the church, our Jerusalem proclaiming the one whose throne was the cross. In today's gospel reading we hear the passion narrative of Jesus' suffering, death and burial for our sakes.

Sunday, March 24

3:00 pm

Fellowship Room

Maundy Thursday Worship Service

On this night we begin the Three Days during which we participate once again in the saving power of Jesus' passing over from death into life. The Maundy Thursday service includes the words of Jesus' new commandment (mandatum, from which Maundy comes) to love one another. On the night in which Jesus was handed over to death we also gather the Lord's supper. At the service's conclusion, the altar area may be stripped of furnishings as a sign of Jesus' abandonment.

Thursday, March 28

3:00 pm

Fellowship Room

Good Friday Worship Service

The Good Friday service continues the journey through the Three Days of Jesus' suffering, death, and resurrection. At the heart of this service is the passion reading according to John, which celebrates Christ's victory on the cross. As Jesus draws all people to himself, we pray for the whole world for which Christ died. Finally, we honor the cross as the sign of forgiveness, healing and salvation. With all God's people we are invited to bow before this mystery of faith. Christ has died, so that we may live.

Friday, March 29

3:00 pm

Fellowship Room



Easter Sunday Worship Service

Easter Sunday is at the center of the Christian faith. The core of the Christian faith and Paul's preaching is the death and resurrection of Jesus Christ. As the crucified and risen Christ appeared to the earliest of his followers, as we experience the presence of the risen Lord in the preaching of this faith.

Sunday, March 31

3:00 pm

Fellowship Room



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

Education

WINTER LIFE-LONG LEARNING CLASS SERIES

Each session offers a deep dive into the topic and opportunity to ask questions.

2:30 – 3:30 pm • Fellowship Room

January 12 - York City Police Therapy Dog Outreach Program

York City Police has a community outreach program that utilizes therapy dogs to deescalate situations and build community relationships. Come learn about this impactful program, how it is used – and meet the therapy dogs who are here to serve.

Presenter: Officer Reinert, York City Police, Support Services Division

January 19 – Art around the Town: An Artists Guidebook to York Art

Do you know where to find art in York? Take a virtual insider tour of art and art venues around York, including artist studios, galleries, hidden gems, and of course, the amazing art at the new Yorktowne Hotel.

***Presenter: Ellen Ehlenbeck, Artist
and Community Art Teacher, HACC,
Creative York***



January 26 – Hex Hollow – Pennsylvania Witch Hunt Documentary

People still talk about the Hex Hollow murder that shook York County and gained international notice over 90 years ago. Come watch this 1-hour true crime documentary about the brutal 1928 murder of a Pennsylvania farmer in Hex Hollow who was falsely accused of cursing a man with witchcraft.

Facilitator: Lauren Eriksen



February 9 – Zion Hill Cemetery Project

Come learn about the restoration project undertaken at Zion Hill Cemetery in Columbia by the Columbia Preservation Society to tell the stories of those soldiers and other African American citizens who lived in Columbia's Tow Hill neighborhood, an early settlement where donated land from Quakers in 1823 harbored escaped or freed slaves. Zion Hill Cemetery is being turned into a memorial park so future generations may visit to learn about the contributions by these brave souls resting here.

Presenter: Chris Vera, Columbia Historic Preservation Society

February 23 – The Role of a County Commissioner

County Commissioners are responsible for overseeing the county's management and administration, representing county interests as the state and federal level, participating in long-range planning, and managing the county budget and finance – truly, no small task! Take an inside look at the roles and responsibilities of this position from Commissioner Doug Hoke, who was elected to this position in 2008, and currently still holds this role.

Presenter: Doug Hoke, York County Commissioner

March 8 – The Life of General Devers

Devers, born in York in 1887, was a US General during WWII, whose 6th Army Group successfully penetrated German-held positions in central Europe and helped wrest the mainland from Nazi control. Learn more about this extraordinary local hero, on the very day in history he became a General.

Presenter: Richard Robinson, Historian



March 22 – A Trip to the Polar Bears

The coast of the Hudson Bay at Churchill, Manitoba Canada, is the home of one of the most celebrated “packs” of polar bears in the world. The bears of Churchill have an amazing story to tell. Join Kathy and Cliff Billet as they share their trip to this unique place – with and among the “Bears of Churchill.”

Presenter: Cliff & Kathy Billet, Kelly Drive residents

Technology



Technology and You

Here is your chance to learn from the experts! From TV/Cable equipment to cell phone/smart phone, tablets/computers and everything in between, you will embark on a journey of information and fun. Take advantage of this opportunity to get 1:1 support on a variety of technology-related topics.

10:00 am - 12:00 pm

Fellowship Room

Instructor: Dante Swinton

Registration required

January 30

March 26

1:1 Resident Tech Support

Get your tech questions answered in a half-hour session with Dante. Whether it is about your computer, tablet, smart phone, or a general technology question, Dante will help you get squared away with your most pressing questions.

Creative Arts

CRAFT CORNER



Monoprint Art Class

Monoprint art uses different inks and paints to create a design that is very textural and often abstract on a piece of glass, plexi, or gelli plate. That image is then transformed by laying the paper on top and peeling it away, creating a repeating pattern. This class will have you experimenting with new techniques and textures, walking away with a special creation all your own.

Tuesday, January 30

2:00 pm

Fellowship Room

Cost: \$15

Instructor: Creative York

Registration Required

Valentine's Day Wine & Paint Party

Love comes in all forms, and in this special event, we are celebrating love with art, wine, and laughter amongst friends. Emily

will lead students through creating a painting, no matter your experience level – this class is one not to miss.

Thursday, February 15

1:30 pm

Fellowship Room

Cost: \$12

Instructor: Emily Seilhamer

Registration Required



Flower Arranging

In this hands-on class led by York Garden Club members, learn how to create beautiful flower arrangements using fresh flowers. You'll end the class with a beautiful arrangement to take home.

Tuesday, March 5

2:30 pm

Fellowship Room

Instructor: York Garden Club

Registration Required



Kelly Choir

The Kelly Choir is composed of residents who love to share their love of music by performing at Sunday worship service and concerts throughout the year for the Kelly Drive community. New members welcome to join.

Tuesday

6:00 pm

Fellowship Room

Facilitator: Darrell Hagler and Sheila Crew



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

ALLVETS: Veteran Legacy Project

ALLVETS is a non-profit organization that collects and shares the stories of veterans. All York County veterans are invited to share and record their military experience with ALLVETS, which will create a 1-hour video recording of your life. Veterans receive a copy of their video to share with loved ones and two other copies will be preserved at the York County Historical Center for viewing. There is no charge for this program and recording can take place at Kelly Drive.

For more information and to participate contact Lauren Eriksen

Conversation Café

Come together with fellow residents to enjoy a fresh cup of coffee or tea, pastries and of course - conversation.

**Friday
10:00 am
Fellowship Room**

Ice Cream Social

No matter what time of year or how old you are nothing brightens the day more than ice cream. Join fellow community members to enjoy one of life's sweetest treats – ice cream!

**2:00 pm
Fellowship Room**

**January 29: Feature Flavor:
Butter Pecan**

**February 26: Feature Flavor:
Fudge Ripple**

**March 18: Feature Flavor:
Orange Sherbet**

Movie Matinee

Enjoy an afternoon at the movies - right here at Kelly Drive. Each month features a movie from the collection of a fellow resident.

**2:00 pm
Fellowship Room
Hosted By:
Judy Becker**

**Friday, January 5
The Fugitive**

**Friday, February 2
Groundhog Day**

**Friday, March 1
South Pacific
Musical**



Happy Hour Mixer

Why limit happy to an hour? Friends come together to unwind and reminisce in the late afternoon. Enjoy themed appetizers and beverages paired with a fun time with friends.

Registration required

**Thursday,
January 18**

Chili & Beers with
Quentin Jones
Entertainment

4:30 pm



Tuesday, March 12

Share & Show

4:30 pm

**Spring Fling Dance Party**

It's time to celebrate spring! Enjoy delicious happy hour and a DJ dance party with fellow residents from The Village at Utz Terrace and The Village at Shrewsbury.

Tuesday, March 19

Location: The Village at Utz Terrace

**Bus departs from front entrance at
3:15 pm**

Registration required

Recreational**Game Night**

Whether the card game is played with a traditional deck or game specific cards, campus residents are sure to find a favorite game or try their "hand" at a new one.

Friday • 6:00 pm

Fellowship Room

Mexican Train Dominoes

The object of this game is for a player to play all the tiles from their hand onto one of the "trains" coming from the "central station." Both new and experienced players are welcome to join.

Saturday • 6:00 pm

Fellowship Room

Hosted By: Charlie Topper

Pinochle

Pinochle, is a trick-taking, Ace-Ten card game typically for two to four players. New players welcome.

Sunday • 4:00 pm

Fellowship Room

Hosted By: Steve Butler

Canasta

Canasta has quickly become a favorite card game at Kelly Drive. New and experienced players welcome.

Family Lounge • 2:30 pm

Dates vary

500

Score points through bidding and winning tricks as a partnership team. Be the first team to 500 points to win the game! New players always welcome.

Family Lounge • 3:00 pm

Dates vary

Hosted By: Myrtle McCleary

UNO Flip

Rediscover the classic game of UNO - with a twist! You will quickly realize why UNO Flip has become such a favorite game to play. New players welcome.

Family Lounge

Dates vary • 2:00 pm

Hosted By: Myrtle McCleary

**Jeopardy**

Kelly Drive brings to life the famous TV show, Jeopardy for residents to enjoy. Answer trivia questions, Daily Doubles and more to have your team come out on top.

Fellowship Room

Dates vary • 2:00 pm

Bingo

This well-known game is always a hit! Join friends from throughout the campus in the Fellowship Room for a spirited game played for prizes.

1st Saturday • 2:00 pm

Fellowship Room

Wednesday, January 17

Wednesday, February 21

Wednesday, March 20

6:00 pm • Fellowship Room

**Host: Quickel Church & St. Matthew
Lutheran Church Volunteers**



Wii Bowling

Come join "Team Kelly" for a great time participating in Wii bowling! You don't need experience; the team will teach you all the skills you need to know!

Monday & Tuesday • 4:00 pm

Fellowship Room

Dining

Resident hosted lunch out

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Meal cost is the responsibility of the diner.

Tuesday, January 16:

Round the Clock

Tuesday, February 20: Bob Evans

Tuesday, March 19: Applebee's

1:00 pm arrival at restaurant

Registration required

Harvest Restaurant at Hotel Hershey

Inspired by local and regional ingredients, Harvest is one of Hershey's best lunch spots. The restaurant menu features

fresh seasonal fare and a variety of flavorful beverages including micro-brews, cocktails, and an American wine list. Delicious food paired with a beautiful view and the splendor of the Hotel Hershey, it's a lunch experience for the senses.

Monday, March 25

Depart front entrance at 12:00 pm

Registration Required



DESTINATION DINNER

Join CURA Dining for a culinary experience.



Celebrating Mardi Gras in 'Nawlin's

Chicken and Sausage Gumbo with Muffuletta Crisps, Lemon Garlic Shrimp and Grits, Cajun Green Bean Casserole, King Cake with Bananas Foster paired with feature drink cherry Sazerac.

Tuesday, February 13

4:30 pm

Fellowship Room

Registration required

Cost: \$15

Kelly Fresh

Take the stress out of cooking and learn new recipes! Simply pick the meal choice you are interested in and CURA dining will deliver you everything you need - recipe, ingredients and directions.

Friday, January 19

3:00 pm Delivery

Registration required

**Apple and Goat Cheese,
Almond Toast – \$8.50/order**

**Black Bean Vegetable
Enchiladas – \$10.50/order**

Friday, March 15

3:00 pm Delivery

Registration required

**Turmeric Rice & Chicken with Herb
Yogurt Drizzle – \$12.50/order**

**Roasted Walnut and Cauliflower
"MEAT" Tacos – \$10.00/order**



Pizza Party

Enjoy pizza from a favorite local pizza parlor! Meal includes pizza or Stromboli, salad and drinks.

Thursday,
January 25, February 22, March 21
4:30 pm
Fellowship Room
Cost: \$5.00
Registration required



Pretzel Sale

Enjoy deliciously fresh Epex soft pretzels.

3rd Thursday
8:30 am - 9:30 am
Family Lounge
Cost: \$1.25
Registration required

Buffets & Celebrations



Birthday Breakfast

Start your morning off right with good food and good friends. Enjoy a hearty breakfast prepared by our talented culinary team. Residents with a birthday that month are treated to a complimentary breakfast.

Thursday, January 11
Thursday, February 8
Tuesday, March 5
9:30 am
Fellowship Room
Cost: \$9.00
Registration required

Irish Breakfast

Enjoy the traditional cooked breakfast of Ireland as we get into the St. Patrick's Day spirit. Over easy eggs, blistered tomato, potato and mushroom hash, sausage links, bacon, boxty (potato & chive pancakes) and Irish soda bread.

Friday, March 15
9:30 am
Fellowship Room
Registration required
Cost: \$9

New Year's Day Curbside Meal

Pork and Sauerkraut

Chicken Pot Pie

Mashed Potatoes

Roasted Vegetables

Eggnog Cake

Thursday, November 23

12:00 pm

Fellowship Room

Registration Required

Cost: \$14

Be my Valentine Couples Luncheon

Shrimp and tomato bisque in a bread bowl, Arugula and Goat Cheese tossed salad, beef wellington, horseradish mashed red skin potatoes, roasted squash medley with blistered tomatoes. Flourless chocolate cake

Friday, February 16

11:30 am

Fellowship Room

Registration Required

Cost: \$16.00

Easter Sunday Curbside Meal

Roasted Leg of Lamb

Baked Ham

Sweet Mashed Potatoes

Baked Corn

Carrot Cake

Sunday, March 31

12:00 pm

Pick-up from Front Entrance

Registration Required

Cost: \$14

“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 the Corner Cupboard during lunch. Cost varies by item.

National Bagel Day – 1/15

Ham and Swiss Bagel melts

National New England Clam Chowder Day – 1/22

Have a fresh hot bowl for lunch or take some home for Dinner

National Pizza Day – 2/9

Homemade fresh Dough pizza

National Cherry Day – 2/20

Fresh Baked Cherry pie served warm with vanilla ice cream

National Chili Day – 2/22

Homemade Chili and Cornbread

National Meatball Day – 3/8

Homemade Meatballs served with spaghetti or as a meatball sub

National Cheese Steak Day – 3/24

A Philadelphia staple served the way you like it

Entertainment

MUSICAL ENTERTAINMENT

Gaither Concert

Each month enjoy a show, known worldwide for its award winning and top selling recordings. Performances showcase gospel music pioneers.

Tuesday, January 23

The Best of David Phelps

Tuesday, February 27

The Best of Guy Penrod

Tuesday, March 26

Kennedy Center Homecoming

2:00 pm

Fellowship Room



Dearest Home

Dearest Home with the Folkemer Family uses expressive vocals interwoven with sprightly dance tunes as the band performs traditional Appalachian, Folk, Old Time and Early Country tunes. Dearest home's music unites generations as it blends fiddle, dulcimer, guitar, concertina, whistles, banjos, and percussion for a memorable musical experience.

Saturday, January 27

2:30 pm

Fellowship Room

Hunter O'Neill

Hunter is a classically trained concert pianist, songwriter and guitarist in a local band with a passion of sharing the joy of music with others. Join Hunter as he plays a variety of resident favorites and invites everyone to sing along, too.

Saturday, February 17

3:30 pm

Fellowship Room

Silver 63

Silver 63 has been entertaining audiences with their performances for years. From old time classics, rock & roll, and country they seem to do it all – plus take resident song requests.

Saturday, March 9

2:30 pm

Hymn Sing

Enjoy an afternoon of classic hymns as Dan Baker brings your favorite hymns to life. Resident suggestions during the show welcome, too!

Saturday, March 23

2:30 pm

Fellowship Room

Theatre

York Symphony Concert Series

Enjoy the splendor and magnificence of York Symphony concerts from the comfort of The Village at Kelly Drive. Concerts are streamed on the big screen, and each is paired with a mix & mingle social pre-show.

4:00 pm Happy Hour

4:30 pm York Symphony Concert

Fellowship Room

Registration Required



Mozart's A Little Night Music

Monday, January 22

The York Symphony Orchestra takes you on a melodic voyage with Wolfgang Amadeus Mozart's beloved A Little Night Music. Antonin Dvorak's Serenade for Strings merges rhythmic Czech folk music with joyous melodies and countermelodies. Jerrod Impichchaachaaha Tate's Chokfi personifies the rabbit trickster of Southeast American Indian folklore. William Grant Still's Ennanga is imbued in his African heritage with charged notes and spirited harmonies. Bao Yuankai based Going to the West Gate on a Chinese folk song about the separation of two lovers.



Mahler's 4th Symphony-Heavenly Voices

Monday, February 12

This concert highlights composers from Gustav Mahler to Christopher Theofanidis that were inspired by the dreamland of heaven. Influenced by German folk poetry and his childhood, Mahler's famous Fourth Symphony tells a tale of purely innocent joy and heavenly enchantment. Wolfgang Amadeus Mozart wrote the aria, Vorrei spiegarvi, oh Dio to complement his sister-in-law's vocals – opening softly with a melody and then culminating in a challenging finish. Moved by Hildegard von Bingen, Christopher Theofanidis developed Rainbow Body by weaving section from von Bingen's Ave Maria for grace among restless, stirring sections.

Trips



Duckpin Bowling

Duckpin bowling balls are about half the size of a regular bowling ball and have no finger holes so you can roll them with your palm. Enjoy an old fashion day at the bowling alley with SpiriTrust Lutheran, The Village at Utz Terrace residents, for 2 hours of duckpin bowling play, bowling shoes rental, with the café open for lunch orders.

Thursday, January 4

Location: Rockwell Lanes

Bus departs from front entrance at 12:00 pm

Registration Required

Cost: \$16

Jazz Vespers

First Presbyterian Church of York's popular Jazz Vespers Concert honors Dr. Rev. Martin Luther King, Jr. This concert has featured many acclaimed musicians and is a show not to be missed.

Saturday, January 13

Location: First Presbyterian Church, York

Bus departs from front entrance at 6:30 pm

Registration Required



Make & Take Soap & Lotion Class

Sunrise Sopa Company, a welcoming and energizing gem, located in downtown York, specializes in homemade soaps, lotions, and other body care products made right on site. In this class, residents will be able to choose their scents, molds and ingredients to make their own extra special lotion and soaps to bring home with them.

Wednesday, January 24

Bus departs from front entrance at 9:45 am

Registration Required

Yorktowne Hotel Tour & Lunch

Situated in the heart of downtown York, the magnificently restored Yorktowne Hotel has been considered the "Cornerstone of York" since 1925. This is a must-see destination for art and history lovers alike. Enjoy a guided tour of the Yorktowne Hotel to learn more about its history and renovation, and then enjoy a delicious lunch in the Davidson Lobby Bar.

Monday, February 19

Bus departs from front entrance at 10:00 am

Registration Required

Markets at Shrewsbury

The Markets at Shrewsbury features 19 merchants who sell everything from locally grown produce, Amish baked and canned goods, and farm fresh meats and cheeses to traditional PA Dutch furniture, crafts and gifts. Plus, there are a variety of local eateries all in one convenient location.

Friday, March 22

Depart front entrance at 10:00 am

Registration Required

Shopping

Walmart

First Wednesday

Depart Front Entrance at 10:30 am

Registration Required

Weis Market

Depart Front Entrance at 10:30 am

2nd & 4th Tuesday

Registration Required

Target

Depart Front Entrance at 10:30 am

Wednesday, February 21

Registration Required

Errand Day

Depart Front Entrance at 10:00 am

2nd Friday

Registration Required

Boscov's & Galleria Mall

Monday, January 22

Monday, February 26

Monday, March 18

Depart Front Entrance at 11:00 am

Registration required



COMMUNITY

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

CommUNITY Spirit



Carry Out for a Cause

Enjoy a delicious meal, specially crafted by the CURA team, all for a good cause - \$5 of every meal is donated to the Kelly Drive Alzheimer's Association fundraising efforts.

Friday, March 8

12:00pm Pick-up from the Corner Cupboard

\$10

Registration Required

Meat Pie & Apple Dumpling Sale

Enjoy delicious home town favorites such as meat pie and apple dumplings – all for a good cause – supporting SpiriTrust Lutheran, The Village at Kelly Drive & Sprenkle Drive Auxiliary.

Wednesday, January 24 deadline to place order

Friday, February 9 delivery

Registration Required

Devers Elementary School Reading Partners

Share the love of reading by being a supportive reading partner to Devers Elementary School 2nd graders, as they bring over their favorite books to read to residents as they build their reading skills.

2nd Thursday

1:00pm

Family Lounge



volunteer

COMMITTEES & GROUPS

Residential Living Assoc. Meeting

These meetings provide residents information about community news, updates from department managers and resident committee reports.

First Monday

2:00 pm

Fellowship Room

Volunteer Opportunities

Do you enjoy helping others or have a heart for serving? The Village at Kelly Drive has many opportunities to serve. Contact the Volunteer Office to learn more.

COMMUNITY COMMITTEES

Interested in providing input and insight at The Village at Kelly Drive? Participating in one of our advisory role committees may interest you. Ask a member of the Residential Living Association Board or Life Enrichment Director for more details.

- Residential Living Council
First Monday
- Social Committee
First Friday of every month
- Dining Services Committee
Second Thursday of every other month
- Worship Committee
First Wednesday of every month
- Welcome Committee
Dates/times vary
- Christmas Luncheon Committee
Dates/times vary
- Wellness Committee
Date/times vary



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.



750 Kelly Drive • York, PA 17404 • www.SpiriTrustLutheran.org

