



*Dobbin House Tavern ... page 11*

# 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>		
Exercise Equipment Orientation	5/9	4
Exercise with Bonnie	Tues	4
Line Dancing	4/24	5
Healthy Hikers	5/12, 6/16	5
Park Walk	4/14	5
Stretch & Strength with Ali	Mon, Wed	4
Tai Chi	Mon thru April	4
YMCA – Twinges & Hinges	Thu	5
<b>Wellness Programs</b>		
Medical Minutes		
Fall Prevention	4/13	5
Fayetteville Fire Company	5/2	5
Stroke	6/6	5
<b>Nutrition</b>		
So Good		
Radish	4/13	5
Shallots	5/11	5
Broccoli	6/15	5
Be Well Kitchen		
Planet Forward Eating	4/25	5
Healthy Eating – Vision	5/23	5
Alzheimer's & Brain Awareness	6/27	5

Description	Date	pg
<b>SPIRIT</b>		
<b>Emotional</b>		
Grief Support Group	3rd Wed of every month	6
<b>Spiritual</b>		
Bible Study	2nd and 4th Thur	6
Chapel Dedication – Live Stream	4/11	6
Holy Week Services		
Palm Sunday	4/2	6
Maundy Thursday	4/6	6
Good Friday	4/7	6
Easter Sunday	4/9	6
Service of Holy Communion	Sun	6
<b>MIND</b>		
<b>Educational</b>		
My Life as a Therapy Dog	4/18	7
Current Events		
The North Atlantic Treaty Organization (NATO)	4/14	7
Radon	6/9	7
Life Long Learning		
A Thousand Years Without a Bath? Illuminating the Real “Dark Ages”	4/19	8
Paradise Found: The Shakers and Other Utopian Communities in America	6/21	8
Guatemala Mission Presentation	4/24	8
<b>Creative Arts</b>		
Craft Corner	4/11, 5/9, 6/13	8
Song Birds	4/6, 4/20	8

# PROGRAM OFFERINGS

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

Description	Date	pg
<b>SOCIAL</b>		
Cocktails & More	4/28, 5/19, 6/19	9
Block Party	6/9	9
Ice Cream Wagon	6/12	9
Pot Luck	4/22, 5/13, 6/10	9
<b>Trips</b>		
BB's Grocery Outlet	6/6	10
Chestnut Grove Nursery	5/5	10
Johnstown Flood Museum	5/17	10
Lindt Candy Store & Lunch	4/4	10
Bent Pine Alpaca Farm & Lunch	6/28	10
Strawberry Picking	6/2	10
<b>Recreational</b>		
Bocce	1st & 3rd Tue	11
Card Club	Tue	11
Chess Club	Wed	11
Games Galore	Mon	11
Game Night	4/12, 5/10, 6/14	11
Shuffleboard	2nd & 4th Wed; starting in May	11
Table Tennis	Thu	11
Wii Bowling	Wed	11
<b>Dining</b>		
On Campus-From the Kitchen		
Springtime in Paris	4/21	11
Out and About		
Dobbin House Restaurant	5/23	11
Ladies Lunch Out		
Longhorn Steakhouse	4/19	11
Imperial Chinese	6/20	11
Men's Breakfast Outing	4/7	11
Buffet & Celebrations		
Birthday Breakfast	4/25, 5/30, 6/27	11
Memorial Day Picnic	5/29	11

Description	Date	pg
<b>Entertainment</b>		
Collingsworth Family Concert	4/27	12
Music @ Gettysburg		
Gettysburg Children's Choir	4/30	12
Wayne Hill & Susan Hochmiller	5/21	12
Music @ the Ridge		
Tina Marie	5/31	12
Silver 63	6/21	12
Roy Justice	4/10	12
Ship. Univ. Comm. Orchestra	4/23	12
The US Air Force Band	6/22	12
<b>Theatre</b>		
What Love is This?	4/1	13
Totem Pole		
Season Overview	4/17	13
Honky Tonk Angel	5/27	13
Baskerville; Sherlock Holmes	6/17	13
Annie	7/8	13
Million Dollar Quartet	7/29	13
On Golden Pond	8/19	13

<b>COMMUNITY</b>		
<b>CommUNITY Spirit</b>		
AKC Fit Dog Walk for Alzheimer's	4/28	14
Ageless Spirit Art Celebration	5/2	15
Spaghetti Dinner Outing	5/8	14
Volunteer Fair	5/4	15
Yard Sale	6/24	14
Town Hall Meeting	4/5, 5/3, 6/7	15
Association Meeting & Election	5/3	15
Resident Council Meeting	4/20, 5/18, 6/15	15
Life Enrichment Committee	4/5, 5/3, 6/7	15

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.





# WELLNESS

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

## Classes

### Stretch & Strength

Join Ali as she leads you in stretching/strengthening all major muscle groups in a fun & relaxed setting. This class can be done standing/sitting & will meet you at your current fitness level. The class will involve music but will not be choreographed.

**Monday & Wednesday**

**9:30 am**

**Fleck Center – Group Exercise Room**

**Instructor: Ali Noll**

### Tai Chi

Focus on fluid, circular, movements that are relaxed & slow in tempo. Breathing deep and slow, aids in concentration and relaxing the body. Health benefits include increased flexibility & muscle strength, greater fitness correct body posture, reduced pain & stiffness, uplifting the spirit.

**Monday (thru April)**

**10:30 am**

**Fleck Center - Group Exercise Room**

**Instructor: Ali Noll**

### Exercise with Bonnie

The music and choreographed low impact routines are fun, upbeat, and get you moving during this 45-minute class. You work at your own level of fitness. Light hand weights may also be used for muscle maintenance and toning section for even more of a workout.

**Tuesday**

**10:15 am**

**Fleck Center – Group Exercise Room**

**Instructor: Bonnie Shockey**

### Exercise Equipment Orientation

New to the community or learn how to properly use the exercise equipment? Stop by for an orientation and identify the equipment best suited for your personalized exercise regimen. Hands-on demonstration.

**May 9**

**1:00 pm**

**Fleck Center – Cardio Machine Room**

**Instructor: Ali Noll**

## WELLNESS



## Wellness Programs

### MEDICAL MINUTES

Join us for these information sessions.

**April 13 – Fall Prevention; presented by Flagship**

**May 2 - Fayetteville Fire Company & Ambulance Service**

**June 6 – Stroke - Signs & Symptoms; presented by Peggy Shuyler**

**1:00 pm**

**Fleck Center – Dining Room**

## Nutrition

### SO GOOD

Delve into a fabulous variety of nutrition topics, always presented in a fun fashion. Better yet, these talks often include taste testing!

**April 13 – Radishes**

They are high in antioxidants and can play a part in blood sugar control. *Radish and Cucumber Salad.*

**11:00 am**

**May 11 – Shallots**

A more concentrated source of protein, fiber and micronutrients. *Potato Shallots & Leek Soup.*

**1:00 pm**

**June 15 – Broccoli**

Broccoli is high in many vitamins and minerals such as folate, potassium, iron, Vitamin C and K. *Beef & Broccoli Stir Fry.*

**1:00 pm**

**Fleck Center – Dining Room**

**Instructor: Andrew Kronmeyer RD, LD**

## BE WELL KITCHEN



Be Well Kitchen feature healthy menu options that are also convenient, attractive and easy to make. Sample the featured CURA recipe during regular Bistro hours, plus receive a recipe card to make it at home.

**April 25 – Plant Based, Good for You and the Planet**

Plant based food offer all the necessary protein, fats, carbs, vitamins & minerals which lowers blood pressure. *Souper Soup and Salad (Pasta Faggioli and Southwest Shaker Salad).*

**May 23 – Health Vision Month**

Your body converts beta-carotene to Vitamin A which aids in dry eyes and night blindness. *Healthy Vision Vegetables (medley of carrots, kale, red pepper and sweet potatoes).*

**June 27– Alzheimer & Brain Awareness Month**

Green leafy vegetables are rich in Vitamin K which aids in various proteins that are needed for blood clotting. *Brain Food (Spinach Salad with fresh berries and nuts).*





# SPIRIT



# MIND

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

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

## Emotional

### **Grief: Finding Meaning**

Our monthly Grief: Finding Meaning sessions are for adults who have suffered a loss through death and are in need of grief education & support. The group is structured for those who have experienced a death within the past two years.

**3rd Wednesday of each month**

**4/19, 5/17, 6/21**

**9:00 am - 10:30 am**

**St. Luke Lutheran Church, located on the campus of Luther Ridge**

**For more information and to register please call Kim 717-217-3527.**

**Facilitator: Kim McCurdy, SpiriTrust Lutheran Home Care & Hospice Grief Share**

## Spiritual

### **Service of Holy Communion**

Join other Villagers as we observe our faith together as a community led by Chaplain Amy Wagner. The seasons of the Church are observed, and the message is based on the common lectionary readings.

**Sunday · 2:00 pm**

**The Inn Personal Care Res. Chapel**

### **Holy Week Services**

Join other Villagers as we observe Holy Week as a community, led by Chaplain Amy Wagner.

**April 2 – Palm Sunday**

**April 6 – Maundy Thursday**

**April 7 – Good Friday**

**April 9 – Easter Sunday**

**2:00 pm**

**The Inn Personal Care Res. Chapel**

### **Bible Study**

Spirited discussions that strengthen religious and spiritual beliefs. The study is interactive, with handouts and study guides. Bring your favorite Bible.

**Study for the quarter: Acts  
2nd & 4th Thursday of the month  
10:00 am**

**Fleck Center – Hobby Room**

**Presenter: Herb Spomer**

### **Chapel Dedication – Live Stream**

Bishop James Dunlop, Lower Susquehanna Synod, joins Chaplain Amy Wagner in dedicating the new chapel. The construction was possible through donated funds from Second Lutheran Church, to honor Rev. Robert McEllroy and his wife for their service. Ceremony will be live streamed, refreshments following.

**Tuesday, April 11 · 2:00 pm**

**Fleck Center – Dining Room**

## Educational



### **My Life as a Therapy Dog**

Hershey is an 8-year-old Labradoodle from Toledo, Ohio. Hershey and her handler have taken many classes in obedience, agility, tricks, dancing and more. Join us as we learn how therapy pets can enhance lives and bring love to all around!

**April 18**

**2:00 pm**

**Fleck Center – Group Exercise Room**

**Presenter: Maryls Palmer & her therapy dog Hershey**

### **CURRENT EVENTS**

Mr. Ricca has more than 30 years of experience as weapons of mass destruction and counter-terrorism analyst. He retired from full-time in 2005, but still serves the Departments of Defense and Homeland Security as a technical advisor.

### **The North Atlantic Treaty Organization (NATO)**

This one-hour lecture will provide a brief history of NATO; its goals, strategies, policies, current events, and how these things affect the U.S. economy and national security

**April 14**

**10:30 am**

**Fleck Center - Hobby Room**

**Facilitator: John Ricca**

### **Radon**

This one-hour lecture is intended for persons with zero background in physical sciences. It will discuss radon's basic characteristics, how it enters homes, its bio-medical effects

**June 9**

**10:30am**

**Presenter: John Ricca**

*Educational continued next page*



*Educational cont'd*



**LIFE LONG LEARNING**

***A Thousand Years Without a Bath? Illuminating the Real "Dark Ages"***

Squalor, violence, and ruin- that is the common view of life in Europe between the fall of Rome and the Renaissance. But the real picture was very different. This program sheds some welcome light on the bright spots that emerged during this thousand -year stretch: the gilded splendor of the Byzantine court; the great libraries of the nearby Muslim world; the bustling city-states of Italy; and the humble monasteries, committed to keeping alive the wisdom of the ancients.

**April 19**  
**11:00 am**  
**Fleck Center - Dining Room**  
**Presenter: John Maietta, adjunct instructor at York College**

***Paradise Found: The Shakers and Other Utopian Communities in America***

This program highlights three noted efforts to create an ideal society in nineteenth -century America. Most familiar are the Shakers, who sought to perfect themselves through celibacy, ordered living, and ecstatic worship. You'll also learn about the Owenites, who founded a commune of reason in Indiana, and New York Oneida community, famous free love and high-class cutlery. It's fascinating and uniquely American story!

**June 21**  
**11:00 am**  
**Fleck Center - Dining Room**  
**Presenter: John Maietta, adjunct instructor at York College**

***Guatemala Mission Presentation***

Andrea and Brad will have a hands-on presentation about the Tree for Hope; School & Orphanage for Girls in Guatemala. Through their church they assist in repairs, building, gardens, and much more. Their heartwarming story will inspire us all!

**April 24**  
**1:00 pm**  
**Fleck Center - Dining Room**  
**Presenters: Andrea & Brad Hersh**

**Creative Arts**



**CRAFT CORNER**

Join other residents each month to see what creative projects Patty has planned each month. A sample will be available to see prior to the class

**April 11 – Spring Craft Project**  
**May 9 – Patio Planter**

**Cost: \$5 Bring your own pot/ container. All other supplies will be provided.**

**June 13 – Americana Craft Project**  
**1:00 pm**  
**Fleck Center – Hobby Room**  
**Instructor: Patty Hoover**

***Song Birds***

If you enjoy music from the 30's, 40's, and 50's and like to sing, don't miss this resident run program! Joel Ott leads the group while Herb Spomer accompanies him on the piano. All residents are welcome to the group, no experience necessary.

**3:00 pm**  
**April 4/6, 4/20**  
**The group will finish for the Spring and begin again in the Fall**  
**Fleck Center - Dining Room**  
**Facilitator: Joel Ott and Herb Spomer**



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

**Social**

***Cocktails & More***

Enjoy mixing and mingling with others while enjoying a featured beverage as well as wine, beer, soda & snacks.

**April 28**  
**May 19**  
**June 19**  
**4:00 pm**  
**Fleck Center - Dining Room**  
**Registration Required**

***Block Party***

Summer is upon us! Lee Moyer, One Man Band, will be entertaining with the theme of "June is Busting Out all over." Enjoy live music, dancing, cakewalk, and dinner. Tickets can be purchased from Ali or Patty. Our one and only Roger Harbaugh will be preparing a fabulous dinner!

**June 9**  
**5:00 pm**  
**The Inn - Outdoor Tent**  
**Cost: TBD**  
**Registration Required**

***Pot Luck Social***

Please join us for a Pot Luck Social and bring your favorite Spring casserole or appetizer to share! Place settings provided. Please bring serving utensil.

**April 22, May 13, June 10**  
**12:00**  
**Fleck Center - Dining Room**  
**Registration Required**

***Ice Cream Wagon***

Grab your lawn chair and join your neighbors outside your cottage or at the gazebo for a sweet treat from your favorite ice cream delivery squad.

**June 12**  
**5:30 pm**  
**Street times will be listed on the June Calendar**



## Trips

### OUT & ABOUT

#### **BB's Grocery Outlet**

BB's Grocery Outlet is a discount grocery chain that started on an Amish Farm in Lancaster County, in 1986. It began with the simple idea of providing quality groceries at greatly reduced prices to the local community. If possible, please bring reusable bags with your name on.

**June 6**  
**1:00 pm**  
**Newburg, PA**  
**Registration Required - Must have 10 signed up**

#### **Reliving the Johnstown Flood**

This daylong trip gives you an opportunity to revisit one of the greatest tragedies of American history, the Johnstown Flood. We will travel to the Flood Museum in downtown Johnstown, for a guided tour and lunch. The museum commemorates the disaster, which struck on May 31, 1889, when the collapse of a poorly maintained dam sent 20 million tons of water roaring into the city killing 2,209 people in a matter of minutes. We will then head to the Johnstown Flood National Memorial, overlooking the remains of the failed dam and lake it once held. The visitor center features exhibits, historical photos, and a film recreating the tragic events of that day.

**May 17**  
**8:00 am**  
**Cost: TBD**  
**Registration Required**

#### **Lindt Candy Store & Lunch**

Lindt factory store features an array of delicious premium chocolates not found anywhere else, including an extraordinary assortment of over 20 truffles varieties, seasonal varieties, seasonal create your own gifts, and specialty boxed chocolates. Join the group to buy all those favorite candy for Easter. The group will eat lunch at a local restaurant when finished shopping.

**April 4**  
**10:00 am**  
**Carlisle**  
**Registration Required**



#### **Bent Pine Alpaca Farm & Lunch**

Join us for our third trip to Bent Pine farm to see the newborn babies that were born in the spring. Angie (owner) will give you the history of some of the Alpacas and you will be able to pet the alpacas and learn interesting facts about each one. There will be an opportunity to shop in the Alpaca Store at the farm. We will head to a local restaurant for lunch.

**June 28**  
**9:00 am**  
**Carlisle**  
**Registration Required**



#### **Strawberry Picking**

Travel to Maplewood Nursery & Farm to pick your own fresh strawberries. Make sure to bring your own containers.

**June 2 - depending on weather & seasonal readiness of strawberries.**  
**9:00 am**  
**Shippensburg**  
**Registration Required**

#### **Chestnut Grove Nursery**

This will be the perfect opportunity to pick out and purchase the majority of your plants and flowers.

**May 5**  
**9:00 am**  
**Registration Required**

## Recreational

### LEISURE GAMES

Games have always brought families and friends together. Discover new tabletop games, card games, and outdoor games or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

**Table Tennis**  
**Thursdays from 3:00 - 5:00 pm**  
**Fleck Center - Group Exercise Room**

**Wii Bowling**  
**Wednesday, 1:00 pm**  
**Fleck Center - Dining Room**

**Games Galore:**  
**Rummikub, Quiddler,**  
**Mexican Train, Dominos**  
**Monday, 3:00 pm**  
**Fleck Center - Dining Room**

**Game Night - once a month**  
**Various card & board games**  
**Pizza & Beverage provided**  
**April 12, May 10, June 14**  
**4:00pm**

**Card Club**  
**Tuesday, 6:00 pm**

**Chess Club**  
**Wednesday, 2:00 pm**  
**Location Varies**

**Bocce**  
**1st & 3rd Tuesday, 2:00 pm**

**Shuffleboard**  
**2nd & 4th Wednesday, 4:00 pm**  
**(begins in May)**

## Dining

There is nothing quite like sitting around with friends having great conversations over a delicious meal wherever it might be. Enjoy a meal at the "Ridge" or dine at various restaurants in the area and beyond. Cost will vary by the dining venue and is the responsibility of the diner. Registration is required.

### FROM OUR CAMPUS KITCHEN

**Springtime in Paris Luncheon**  
Experience the sights, smells and most importantly the taste of Paris! Our very own chef, Roger Harbaugh, will create an exquisite menu featuring many French favorites. Seating will be limited to approximately 26.

**April 21**  
**11:30 am**  
**Cost: \$20**  
**Registration Required**

### OUT & ABOUT

**Dobbin House Tavern**  
Four Score and Seven years before the Civil War Battle of Gettysburg, (1776), Reverend Alexander Dobbin built a house to begin a new life in America for himself and his family. Today his home, listed on the National Register of Historic Places, is a colonial restaurant where candlelit elegance, superior food, and gracious service bring back the sights, sounds and tastes of two centuries ago.

**May 23**  
**11:00 am**  
**Gettysburg, PA**  
**Registration required**

### LADIES LUNCH OUT

There is nothing quite like sitting with your girlfriends having great conversations over a delicious meal. Join us as we travel to several great restaurants. Be sure to ask a neighbor to join you!

**April 19 - Longhorn**  
**Steakhouse - Chambersburg**  
**June 20 - Imperial Chinese**  
**Restaurant - Hagerstown, MD**  
**Registration Required**

### MEN'S BREAKFAST OUTING

**Cracker Barrel**  
**April 7**  
**8:30 am**  
**Chambersburg**  
**Registration Required**

### BUFFETS & CELEBRATIONS

**Birthday Breakfast**  
Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch. If you are celebrating your birthday in April, May or June your breakfast is complimentary. Your spouse can come for a cost of: \$5.00.

**April 25, May 30, June 27**  
**9:00 am**  
**Fleck Center - Bistro**  
**Registration Required**

**Memorial Day Buffet**  
Nothing starts summer like a delicious picnic! This will be served buffet style.  
**May 29**  
**11:30 am**  
**Cost: \$15**  
**Registration Required**



## Entertainment

### Gettysburg Children's Choir

This performance will feature a variety of inspirational selections from the Children's Choir and Chamber Chorale woven together with narration from their exceptional singers.

**April 30**  
**3:00 pm**  
**Gettysburg**  
**Registration required**

### Wayne Hill & Susan Hochmiller

Adams County's favorite baritone & soprano return for a wonderful, varied afternoon of delights.

**May 21**  
**3:00 pm**  
**Gettysburg**  
**Registration required**

### Music at the Ridge

It's that time of year and our outdoor concerts are back! Bring a chair, a friend and your dancing shoes.

**May 31 - Tina Marie - Variety of Music: Country, 50's, Patriotic, Gospel, Oldies**

**June 21 - Silver 63 Band**  
**6:00 pm**

### The United States Air Force Band

The Airmen of Note is the premier jazz ensemble of the United States Air Force. Created in 1950 to continue the tradition of Major Glenn Miller Air Force dance band. The ensemble tours across the U.S. as well as deployments around the world. You do not want to miss this show! Tickets are complimentary.

**June 22**  
**6:30pm**  
**Luhr Center - Shippensburg**  
**Registration Required**

### The Collingsworth Family Concert

Enjoy this family of musicians who use their talents as a ministry to bring audiences together in an evening of worship

**April 27**  
**6:15pm**  
**Luhr Center - Shippensburg**  
**Cost: \$30**  
**Registration and payment required**

### Shippensburg University Community Orchestra: Beethoven!

Beethoven No. 5 & Piano Concerto No. 4. This is a free concert.

**April 23**  
**2:00 pm**  
**Luhr Center - Shippensburg**  
**Registration required**

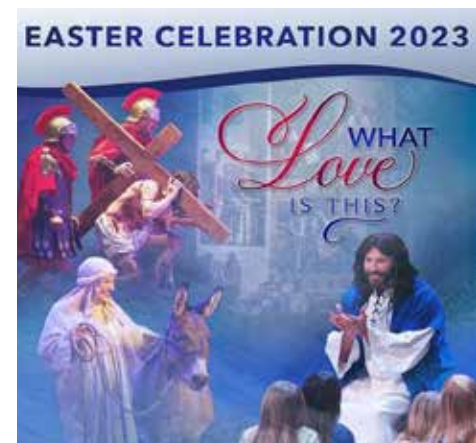


### Roy Justice

Hollywood movies and dramatic 'period' novels 'painted' a very narrow portrait of what - and who - a pirate was. The truth is that 17th and 18th century pirates had more in common with military and merchant sailors than differences and we're going to explore those things through the songs that they sang as they worked at their chores or enjoyed their loot!

**April 10**  
**11:00 am**  
**Fleck Center - Dining Room**  
**Registration required**

## Theatre



### "What Love Is This?"

An unforgettable musical portrayal of the life, death and resurrection of Jesus of Nazareth, complete with a cast of over 100 actors, singers & dancers, live animals, beautiful music, lavish sets & authentic costuming. Complimentary tickets. The group will stop after the program to eat supper.

**April 1**  
**12:30 pm**  
**Camp Hill, Christian Life Assembly**  
**Registration required**

### TOTEM POLE PLAYHOUSE - SEASON OVERVIEW

David Caldwell is back with his enthusiastic and entertaining overview of another fabulous season at Totem Pole. Please be prepared to register and pay for any of the plays you are interested in attending.

**April 17**  
**1:00 pm**  
**Fleck Center - Dining Room**



### Honky Talk Angel

Combines over 30 classic country tunes with a hilarious story about three gutsy gals who are determined to better their lives and follow their dreams to Nashville. This charming, foot stomping musical has played to sold-out audiences across the country.

**May 27**  
**1:15 pm**  
**Cost: \$35.00 per person - assigned seating**  
**Registration Required: Deadline is April 27**



### Baskerville; a Sherlock Holmes Mystery

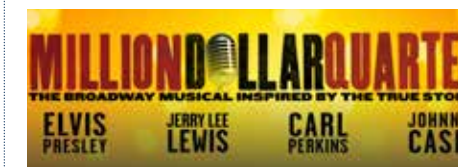
In Baskerville Sherlock Holmes and Dr. Watson must crack the mystery of "The Hound of Baskervilles" before a family curse dooms its newest heir. Watch as our intrepid investigators try to escape a dizzying web of clues, silly accents, disguises and deceit as five actors deftly portray more than 40 characters. Can our heroes discover the truth in time? Join the fun and see how far from elementary the truth can be.

**June 17**  
**1:15 pm**  
**Cost: \$35.00 per person - assigned seating**  
**Registration Required: Deadline is May 17**



### Annie

**July 8**  
**Cost: \$35.00 per person - assigned seating**  
**Registration Required: Deadline is June 8**



### Million Dollar Quartet

**July 29**  
**Cost: \$35.00 per person - assigned seating**  
**Registration Required: Deadline is June 29**



### On Golden Pond

**August 19**  
**Cost: \$35.00 per person - assigned seating**  
**Registration Required: Deadline is July 19**





# COMMUNITY

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

— Mahatma Gandhi

## CommUNITY Spirit

### **AKC Fit Dog Walk**

Join in a fun dog walk including Happy Tails AKC Fit Dog Club and Luther Ridge residents with their favorite furry friend. We will be walking 1 mile through our beautiful Luther Ridge Campus. There will be an opportunity to vote for your favorite dog and to support Alzheimer's. Everyone is invited to walk with the group; you do not have to have a dog to participate. Just a fun and new way to support the Alzheimer's Association. If you are walking your dog pre-registration is required, see Ali or Patty for a form. Refreshments will be served when the walk is completed. There will be a bake sale including homemade dog biscuits! Rain date is May 5.

**April 28**  
**10:30 am**  
**Fleck Center**  
**Registration Required**

### **Spaghetti Dinner at Marine Corp League**

All you can EAT Spaghetti Dinner. All proceeds go to local College Scholarships for students in the local area.

**May 8**  
**4:00 pm**  
**Chambersburg**  
**\$8.00 per person - pay at the door**  
**Registration Required**

### **Community Yard Sale**

Are you looking to do some spring- cleaning at your cottage? Or are you looking to find some bargains to purchase? Come to the annual Community Yard Sale at the Hospice building. For those interested in reserving a space, call the Inn at 717-264-5700. You are responsible for providing your own table.

**June 24**  
**8:00 am - 2:00 pm**  
**Village at Luther Ridge – Home Care & Hospice**

## COMMUNITY

# gratitude support inspire generosity compassion volunteer NOW

### **Volunteer Fair**

Join us to learn how YOU can make a difference on our campus! Many of our campus volunteers will be on hand to share their experience and the impact they make. Linda Beaver, Volunteer Coordinator, will explain the details. Whether you have a passion that you are willing to share or you have extra time in your schedule, we can find an opportunity for you!

**May 4**  
**11:00 am**  
**Fleck Center – Dining Room**

### **COMMITTEES AND GROUPS**

Are you interested in providing input and insights to living at The Village at Luther Ridge? Participating in one of our advisory role committees or attending community meetings 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 and gatherings, including; Marketing Committee, Luther Ridge Players Association, Good Neighbor Committee.

**Town Hall Meeting**  
 4/5, 5/3, 6/7

**Resident Council**  
 4/20, 5/18, 6/15

**Life Enrichment Committee**  
 4/5, 5/3, 6/7



### **Ageless Spirit Arts Celebration**

Join SpiriTrust Lutheran as we showcase resident's work from across all the campuses. You won't want to miss this opportunity to share your creative pursuits in art, music, poetry, storytelling, needlecraft, woodworking, jewelry and other hobbies or just attend to enjoy the talented work of others. Applications to show your work will be available from Life Enrichment.

This event will be held at The Village at Sprenkle Drive in the Glatfelter Center Community Room. Date, time and additional information will be shared in the April newsletter, as details were still being finalized at the time *Inspirations* went to print.





*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.



2735 Luther Drive • Chambersburg, PA 17202 • [www.SpiritrustLutheran.org](http://www.SpiritrustLutheran.org)

