



Chambersburg IceFest ... page 10

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		
Beach Ball Volleyball, Seated	Thu	4
Exercise Equipment Orientation	2/6	4
Line Dancing	1/9, 2/6, 3/12	4
Stretch & Strength with Ali	Mon, Wed	4
Tai Chi	Mon	5
Wellness Programs		
Medical Minutes		
Heart Attack	2/1	5
Aging Eye	3/4	5
Nutrition		
BeWell Kitchen	1/23, 2/27, 3/26	5
So Good	1/11, 2/8, 3/14	5

SPIRIT		
Emotional		
Grief: Finding Meaning	3rd Wed of every month	6
GriefShare	Every Mon beginning 1/8	6
Spiritual		
Bible Study	1st & 3rd Thu	6
Service of Holy Communion	Sun	6

MIND		
Educational		
Current Events	2/9	8
Life Long Learning		
Chocolate, Cheese and More	1/31	7
American Troubadour	2/21	7
Eternal Tourism	3/13	7
Religion in the Civil War	2/20 & 2/27	8
Creative Arts		
19th – Century Valentines Letter	2/3	8
Craft Corner		
Bunny Burlap Bag	2/13	8
Gumball Machine	1/16 & 1/17	8
Song Birds	1/4, 2/1, 3/7	8

Description	Date	pg
SOCIAL		
Cocktails & More	1/15, 2/29, 3/14	9
Jeopardy with Tiffany	1/12, 2/16, 3/8	9
Tuesday Team Trivia	1/30, 2/27, 3/26	9
Trips		
BB's Grocery Outlet	3/28	10
Boscov's Shopping & Lunch	3/25	10
Chambersburg IceFest	1/26	10
Cormorant's Fancy Celtic Band	2/25	10
Jim's Farmers Market	3/8	10
Lindt Chocolate & Lunch	3/19	11
Martin's Famous Golden Roll Tour	2/8	11
Old Jail Tour	1/18	11
Pennsylvania Farm Show	1/11	11
Wegman's Shopping & Lunch	2/12	11
Recreational		
Billiards	Thu	12
Card Club	Tue & Fri	12
Chess Club	Wed	12
Game Night	1/24, 2/19, 3/18	12
Table Tennis	Thu	12
Wii Bowling	Wed	12
Dining		
Out and About		
Guys & Gals Lunch Outing		
John Allison Public House	3/6	12
Ladies Lunch Outings		
Café Del Sol	1/22	12
Italian Village	2/23	12
Avocado Café	3/15	12
Men's Breakfast Outings		
Bob Evans	1/5	12
Trojan Diner	2/2	12
Perkins	3/1	12

PROGRAM OFFERINGS

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

Description	Date	pg
Buffets & Celebrations		
Birthday Breakfast	1/30, 2/27, 3/26	13
Fat Tuesday	2/13	13
St. Patrick's Day	3/15	13
Valentine's Luncheon & Entertainment	2/14	13
"Special" Holidays		
National Bagel Day	1/15	13
National Blueberry Pancake Day	1/19	13
National Cherry Pie Day	2/20	13
National Chicken Noodle Soup Day	3/13	13
National Chili Day	2/22	13
National Fettuccini Alfredo Day	2/7	13
National Pound Cake Day	3/4	13
Women's History Month	3/27	13
Entertainment		
Knock on Wood Marimba Band	1/20	14
Theatre		
Wind Symphony Family Pops Concert	2/18	14

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

CommUNITY Spirit

Association Meeting	1/3	15
Life Enrichment Committee	1/3, 2/7, 3/6	15
Resident Council Meeting	1/18, 2/15, 3/21	15
Spaghetti Dinner Outing	3/11	15
Spring Craft Fair	3/23	15
Town Hall Meeting	1/3, 3/6	15



WELLNESS

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

Classes

Beach Ball Volleyball

Exercise and laughter are rolled into one during this seated fun hour of play! The only thing missing is the sand! No experience necessary.

Thursday

1:00 pm

Fleck Center – Group Exercise Room

Instructor: Tiffany Dawson

Exercise Equipment Orientation

Stop by the Cardio Machine Room for an equipment orientation and identify those best suited for your personalized exercise regimen. Receive a hands-on demonstration of how to operate the equipment properly and safely.

February 6

1:00 pm

Fleck Center – Cardio Machine Room

Instructor: Ali Noll

Line Dancing

Review some of our favorite line dances and learn new ones. No experience or partner required.

January 9

February 6

March 12

2:00 pm

Fleck Center - Group Exercise Room

Instructor: Ali Noll

Stretch & Strength

This class leads you in stretching and strengthening all major muscle groups in a fun, relaxed setting. Exercises can be done standing or sitting and will meet you at your current fitness level. The class is not choreographed.

Monday & Wednesday

9:30 am

Fleck Center – Group Exercise Room

Instructor: Ali Noll



Tai Chi

Class focuses 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, in addition to uplifting the spirit.

Monday

10:30 am

Fleck Center - Group Exercise Room

Instructor: Ali Noll

Wellness Programs

Skin Cancer Awareness

Join us for this informative presentation from Onsite Dermatology and receive a free gift bag.

January 18

11:00 am

Fleck Center - Community Room

Presenter: Onsite Dermatology

MEDICAL MINUTES

February 1 - Heart Attack

Do you know the signs & symptoms?

March 4 - The Aging Eye

Cataracts, Glaucoma, and Macular Degeneration

1:00 pm

Fleck Center - Community Room

Presenter: Peggy Shuyler, Nurse Navigator

Nutrition



BE WELL

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 break down the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe! The features for January through March are:

January 23

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 27

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

March 26

National Nutrition Month: Beyond the Table featuring Sweet Potato Skins

Corner Bistro

11:00 am

No registration required

Presenter: Dietitian Franklin Oiler



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 served in the Fleck Center Café for January through March are:



January 11

Avocado

Three Bean Corn & Avocado Salad



February 8

Cabbage

White Bean, Mango & Red Cabbage Salad



March 14

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: Finding Meaning

Sessions are for adults who have suffered a loss through death and need grief education & support. The group is structured for those who have experienced a death within the past two years.

3rd Wednesday of each month

9:00 - 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**

GriefShare

We are offering "GriefShare" which is a faith-based, 13 - week program for those who have lost loved ones and are experiencing the grief and loss that comes from their passing. The program follows a workbook and has a corresponding video to each week's chapter.

**Starting January 8, every following
Monday until March 25**

1:00 pm – 3:00 pm

Fleck Center – Hobby Room

Instructor: Karen Yoder

**Call Joann Rieder-King 717-817-
8539 for more information**

Spiritual

Bible Study – Isaiah

Spirited discussions that strengthen religious and spiritual beliefs. Leisurely paced interactive study uses handouts and study guides. Bring your Bible.

10:00 am

1st & 3rd Thursday of the month

10:00 am

**Fleck Center – Hobby / Community
Room**

Presenter: Herb Spomer

Service of Holy Communion

Join other Villagers as we observe our faith together, 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

Chapel at the Inn



MIND

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

Educational

LIFE LONG LEARNING

Chocolate, Cheese and More: The Story of Switzerland

Join us and discuss the fascinating land, industrious people, and natural beauty of Switzerland. There is more to Switzerland than meets the eye or the taste buds!

January 31

11:00 am

Fleck Center - Community Room

Presenter: John Maietta

American Troubadour: The Life and Music of Stephen Foster

This tune filled program will surely take you back in time to explore the life and music of America's most popular composer in the 1800's.

February 21

11:00 am

Fleck Center - Community Room

Presenter: John Maietta

Eternal Tourism: The Seven Wonders of the Ancient World

Come learn and discuss the physical remnants of the ancient world and the impact those ancient monuments have on language, the arts, and popular culture.

March 13

11:00 am

Fleck Center - Community Room

Presenter: John Maietta

Educational continued next page

CURRENT EVENTS

Preventing a Terrorist Nuclear Attack

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

This presentation will discuss the mission of the Department of Homeland Security to prevent a terrorist nuclear attack. It will include the possible techniques that terrorists could use to transport a nuclear weapon, types of intelligence, detection capabilities, the technical and operational approaches to intercept a weapon, and conclusions.

February 9

10:30 am

Fleck Center - Hobby Room

Presenter: John Ricca

Religion in the Civil War

Traditionally, historic events, such as the Civil War, are looked at through military or political lenses. However, churches also respond to national events or crises. How did the different churches in the North, South, and Border States respond to events during the Civil War? Was their response the same? What can we learn about the conflict as we look through the lens of churches?

February 20 & 27

1:00 pm

Fleck Center - Community Room

Presenter: Pastor Andy Hart

Please Note: This is a two-part presentation

Creative Arts



19th- Century Valentines Letter

Using examples of 19th-century writing implements, we will learn how to write a 19th-century letter to a loved one for Valentine's Day. We will also learn how to fold and wax seal our letters.

February 3

10:30 am

Shippensburg History Center

Registration Required - Must have at least 6 registrants

Song Birds

If you enjoy music from the 30's, 40's, & 50's and like to sing, don't miss this resident run program! Joy Shinn leads the group in song and Herb Spomer accompanies her on the piano. No experience necessary.

1st Thursday of the month

3:00 pm

Fleck Center - Community Room

CRAFT CORNER

Join your friends and neighbors as you learn how to make new crafts.

Bunny Burlap Bag

Perfect addition to your spring décor or makes a great Easter basket stuffer!

February 13

1:00 pm

Fleck Center –

Hobby Room

Registration Required



Gumball Machine

Everyone loves a secret stash to hold their candy and it also makes a great gift!

January 16 & 17

1:00 pm

Fleck Center –

Hobby Room

Registration Required





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



Cocktails & More

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

January 15

February 29

March 14

4:00 pm

Fleck Center - Community Room

Registration Required

Jeopardy with Tiffany

If you are a fan of trivia and or just like to have fun, then Jeopardy with Tiffany is for you! This program is similar to the real Jeopardy in many aspects even including a prize for the winning team. Sign up your team (maximum number of four) & no worries we will find you a team if you don't have one.

January 12

February 16

March 8

3:00 pm

Fleck Center – Community Room

Registration Required



Tuesday Team Trivia

Sign up your team (maximum number of four) and test your brainpower! If you do not have a team, no worries, we will gladly find one for you. Enjoy an afternoon of fellowship and improved cognition, which helps the brain perform under pressure and considerably reduces stress.

January 30

February 27

March 26

3:00 pm

Fleck Center - Bistro

Registration Required

Trips

OUT & ABOUT

BB's Grocery Outlet

BB's Grocery Outlet is a discount grocery chain that was 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 them.

March 28

1:00 pm

Newburg, PA

Registration Required - Must have at least 10 Registrants

Boscov's Shopping & Lunch

Travel to Camp Hill to do some shopping at Boscov's. They have a wide range of items that you might not even know you need. After everyone is back on the bus, we will go grab lunch at one of the nearby restaurants.

March 25

9:00 am

Camp Hill, PA

Registration Required - Must have at least 10 Registrants



Chambersburg IceFest

You won't want to miss the 80+ handcrafted ice sculptures on display at this year's Icefest. The group will be taking a drive through Main Street and will see the sculptures from the comfort of our bus. After viewing the sculptures, the group will enjoy dessert & coffee at Perkins.

January 26

1:00 pm

Chambersburg, PA

Registration Required



Cormorant's Fancy Celtic Band & Dinner

We will travel to Carlisle to the First Evangelical Lutheran Church to attend the Celtic Band performance. Cormorant's Fancy performs the traditional music of Ireland, Scotland and the Celtic nations, captivating audiences with tender love songs, jigs, reels, and growling soul-rousers. The Cormorant's Fancy Celtic Band concert will be held as a benefit for Project SHARE, Carlisle's food pantry and social service organization whose mission is: "Nourishing Our Community....Awakening Hope."

February 25

3:00 pm

Carlisle, PA

**Cost: Donations are accepted (NOT REQUIRED),
Cost of your Dinner
Registration Required**

Jim's Farmers Market

Travel to your local farmers market and see what they have to offer. From savory baked goods to homemade items, and delicious meals / snacks to enjoy either there or at home. They will surely have something for everyone.

March 8

8:30 am

Chambersburg, PA

Registration Required



Lindt Chocolate & Lunch

Whether you are going to get goodies for Easter baskets or are just going to get a treat for yourself, there is no doubt you will leave happy. This store has a wide assortment of their truffles and other chocolate goodies.

March 19

10:00 am

Carlisle, PA

Registration Required



Martin's Famous Golden Roll Tour

Take a trip to the Martin's Visitor Center and learn more about how their business was started and get a peek into the lives of Lloyd and Lois Martin. The tour also features a look into Martin's original garage bakery and a replica of their original delivery vehicle - a 1954 Dodge Coronet. There will be a free pack of rolls given to each person in the group who goes through the tour.

February 8

1:00 pm

Chambersburg, PA

Registration Required

Old Jail Tour

The Old Jail was built in 1818 and survived the burning of Chambersburg by the Confederate Forces in 1864. During this tour you will get an insight into what the prisoner's life was like as well as the staff of the jail. Please wear comfortable shoes and note in some parts of the tour there are steps.

January 18

1:00 pm

Chambersburg, PA

Cost \$7.00 per person- this is the rate for 10 or more in group

Registration Required - Must have 10 registrants

Pennsylvania Farm Show

The 108th Pennsylvania Farm Show, held at the PA Farm Show Complex & Expo Center. Boasts over 6,000 animals, hundreds of exhibitors, vendors, contests, demonstrations, and a 1,000-pound butter sculpture! Don't forget about the Farm Show Milkshakes. The group will have time to eat from the various food stands at the food court before heading back to Luther Ridge. Be sure to wear proper shoes as you will be walking all day, and bring a reusable bag to carry all the goodies you find there.



January 11

9:00 am

Harrisburg, PA

Registration Required

Wegman's Shopping Outing & Lunch

Travel to Mechanicsburg to browse all the wonderful products this grocery store has to offer. The group will have sufficient time to get all their shopping needs taken care of as well as time to get lunch in their eat-in Market Café.

February 12

10:30 pm

Mechanicsburg, PA

Registration Required

Recreational

LEISURE GAMES

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



Billiards

Thursday, 2:30 pm
Fleck Center – Billiards Room

Card Club

Tuesday & Friday, 6:00 pm
Fleck Center - Community Room

Chess Club

Wednesday 2:00 pm
Location Varies

Table Tennis

Thursdays, 3:00 - 5:00 pm
Fleck Center – Group Exercise Room



Game Night

Various card & board games
Pizza & beverage provided.

January 24

February 19

March 18

4:00 pm

Fleck Center - Community Room



Wii Bowling

Wednesday, 1:00 pm
Fleck Center – Community Room

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.

OUT & ABOUT

Guys N Gals Lunch Outing

John Allison Public House – ½ Price
Burger Night

March 6

3:30 pm

Greencastle, 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!

January 22 - Café Del Sol

February 23 - Italian Village

March 15 - Avocado Café

11:00 am

Chambersburg, PA

Registration Required

Men's Breakfast Outing

There is just something about breakfast that brings a smile to people's faces, or could it be a friend/ neighbor you haven't gotten a chance to sit down and chat with for a while? Come have a great time, a great breakfast, and catch up with your fellow buddies.

January 5 - Bob Evans

February 2 - Trojan Diner

March 1 - Perkins

9:00 am

Chambersburg, PA

Registration Required

Buffets & Celebrations

Birthday Breakfast

Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch. Menu; Bacon, Ham & Swiss Quiche, Fresh Fruit, Muffin. If you are celebrating your birthday in January, February, or March your breakfast is complimentary. Your spouse can come for a cost of \$5.00.

January 30

February 27

March 26

9:00 am

Fleck Center – Bistro

Registration Required



Valentine's Luncheon & Entertainment

Come enjoy a delicious meal from our Corner Bistro and celebrate Valentines Day with loved ones, friends, and neighbors. We will have a themed photo booth available along with live entertainment.

February 14

11:30 am

Fleck Center – Community Room

Cost: \$15

Registration Required

Fat Tuesday

Menu - Homemade Jambalaya, Fried Okra, Collard Greens and King Cake.

Tuesday, February 13

Fleck Center – Bistro

Cost: \$ 8.75



St. Patrick's Day

Menu – Corned Beef, Cabbage, Potatoes, Irish Soda Bread, Crème de Menthe Brownies.

Friday March 15

Fleck Center – Bistro

Cost: \$8.75

“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 Bistro during lunch, unless indicated otherwise. Cost varies by item.

National Bagel Day – 1/15

Fresh New York Style Bagels and Bagel Sandwiches served at breakfast and lunch.

National Blueberry Pancake Day – 1/19

Homemade blueberry pancakes served at breakfast and lunch.

National Fettuccini Alfredo Day – 2/7

Build your own fettuccini alfredo with your choice of chicken or shrimp and fresh grilled veggies.

National Cherry Pie Day – 2/20

Who doesn't like homemade cherry pie?

National Chili Day – 2/22

Come in for some fresh chili.

National Pound Cake Day – 3 /4

Fresh made pound cake with sliced berries and whipped cream.

National Chicken Noodle Soup Day – 3/13

What came first, the chicken or the egg? How about some hot homemade chicken noodle soup.

Women's History Month – 3/27

Join us for some homemade dark chocolate desserts.

Entertainment

Knock on Wood Marimba Band

Come and enjoy an afternoon with friends and family, while listening to music performed with a Marimba by Marlin Barnes and Company.

January 20

2:00 pm

Fleck Center – Community Room

Registration Required



Theatre



Wind Symphony Family Pops Concert

The Sunderman Conservatory of Music's Wind Symphony presents an afternoon of music for the whole family.

February 18

2:00 pm

Gettysburg, PA

Cost: \$5.00 per person

Registration Required



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

CommUNITY Spirit

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.

March 11

3:30 pm

Chambersburg, PA

Cost: \$ 10.00 per person - pay at the door

Registration Required

Spring Craft Fair

Join us for our Spring Craft Fair held at the Fleck Community Center. We will have vendors, baked goods, and all those items one would need to fill up those Easter Baskets. So, get your family, friends and neighbors and come support Luther Ridge and the Chambersburg Auxiliary.

March 23

9:00 am - 2:00 pm

Fleck Center

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 including the Marketing Committee, Luther Ridge Players Association, Good Neighbor Committee.

Association Meeting – 1/3

Life Enrichment Committee – 1/3, 2/7, 3/6

Resident Council – 1/18, 2/15, 3/21

Town Hall Meeting – 1/3, 3/6

Are you interested in sharing your time and talents? Contact Linda Beaver, Volunteer Coordinator, to learn more about volunteer opportunities.



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

