



Gettysburg Battlefield Tour ... page 6

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		
Exercise Equipment Orientation	5/17, 6/23	2
Exercise with Bonnie	Tues, no class 5/10	1
Healthy Hikers	5/13, 6/17	2
Line Dancing	5/10, 5/31, 6/14, 6/28	1
Park Walks	5/3, 6/7	2
Spirit Striders Walking Group	5/26, 6/2	2
Stretch & Strength with Ali	Mon, Wed	1
Tai Chi	Mon	1
Wellness Programs		
Chambersburg Hearing Center	5/6	2
Nutrition		
Farm Fresh-Strawberries	6/3	2
SPIRIT		
Emotional		
Grief Support Group	3rd Wed of every month	3
Spiritual		
Bible Study	2nd & 4th Thur of the month	3
Service of Holy Communion	Sun	3
MIND		
Educational		
Brain Health	6/2	5
Current Events	6/10	5
Life Long Learning		
The French & Indian War	5/18	4
Our World in Pictures	6/15	4
Creative Arts		
Craft Corner	5/10, 6/14	5

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

Description	Date	pg
SOCIAL		
Block Party	6/10	6
Cocktails & More	5/20,6/27	6
Game Night	5/18, 6/15	6
Ice Cream Wagon	6/6	6
Trips		
Gettysburg National		
Battlefield Tour & Lunch Outing	5/26	6
Recreational		
Bocce Ball	1 & 3rd Tues	7
Card Club	Tue	7
Chess Club	Wed	7
Corn hole	2nd & 4th Mon	7
Games Galore	Mon	7
Horseshoes	1st & 3rd Fri	7
Shuffleboard	2nd & 4th Wed	7
Table Tennis	Thur	7
Wii Bowling	Wed	7
Dining		
Out and About		
Bavarian Inn Outing	5/11	7
Ladies Lunch Out	6/29	7
Men's Breakfast Outing	6/17	7
Buffet & Celebrations		
Birthday Breakfast	5/24, 6/28	8
Memorial Day Take Out	5/30	8
Mother's Day Take Out	5/6	8
Entertainment		
Luther Ridge Players	6/24	8
Music at the Ridge		
Shippensburg Swing Band	5/25	8
Patsy Cline & Friends	6/22	8
Take Two Variety Band	7/20 ???	8
Theatre		
Totem Pole Playhouse Summer Series		
Always.....Patsy Cline	5/28	8
David	6/2	8
The Sound of Music	6/18	8
COMMUNITY		
CommUNITY Spirit		
Community Yard Sale	6/25	9

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.

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 @ 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

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

Monday

10:30 am

Fleck Center- Group Exercise Room

Instructor: Ali Noll

Line Dancing

Let's review some of our favorite line dances and learn new ones. No experience or partner required.

May 10, May 31, June 14, June 28

2:30 pm

Fleck Center- Group Exercise Room

Instructor: Ali Noll

Exercise with Bonnie

The choreographed low impact routines are fun, upbeat, and get you moving during this 45-minutes 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

Spirit Striders

Start your day with a walk around our beautiful campus! Walk at your own pace with the company of your neighbors from Luther Ridge. Make sure to wear proper walking shoes, sun protection, and bring a bottle of water.

Tuesday & Thursday

8:30 am

Fleck Center

Park Walks

Explore some of the local parks on foot. Walk with the group or enjoy time exploring on your own. Make sure to wear proper walking shoes, sun protection, and bring a bottle of water.

May 3- Greene Township Park

June 7- Caledonia State Park

8:30 am

Registration Required

Exercise Equipment Orientation

Are you new to the community or would you just like to know how to properly use the exercise equipment? Stop by the Cardio Machine Room for an orientation to the exercise equipment and identify those best suited for your personalized exercise regimen. You will receive a hands-on demonstration on how to properly and safely operate the equipment.

May 17 & June 23

1:00 pm

Fleck Center – Cardio Machine Room

Instructor: Ali Noll & Patty Hoover

Healthy Hikers

Join this fun group as we explore some of our outstanding local trails. Trails will be suitable for beginners but will involve uneven terrain. Wear sturdy shoes, sunscreen and bug repellent (if desired).

May 13- Caledonia State Park

1:00 pm

June 17- Codorus State Park & picnic lunch (bring your own lunch)

11:00 am

Registration Required

Instructor: Ali Noll & Patty Hoover

Wellness Programs

Chambersburg Hearing Center

Join Stacey Parker, Hearing Instructional Specialist, to get your hearing aids cleaned & checked. Stacey is licensed through the Department of Health and has been assisting those with hearing loss here at Luther Ridge for many years. Please sign up if planning to attend & bring all those questions with you!

Friday May 6

1:00 pm

Fleck Center – Hobby Room

Registration Required

Instructor: Stacey Parker



Nutrition

Farm Fresh Foods - Strawberries

Travel to one of the most popular strawberry farms in Franklin County; the Drying Shed. Go and pick your own strawberries to take home. Make sure to bring your own containers.

Friday June 3 – depending on weather & seasonal readiness of strawberries.

8:30 am

Drying Shed - Chambersburg, PA

Registration Required





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

Emotional

Grief Support Group

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. Classes will be limited to 10 people. Masks are mandatory. For more information and to register please call 717-217-3527 or 1-855-817-3085.

3rd Wednesday of each month

May 18, June 15

9:00 - 10:30 am

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

Registration Required

Facilitator: Kim McCurdy, SpiriTrust

Lutheran Home Care & Hospice

Spiritual

Service of Holy Communion

Join other Villagers as we observe our faith together as a community at a service of Holy Communion led by our campus chaplain Amy Wagner. The seasons of the Church are observed, and the message is based on the common lectionary readings for the day. Special music is provided from time to time.

Sunday

2:00 pm

The Inn Personal Care Residence Chapel

Instructor: Chaplain Amy Wagner

Bible Study

Our retired, Chaplain Herb Spomer, leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs. The study is interactive and moves along at a leisurely pace. Handouts and study guides are used. Participants are encouraged to bring their favorite Bible.

Study for the quarter: Acts

2nd & 4th Thursday of the month

10:00 am

Fleck Center – Hobby Room

Presenter: Herb Spomer



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

Educational

LIFE LONG LEARNING

The French & Indian War: The War that Made America

In 1754, a band of colonial militia, led by young Major George Washington, stumbled on French rivals in the backwoods of Pennsylvania. The ensuing fight sparked seven years of hostilities between Britain & France and set the stage for America eventual independence. This program highlights the big issues and dramatic events of the global conflict we know as the French & Indian War.

May 18

11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

Our World in Pictures:

A Short History of Photography

Even in the digital age, we still treasure those old family photos lying around in albums, drawers, and boxes. So easy with a smart phone today, photography once involved bulky equipment, toxic chemicals, and arcane technical knowledge-until 1890's, when George Eastman brought his Kodak camera to the masses. This program explores 200 years of photographic history: its early pioneers, its famous practitioners, and the iconic images that helped define the world in which we grew up.

June 15

11:00 am

Fleck Center - Dining Room

Presenter: John Maietta, adjunct instructor at York College

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.



Common Radiation Hazards, Part 1

This one-hour lecture, intended for persons with no background in physical science, will discuss what is radioactivity, common types and sources of radioactivity (especially airline flights and medical use of ionizing radiation), biomedical effects on humans, and near-term and long-term risks of exposure.

June 10

10:30 am

Fleck Center - Dining Room

Presenter: John Ricca, Departments of Defense and Homeland Security technical advisor

Brain Health

Exercising your brain is like exercising your body-with the right program; you can keep your brain young, strong, agile & adaptable. Organized on an increasing scale of difficulty from "Warm-up", to "Merciless," try out a variety of puzzles, trivia quizzes, brain teasers, and word games. All activities are fun, engaging to play, and are expertly designed to give your brain the kind of workout that stimulates neurogenesis, the process of rejuvenating the brain by growing new brain cells.

Thursdays

1:00 pm

Fleck Center - Hobby Room

Instructor: Patty Hoover

Creative Arts

CRAFT CORNER

Patriotic Table Runner

We are going to make a small table runner using two fabrics with a patriotic theme. All material will be supplied and Ruby will bring two sewing machines to use. She will show you how to pin and sew your runner to take home with you that day. A good will offering will be taken as a gesture of thanks to Ruby for her time, travel and materials. Only 8 spaces available.



May 10

1:00 pm

Fleck Center - Hobby Room

Registration Required

Instructor: Ruby Warren

Kitchen Angel

Join the group as we use a dishcloth, tea towel, potholder, and ribbon to make a cute kitchen angel to give away or put it in your kitchen window. All supplies provided. Only 8 spaces available.

June 14

1:00 pm

Fleck Center - Dining Room

Registration Required

Instructor: Patty Hoover



SOCIAL

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

Cocktails & More

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

May 20

June 27

4:00 pm

Fleck Center - Dining Room

Registration Required

Ice Cream Wagon

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

June 6

5:30 pm

Street times will be listed on the June Calendar

Block Party

Spring is here. Let's celebrate with our annual Block Party! Come and enjoy live music, dancing, cakewalk, and don't forget dinner. Live music by Pacific Rhythm! Tickets can be purchased from Life Enrichment Leader Patty Hoover.

June 10

5:00 pm

The Inn - Outdoor Tent

Cost: \$10.00 per person

Registration Required

Game Night

Bring your friends for a fun filled evening of cards and board games. Pizza and soda provided.

May 18, June 15

4:00 pm

Fleck Center - Dining Room

Registration Required

Trips

Gettysburg Battlefield Tour

The trip will begin on the first day of the battle at the Peace Light to Union Retreat through town and talk of Lincoln's trip to Gettysburg. The second day finds us on West Confederate Avenue & Seminary Ridge. We will continue on the second day at Peach Orchard & Wheatfield. The third day takes us to Cemetery Ridge & will finish at Picketts Charge. Lunch will be at Appalachian Brewing Company. A good will offering will be taken for our Tour Guide.

Thursday May 26

8:45 am

Gettysburg National Battlefield

Registration Required

Guide: Larry Wallace

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.

Bocce Ball

1st & 3rd Tuesday
1:00 pm
Fleck Center lawn

Shuffleboard

2nd and 4th Wednesday
4:00 pm
Luther Ridge- Welcome Center

Table Tennis

Thursday
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
1:00 pm
Fleck Center – Dining Room

Chess Club

Wednesday
2:00 pm
Fleck Center – Bistro

Corn hole

2nd & 4th Mon
1:00 pm
Fleck Center- Patio

Horseshoes

1st & 3rd Friday
10:30 am
Fleck Center lawn



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

Bavarian Inn

Nestled on the twelve-acre estate is the Greystone Mansion where guests are invited to dine in warm elegance. Award-winning international cuisine is served amid the mansion’s dark wood, stone fireplaces, and fine furnishings. An extensive menu of German and American fare, lovingly prepared by master chefs, is the hallmark of the Bavarian Inn.

May 11

Depart Fleck Center 10:15 am
Shepherdstown, West Virginia

MEN’S BREAKFAST OUTING

Perkins Restaurant

June 17

8:30 am

Chambersburg, PA

LADIES LUNCH OUT

Schula’s Grill & Crab House

The restaurant offers starters, soups, salads, seafood & entrees.

June 29

10:30 am

Hagerstown, MD

Buffets & Celebrations

Memorial Day Take Out

The menu will feature your favorite grilled items with all the fixings.

May 30 - Take-out only

12:00 pm

Fleck Center - Bistro

Cost: \$10.00 per person

Registration Required

Birthday Breakfast

Time to celebrate another year! Share good food and fellowship and hear stories from the birthday bunch.

Menu: sausage or bacon quiche, fresh fruit, muffin. If you are celebrating your birthday in May or June, your breakfast is complimentary. Your spouse can come for a cost of: \$5.00. Registration is required.

May 24, June 28

9:00 am

Fleck Center – Dining Room

Cost: Birthday guests \$5.00

Registration Required

Mother's Day Takeout

An incredible menu has been created to celebrate all of our wonderful and amazing mothers! The menu includes: Strawberry Fields Salad, Lemon Parmesan Chicken, Creamy Spinach Penne, Julianne Carrots, Peppers & Green Beans and Strawberry Shortcake.

May 6- Take-out only

11:30 am – 12:30 pm

Fleck Center - Bistro

Cost: \$12.50 per person

Registration Required

Entertainment

Luther Ridge Players

The Luther Ridge Players will present a show featuring some of their "Greatest Hits" since their creation in 2016 as a theatrical troupe. Also on the program is the debut of a Singer/ Songwriter/ Guitarist resident making his village debut with the Players.

Come out to socialize, meet many new neighbors, laugh and have fun!

Friday June 24

1:00 pm

Fleck Center

Music at the Ridge

Enjoy a time of fun, fellowship and good music outside at the Fleck Community Center. Please bring your lawn chair. If you are unable to bring a chair please see Patty & one will be provided for you. Redemption Bar-B-Que food truck, from Shippensburg, will be on-site from 4-5:30pm. Menu: Pulled Chicken, Pulled Pork, Brisket, Mac & Cheese & Cole Slaw, \$10-12, drinks \$1.00 or bring your own! Please register if you are planning to eat and attend the concert. Concert times vary so please check flyer time.

May 25- Shippensburg Swing Band- Concerts starts @ 6:00 pm

June 22- Patsy Cline & Friends- Concert starts @ 5:30 pm

July 20- Take Two Variety Band- Concert starts @ 5:30 pm

Fleck Center- Patio/Parking Lot

Theatre

TOTEM POLE PLAYHOUSE SUMMER SERIES

Always..... Patsy Cline

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 includes many of Cline's hits.

May 28

1:15 pm Leaving from Fleck Center

\$20 (while supplies last)

Registration Required

The Sound of Music

Enjoy this classic musical of love, family and determination. One of the most thrilling and inspirational finales ever presented in the theatre.

June 18

1:15 pm leaving from Fleck Center

\$20 (while supplies last)

Registration Required

David

Join us for the most legendary Bible story as it comes to life with spectacular special effects, massive sets & live animals in this brand new original stage production of "David." After the show, we will board the bus and head to Hershey Farms restaurant for a Family style lunch.

June 2

8:00 am

Sight & Sound Theatre, Lancaster

Cost: \$80.00 per person (includes

lunch at Hershey Farms)

Registration Required



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

Community Yard Sale

Looking to do some spring-cleaning at your cottage? Or are you looking to find something special? Come to the annual Community Yard Sale. Residents can participate by selling items from their cottage or by reserving a space at the Home Care & Hospice building by calling the Inn at 717-264-5700. You are responsible for providing your own table.

June 25

8:00 am – 2:00 pm

Village at Luther Ridge - Campus

COMMITTEES AND GROUPS

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:

Resident Council, Marketing Committee, Life Enrichment Committee, Luther Ridge Players Association, Town Hall Meeting, Good Neighbor 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.



2735 Luther Drive • Chambersburg, PA 17202 • www.SpiritrustLutheran.org

