

Tour of President James Buchanan's Wheatland ... 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
WELLNESS		
Fitness Classes		
Move!	Tues	3
Yoga	Thurs	3
Wellness Programs		
Blood Pressure Clinic	Tues	4
Be Well Kitchen	1/4, 2/1, 3/7	4
So Good		4

SPIRIT		
Support Groups		
Grief Support Group	4th Fri	5
Study Groups & Services		
Bible Study	Fri	5
Communion Service	Sun	5
Catholic Communion Service	1st Sat	5
Christmas Cantata	1/6	5

MIND		
Educational		
Book Club	Last Mon	6
Genealogy Group	Bi Wkly Mon	6
Great Discussions: TED Talks	2nd Mon	
Unseen footage, untamed nature	1/8	7
The real story of Rosa Parks	2/12	7
The new bionics that let us run, climb, and dance"	3/11	7
Life Long Learning	2nd Fri	
Chocolate, Cheese, and More:		
The Story of Switzerland	1/5	7
America's Worst Natural Disasters	2/9	7
The Seven Wonders of the Ancient World	3/8	7
Local History by Chris Boyle	2nd Wed	8
Men at Ten	Last Thurs	6
Technology Skills Sharing and Learning	3rd Thurs	8

Creative Arts		
Craft Corner	4th Wed	8
Flower and Garden Club	1st Wed	8
Jewelry Making	2/23	8
Painting 201	1st & 3rd Fri	8
Stitch Witchery	3rd Wed	8

SOCIAL		
Cocktails & More	Bi Wkly Thurs	9
Hot Cocoa & Donuts Social	1/11	9
Spring Fling	3/19	9
Talent Show	1/30	10
Trivia with Friends	1st Wed	10
Valentine's Bingo	2/14	10

Description	Date	pg
Recreational		
Bingo	3/12	10
Board Game Day	1st Mon	10
Cribbage	2nd & 4th Wed	10
Ping Pong	Mon, Fri	10
Pinochle	Tues	10
Wii Bowling	Mon, Fri	10

Trips		
Forney House Tea Room	3/22	10
Greenmount Bowl "Duckpin Bowling"	1/23	10
Lindt Chocolate Factory Outlet	2/8	11
Martin's Potato Chip Factory Tour	1/9	11
The Fire Museum of Maryland	3/28	11
Tour of Pres. James Buchanan's Wheatland	1/31	11
Weightlifting Hall of Fame	3/4	11

Dining		
Diners Caravan		
Basta Pasta	2/21	11
Great American Saloon	2/5	11
Hallamshire Family Restaurant	3/5	11
Marino's	1/29	11
Olive Garden	3/26	11
Samurai Hibachi Steakhouse	1/2	12

Buffets & Celebrations		
Birthday Celebration	2/27	12
"Holiday" Specials		
National Clam Chowder Day	1/22-1/26	12
National Fettuccini Alfredo Day	2/7	12
National Cherry Pie Day	2/20	12
National Meatball Day	3/7	12
National Cheesesteak Day	3/27	12
Mardi Gras "Fat Tuesday" Dinner	2/13	12
MLK Dinner	1/18	12
St. Patrick's Day Bash	3/15	12
Winter Celebration Dinner	2/15	12

Movies		
Pizza & Movie	3rd Mon	
Going in Style	1/15	13
42	2/19	13
The Good Liar	3/18	13

Musical Entertainment		
Richard Blane "Live Country Music"	3/29	14
Sing Along with Joan	2nd Mon	14

Theatre		
Fulton Theatre "9 to 5"	3/14	14
YSO "Mozart's A Little Night Music"	1/13	14
YSO "Mahler's 4th Symphony"	2/10	14

COMMUNITY		
CommUNITY Spirit		
Monthly Service Project	2nd Wed	15
Alzheimer's Fundraiser	varies	15
Community Committees & Associations	varies	15

Indicates special programming or initiative throughout all 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.

Fitness

ONGOING CLASSES

Move!

Looking for a less strenuous exercise program? Have fun and Move! through an interactive DVD focusing on muscle strength, range of movement and balance. A chair is used for seated exercises and standing support with optional weight use.

Tuesday

9:30 am

Clubhouse

Cottage Shuttle available

Yoga

Yoga uses stretching, breathing, and balance exercises to promote freedom of movement and a sense of well-being. Build flexibility and grace, and feel great in the process.

Thursday

9:30 am

Clubhouse

Cottage Shuttle available

Instructor: Kim Harkcom



Wellness Programs



Blood Pressure Clinic

Do you know your numbers? What do they mean? Stop by the Wellness Suite to have your blood pressure checked; your heart and health will thank you!

Tuesday

1:00 pm

Wellness Suite

Cottage Shuttle available

Facilitator: Kim Chapman

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 19

National Nutrition Month: Beyond the Table featuring Sweet Potato Skins

Club House Cafe

2:00 pm

Sign-up Required

Presenter: Chef Mark Simms



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 Clubhouse Café for January through March are:



January 5

Avocado

Three Bean Corn & Avocado Salad



February 13

Cabbage

White Bean, Mango & Red Cabbage Salad



March 21

Mushrooms

Grilled Mushroom Antipasto Salad



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

Spiritual

Bible Study

Bible Study is a weekly study group leads participants through spirited discussions and offering opportunities to strengthen religious and spiritual beliefs.

Friday

9:00 am

Clubhouse

Cottage Shuttle available

Facilitator: Melissa Mosebrook

Catholic Communion Service

This service is led by a local deacon of the Catholic Church.

1st Saturday

10:30 am

Zimmerman Place Gathering Room

Cottage Shuttle available

Communion Service

Join Villagers in observing faith together as a community during this weekly service. The format follows a traditional Lutheran service and is open to all denominations and all are welcome.

Sunday

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available

Grief Support Group

Losing a loved one is difficult. Join others who are facing the same feelings and issues. This group provides a safe place to express their feelings and develop a mutual support system. This group is open to both resident and community members.

4th Friday of the month

10:15 am

Zimmerman Place Gathering Room

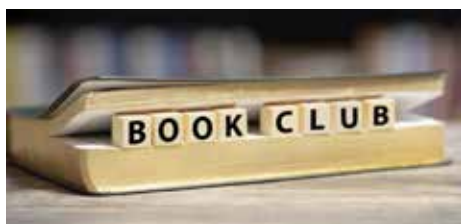
Cottage Shuttle available

Facilitator: Melissa Mosebrook



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

Educational



Book Club

Do you love to read? This club serves as a forum where readers can meet and discuss books and their reading experience together.

Last Monday of the month

1:30 pm

Clubhouse

Cottage Shuttle available

Facilitator: Carol Howie

Genealogy Group

Are you just starting your family tree, or have you run into a brick wall tracing a distant ancestor? Join others to share tips and learn new research strategies. All levels of experience are welcome!

Bi Weekly on Monday

6:30 pm

Clubhouse

Cottage Shuttle available

Instructor: Pamm Zimmerman



Men at Ten

Gather with our distinguished men's senior group for monthly meetings, fostering camaraderie, shared experiences, and engaging discussions on a variety of topics. Join us in a welcoming environment where wisdom is celebrated, friendships thrive, and meaningful connections are forged.

Last Thursday of the month

10:00 am

Clubhouse and Off Campus

Cottage Shuttle available

Facilitator: Tom Howie



GREAT DISCUSSIONS

Nourish your mind through thought provoking topics. Participants will view a TED Talk followed by an interactive question and answer session.

2nd Monday of the month

2:00 pm

Clubhouse

Cottage Shuttle available

Facilitator: April Coyle

January 8: “Unseen footage untamed nature”

Filmmaker Karen Bass shares some of the astonishing nature footage she’s shot for the BBC and National Geographic -- including brand-new, previously unseen footage of the tube-lipped nectar bat, who feeds in a rather unusual way.

February 12: “The real story of Rosa Parks and why we need to confront myths about Black history”

Black history taught in US schools is often watered-down, riddled with inaccuracies and stripped of its context and rich, full-bodied historical figures. Equipped with the real story of Rosa Parks, Professor David Ikard highlights how making the realities of race more benign and digestible harms us all -- and emphasizes the power and importance of historical accuracy.

March 11: “The new bionics that let us run, climb, and dance”

Hugh Herr is building the next generation of bionic limbs, robotic prosthetics inspired by nature’s own designs. Herr lost both legs in a climbing accident 30 years ago; now, as the head of the MIT Media Lab’s Biomechatronics group, he shows his incredible technology in a talk that’s both technical and deeply personal — with the help of ballroom dancer Adrienne Haslet-Davis, who lost her left leg in the 2013 Boston Marathon bombing, and performs again for the first time on the TED stage.

LIFE LONG LEARNING

Join John Maietta, veteran, historian, and communicator, as he presents various presentations monthly on historical topics.

2nd Friday of the month

2:00 pm

Clubhouse

Cottage Shuttle available

Presenter: John Maietta

January 5: Chocolate, Cheese, and More: The Story of Switzerland

There’s more to Switzerland than meets the eye – or the taste buds! This small Alpine nation has charted an independent course through a thousand years of turbulent European history. Famed for their efficiency and prosperity, the Swiss have also given the world a remarkable cultural legacy, from John Calvin and William Tell to the Red Cross and the Saint Bernard dog. Join us as we explore this fascinating land, its industrious people, and its stunning natural beauty.

February 9: Fire, Flood, and Fury: America’s Worst Natural Disasters

With depressing regularity, Mother Nature rises up to wreak havoc on the American landscape and its people. This program examines three of our country’s worst natural disasters: the Johnstown Flood of 1889, which killed 2,200 Pennsylvanians; the 1906 San Francisco Earthquake (and subsequent firestorm), which destroyed 80 percent of the city; and Hurricane Katrina, in 2005, which exposed the frailty of flood control and emergency response plans in New Orleans.

March 8: Eternal Tourism: The Seven Wonders of the Ancient World

Even if we can’t recite all the Seven Wonders today, we remember learning about them in school. One of them, the Great Pyramid in Egypt, still survives intact! Surprisingly, parts of four other “wonders” are still around (including waterspouts from the great Temple of Zeus and statues that once adorned the Mausoleum at Halicarnassus). We will look at those physical remnants as we explore the impact of these ancient monuments on language, the arts, and popular culture.

LOCAL HISTORY

Take a trip down memory lane during this retelling of local history.

January 10
"Let's go to the movies"

March 13
"York City"

10:00 am
Club House
Cottage Shuttle available
Presenter: Chris Boyle



Technology Skills Sharing & Learning

Join our technology skills class, a collaborative space where individuals bring their tablets, computers, and phones to receive personalized assistance. Our sessions focus on hands-on learning, empowering seniors to navigate the digital world with confidence. Discover the joys of technology in a supportive environment, where sharing knowledge and building skills go hand in hand.

3rd Thursday of the month
1:00 pm
Club House
Cottage Shuttle available
Instructors: Pat Smith & Mary Jane Ward

Creative Arts

CRAFT CORNER

Make new friends while creating fun and usable crafts. Photos for illustrative purposes only.

4th Wednesday of the month
1:00 pm • Clubhouse
Registration Required
Cottage Shuttle available
Instructor: April Coyle

January 24
Decoupage
Glass Magnets



February 28
Egg Carton
Wreath



March 27
Marbled
Stationery
Cards



FLOWER & GARDEN CLUB

Meetings will introduce a variety of topics including resident photography of flowers and gardens, how to grow and cook with herbs, planning and planting vegetable and flower gardens, and much more. All are welcome.

January 3, February 7, March 6
10:00 am • Clubhouse
Cottage Shuttle available
Presenter: Sharon Falkner



PAINTING 201

This is a technique learning class where residents will produce practical and usable pieces of painted artwork.

1st & 3rd Friday of the Month
10:00 am • Clubhouse
Cottage Shuttle available
Instructor: Resident led, varies by project

STITCH WITCHERY

Immerse yourself in the enchanting world of "Stitch Witchery," a gathering of skilled hands creating magic through quilting, knitting, crocheting, cross-stitch, sewing, and more.

Join this spirited group where the art of handwork weaves together a tapestry of creativity and camaraderie. Whether you are a seasoned artisan or a novice, everyone is welcome to share skills, stories, and the joy of bringing intricate stitches to life.

January 17, February 21, March 20
10:00 am • Clubhouse
Cottage Shuttle available

JEWELRY MAKING

Create your own unique piece of jewelry in the Beadworks studio in Lancaster, PA. Residents will select beads and materials, string the design, and will be guided in helping size and finish the piece.

Friday, February 23
Bus departs from Zimmerman Place at 9:00 am
Cost: Dependent on project selected
Registration required



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



Cocktails & More

Enjoy a featured beverage (alcoholic and non-alcoholic) and hors d'oeuvres while you mingle and socialize.

**January 4 & 18, February 1 & 15,
March 7 & 21**

4:00 pm

Clubhouse

Registration required

Cottage Shuttle available

Hot Cocoa & Donuts Social

Indulge in warmth and sweetness at our hot cocoa and donuts social. Join neighbors for a cozy gathering, fostering connections and creating cherished moments. Sip, savor, and share smiles in a setting that celebrates the joy of good company and the simple pleasures of a delightful treat.

Thursday, January 11

1:30 pm

Club House

Registration required

Cottage Shuttle available



Spring Fling

Dance the night away with friends from The Village at Utz Terrace and The Village at Kelly Drive. There is something wonderful about dancing, it is a universal language and it makes people feel good.

Tuesday, March 19

**The Village at Utz Terrace
(Hanover, PA)**

Registration required

Cost: TBD

**Bus departs from Zimmerman
Place at 3:00 pm**

Talent Show

Show off your talent! Poetry, singing, painting, playing an instrument, comedy... come show what you've got!

Tuesday, January 30

1:30 pm

Club House

Registration required

Cottage Shuttle available

**Trivia with Friends**

Gather your friends for a lively and engaging trivia session! Challenge your knowledge and have a blast as a set of intriguing questions sparks friendly competition. Get ready for an afternoon of fun facts and friendly banter!

1st Thursday of the Month:

January 3, February 7, March 6

2:00 pm

Club House

Registration required

Cottage Shuttle available

Valentine's Bingo

Prizes and treats! Celebrate Valentine's with friends and win mystery bag prizes. Residents will open their bags at the end and may trade for fun.

Wednesday, February 14

1:00 pm

Club House

Registration required

Cottage Shuttle available

Recreational**Bingo**

Prizes, treats and lots of laughs!

Tuesday, March 12 • 2:00 pm

Club House

**Board Game Day**

Scrabble, Rummikub, Parcheesi, or bring your own ... Play a board game with friends and take the time to make new ones.

1st Monday • 11:00 am

Club House

Cribbage

Resident run program where players will have the opportunity to learn the game of Cribbage.

2nd & 4th Wednesday • 2:00 pm

Club House

Ping Pong

Singles, doubles, however you choose to play the game, come get those legs moving!

Monday & Friday • 3:00 pm

Club House

Pinochle

Open to residents wanting to learn how to play or "card sharks" (do not worry, they don't bite).

Tuesday • 1:00 pm

Club House

**Wii Bowling**

This fun group utilizes Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball. No experience required and can be played while seated in a chair.

Monday & Friday • 3:00 pm

Club House

Trips**Forney House Tea Room
(Hanover, PA)**

Enjoy a proper English tea with a menu of soup, salad and an assortment of pastries at the quaint Forney Tea House in Hanover, PA.

Friday, March 22

Bus departs from Zimmerman

Place at 11:00 am

Cost: \$33.50 + Gratuity

Registration required



Greenmount Bowl: Duckpin Bowling (Hampstead, MD)

Reminisce a little and enjoy an afternoon of duckpin bowling.

Tuesday, January 23

Bus departs from Zimmerman Place at 12:00 pm

Cost: TBD

Registration required



Lindt Chocolate Factory Outlet (Carlisle, PA)

Looking for Valentine's gifts? Look no further! This factory store features an array of premium chocolates not found anywhere else, including over 20 truffle varieties, seasonal varieties and create your own gift options.

Thursday, February 8

Bus departs from Zimmerman Place at 1:00 pm

Registration required



Martin's Potato Chip Tour (Thomasville, PA)

Martin's Potato Chips offers free factory tours (complete with a hair net) which takes you up close to see each step of the manufacturing process. The highlight of the tour is of course the free warm samples right off the production line.

Tuesday, January 9

Bus departs from Zimmerman Place at 9:00 pm

Cost: Free

Registration required



The Fire Museum of Maryland (Lutherville, MD)

The Fire Museum of Maryland is one of the largest fire museums in America. The Museum was founded in 1971 and houses a world-class collection of historic hand engines, horse-drawn, steam-powered and motorized vehicles.

Thursday, March 28

Bus departs from Zimmerman Place at 9:30 am

Cost: \$12.00

Registration required

Tour of President James Buchanan's Wheatland (Lancaster, PA)

Tour Wheatland, the beloved home of 15th US President James Buchanan. This guided tour travels both floors of the home and discusses the lives of Buchanan and his family that occupied the home.

Wednesday, January 31

Bus departs from Zimmerman Place at 8:45 am

Cost: \$10.00

Registration required



Weightlifting Hall of Fame (York, PA)

As you wander around the Hall of Fame, you will see old weights, barbells and busts of famous champions. Exhibits also explain the origins of the sport at the early Olympic Games and its place in ancient mythology. Amateur and professional strongmen from centuries gone by and the current stars of today are featured.

Monday, March 4

Bus departs from Zimmerman Place at 1:00 pm

Cost: Free

Registration required

Dining

DINERS CARAVAN

There is nothing quite like sitting with friends and having great conversations over a delicious meal. Diners Caravan lets you explore various restaurants in the area and beyond. Cost will vary by restaurant and is the responsibility of the diner.

Basta Pasta (Fallston, MD)

Wednesday, February 21

Bus departs from Zimmerman

Place at 11:00 am

Registration required

Great American Saloon (Red Lion, PA)

Monday, February 5

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

Hallamshire Family Restaurant (Hallam, PA)

Tuesday, March 5

Bus departs from Zimmerman

Place at 11:00 am

Registration required

Marino's (York, PA)

Monday, January 29

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

Olive Garden (York, PA)

Tuesday, March 26

Bus departs from Zimmerman

Place at 4:00 pm

Registration required

Samurai Hibachi Sushi Japanese Steakhouse (Shrewsbury, PA)

Tuesday, January 2

Bus departs from Zimmerman

Place at 11:30 am

Registration required

Buffets & Celebrations



Birthday Dinner Birthday Dinner

Birthdays! A great reason to gather and celebrate the goodness of life.

Join every other month for a birthday celebration with a menu of fried chicken, vegetables, mashed potatoes with gravy, birthday cake and ice cream. Residents will be treated to a free meal on their respective birthday month.

Tuesday, February 27

5:00 pm

Club House

Cost: \$9.20

Registration required

Cottage Shuttle available

Mardi Gras "Fat Tuesday"

Dinner

Mardi Gras is French for "Fat Tuesday," reflecting the practice of the last night of eating rich foods before the ritual fasting of the Lenten season. Come out for a fabulous feast of traditional Mardi Gras fare.

Tuesday, February 13

5:00 pm

Club House

Registration required

Cost: \$ 13.00

Cottage Shuttle available

St. Patrick's Day Bash

As the saying goes, everyone is Irish on St. Patrick's Day. Come down to the Clubhouse and enjoy a traditional Irish meal of corn beef and cabbage. Don't forget to wear green!

Friday, March 15

5:00 pm

Club House

Registration required

Cost: \$ 13.00

Cottage Shuttle available

MLK Day Dinner

Join us for some of Dr. King's favorite foods to include Fried Chicken, stewed greens, sweet potatoes and some pecan pie. Served at Dinner in the Café

Thursday, Jan 18

Club House Café

Registration Required

Cost: \$ 13.00

Winter is halfway over Celebration Dinner

Carved tenderloin, grilled shrimp, baked potatoes, coleslaw, asparagus, cream of crab soup and cheese cake for dessert.

Thursday, February 15

Club House Café

Registration Required

Cost: \$ 17.00

“Holiday” Specials

Who knew these were holidays? Join the culinary team each month as they celebrate these off-the-wall nationally recognized days with some fun entrées. All entrées served at the Clubhouse Café during lunch and dinner, unless indicated otherwise. Cost varies by item.

National Clam Chowder Day – 1/22-1/26

It's so good why limit it to a day? Enjoy hearty bowl for lunch.

National Fettuccini Alfredo

Day – 2/7

Build your own fettuccini Alfredo with choice of Shrimp or Chicken and grilled veggies.

National Cherry Pie Day – 2/20

Fresh Baked cherry pie served.

National Meatball Day – 3/7

Homemade Meatballs over spaghetti or in a sub roll with melted provolone cheese.

National Cheesesteak Day – 3/27

A Philadelphia specialty, have yours made your way to order.

Movies**PIZZA & MOVIE**

3rd Monday of the month

5:00 pm

Club House

Cost: \$5.00

Registration required

Cottage Shuttle available

January 15: “Going In Style” (2017)

Morgan Freeman, Michael Caine and Alan Arkin team up as lifelong buddies Willie, Joe and Al, who decide to buck retirement and step off the straight and narrow for the first time in their lives when their pension fund becomes a corporate casualty. Desperate to pay the bill and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Rated PG-13

**February 19: “42” (2013)**

Chadwick Boseman, with his penchant for portraying larger-than-life historical figures, hits a home run as Jackie Robinson, the first Black athlete to play in Major League Baseball in the modern era. Rated PG-13

**March 18: “The Good Liar” (2019)**

Career con artist Roy Courtney, Ian McKellen, can hardly believe his luck when he meets well-to-do widow Betty McLeish, Helen Mirren, online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life. Rated R



Entertainment

Sing Along

Joan Slater leads this fun-filled gathering of residents singing tunes that will bring back memories of yesteryear.

2nd Monday

1:00 pm

Club House

Cottage Shuttle available

Richard Blane “Live Country Music”

Get ready for an afternoon filled with the soulful twang of live country music! Our talented entertainer, Richard Blaine, is set to serenade you with the best of country tunes. Join us for an afternoon of toe tapping melodies, heartwarming lyrics, and the unmistakable charm of country tunes.

Friday, March 29

1:00 pm

Club House

Cottage Shuttle available

Christmas Cantata

Experience the magic of the season as our residents come together for a heartwarming Christmas Cantata. This festive gathering promises an uplifting experience, as our community unites in the spirit of Christmas spreading the warmth of the season through song and togetherness.

Saturday, January 6

1:00 pm

Zimmerman Place Gathering Room

Cottage Shuttle available

Theatre



“9 to 5”

Dolly Parton's hit movie brought to life on the Fulton Theatre stage! Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. Set in the late 1970s, this hilarious story of friendship and revenge is outrageous, thought provoking and even a little romantic. Dinner after the show.

Thursday, March 14

Fulton Theatre (Lancaster, PA)

Cost: \$45.00 (must have 15 for this price)

Bus departs from Zimmerman Place at 12:15 pm



York Symphony Orchestra “Mahler’s 4th Symphony”

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.

Saturday, February 10

Appell Center (York, PA)

Cost: \$11.00

Bus departs from Zimmerman Place at 6:15 pm



York Symphony Orchestra “Mozart’s A Little Music Night”

The York Symphony Orchestra takes you on a melodic voyage with Wolfgang Amadeus Mozart's beloved A Little Night Music.

Saturday, January 13

Appell Center (York, PA)

Cost: \$11.00

Bus departs from Zimmerman Place at 6:15 pm



COMMUNITY

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

CommUNITY Spirit

SERVING THE GREATER COMMUNITY

Service Projects

2nd Wednesday of the month

1:00 pm • Club House

Registration required

Cottage Shuttle available

**January 10: Baked Goods for
Zimmerman Place team members**

**February 14: Care Packages for
Neonatal Babies**

**March 13: Motivational Cards to
College Students**

SERVING OUR COMMUNITY ***ALZHEIMER’S ASSOCIATION FUNDRAISER***

The Village at Shrewsbury will be participating in various fundraisers throughout the year to support the Alzheimer’s Association in their quest to find a cure. Be on the lookout for more information published in weekly communications.

Committees and Associations

Available advisory committees and associations offer residents an opportunity to collaborate, plan, and advise at The Village at Shrewsbury. See Life Enrichment for more details.

- Building and Grounds Committee –
Dates/times vary
- Dining Committee –
3rd Monday 2:00 pm
- Residential Living Association –
Alternating months,
3rd Wednesday 2:00 pm
- Social Life Committee –
3rd Tuesday 2:00 pm
- Spiritual Life – Dates/times vary
- Town Hall – Alternating months,
4th Thursday 2:00 pm



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.



800 Bollinger Drive • Shrewsbury, PA 17361 • www.SpiriTrustLutheran.org

