



Farm Show ... page 14

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		
Chair Yoga	Tues, Thurs	4
Silver Sneakers® Classic	Mon, Wed, Fri	4
Wellness Programs		
A Better Version of You	1st Mon	5
Blood Pressure Clinic	2nd Tues	5
Diabetes Prevention	1/9	5
Nutrition		
Be Well Kitchen	1/19, 2/16, 3/15	5
So Good	Jan, Feb, March	5

SPIRIT		
Support Groups		
Grief Support Group	3rd Thurs	6
Widow / Widower Luncheon	1/17, 2/21, 3/20	6
Programs & Services		
Ash Wednesday Service	2/14	7
Easter Sunday	3/31	7
Faith Sharing	1/2, 1/23, 2/13, 2/27, 3/12, 3/26	6
Good Friday Service	3/29	7
Maundy Thursday Service	3/28	7
Palm Sunday	3/24	7
Worship Service	Sun	7

Description	Date	pg
MIND		
Educational		
Arm Chair Travel		
Greece	1/25	9
Croatia	2/29	9
Norway	3/28	9
Book Club	Last Wed	8
Coffee 101	3rd Tues	8
Moral Dilemma and Discussion		
In and Out	1/5	8
The Post	2/2	8
Sophie's Choice	3/1	8
Presentations		
The Great Chocolate Roadshow	1/4	9
Writing and Publishing	1/10	9
Finances in Retirement	1/15	9
Aromatherapy	1/30	9
My Favorite Places	2/15	10
Geology of the 7 Wonders of the World	3/20	10
Creative Arts		
Bird Feeders and Bird Houses	2/28	11
Cake Decorating	1/23, 3/25	10
Easter Painting	3/21	11
Flower Arranging	1/2, 1/16, 1/30, 2/13, 2/27, 3/12, 3/26	10
Knitting Circle	Weds	11
Leave You In Stitches	Thurs	11
Make Your Own Potpourri	2/26	11
Mosaic Picture Frames	1/8	10
Spring Wreath Making	3/19	11
Sweet Jar Gift Making	1/18	10
Valentine's Day Cookie Decorating	2/12	10
Winter Painting	2/22	10

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.

PROGRAM OFFERINGS

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

Description	Date	pg
SOCIAL		
Aces and Eights Casino	3/27	13
Build Your Own Fudge Sundae	3/22	13
Hot Cocoa Bar	1/19	12
Jeoparty	2/19	13
Karaoke Kraze	1/24	12
Ladies' Tea	1/11, 2/8, 3/13	12
Mardi Gras Cocktail Hour	2/13	13
Men's Breakfast	1/12, 2/9, 3/8	12
Mimosa Bar	3/7	13
National Hot Buttered Rum Day	1/17	12
Peanut Butter Lover's Party	3/5	13
Pi Day	3/14	13
Pizza Party	1/22	12
Saint Patrick's Day Cocktails	3/15	13
Snow Ball	1/31	13
Superbowl Party	2/9	13
Uncorked	1/26, 2/23, 3/29	13
White Rose Quartet	2/14	13
Recreational		
500 Cards	Wed, Sat	14
Billiards	Tue	14
Bingo	1st Mon	14
Bocce	3rd Mon	14
Dominoes	1/17, 2/21, 3/20	14
Shopping Trips		
Grocery Trips	Tues	14
Capital City Mall	2/22	14
Trader Joes	3/13	14
Trips		
Service for Martin Luther King Jr.	1/13	14
The Farm Show	1/15	14
Kitchen Kettle Village	1/26	14
York Ice Trail	2/3	14
Pennsylvania Bakery	2/12	15
Dining		
Brunch Bunch	Last Sunday	15
Destination Dinners	1/25, 2/29, 3/28	15
Diners Caravan		
Black and Blue Restaurant	1/3	15
Glen Rock Mill	1/24	15
The Great American Saloon	2/7	15
Dukes Bar and Grille	2/22	15
Annie Bailey's	3/6	15
The Garryowen Irish Pub	3/11	15
Pot Luck Dinner	1/29, 2/26, 3/25	15

Description	Date	pg
Buffets & Celebrations		
Birthday Celebration	3/26	15
Easter Brunch	3/31	15
Saint Patricks Day Lunch	3/15	15
Valentine's Day Buffet	2/14	15
"Special" Holidays		
National Milk Day	1/11	16
National Blueberry Day	1/28	16
National Peanut Butter Day	1/24	16
National Tater Tot Day	2/2	16
National Fettuccini Alfredo Day	2/7	16
National Pizza Day	2/19	16
National Noodle Month	March	16
National Chicken Noodle Soup Day	3/12 - 3/16	16
National Ravioli Day	3/20	16
National Waffle Day	3/25	16
Movies		
Lights, Camera, Action		
A Walk to Remember	2/16	16
I Can Only Imagine	3/18	16
Theatre & Musical Performances		
Andrea Adam	2/6	17
Christian Community Concert	2/17	17
Folk and Irish Music with Jay Smar	3/7	17
Sandy Heisey	1/16	16
Two of a Kind	2/20	17
Virtual York Symphony Orchestra	1/22, 2/12, 3/11	17
YSO: Mozart's A Little Night Music	1/20	16
YSO: Mahler's 4th Symphony	2/10	17
YSO: Video Games!	3/9	17

COMMUNITY

CommUNITY Spirit

Community Committees	Varies	18
Dog Treat Making	2/16	18
Easter Egg Hunt	3/23	18
Food Drive		18
Service Groups		
Garden Market	Seasonal	19
Branch Lions Club	2nd Tues	19
Village Gardeners	Varies	19
Volunteer Opportunities	Varies	19
Auxiliary	1st Wed	19
Sunshine & Welcome Committee	1st Mon	19
Wellness Committee	2nd Tues	19
Independent Living Council	2nd Thurs	19



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

Fitness

ONGOING CLASSES

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support.

Monday, Wednesday, Friday

10:00 am

Community Room B

SilverSneakers® Chair Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Chair Yoga modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

Tuesday and Thursday at 11:00 am

Community Room B



Wellness Programs

BUILDING A BETTER

Version of you

Discover how to use the cardio and strength equipment safely and effectively during this 30-minute session. The goal is to increase awareness on health issues that are often taken for granted or ignored. Opt-in for building better health and a longer more vibrant life!

1st Monday

2:00 pm

Glatfelter Center Gym

Blood Pressure Clinic

Do you know your numbers? Stop by the Residential Nurse Navigator's office to have yours checked. Your heart and health will thank you. Join us monthly and learn how you can add years to your life and life to your years!

2nd Tuesday

10:00 am

Residential Nurse Navigator Office

Diabetes Prevention

Diabetes Prevention Program is designed to help individuals change their lifestyle. Exactly what does that mean? The program encourages participants to look at and evaluate their eating habits and their exercise habits. Through lifestyle changes the participants are encouraged to lose weight and build an exercise plan to meet their needs.

Tuesday, January 9

2:00pm

Glatfelter Community Room A

Presenter: Ann Tyndall

Nutrition



BE WELL KITCHEN



Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Managers and Chefs conduct a cooking demonstration where they breakdown the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe! The features for January through March are:

January 19

Support your immunity through food. Featured Recipe – Roasted Sweet potato, broccoli and chick pea plate

February 16

Make the most out of your meals – choose nutrient dense foods. Featured Recipe – Southwest Black Bean Burger

March 15

Build a Balanced Snack. Featured Recipe – Apple goat cheese almond toast

Community Room A

11:00 am

Presenter: Jeff Cowoski



“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 are available in Rachel and Rueben's for January through March are:



January

Apples

Old Fashioned Apple Crisp



February

Butternut Squash

Butternut Squash Tart with Fried Sage



March

Oranges

Orange and Avocado Salad



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

Emotional

Widow/Widower Luncheon

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

January 17, February 21, and March 20

12:00 pm

Rachel and Reuben's • Cost: Varies

Registration required - Sign-up Monday prior to event

Grief Support Group

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

3rd Thursday

1:00 pm • Conference Room

Facilitated by: Fr. Ricky McCarl, Chaplain & Bereavement Counselor, SpiriTrust Lutheran Homecare & Hospice

Spiritual

SPIRITUAL GATHERINGS

Faith Sharing

Faith Studies is a monthly study group in which our chaplain or other volunteers, lead participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs.

Martin Luther's Small Catechism

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

**January 2, January 23, February 13, February 27,
March 12, March 26**

1:00 pm

Community Room A

Facilitator: Chaplain Aaron Cope

Worship Service

Join other Villagers as we observe our faith together as a community during a weekly service of Scripture, hymns and Holy Communion led by our campus chaplain. A time of fellowship follows worship.

Sunday

10:30 am

Community Room A

Led by Chaplain Aaron Cope

SPECIAL WORSHIP SERVICES



Ash Wednesday

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

Sunday February 14

10:30am

Glatfelter Community Room A

Led By Aaron Cope

Palm Sunday

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

Sunday March 24

10:30am

Glatfelter Community Room A

Maundy Thursday

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

Thursday March 28

10:30am

Glatfelter Community Room A

Led by Chaplain Aaron Cope



Good Friday

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

Friday March 29

10:30am

Glatfelter Community Room A

Led by Chaplain Aaron Cope

Easter Sunday

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

Sunday March 31

10:30am

Glatfelter Community Room A

Led by Chaplain Aaron Cope



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

Educational



Coffee 101

What a great way to start your day!
Learn about a specialty coffee and the
company that has made it. We will
taste and appreciate the selected flavor
of coffee for the month. Please join us
for this educational coffee segment.

3rd Tuesday of the month

9:00 am

**Glatfelter Center Rachel &
Reuben's**

Cost: Free

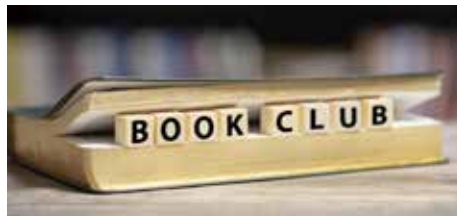
Book club

Join fellow residents in discussing the
current book of choice. The club meets
monthly and is open for anyone to
enjoy!

Last Wednesday of the Month

4:00 pm

**Glatfelter Center Rachel &
Reuben's Patio**



Moral Dilemma & Discussion

Watch a thought-provoking film, filled
with one or more moral dilemmas,
and then after ask questions and
engage in discussion. Led by volunteer
resident facilitators.

1st Friday of the month

1:00 pm

Community Room A

Friday January 5 — In and Out

Friday February 2 — The Post

Friday March 1 — Sophie's Choice

ARM CHAIR TRAVEL

Explore the world without leaving your armchair! Utilizing technology, travel the globe without leaving York.

Greece

Greece is a country in southeast Europe with a population of 10.5 million. This country has beautiful architecture and contains much history. Stop by for more information!



Thursday, January 25

3:00 pm

Glatfelter Community Room A

Croatia

Croatia is very diverse with a variety of different animals and plant life. To learn more about what you might see on your next trip to Croatia, come to this Arm Chair Travel presentation.



Thursday, February 29

3:00 pm

Glatfelter Community Room A

Norway

Norway has been awarded first place on the UN Human Development Index in 2013. This is evidence of the healthcare system and living conditions in Norway. Come learn more!



Thursday, March 28

3:00 pm

Glatfelter Community Room A

Presentations



The Great Chocolate Roadshow

Learn how chocolate is made from the bean to the bar, from the farm to the factory. Basic Chocolate 101. Discuss the difference between dark, milk, white, and ruby chocolate. Includes a tasting of ruby chocolate chips from Barry Callebaut, and cocoa nibs from Navitas.

Thursday, January 4

2:00pm

Glatfelter Room A

Presenter: Donna Haase

Writing and Publishing

Have you ever: dreamt of being a writer; wished you were a writer; kept a journal; written a sudden thought on the corner of a napkin in a restaurant; created stories in your mind; written a two-page story about a fictional character when you were eight; written the story of your life for your children
If so: you are a writer, just not yet discovered

Come and join in a discussion of the creativity, the joy, and the importance of storytelling as well as myths and facts about the publishing world.

Wednesday, January 10

2:00pm

Glatfelter Community Room A

Presenter: Judy Bowen, publisher of three books

Finances in Retirement

Timothy Eicholtz is a financial planner with Primerica and is coming to Sprengle Drive to provide an education seminar to you regarding finances in retirement. This presentation includes information on investments, saving, spending, retirement expenses, Medicaid, Medicare, asset protection, and more.

Monday, January 15

2:00pm

Glatfelter Community Room A

Presenter: Timothy Eicholtz



Aromatherapy

Learn about the benefits and uses for aromatherapy. You'll be surprised to see what amazing things aromatherapy can do for you!

Tuesday, January 30

2:00pm

Glatfelter Community Room A

Presenter: Brianne Grieb

Education continued next page

My Favorite Places

Robert Kuhn taught biology and ecology for twenty-five years at York Suburban High School and environmental science for six years at Penn State York. He has traveled North America extensively. Through his love of photography, background in ecology, and fascination with Native American culture, he shares his favorite places with Sprenkle Drive.

Thursday, February 15

2:00pm

Glatfelter Community Room A

Presenter: Robert Kuhn



Geography of the 7 Wonders of the World

Jeri Jones holds a bachelor's in Geoarchaeology and has been studying the area's geology for 28 years. During Jeri's presentation, you will have the opportunity to examine the geology and how each locality was constructed to present its distinction of a world wonder. There may also be several surprises thrown in.

Wednesday, March 20

2:00pm

Glatfelter Community Room A

Presenter: Jeri Jones

Creative Arts

Flower Arranging

Join fellow residents in creating beautiful floral arrangements to decorate Rachel and Reuben's Bistro!

**January 2, January 16, January 30,
February 13, February 27, March
12, March 26**

**Time varies, please refer to monthly
calendar**

Rachel and Reuben's



Mosaic Picture Frames

Feeling crafty? Make your own mosaic style picture frame to display in your cottage.

Monday, January 8

2:00 pm

Community Room B

Sweet Jar Gift Making

Put together a sweet treat at this event. You will have the option to create a cake in a jar, cookies in a jar, or brownies in a jar. It's up to you whether you keep it or gift it!

Thursday, January 18

2:30 pm

Community Room B



Cake Decorating

Create your own sweet delicacy! This program is sure to please your creative side and also your sweet cravings!

January 23, March 25

**Time varies, please refer to monthly
calendar**

Community Room B



Valentine's Day Cookie Decorating

Treat yourself to something sweet in celebration of Valentine's Day. Decorate some cookies, eat some, and give some away!

Monday, February 12

1:00 pm

Community Room B



Winter Painting

Paint a beautiful scene of a snow dusted tree in the middle of the winter.

Thursday, February 22

1:30 pm

Rachel and Reuben's Patio



Make Your Own Potpourri

Make your cottage smell homey and inviting with your homemade potpourri.

Monday, February 26

1:00 pm

Community Room B

Bird Feeders and Bird House Making

In the cold winter, birds need a little extra help with finding food and a warm place to sleep. Let's help them by making bird feeders and bird houses to hang throughout the campus.

Wednesday, February 28

1:00 pm

Community Room B

Spring Wreath Making

Time to take off your winter wreath and replace it with a homemade spring one!

Tuesday, March 19

2:00 pm

Community Room B

Easter Painting

Learn how to paint an Easter egg landscape at this step by step class.

Thursday,

March 21

1:00 pm

R&R Patio

Step by Step KNOTTING
Easter Egg Landscape
DIY Tutorial



Knitting Circle

If you are new to knitting or crocheting, or a seasoned pro, this group might be just what you have been seeking. Get help with a new pattern, complete a lingering project, find new knitting or crochet project ideas, and meet new friends with a very similar interest to yours.

Wednesday

1:00 pm

1911 Weisgerber



LEAVE YOU IN STITCHES

Take the word stitches any way you want – needle and thread or laughter! Bring your own project, be it knitting, crocheting, mending, or perhaps coloring if that's what you enjoy. There may be a group project sometimes if you choose to participate or you can feel free to continue working on your own project.

Thursday

10:00 am

Rachel and Reuben's Patio



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

Ladies' Tea

Grab your fancy hats and get ready for tea time! Ladies of Sprenkle Drive are invited to partake in a variety of teas and finger foods while mingling with their neighbors.

January 11, February 8, March 13
3:00 pm
Community Room B

Men's Breakfast

Join your fellow male residents for mingling, conversation and a variety of delicious breakfast foods to start your day out right!

January 12, February 9, March 8
9:00 am
Rachel and Reuben's

National Hot Buttered Rum Day

This drink comes with a history involving many variations of the recipe and an American belief that rum was a good strengthener for the body. Celebrate National Hot Buttered Rum Day with a homemade concoction of rum, butter, cider, and spices.

Wednesday, January 17
2:00 pm
Community Room B



Hot Cocoa Bar

Come inside and warm up with a hot cup of cocoa. Enjoy a bar full of toppings to add to your mug.

Friday, January 19
2:00 pm
Community Room B

Pizza Party!

What is your favorite pizza topping? Start your week out with a delicious pizza party for lunch!

Monday, January 22
11:00 am
Community Room A

Karaoke Kraze

Time to hear you sing it out! Karaoke on the big screen with snack, drinks, and lots of singing and laughing.

Wednesday, January 24
2:30 pm
Community Room A

Uncorked

A wine party is a great way to learn about wine and sample new varieties! A new wine will be introduced and sampled. You're also welcome to bring a wine along with you to share.

January 26, February 23, March 29
2:30 pm
Community Room B

Snow Ball

The Snow Ball is a formal ball where residents are encouraged to dress their best. There will be dancing, hors d'oeuvres, and a photo booth.

Wednesday, January 31
2:00 pm
Community Room B

***Super Bowl Party***

Whether you are a football lover or just need an excuse for some good game food, join us for our annual Super Bowl Party!

Friday, February 9
3:00 pm
Community Room B

Mardi Gras Cocktail Hour

Mardi Gras marks the close of the pre-lenten season. Celebrate as if you were in New Orleans at this Mardi Gras Cocktail Hour.

Tuesday, February 13
2:00 pm
Glatfelter Community Room B

White Rose Quartet

This small group of four makes beautiful harmonies you won't want to miss. The White Rose Quartet was founded in 1945 and has entertained in York County ever since.

Wednesday, February 14
2:00 pm
Community Room B

"Jeopardy"

Attention all Jeopardy lovers! We will be having a "Jeopardy"! This will include teams playing Jeopardy against other teams with food and drinks.

Monday, February 19
2:30 pm
Community Room A

Peanut Butter Lovers Party

Peanut butter cups, peanut butter cookies, peanut butter ice cream, peanut butter sandwiches, and more! Join the peanut butter party!

Tuesday, March 5
2:00 pm
Community Room B

Mimosa Bar

A mimosa is a cocktail mixed with orange juice and champagne. Start your morning out with a refreshing mimosa and muffin.

Thursday, March 7
10:00 am
Glatfelter Community Room A

Pi Day

Pi is the mathematic symbol for a number starting with 3.14 which is why we celebrate it on 3/14. Enjoy a slice of pie on pi day!

Thursday, March 14
2:00 pm
Glatfelter Community Room B

***Saint Patrick's Day Cocktail Hour***

Feeling lucky? Enjoy a green cocktail and maybe even find a pot of gold at this cocktail hour.

Friday, March 15
2:00 pm
Community Room B

Build Your Own Fudge Sundae

Create your own fudgy treat at this event! There will be plenty of sweet toppings to choose from and enjoy!

Friday, March 22
2:00 pm
Community Room B

Aces and Eights Casino

Slot machines, Black Jack, Roulette, and more! May the odds be in your favor!

Wednesday, March 27
2:00 pm
Community Room B

Recreational

GAMES

Games have always brought families and friends together, whether on a designated game night or family holidays. Discover new tabletop games and enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

500

Wednesday, 1:30 pm

Saturday, 1:00 pm

The Bean

Men's Billiards

Tuesday

5:00 pm

Billiard Room

Bingo

Bingo is resident supplied. Please bring two prizes for the winners with the price limit \$1.00 per prize. Everyone leaves with a prize!

1st Monday 1:00 pm

Community Room B

Dominoes

January 17, February 21, March 20

Wednesday 6:00 pm

Rachel & Reuben's Patio

Bocce

3rd Monday

1:00 pm

Community Room B

Shopping



Grocery Shopping Trips

Each Tuesday, the shuttle runs to a nearby grocery store. Grocery stores are on a rotation between Giant, Weis, Walmart, and Aldi. Be sure to sign up in the binder if you are interested in going on these trips!

Tuesday

9:00 am bus departs

Cost: Participants are responsible for purchases

Capital City Mall

Thursday, February 22

11:00 am bus departs

Cost: Free, participants are responsible for any purchases

Trader Joe's

Wednesday, March 13

9:00 am bus departs

Cost: Free, participants are responsible for any purchases

Trips

Service to Honor Martin Luther King Jr.

Take a trip to First Presbyterian Church in York for a service to honor Rev. Dr. Martin Luther King Jr.

Saturday, January 13

6:30 pm Bus Departure

Farm Show

The Keystone Farm Show draws over 400 agricultural businesses, many vendor booths, animals, food and more. Don't forget to stop and get yourself a Farm Show Milkshake!

Monday, January 15

10:00 am Bus Departure



Kitchen Kettle Village

An authentic Pennsylvania Dutch shopping village in Intercourse, PA. There is plenty of delicious homemade Dutch foods to have for lunch after all that shopping!

Friday, January 26

10:00 am Bus Departure

York Ice Trail

Visitors will have the opportunity to watch live ice sculpting, and admire a variety of chilly masterpieces.

Saturday, February 3

10:00 am Bus departs back of

Glatfelter Center

Cost: \$22



Pennsylvania Bakery

Take a trip to the Pennsylvania Bakery, located in Camp Hill, PA, for some amazing sweet treats. With so many delicious looking options, you will not know what to pick!

Monday, February 12

10:00 am Bus departs back of Glatfelter Center

Dining

DINERS CARAVAN

Wednesday, January 3

Black and Blue Restaurant

5:00 pm depart from back of Glatfelter Center

Registration Required – Sign Up Closed

Wednesday, January 24

Glen Rock Mill

11:00 am depart from back of Glatfelter Center

Registration required – Deadline 1/10

Wednesday, February 7

The Great American Saloon

5:00 pm depart from back of Glatfelter Center

Registration required – Deadline 1/24

Thursday, February 22

Duke's Bar and Grille

11:00 am bus depart from back of Glatfelter Center

Shopping at Capital City Mall to follow

Registration required – Deadline 2/8

Wednesday, March 6

Annie Bailey's

5:00 pm bus depart from back of Glatfelter Center

Registration required – Deadline 2/21

Monday, March 11

The Garryowen Irish Pub

11:00 am bus depart from back of Glatfelter Center

Registration required – Deadline 2/26

DESTINATION DINNERS

Destination Dinners are dinners which correlate with the country we "traveled" to during our armchair travel segment that month. The dinners will be hosted by Jeff and the kitchen team and the cost for the dinner varies.

January 25 – Greece

February 29 – Croatia

March 28 – Norway

4:00 pm in Rachel and Reuben's

BRUNCH BUNCH

Last Sunday of the month

12:00 pm

Community Room B

Cost: \$15

POT LUCK DINNER

Bring your favorite recipe to share or a new one you have been wanting to try. Be sure to bring a covered dish and beverage of choice for the event. Sign up in the sign up binder with what you are bringing!

January 29, February 26, March 25

5:00 pm

Glatfelter Community Room B

Buffets & Celebrations

Birthday Celebration

If your birthday is in January, February or March, we celebrate you! All residents welcome.

Tuesday, March 26 • 12:00 pm

Community Room B

Cost: \$9 for guests; free for birthdays this quarter

Valentines Day Buffet

Seared Shrimp with Caviar Buerre Blanc, Herb and garlic roasted tenderloin with red wine demi, chive whipped potatoes, green and white asparagus with carrot ribbons, cheese cake with fruit topping

Wednesday February 14

Community Room 12:00 - 1:00

Cost: \$ 20.00

Easter Brunch

Fresh spring salad, fresh baked rolls, glazed ham, chicken piccata, flounder with citrus herb butter, honey balsamic brussel sprouts, dill baby carrots, herb roasted red skin potatoes, candied yams, asst. desserts

Sunday March 31

Community Room 11:00 - 1:00

Cost: \$ 15.00

St. Patrick's Day Lunch

Tossed Salad with soda bread, corned beef and cabbage, bangers and mash, beer braised Irish lamb stew, roasted root vegetables, balsamic glazed brussel sprouts. asst desserts

Friday March 15

Community Room

Cost: \$ 17.00

“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 in Rachel & Reuben's at lunch, unless indicated otherwise. Cost varies by item.

National Milk Day - 1/11

Tres Leche for dessert

National Blueberry Day - 1/28

Fresh blueberry pancakes

National Peanut Butter Day - 1/24

Triple decker P B & J sandwich

National Tater Tot Day - 2/2

Tater tots plain or loaded

National Fettuccini Alfredo Day - 2/7

Fettuccini Alfredo served your way

National Pizza Day - 2/19

Fresh Dough pizza with your favorite toppings (curbside at dinner)

National Noodle Month – March

Weekly noodle bowl special

National Chicken Noodle Soup Day - 3/12 - 3/16

Chicken noodle soup

National Ravioli Day - 3/20

Homemade seafood ravioli

National Waffle Day - 3/25

Dutch style Chicken and Waffles (curbside at dinner)

Movies

LIGHTS, CAMERA, ACTION

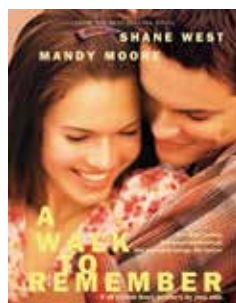
Glatfelter Community Center

Community Room A

2:00 pm

Friday, February 16 ***A Walk to Remember***

Set in North Carolina, “A Walk To Remember” follows the rite of passage of a jaded, aimless high school senior (Shane West) who falls in love with a guileless young woman (Mandy Moore) he and his friends once scorned. The two develop a powerful and inspirational relationship in which they discover truths that take most people a lifetime to learn.



Monday, March 18 ***I Can Only Imagine***

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song “I Can Only Imagine” as singer of the Christian band MercyMe.

Theatre & Musical Performances

Sandy Heisey

Sandy is a singer and a pianist, coming back to the Glatfelter Center for a live performance. Sandy plays and sings a variety of different types of music.

Tuesday, January 16

2:00 pm

Community Room A

York Symphony Orchestra: ***Mozart's A Little Night Music***

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

Saturday, January 20

6:30 pm

Departure from Back of Glatfelter Center

Cost: \$11



Virtual Showings of York Symphony Orchestra

Don't feel that you missed out if you didn't go to the York Symphony. We will have a virtual showing in order to experience the beautiful music from the Glatfelter Center.

January 22, February 12, March 11
Time varies, please see calendar for more details
Community Room A

Andrea Adams: The Hunched Over Woman

Andrea Adams is returning to Sprenkle Drive for another wonderful biblical reenactment. Andrea will play the hunched over woman from the bible and the story of Jesus' healings.

Tuesday, February 6
2:00pm
Community Room A

York Symphony Orchestra: Mahler's 4th Symphony: Heavenly Voice

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

Saturday, February 10
6:30 pm
Departure from Back of Glatfelter Center
Cost: \$11

Christian Community School Concert

The Christian Community School of York is coming with lots of students! Because there are so many students, they will be dividing among the Sprenkle campus and treating every level of living with a concert!

Saturday, February 17
2:00 pm
Community Room A

Two of a Kind

Husband and wife team of Tony and Karen Heat has been entertaining people of all ages in south central Pennsylvania for over 30 years. Tony and Karen, both of whom are legally blind, are singers and keyboard players. Their repertoire includes oldies, pop, country and contemporary Christian music.

Tuesday, February 20
2:00 pm
Community Room A



Folk and Irish Music

Jay Smar will be performing a mix of folk and Irish music. In addition, Jay is a clog dancer while simultaneously educating on coal mining. This is sure to be an informative and entertaining performance.

Thursday, March 7
2:00 pm
Community Room A



York Symphony Orchestra: Video Games!

"The award-winning Video Games features cherished video games in an immersive concert. Incredible synchronized video along with live orchestra will amaze gamers of all ages. This multimedia concert brings to life video games like Halo, World of Warcraft, Sonic, and so many more."

Saturday, March 9
6:30 pm
Depart from Back of Glatfelter Center
Cost: \$11



COMMUNITY

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

CommUNITY Spirit

Easter Egg Hunt

At our annual Easter Egg Hunt, residents are invited to bring their grandchildren and great-grandchildren to join the employees' children in hunting candy filled Easter eggs outside of the Skilled Care Center.

Saturday, March 23

10:00 am

Skilled Care Lawn

Deadline to register: March 15

SEASONS OF SERVICE

Dog Treat Making

Are you an animal lover? Show your love by making the local SPCA dogs some scrumptious treats.

Friday, February 16

1:00 pm

Community Room B



Food Drive

The Life Enrichment team is collaborating with the Yorktowne Branch Lions Club to collect donations for a local food bank. Donations will be collected in the Community Room B during the month of March.

volunteer

COMMUNITY COMMITTEES

These advisory committees offer an opportunity to collaborate, plan, and advise at The Village at Sprenkle Drive. For more information, contact the Independent Living Council or the Community Life Enrichment Director.

- Independent Living Council -
2nd Thursday of every month
- Life Enrichment Committee -
1st Wednesday of every month
- Sunshine and Welcome Committee -
1st Monday of every month
- Dining Services Committee -
1st Thursday of every month
- Wellness Committee -
1st Tuesday of every month

Volunteer Opportunities

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

SERVICE GROUPS

Village Gardeners

The Village Gardeners are a group of volunteers who tend and cultivate the garden located south of the Glatfelter Community Center. Seasonal produce from the garden and off-season sales, such as Raspberry Jelly and Jam are available for purchase at the Garden Market.



Gardeners are always in demand – have interest in supporting the garden? Contact Life Enrichment Director for more information.

Branch Lions Club

The Branch Lions Club, led by Shirley Starner is a group of individuals who work together to help in the community. The club is typically held on the second Tuesday of every month and anyone is welcome to join!

SpiriTrust Lutheran Auxiliary

This is a volunteer organization that serves residents in the Villages of Kelly and Sprenkle Drive. They meet the 1st Wednesday of the month at 9:00 am at Kelly Village meeting room. The auxiliary raises thousands of dollars each year through these memberships and different fund-raising projects. Money is then given to Kelly and Sprenkle Villages to support different projects usually related to residents' activities and worship support. All are welcome!

Volunteer Opportunities

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



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.

 **SpiriTrust Lutheran®**
The Village at Sprenkle Drive

1802 Folkemer Circle • York, PA 17404 • www.SpiriTrustLutheran.org

