

The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship (FR)	9:30am Chair Yoga (Z and WS)	8:15 Cardio Mix (Z and WS) 9:30am Mat Stretch (Z and WS) 10:30am Chair Fitness (CC)	9:30am Fit Medley (Z and WS)	9:30am Strength (Z and WS) 1:00pm Every other week Fun With Balance (WS)	9:30am Fit Medley (Z and WS)	

Additional programs & events scheduled for the month of February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program offerings are subject to change.		For more details on any of the programs, please refer to your Inspirations catalog.		Key: RR- Registration Required \$\$- Cost OC – Off Campus FR – Fellowship Room WG – Wellness Gym T- Tent WL – Wellness Lounge TR – Tranquility Room CC- Cannon’s Corner WS – Wellness Suite BL- Braeburn Lounge Note: Time listed in Inspirations is departure time		1
10:00am Worship (FR) 2	3 8:00am National Eat Ice Cream for Breakfast Day (WL– RR) 1:30 Wellness Talk (CC)	4 1:15pm PT Talk (CC) 2:00pm Passport to Wellness (WL,RR)	5 9:30am Area Shopping 2:00pm Meditation (WL) 3:30pm Rosary (AS)	6 9:30am Weis Market	7 2:00pm Bingo (CC)	8 3:15pm Music Gettysburg Bardin– Niskala Duo (RR)
10:00am Worship (FR) 9	10 10:30am Coffee and Bible Study With the Chaplain (CC)	11 2:00pm Passport to Wellness (WL)	12 1:00pm Brain Games (WL) 2:00pm Chemistry of Cooking (WL) 3:30pm Rosary (AS)	13 9:30am Weis Market 3:00pm Carriage House (RR) 3:00pm Better Music Listening (WL)	14 1:00pm Valentines Day Happy Hour (FR-RR) 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	15
10:00am Worship (FR) 16	17 1:30pm Senior Acts (FR)	18 2:00pm Passport to Wellness (WL)	19 9:30am Area Shopping 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	20 9:30am Weis Market 10:00am Catholic Mass (FR) 2:00pm Auxiliary Mtg.(WL)	21 11:30am Pepper Mill (RR) 2:00pm Bingo (CC)	22
10:00am Worship (FR) 23	24 10:00-11:00am Blood Pressure Clinic (Amy’s Office) 1:30pm Book Club (LIB) 3:00pm Gettysburg Grief Group (WL)	25 2:00pm Passport to Wellness (WL)	26 11:00am Special Town Hall (FR) 3:00pm Outback Westminster (RR) 3:30pm Rosary (AS)	27 9:30am Weis Market 3:00pm Better Music Listening (WL)	28 2:00pm Life Long Learning (WL) 2:00pm Bingo (CC)	



Important Dates and Sign-up Deadlines To Remember

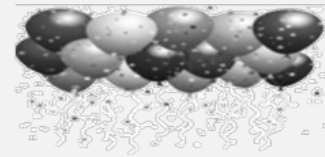
<u>EVENT</u>	<u>SIGN-UP BY</u>
Feb. 3— Eat ice Cream For Breakfast Day	January 31
Feb. 4—_Passport to Wellness	January 31
Feb. 14—Valentine’s Day Happy Hour	February 11

Outings, Programs and Meetings to Look Forward To:

- Bible Study and Coffee with Pastor Amy**
- Chemistry of Cooking with Food Management Services**
- The Carriage House, Peppermill and Outback**
- Valentine’s Dinner in Cannons with Food Management Corp.**



February 2025



February Birthdays

February 19
Scotty Watt
Cottage 4

February brings Groundhog Day, Valentine’s Day and President’s Day but it also brings one of my favorite holidays, National Eat Ice Cream for Breakfast Day. We will fill you in on whether the Groundhog saw his shadow and maybe talk a little about your favorite president, but what I really want to know is, “ What is your favorite flavor of ice cream to eat for breakfast?” Since it is breakfast some may go toward coffee, strawberry or peanut butter—they make sense. If you could design an ice cream flavor of your own for breakfast, what would it be? Think of an answer and you will be asked on February 3 what your breakfast concoction would be.

What else does February bring around here, besides cold, snow and ice? Passport to Wellness! Plan your Tuesday afternoons for 6 weeks around this fun program that Nikki and I have been creating for 9 years. Bring your knowledge, share in some fun facts, try some new or new-to-you foods and pick up your feet a little more over the winter months as we embark on a new journey this year. Don’t ask where because we are not telling. Sign up so that we have an idea how many to book passage for (ok, how many chairs and snacks will we need?) We’ll see you in the Wellness Lounge on February 4.

Look for the comeback of a “Tasty Tips” type of program in Chemistry of Cooking on the 12th and attend the special Town Hall meeting with the SpiriTrust and LSMJ executives on the 26th for a yearly update.

Stay warm!