

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 Fun With Balance (WS)	9:30am Fit Medley (Z and WS)	

Additional programs & events scheduled for the month of July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30am Wegman's (RR)	1:30pm PT Talk (CC)	9:30am Area Shopping 2:00pm Guided Meditation (WL) 3:30pm Rosary (AS)	No Fitness Classes Today 4th of July	9:30am Weis Market 2:00pm Bingo (CC)	
10:00am Worship (FR) 7	8	9	10	11	12	13
	10:30am Coffee with Chaplain (CC) 11:30am So Good (CC)	1:30pm Town Meeting (FR)	8:15am Village Breakfast (CC) 1:30pm Interview with a Neighbor (WL) 3:30pm Rosary (AS)	9:30am Weis Market	2:00pm Bingo (CC)	10:00am Scoop a Palooza (RR-\$)
10:00am Worship (FR) 14	15	16	17	18	19	20
	10:30am Wellness Talk (CC) 1:30pm Senior Acts (FR) 6:30pm Apple Core Band (FR)	11:30am Cook-Out (RR,\$,T) 1:30pm Rhythm and Motion (WS) note time change	9:30am Area Shopping 2:00pm Guided Meditation (WL) 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 10:00am Catholic Mass (FR)	8:00am Men's Breakfast Federal Point (RR-\$) 2:00pm Bingo (CC)	9:00am 19th Century Baseball Game (RR)
10:00am Worship (FR) 21	22	23	24	25	26	27
	11:30am So Good (CC) 1:30pm Be Well (WL) 3:00pm Grief Group (WL)	11:30am The Farm House Restaurant (RR-\$)	1:00pm Brain Games (WL) 3:30pm Rosary (AS)	9:30am Weis Market 1:30pm Making Homemade Jam (RR-WL)	1:00pm Ice Cream Social (RR-T) 2:00pm Bingo (CC)	
10:00am Worship (FR) 28	29	30	31	For more details on any of the programs, please refer Inspirations Program offerings are subject to change.		
	9:30am Kohl's & Eisenhower Diner (RR-\$) 1:30pm Book Club (LIB)	1:30pm RL Council Meeting (CR) 4:30pm Senators Baseball Game (RR-\$)	9:30am Area Shopping 3:30pm Rosary (AS)	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		



Special events from Dining Services in July

4th of July

Celebrate America's Birthday with a burger or hot dog, potato salad, roasted garden vegetables and a slice of watermelon.

Thursday, July 4- Cannon's Café. 11:30am. \$10.00.

Prime Rib Night

Enjoy a prime rib carving station served with salad, garlic mashed potatoes, broccoli, carrots and triple chocolate cake. There will be one seating for this special meal with reservation and payment at the receptionist required.

Monday, July 8- Cannon's Café. 4:30pm. \$18.00. Sign up at the receptionist.

National Picnic Month

Celebrate National Picnic Month with a BBQ chicken special.

Tuesday, July 23—Cannon's Café during lunch. \$4.00

National Cheesecake Day

Enjoy a slice of cheesecake with a drizzle of your favorite topping.

Tuesday, July 30—Cannon's Café during lunch. \$3.00

COOKOUT AND CORNHOLE

And if that isn't enough picnic fare for you Life Enrichment will be hosting Cookout and Cornhole on Tuesday, July 16 at 11:30am under the tent. We will be serving hamburgers, hot dogs, pasta salad, baked beans, fruit and cookies.

Sign up at the receptionist is preferred by Friday, July 12. Cost is \$7.00 if pre-registered or \$8.00 the day of the event.

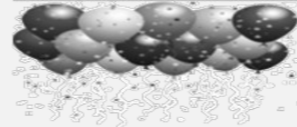


 **Spiritrust Lutheran**
The Village at Gettysburg



Gettysburg Gazette

July Birthday



Mary Horner
Cottage 146
July 4

Dan Kessel
Cottage 168
July 7

Robert Gough
Apartment 402
July 11

Joe Moylan
Cottage 180
July 11

Kathy Kluge
Cottage 115
July 13

Betty Johnston
Apartment 407
July 21

Bob Hayes
Cottage 176
July 26

Helene Adrian
Cottage 103
July 28

Homer Wood
Apartment 411
July 28

July 2024

As July beckons the word on my mind is "sizzling".....

First and foremost we want you to be safe so sometimes even when the summer weather beckons you outside it's nice to have something cool planned for the hottest parts of the day. Besides taking in a class or two or working out in the climate controlled gym, you may want to check out some of the cool activities that are planned for July. Did you say ice cream? I scream for ice cream and you can too! Scoop-a-pa-looza and an ice cream social are on the calendar. There is a lunch trip to the Farmhouse Restaurant. I'm pretty sure you should be able to get some ice cream there also. We have added a men's breakfast at the Federal Point Grille for you guys who would like to catch up over your morning meal. There are also two opportunities to see some live baseball. You can throw it back to the 19th century for some old-time games or see the Harrisburg Senators play under the lights. What says summer more than baseball and a hot dog in the stands?

Amidst all the summer hoop-la, take some time to just relax. Isn't that what summer is for?

Happy July!

Warm summer sun,
Shine kindly here,
Warm southern wind,
Blow softly here.
Green sod above,
Lie light, lie light.
Good night, dear heart,
Good night, good night.

Mark Twain