

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 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program offerings are subject to change. For more details on any of the programs, please refer to your Inspirations catalog.</p> <p>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</p> <p><i>Note: Time listed in Inspirations is departure time</i></p>						
10:00am Worship (FR) 2	10:30am Physical Therapy Talk (CC) 3	8:30am Fastnachts & Coffee (CC) 4 1:00pm Dixie Mix Band (FR) 2:00pm Passport to Wellness (WL)	9:30am Area Shopping 5 10:00am Ash Wednesday Service (FR) 3:30pm Rosary (AS)	9:30am Weis Market 6 1:30pm Puzzle Contest (WL– RR)	11:00am Black & Blue (RR) 7 2:00pm Bingo (CC)	8
10:00am Worship (FR) 9	10:30am Coffee with Chaplain (CC) 10 1:30pm Meditation (WL)	2:00pm Passport to Wellness (WL) 11	1:00pm Brain Games (WL) 12 1:15pm Chocolate World & The Mill (RR) 3:30pm Rosary (AS)	9:30am Weis Market 13 3:00pm Better Music Listening (WL)	1:00pm Pie Day Happy Hour (FR) 14 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	15
10:00am Worship (FR) 16	1:30pm Senior Acts (FR) 17	11:30am Outlets Shopping & Lunch at the Food Court (RR) 18	9:30am Area Shopping 19 2:00pm Chemistry of Cooking (WL) 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 20 10:00am Catholic Mass (FR)	2:00pm Bingo (CC) 21	22
10:00am Worship (FR) 23 3:15pm Music Gettysburg Harp and Organ (RR)	10:00-11:00am Blood Pressure Clinic (Amy Office) 24 10:30am Wellness Talk (CC) 1:30pm Book Club (LIB) 3:00pm Gettysburg Grief Group (WL)	11:00pm Fratellis (RR) 25 1:00pm Rhythm and Motion (WG)	1:30pm Interview with a Neighbor (WL) 26 3:30pm Rosary (AS)	9:30am Weis Market 27 1:30pm DIY Oils & Extracts (WL-RR) 3:00pm Better Music Listening (WL)	9:00am Men’s Breakfast at Gateway Diner (RR) 28 2:00pm Life Long Learning (WL) 2:00pm Bingo (CC)	29
10:00am Worship (FR) 30	31					



Sign-Up Deadlines to Keep in Mind

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|--|------------------------|
| March 6 Puzzle Contest | Sign up by February 27 |
| March 7 Trip to Black & Blue | Sign up by February 28 |
| March 12 Chocolate World
And Dinner at The Mill | Sign up by March 5 |
| March 14 Pi Day Happy Hour | Sign up by March 11 |
| March 23 Music Gettysburg | Sign up by March 20 |
| March 27 DIY Oils and Extracts | Sign up by March 20 |
| March 28 Men's Breakfast | Sign up by March 25 |

Also please note that we do have minimum sign-up requirements for some trips and activities. Generally trips in town (Gettysburg) require at least 4 residents and trips out of town (more than 15 miles) require at least 6 residents.

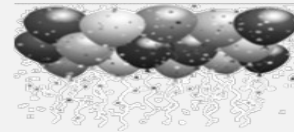
Please see Inspirations for descriptions of many of these activities. Others have been added or deleted since Inspirations was distributed.

 **SpiriTrust Lutheran**
The Village at Gettysburg



Gettysburg *Gazette*

March 2025



March Birthdays

Ann
Harnsberger-
Cot.132

Nancy Redman
Apt.307

Eleanor Ott
Cot.104

The Lion has been roaring already so maybe he will move on through and let the lamb arrive a little earlier in the month so we can be a more comfortable outside. We have plenty planned indoors all over the area to get us to that point so read on, pick something that will get you out of your cottages and apartments, and enjoy the rest of the winter with us.

Our Passport participants are keeping track of their exercise and learning something new every Tuesday. We will continue to meet until our March 18th celebration. Before We will celebrate "Fat Tuesday" with fasnachts in the morning and Dixieland music in the afternoon. Pastor Amy will then be holding Ash Wednesday services to begin the solemnity of Lent.

Are you good at puzzles and want to see how you hold up against other residents? Sign up for the puzzle contest. You will work in teams to see who can finish the puzzle first. We have some great trips our for breakfast, lunch or dinner and a chance to up your wellness knowledge with therapy and wellness talks. You asked for a trip to the outlets and a men's breakfast, so they appear in the middle and the end of the month. And, for those who like to create and cook, we will be making DIY oils and extracts.

Don't forget Pi (Pie) Day 3.14. What is your favorite? Maybe we can include it on our menu. Would you like to make a pie for a contest that day? We will have a sign-up for that also. Throw your (chef's) hat in the ring and let's see who comes out on top!

Let's kick this cold weather out of here and get to those April showers (really, did I just ask for rain?!)

Happy March!