

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 November							
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		9:30am Men’s Breakfast Hunterstown Diner (RR) 2:00pm Bingo (CC)	2:30pm Nutcracker at the Luhr’s Center (RR)
10:00am Worship (FR) 3	9:30am Stauffers & Cheddars (RR) 4 10:30am Wellness Talk (CC) 1:30pm Tasty Tips(WL)	10:00am Bus to voting at the polls (RR) 5	1:00pm Brain Games (WL) 6 3:30pm Rosary (AS)	9:30am Weis Market 7 2:00pm Village Voices (FR) 3:00pm Better Music Listening (WL)	2:00pm Bingo (CC) 8 2:00pm Life Long Learning (WL)	2:30pm Nutcracker at the Luhr’s Center (RR) 9	
10:00am Worship (FR) 10 3:15pm Music Gettysburg “Tempesta di Mare” (RR)	10:30am Coffee with Chaplain (CC) 11 11:30 So Good (CC) 2:00pm Veteran’s Day Dessert Social (RR-FR)	1:00 Rhythm and Motion 12 6:45pm Gettysburg Community Concert (RR)	9:30am Area Shopping 13 2:00pm Guided Meditation (WL) 3:30pm Rosary (AS)	9:30am Weis Market 14 2:00pm Village Voices (FR) 5:00pm Steak Dinner Dining (RR)	2:00pm Bingo (CC) 15 3:30pm Altland House (RR)		
10:00am Worship (FR) 17 3:15pm Music Gettysburg “Sunderman Goes Russian” (RR)	1:30pm Senior Acts (FR) 18	10:30am Shippensburg Casino (RR) 19	2:00pm Mexican Train Dominoes (CC) 20 3:30pm Rosary (AS)	9:30am Weis Market 21 10:00am Catholic Mass (FR) 2:00pm Village Voices (FR) 3:00pm Better Music Listening (WL)	2:00pm Bingo (CC) 22	8:30am Annual Turkey Trot 23	
10:00am Worship (FR) 24	9:30am Area Shopping 25 11:30am So Good (CC) 1:30pm Book Club (LIB) 3:00pm Gettysburg Grief Group (WL)	9:30am Weis Market 26	10:00am Thanksgiving Worship (FR) 27 11:30am Friendsgiving (RR-WL) 3:30pm Rosary (AS)	28 Thanksgiving	2:00pm Bingo (CC) 29	30	



“Sign-up by” dates in November

Please observe the sign-up dates for the following activities in November:

<u>Activity Date and Name</u>	<u>Sign-Up By Date</u>
11/4 Stauffers of Kissel Hill and Cheddars	Friday, Nov. 1st
11/11 Veteran’s Day Social	Friday Nov. 8th
11/15 Altland House	Wednesday, Nov. 13th
11/19 Shippensburg Casino	Friday, Nov. 15th
11/27 Friendsgiving	Friday, Nov. 22nd



Need a ride to vote? We have a bus scheduled to leave our campus at 10:00am on Election Day. Please sign up as soon as possible so that we know what size bus to take.

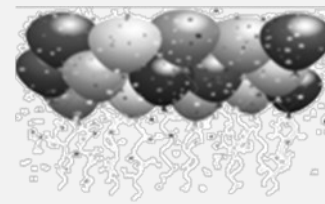
Turkey Trot 2024

We will be trotting on Saturday, November 26 right here on the Fitness Trail. Lace up your shoes, grab some canned goods and join us in supporting South Central Community Action Programs (SCCAP). More details can be found in Inspirations.



November 2024

November Birthdays



Gareth “Le ty” Biser
(Cot.118)

Elizabeth Jones
(Cot.178)

Darlene Hayes
(Cot. 176)

Richard Boyer
(Cot.182)

Carol Widerman
(Cot. 168)

November! A month of thanks. A month of remembrance. A month preceding the Christmas season (or did that start after the 4th of July?!)

In our meditation group we often meditate on the theme of “gratitude”. November is one month that gratitude takes center stage. Gratitude is something that we could all use a little more of in our lives. If you are a reader of self-help literature or a fan of motivational speakers you’ll find that the number one practice that is recommended for depression, addiction, anger and negative thoughts, is gratitude.

We should be grateful as a community that we have roofs over our heads and food to put on our tables. We should be grateful for the veterans, for our neighbors, for the team that works in service for you here on campus. We all comprise one big supportive community with everyone playing their part.

What are you grateful for this Thanksgiving season?