

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 October

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. Note: Time listed in Inspirations is departure time	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	1 11:00am Cameo Diner (RR)	2 8:15am So Good-Village Breakfast 9:30am Area Shopping 2:00pm Guided Meditation (WL)	3 9:30am Weis Market 2:00pm Village Voices Rehearsal (FR– RR) 3:00pm Better Music Listening (WL—RR)	4 8:30am—10:45am Waffle Breakfast for Alzheimer’s (CC) 2:00pm Bingo (CC)	5 8:45am Alzheimer’s Walk (RR)
10:00am Worship (FR) 6 3:15pm Music Gettysburg Peter Sirotin (RR)	7 9:30am Trader Joes (RR) 10:30am Wellness Talk (CC)	8 1:30pm Town Meeting (FR) 6:45pm Gettysburg Community Concert “Barclay Brass” (RR)	9 1:00pm Brain Games (WL) 3:30pm Rosary (AS)	10 9:30am Weis Market 2:00pm Village Voices (FR) 5:00pm Prime Rib Dinner - Dining (CC-RR)	11 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	12
10:00am Worship (FR) 13	14 10:30am Coffee with Chaplain (CC) 1:30pm Be Well (WL)	15 1:00pm Rhythm and Motion (WS)	16 9:30am Area Shopping 2:00pm Mexican Train Dominoes (CC) 3:00pm C& D Grill (RR) 3:30pm Rosary (AS)	17 9:30am Weis Market 10:00am Catholic Mass (FR) 2:00pm Village Voices (FR) 3:00pm Better Music Listening (WL—RR)	18 9:00am –12pm Wellness Fair (FR) 2:00pm Bingo (CC)	19 11:00am Furnace Fest Pine Grove (RR)
10:00am Worship (FR) 20 3:15pm Music Gettysburg Seipp and Kasparian (RR)	21 1:30pm Senior Acts	22 11:00am Vinnie’s (RR)	23 9:00am–12:00pm Beltone’s Clinic 3:30pm Rosary (AS)	24 9:30am Weis Market 1:30pm Happy Hour (FR-RR)	25 2:00pm Bingo (CC) 2:00pm Life Long Learning (WL)	26
10:00am Worship (FR) 27	28 11:30am So Good 1:30pm Book Club (LIB) 3:00pm Gettysburg Grief Group (WL)	29 1:30pm RL Council Meeting (CR)	30 9:30am Area Shopping 1:30pm Interview with a Neighbor (WL) 3:30pm Rosary (AS)	31 9:30am Weis Market 2:00pm Village Voices (FR)		



“Sign-up by” dates in September

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

<u>Activity Date and Name</u>	<u>Sign-Up By Date</u>
Oct. 1 Cameo Diner	Wednesday, September 25 or full
Oct. 3 Better Music Listening	Thursday, October 3
Oct. 5 Alzheimer’s Walk	Friday, October 4
Oct. 7 Trader Joes	Friday, October 4
Oct. 16 C & D	Wednesday, October 9 or full
Oct. 19 Furnace Fest	Thursday, October 17
Oct. 22 Vinnies	Tuesday, October 15
Oct. 24 Happy Hour	Tuesday, October 22

**2024 Walk to End Alzheimer's - Adams/Franklin County, PA
Saturday, October 5, 2024**

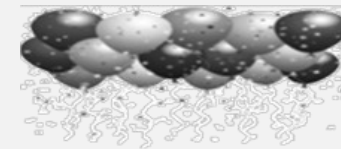


Walk with us at Norlo Park in Chambersburg. Sign up in the book or contact Jess for registration and donation.

You may also support the cause by making a donation at the Waffle Breakfast on Friday, October 4 in the Wellness Lounge 8:30am—10:45am

October 2024

October Birthdays



Bill Conover
(Cot. 124)

Frederick Haines
(Cot.166)

Catherine Johnson
(Cot. 154)

Eugene Pecher
(Apt.306)

Nancy Crawford
(Cot. 136)

Is anyone familiar with the term PSL? It’s a flavor that you can find for numerous products in the grocery store...coffee, cookies, ice cream, beer, and cereal. If you are familiar, it’s your season! Pumpkin Spice Latte season. Also known as Autumn. Many people rush through the end of summer to put on their flannels and boots and sip on a warm pumpkin spiced beverage. Around here, we plan a few Fall outings like a trip to Furnace Fest at Pine Grove Furnace or up to Norlo Park to walk in the annual Alzheimer’s Association walk. We love to see you get outside but there are lots of fun things to do inside this October. We have music: 3 off-campus concerts with bus transportation, the start of the season for the Village Voices and a great new class/workshop with Norman Nunnamaker on how to become a better music listener. We have dining at Cameo, Vinnies, C & D and a Prime Rib Dinner offered by our dining department in Cannons Corner. Oh, and a World Series Happy Hour. Can’t forget that one. You’re bound to find something pumpkin spiced along the way.