

New Yoga Class on Thursdays at 3:00pm Starting in October:

Let's Welcome Carol Bowman to Kelly Drive!

My name is Carol Bowman and with my husband Steve, dog Bruiser (but he's only 15 lbs of spunk) and cat, Emmy live in a cottage at Sprenkle Drive. I am a retired ECLA Lutheran Pastor. In retirement I found I was looking for a new challenge and since I enjoyed participating in yoga classes because of the added flexibility, strength and increased balance that happened because of regular practice, I decided to take a 200 hour Yoga Teacher Training. After a 5 month intensive course, I have been granted a 200 RYT certification. As some folks at Sprenkle Drive learned I was taking this course they began asking if I might teach a chair yoga class. Well, one thing led to another and I am now offering a weekly chair yoga class at Sprenkle Drive and after speaking with Lauren, I am now excited to also offer a weekly chair yoga class at Kelly Drive. I look forward to meeting you as we encourage each other to stay as fit as possible in this season of our lives.

Blessings to you until I meet you on Thursday, October 2 at 3:00pm!

Fall Preventative Maintenance

B&G will be starting fall preventative maintenance in the beginning of October. Residents will receive a phone call to schedule.

Beltone at Kelly Drive on Thursday, October 3

Beltone Hearing Aid Center of York will be at Kelly Drive on Thursday, October 3 from 9:00am-11:00am in the Fellowship Room for 1:1 appointments. Beltone is able to deep clean your hearing aid and answer questions about assistive hearing devices. Please sign-up for an appointment at the front desk.

Flu & COVID Vaccine Walk-In Clinic on Friday, October 18

Kelly Drive will be holding a flu shot and covid shot clinic on Friday, October 18 in the wellness suite. This walk-in clinic will be held 12:00pm – 3:00pm. Residents interested in getting the vaccine must fill out a form and hand it in to Linda Leroux, or fill out the form online at

https://health-vax.formstack.com/workflows/vaccineconsent_copy prior to this date.

Please see Linda for a form; she is also available to help residents fill out the form if needed.

Monday ZOOM Chair Yoga with Jess Cancelled

Monday, September 30 will be the last ZOOM chair yoga with Jess class that is shown as a group exercise class here at Kelly Drive, due to a lack of attendance in the class. For those interested in continuing to participate in this class from home, please see Lauren for the ZOOM information.

 **Spiritrust Lutheran**
The Village at Kelly Drive



Inspirations Companion

October 2024

October Birthdays:

Mae Lewis
Vicki Combs (Staff)
Gordon Ross
Johnathan Wright-Orange (Staff)
Winnie Fickes
Fran Keller
Isaac Kamara (Staff)
Gary Strayer
Cheyenne Danner (Staff)
Sandy Fair
Linda Rauhauser
Pam Geesey (Staff)
Bob Bentzel
Bob Reed
Ethel Brickhill
Annie Delp
Connie Reed
Barb Fetterman
Sheila Crew
Adelaide Ward
Emily Winemiller (Staff)
Gladys Ellwein

Hello!

Time flies when you are having fun, and we sure do have fun at Kelly Drive – and October is no exception!

October brings so many opportunities to enjoy fall favorites, as well as additional programs with youth – and quite a line-up of programs as we jump into October!

This month you can enjoy the opening of the York Symphony concert series, enjoy lifelong learning programs about Lincoln and the York Manufacturing Plan during WWII, check out the covered dish social, take a trip out to Whitecombs, a fall foliage Northern Central Train Ride and lunch out, a theater trip to DreamWrights to see “Newsies,” a visit to the new York History Museum, a tour of the Eisenhower House and grounds, plus shopping trips. Here at Kelly Drive there are game nights, a Wii bowling tournament game with the Youth Development Center, an intergenerational program with West York HS, and trick-or-treat at Kelly Drive by Devers elementary school students, a craft class, book club, and so much more. We hope to see you out and about.

The Kelly Drive community is truly what it is because of *YOU* – programs offered come directly from resident suggestions and interests. All are invited to attend the **Life Enrichment social committee meeting on Friday, October 11 at 11am in the Fellowship Room** to learn more about upcoming programs and share ideas for future programs and trips.

Be Well,

Lauren Eriksen
Life Enrichment Director
717-845-6606
Leriksen@spiritrustlutheran.org



The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00pm-FR: Worship Service 4:00pm-FR: Pinochle	4:00pm-FR: Wii Bowling	4:00pm-FR: Wii Bowling	3:30pm-FR: Easy Exercise	1:00pm-Sprenkle Drive Visits	10:00am-FR: Conversation Café 6:00pm-FR: Game Night	6:00pm-FR: Mexican Train Dominoes

Additional programs & events scheduled for the month of October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your Inspirations catalog.	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	1 10:00am-FL: Knit & Crochet 2:00pm-FR: Online Lecture: Learning from Lincoln 6:00pm-FR: Kelly Choir	2 2:00pm-FR: Faith Sharing with Chaplain Aaron: Boundaries 3:00pm-CR: Worship Committee 3:30pm-FR: Easy Exercise	3 9:00am-11:00am-FR: Beltone Hearing Aid Center of York 10:30am: Walmart (RR)(OC) 1:30-FR: Be Well: Lentil Mushroom Meatballs 3:00pm-FR: Chair Yoga with Carol	4 10:00am-CR: Conversation Cafe 11:00am-Whitecombs Farmers Market (RR)(OC) 2:30pm-FL: Bookworm Book Club: Book Share	5 2:00pm-FR: Bingo	
	6	7 No Wii Bowling 10:30am-Weis (RR)(OC) 2:00pm-FR: Residential Living Association Meeting 4:30pm-FR: Happy Hour & York Symphony: Star Wars & the Planets (RR)	8 9:30am-11:00am-FL: West York HS Student Group: Card Games, Pool & Board Games (RR) 1:00pm-Wellness Suite: Blood Pressure Clinic 3:00pm-FR: Spirit Movers Exercise	9 2:00pm-FR: Faith Sharing with Chaplain Aaron: Boundaries 3:15pm-Dine to Donate Auxiliary Fundraiser at Texas Roadhouse Resident Dinner Out (RR)(OC)(\$\$) 3:30pm-FR: Easy Exercise	10 9:45am-York History Center Museum (RR)(OC)(\$\$) 3:00pm-FR: Chair Yoga with Carol	11 10:00am-Errand Day (RR) 11:00am-FR: Social Committee 12:30pm-Carry-Out for a Cause (RR)(\$\$) 2:00pm-FL: UNO Flip 6:30pm-Dreamwrights Theater: Newsies (RR)(OC)(\$\$)	12 2:30pm-FR: Rock & Roll Entertainment with Quentin Jones
	13	14 9:30am-FR: Wii Bowling Tournament Game vs. YDC Youth (RR) 2:00pm-CR: Christmas Craft Fair Class: Hershey Kisses Santa and Snowman Jars (RR)	15 10:00am-FL: Knit & Crochet 10:30am-CR: Residential Living Assn. Board Meeting 1:00pm-Resident Hosted Lunch out at Stony Brook Family Restaurant with Resident Host Ethel Michael (RR)(OC)(\$\$) 6:00pm-FR: Kelly Choir	16 10:30am-12:00pm-FR: PARCR Quarterly Meeting 12:00pm-Sprenkle Drive Rachel & Reuben's Widow & Widower Lunch 2:00pm-FR: Faith Sharing with Chaplain Aaron: Boundaries 3:30pm-FR: Easy Exercise 6:00pm-FR: Bingo with Quickels	17 8:30am-FL: Pretzel Sale (RR)(\$\$) 1:00pm-CR: Grief Support Group 2:30pm- Northern Central Railroad Ride & Dinner Out at Mason Dixon Family Restaurant (RR)(OC)(\$\$) 2:00pm-CR: Dining Committee 3:00pm-FR: Chair Yoga with Carol	18 No Conversation Cafe 9:30am-FR: Resident Breakfast- Complimentary for October Birthdays (RR)(\$\$) 11:00am-3:00pm-Wellness Suite: Flu & COVID Shot Walk-In Clinic (RR) 2:30pm-FR: Classic Movie & Discussion with Rich Santel: Dodsworth 6:00pm-FL: Game Night	19 12:00pm-FR: Covered Dish (RR) 2:30pm-FL: Salon Recital with Gretchen Dekker
	20 1:30pm-FL: Knit & Crochet	21 11:00am-Boscov's (RR)(OC)	22 10:30am-Weis (RR)(OC) 1:00pm-4:00pm-FR: Medicare Open Enrollment 1:1 Appointments with PA Medi Counselors (RR) 2:00pm-FL: UNO Flip	23 9:30am-Gettysburg Eisenhower House & Grounds Tour & Lunch out at Appalachian Brewing Company (RR)(OC)(\$\$) 1:00pm-OnSite Dermatology (RR) 2:00pm-FR: Faith Sharing with Chaplain Aaron: Boundaries 3:30pm-FR: Easy Exercise	24 10:00am-1:00pm-FR: Wellness Fair 4:30pm-FR: Pizza Party (RR)	25 10:00am-CR: Conversation Cafe 2:30pm-FR: Life-Long Learning with Ken Weiler: WWII York Manufacturing Plan 6:00pm-FL: Game Night	26 2:30pm-FR: Wii Bowling with PC
	27 3:00pm-FR: Reformation Sunday Worship Service	28 2:00pm-FR: Ice Cream Social: Feature Flavor Chocolate Marshmallow (RR) 3:00pm-CR: Trunk-or-Treat Candy Stuffing Volunteer Project with Billets 6:00pm-FR: Halloween Bingo Hosted by the Scouts	29 9:30am-12:00pm:1:1 Tech appointments with Dante (RR) 1:00pm-FR: Wellness Talk: Grief 3:00pm-FR: Spirit Movers Exercise 6:00pm-FR: Kelly Choir	30 No Easy Exercise 2:00pm-CR: Faith Sharing with Chaplain Aaron: Boundaries 4:00pm-Devers Trunk or Treat (RR)(OC)	31 1:30pm-Devers Kindergarten Trick-or-Treat in Main Building	Key: RR- Registration Required \$\$- Cost OC – Off Campus CR – Conference Room CLS- Community Life Suite FL – Family Lounge FR – Fellowship Room PP – Patio by Pond WS - Wellness Suite	