

## SPECIAL EVENTS

**December 5<sup>th</sup> Boscov's (York, PA) 9:00 am** Finish up any last minute Christmas shopping!

**December 6<sup>th</sup> Vienna, Austria (Clubhouse) 2:00 pm** In this program, we'll nibble chocolate cake at an Old World café, and marvel at the indomitable Gothic cathedral at the heart of town. Then we'll tiptoe through the Hofburg Palace, be dazzled by the Habsburg crown jewels at the Imperial Treasury, sniff vinegar and Kraut at the Naschmarkt, and waltz to the three-four beat of Johann Strauss in Vienna's City Park. Also, enjoy a short video walking through the beautiful Christmas Markets throughout Vienna.

**December 7<sup>th</sup> Christmas Concert with Troy Winemiller (ZP Gathering Room) 1:00pm** Join us for a Christmas concert with Troy Winemiller, organist and music director at New Hope Fissel's U.C.C. Troy grew up and lives locally, but has performed at music venues around the country.

**December 9<sup>th</sup> Beating the Winter Blues (Clubhouse) 10:00 am** Join Sara Brooks for an insightful talk on beating the winter blues. Learn practical tips on the importance of overall health and well-being.

**December 9<sup>th</sup> Great Discussions "Why some people find exercise harder than others" (Clubhouse) 2:00 pm** Why do some people struggle more than others to keep off the pounds? Social psychologist Emily Balcetis shows research that addresses one of the many factors: our vision. In an informative talk, she shows how when it comes to fitness, some people quite literally see the world differently -- and offers a surprisingly simple solution to overcome these differences. Participants will view a TED Talk followed by an interactive question and answer session.

**December 11<sup>th</sup> The 2024 Christmas Show "Joy to the World" American Music Theatre (Lancaster, PA) 1:15 pm** "The ringing of church bells in a quaint town square sets the scene for *Joy to the World*. Evoking the revered holiday nostalgia of hometown America, our stage transforms into a small town winter carnival brimming with family, friends, and entertaining elves. Awe-inspiring music and dance, phenomenal voices, and light-hearted holiday humor are the ingredients for this holiday extravaganza! This year's all-new holiday show features your favorite seasonal and sacred Christmas songs – songs brought to life by marvelous vocal talent from across the country, accompanied by our masterful AMT Orchestra." Dinner after the show. **Cost: \$43.00**

**December 13<sup>th</sup> Breakfast with Santa (Clubhouse) 10:00 am** Celebrate the holiday season and enjoy the breakfast with Santa. The menu will feature assorted pasties, waffles, omelets, potatoes, cream chipped beef, and fruit. **Cost: \$9.00**

**December 16<sup>th</sup> Pizza & Movie "The Polar Express" (2004) (Clubhouse) 5:00 pm** "The Polar Express" is an animated holiday film directed by Robert Zemeckis. It follows a young boy who embarks on a magical train journey to the North Pole on Christmas Eve. Along the way, he encounters wondrous adventures and learns about friendship, bravery, and the true spirit of Christmas. (Rated PG-13) **Cost: \$5.00**

**December 17<sup>th</sup> Christmas Lights Drive (Shrewsbury, PA) 6:00 pm** Get into the holiday spirit with a drive through Shrewsbury to view the dazzling lights to create holiday cheer.

**December 19<sup>th</sup> White Elephant (Clubhouse) 3:00 pm** A White Elephant Gift Exchange is a popular Christmas event where people vie to walk away with the best present. It also goes by *Yankee Swap*, *Dirty Santa*, and a plethora of other names. Swap your gifts while enjoying an assortment of hors d'oeuvres and cocktails.

**December 20<sup>th</sup> Live Nativity 7:00 pm** Join us for a live nativity event led by the children of Turnpike Baptist Church, depicting the story of Jesus' birth. Experience the fun of a live nativity without the December cold!

SpirTrust Lutheran  
The Village at Shrewsbury



# Lifestyle Newsletter

December 2024

## From Beeton to Baker Street

Samuel Orchart Beeton, an English publisher from the 1800s, was best known for publishing his wife's book, *Mrs. Beeton's Book of Household Management*, a guide for keeping house in Victorian England. Beeton went on to launch a new magazine that came out only once a year, called *Beeton's Christmas Annual*. His 1887 issue contained three stories, including a story by a writer named Arthur Conan Doyle titled "A Study in Scarlet," featuring a detective named Sherlock Holmes and his friend and assistant, Dr. Watson.

Doyle had not originally intended to become a writer of mystery stories. He studied medicine at the University of Edinburgh in his native Scotland. One of his professors, Dr. Joseph Bell, inspired him greatly with his amazing powers of deduction. It is said that the character of Sherlock Holmes is based on Dr. Bell.

Doyle moved to London to practice medicine, but work was slow, and he wrote in his free time. When "A Study in Scarlet" was first published, it did not garner much attention. However, as Doyle introduced more adventures, the public clamored for more Sherlock Holmes stories. Eventually Doyle quit medicine to become a full-time writer.

"A Study in Scarlet" is marvelous in that it shows the first meeting between Sherlock Holmes and Dr. Watson and paints a full picture of Holmes' many eccentricities. It is also famous for being the first detective story to include a magnifying glass as a detective's tool. Only 11 complete copies of the 1887 *Beeton's Christmas Annual* are known to exist, and copies in excellent condition are collectors' items worth more than \$100,000. Doyle would go on to write more than 50 Sherlock Holmes stories, and his famous detective would forever influence the future of the crime and mystery genre.



Chris Krahe



Jack & Mary Jane Lloyd

Bob & Peggy Kirk



The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Communion Service (ZP)(GR)	3:00 Wii Bowling & Ping Pong (CH)	10:00 Move! (CH) 11:00 Blood Pressure Clinic (WS) 1:00 Pinochle (CH) 3:00 Exercise with Alec (CH)	9:00 Shopping @ Giant (OFF) 2:00 Cribbage (CH)	9:00 Saubel's / Bank Run (OFF) 10:00 Move! (CH) 1:00 Sing Along with Joan (ZP)	9:00 Bible Study (BJE) 3:00 Wii Bowling & Ping Pong (CH)	

## DECEMBER 2024

Additional programs & events scheduled for the month of December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:00 Board Game Day **(CH) 6:30 Genealogy Group (CH)	3 10:15 RLA Board Meeting (CH) 4:00 Dinner Out "Great American Saloon" **(OFF) <b>CD 11/29</b>	4 10:00 Flower & Garden Club "Christmas Mugs" **(CH) <b>CD 12/3</b> 1:00 Trivia with Friends (CH) <b>CD 12/3</b>	5 9:00 Boscov's **(OFF) <b>CD 12/2</b>	6 9:15 Walmart (OFF) 10:00 Painting 201 (CH) 2:00 Virtual Voyager "Vienna, Austria" **(CH) <b>CD 12/5</b>	7 1:00 Christmas Concert with Troy Winemiller **(ZP)(GR) <b>CD 12/5</b>
8	9 10:00 "Beating the Winter Blues" with Sara Brooks **(CH) <b>CD 12/6</b> 2:00 Great Discussions "Why some people find exercise harder than others" **(CH) <b>CD 12/6</b>	10	11 1:00 Service Project "Baked Treats for Staff" (CH)** <b>CD 12/10</b> 1:15 AMT Christmas Show "Joy to the World" **(OFF) <b>CD 12/6</b>	12 1:00 Library (OFF)	13 10:00 Breakfast with Santa **(CH)\$\$ <b>CD 12/9</b> 1:00 Community Christmas Singalong **(ZP)(GR)	14 10:00 Catholic Mass (GR)(ZP) 4:30 Community of Christ Carolers
15	16 12:00-3:00 National Cocoa Day (FREE) 11:00 Board Game Day **(CH) 5:00 Pizza & Movie "The Polar Express" **(CH)\$\$ <b>CD 12/13</b> 6:30 Genealogy Group (CH)	17 2:00 Social Life Committee (CH) 6:00 Christmas Lights Drive **(OFF) <b>CD 12/13</b>	18 10:00 Stitch Witchery (CH) 1:00 "Clara Barton: Red Cross Angel" **(ZP)(GR) <b>CD 12/16</b>	19 1:00 Technology Skills Sharing & Learning (CH) 3:00 Cocktails & More & "White Elephant" **(CH) <b>CD 12/16</b>	20 10:00 Painting 201 (CH) 7:00 Live Nativity with Turnpike Baptist Church **(ZP)(GR) <b>CD 12/18</b>	21
22	23 11:45 Lunch Out "Samurai Hibachi Sushi Japanese Steakhouse" **(OFF) <b>CD 12/20</b>	24	25 	26 1:00 Library (OFF) 2:00 Town Hall (CH)	27	28
29	30 10:00 Men at Ten **(CH) <b>CD 12/27</b> 1:30 Book Club (CH)	31 5:00 Birthday Dinner **(CH)\$\$ <b>CD 12/24</b>		Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	<b>KEY:</b> ** - Registration Required      \$\$ - Cost OFF - Off Campus                      CH - Clubhouse ZP - Zimmerman Place                WS - Wellness Suite CD - Closing Date                        BJE - Skilled Care CR - Conference Room                GR - Gathering Room	