

## SPECIAL EVENTS

**January 3<sup>rd</sup> Scenic Idaho (Clubhouse) 2:00 pm** In this program, we'll embark on an adventure through the scenic beauty and unique wonders of Idaho. Idaho is a colorful state, from the gorgeous oaks along the Salmon River to the distinctive blue football field of Boise State. We start in Idaho Falls, and travel west along the Rugged Snake River to Twin Falls and the amazing Shoshone Falls & Perrine Bridge, near where Evil Kanevil attempted his jump over the Canyon. We then travel to the State Capitol where the Boise River runs along the Boise State Campus. Journey with us as we explore vibrant and rugged Idaho.

**January 9<sup>th</sup> York Merchant Shopping (York, PA) 9:30 am** The York Merchant on Market is the next trend in shopping — city located, plenty of parking, and a room full of craftsmen, makers, and artists eager to provide you with an up-close shopping experience. Operated by craft people, this shopping experience allows the customer to stroll the hardwood floors of the one-time New York Wire Company building. The York Merchant opened in 2020, and offers 10,000 square feet of handmade items, artwork, and one-of-a-kind products from our team of makers and creatives. We have recently combined this maker's market with our vintage shop, The Wireworks Exchange and Flea, into one to create a new and improved shopping experience for our customers!

**January 13<sup>th</sup> "Home Health vs In-Home Support" with Sara Brooks (Clubhouse) 10:00 am** Distinguishing the difference between Home Health and In-Home Support can be confusing. We will take a deep dive into the difference between the two and answer any questions you have.

**January 13<sup>th</sup> Great Discussions "What Makes Us Human in the Age of AI? A Psychologist and a Technologist Answer" (Clubhouse) 2:00 pm** AI has the potential to impact the way humans interact with the world — and each other. Social psychologist Brian S. Lowery and AI technologist Kylan Gibbs dive into the ramifications of emerging technologies on people's mental health and social dynamics. Hear why Gibbs thinks, counterintuitively, the more we use AI, the less real it will feel — and how Lowery suggests we fulfill our intrinsic need for connection amid dizzying technological advances. (This conversation is part of "TED Intersections," a series featuring thought-provoking conversations between experts exploring ideas at the intersection of their experience.)

**January 20<sup>th</sup> Pizza & Movie "Casablanca" (1942) (Clubhouse) 5:00 pm** Join us for a classic. A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco. (Rated PG) **Cost: \$5.00**

**January 22<sup>nd</sup> Craft Corner: Winter Snow Globes (Clubhouse) 1:00 pm** Join us to try your hand at making your own homemade snow globe out of a mason jar, miniature brush trees, faux snow, and tiny animals.

**January 23<sup>rd</sup> "What is Therapy?" with Brianna Berger (Clubhouse) 1:00 pm** This discussion will serve as an introduction to physical, occupational, and speech therapy services and how they can help you maintain independence in your daily life.

**January 24<sup>th</sup> Biblical Tabernacle Experience (Lancaster, PA) 11:30 am** Join the Hebrew people on their journey with God by experiencing a full-scale reproduction of the tabernacle in the wilderness, as described in Hebrew scriptures. From the eastern gate of the courtyard to the Ark of the Covenant in the Holy of Holies, our 35-minute multimedia presentation immerses you in an ancient world. **Cost: \$10.00 at group rate**

**January 30<sup>th</sup> Franklin Street Social (Red Lion, PA) 4:00 pm** Franklin Street Social, brainchild of Jordan Ilyes and Chef Ethan Greer, is York County's first food hall and Red Lion's ultimate culinary hangout. Discover a mix of flavors, cool vibes, and surprises around every corner in the heart of The Franklin District. Picture this: a food hall in a historic factory, complete with 9 restaurants, a central bar, an adult sliding board, and an arcade. Your next social hotspot is now open.

 **SpiriTrust Lutheran**  
The Village at Shrewsbury



# Lifestyle

## Newsletter

January 2025

### Brain Bending Fun

January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.



Mike Lucas

Pam Kaifer




Bob and Melody  
Jenkins



**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) 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 (CH) 3:00 Wii Bowling & Ping Pong (CH)	

**Additional programs & events scheduled for the month of January**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	<b>KEY:</b> ** - Registration Required OFF - Off Campus ZP - Zimmerman Place CD - Closing Date GR - Gathering Room	\$\$ - Cost CH - Clubhouse WS - Wellness Suite CR - Conference Room	1 	2 4:00 Dinner Out to Woodfire Kitchen <b>** (OFF) CD 12/30</b>	3 9:15 Walmart (OFF) 10:00 Painting 201 (CH) 2:00 Virtual Voyager "Scenic Idaho" <b>** (CH)</b>	4
5	6 11:00 Board Game Day (CH) 6:30 Genealogy Group (CH)	7 10:15 RL Board Meeting (CH)	8 1:00 Service Project "Letters to PC Pen Pals" <b>** (CH)</b> 2:00 Trivia with Friends (CH)	9 9:30 Trip to York Merchant Shopping <b>** (OFF) CD 1/6</b> 1:00 Library (OFF)	10	11 10:00 Catholic Mass (GR)(ZP)
12	13 10:00 "Home Health vs In-Home Support" with Sara Brooks <b>** (CH) CD 1/10</b> 2:00 Great Discussions: "What Makes Us Human in the Age of AI?" <b>** (CH)</b>	14 11:00 Lunch Out to the Lyndon Diner <b>** (OFF) CD 1/10</b>	15 10:00 Stitch Witchery (CH) 2:00 Residential Living Association Meeting (CH)	16 1:00 Technology Skills Sharing & Learning (CH) 4:00 Cocktails & More <b>** (CH) CD 1/13</b>	17 10:00 Painting 201 (CH)	18
19	20 11:00 Board Game Day (CH) 5:00 Pizza & Movie "Casablanca" <b>** (CH) \$\$ CD 1/17</b> 6:30 Genealogy Group (CH)	21 2:00 Social Life Committee Meeting (CH)	22 1:00 Craft Corner: "Winter Snow Globes" <b>** (CH) CD 1/17</b>	23 10:30 Bingo <b>** (CH) CD 1/20</b> 1:00 "What is Therapy?" with Brianna Berger <b>** (CH) CD 1/22</b> 1:00 Library (OFF)	24 11:30 Trip to the Biblical Tabernacle Experience <b>** (OFF) CD 1/17</b>	25
26	27 10:00 Men at Ten <b>** (CH) CD 1/24</b> 1:30 Book Club (CH)	28	29	30 4:00 Dinner Out to Franklin Street Social <b>** (OFF) CD 1/27</b>	31	