

SPECIAL EVENTS

November 1st Virtual Voyager "Wonders of Egypt" (Clubhouse) 2:00 pm

Embark on an extraordinary journey through the wonders of Egypt. From the bustling streets of Cairo to the serene waters of the Red Sea, join us as we uncover the rich history, vibrant culture, and stunning landscapes that make Egypt a must-visit destination. Discover the iconic pyramids of Giza, the enchanting temples of Luxor, and the surreal landscapes of the White Desert. Immerse yourself in the vibrant markets of Cairo and the tranquil beauty of Aswan. Wander through the historic streets of Alexandria and experience the breathtaking coral reefs of the Red Sea.

November 7th National Aquarium (Baltimore, MD) 8:45 am Considered one of the world's best aquariums, the National Aquarium's mission is to inspire conservation of the world's aquatic treasures. The National Aquarium delivers meaningful experiences through its living collection of more than 20,000 animals from more than 800 species of fish, birds, amphibians, reptiles, marine mammals and sharks. Journey from the depths of the ocean to the canopy of the rainforest and beyond. Lunch at the Aquarium. **Cost: group price \$31.95, non-group price \$39.95**

November 9th YSO "Psycho: String Chamber" (York, PA) 6:15 pm Strings receive acclaim during this chamber concert. In time for spooky season, Bernard Herrmann's Psycho String Orchestra chills listeners with screeching violins. Versatile composer John Williams's Essay for Strings illustrates a mysterious symphonic texture. Jessie Montgomery's Shift, Change, Turn was inspired by the changing of the seasons in life and nature. Showing off the expertise of Principal Cellist Sara Male, Franz Joseph Haydn's Cello Concerto No. 2 in D Major travels through gentle, songlike movements to somber deviation. **Cost: \$11.00**

November 11th Great Discussions "Why having fun is the secret to a healthier life" (Clubhouse) 2:00 pm Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness, says science journalist Catherine Price. She proposes a new definition of fun -- what she calls "true fun" -- and shares easy, evidence-backed ways to weave playfulness, flow and connection into your everyday life. Participants will view a TED Talk followed by an interactive question and answer session.

November 12th National Happy Hour Day & Live Music by Silver 63 (Clubhouse) 4:00 pm Enjoy a cocktail and a treat while Silver 63 serenades residents with nostalgic hits from the 50's, 60's, and 70's, bringing classic tunes to life.

November Gettysburg Film, Cyclorama & Museum Experience (Gettysburg, PA) 8:30 am The Gettysburg experience features a powerful Civil War film, an immersive cyclorama painting depicting Pickett's Charge, and an insightful museum with artifacts and exhibits that explore the battle's history and impact. **Cost: \$19.75**

"Clara Barton: Red Cross Angel" (ZP Gathering Room) 1:00 pm A passionate and moving public speaker, Clara dramatically relates how she became the first woman to work for the Federal Government, its first female department head, and America's first woman ambassador. Enjoy Mary Ann Jung's recreation of history with a dynamic style like no other.

Pizza & Movie "Knives Out" (Clubhouse) 5:00 pm "Knives Out" is a mystery film directed by Rian Johnson. It centers on the investigation of a wealthy crime novelist's death, with each family member becoming a suspect. Private detective Benoit Blanc unravels secrets, lies, and twists in this modern whodunit, leading to an unexpected and clever resolution. Rated PG-13 **Cost: \$5.00**

November 19th Thanksgiving Pot Luck (Clubhouse) 5:00 pm Come together with friends from your SpiriTrust Lutheran® family to enjoy our annual Thanksgiving meal. The menu includes turkey, mashed potatoes and stuffing. Residents can sign up to bring sides, potluck style.

November 22nd Tanager Outlets (Lancaster, PA) 9:00 am Enjoy a day of shopping at the outlets. So many stores to choose from!

November 26th Choo Choo Barn (Strasburg, PA) 8:45 am Since 1961, people across the country and around the world have come to visit a truly unique attraction...the Choo Choo Barn, Traintown U.S.A.®! Our 1,700 square foot train layout features over 150 hand-built animated figures and vehicles and 22 operating trains...we guarantee the Choo Choo Barn is like nothing you've ever seen! **Cost: \$12.00**

November 30th YSO "Holiday Pops Spectacular"(York, PA) 12:45 pm The York Symphony and Chorus entertains concertgoers with Christmas classics and catchy songs and the memorable sing-along. **Cost: \$11.00**



Lifestyle

Newsletter

November 2024



Larry Hofmeister

April Lankford

Emmy Lee Steigelman

Lorraine Lucas

Lisa Sievers

Todd Bond

Kaye Deener

Charlie Lombardo

Rick Rice

Q: Why did the Pilgrims first celebrate Thanksgiving?

A: The feast they celebrated in 1621 in Plymouth was the result of a good harvest.

Q: Is turkey the real cause of feeling sleepy after a Thanksgiving Day meal?

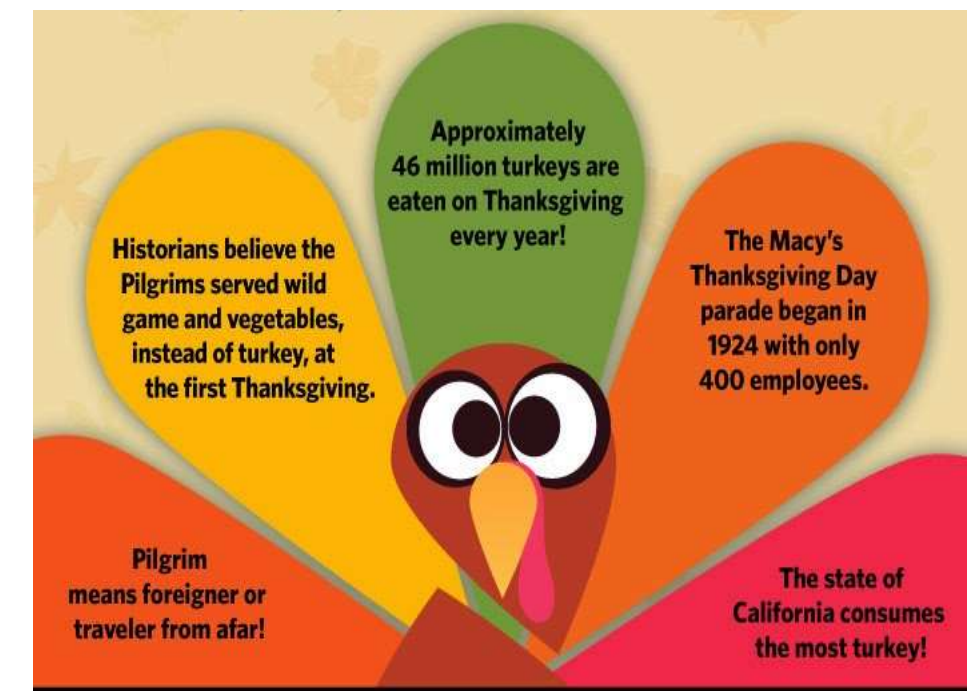
A: Turkey does contain Tryptophan which could make us feel sleepy; however, sleepiness is likely caused by the over-consumption of alcohol and food, especially desserts.

Q: Is Thanksgiving the biggest drinking night of the year?

A: Yes, more alcohol is consumed on Thanksgiving than any other holiday of the year. So be careful on the roadways if you're traveling Thursday evening.

Q: Did the pilgrims officially declare Thanksgiving as a public holiday?


A: No, Abraham Lincoln declared Thanksgiving a public holiday in 1863.



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)	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)	

Additional programs & events scheduled for the month of November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	KEY: ** - Registration Required OFF - Off Campus ZP - Zimmerman Place CD - Closing Date CR - Conference Room	\$\$ - Cost CH - Clubhouse WS - Wellness Suite BJE - Skilled Care GR - Gathering Room		1 9:15 Walmart (OFF) 10:00 Painting 201 (CH) 2:00 Virtual Voyager "Wonders of Egypt" CD 10/31	2
3	4 11:00 Board Game Day CD 11/8 1:00 PARCR Presentation (CH) 6:30 Genealogy Group (CH)	5 10:15 RLA Board Meeting (CH) 4:00 Dinner Out "Madonna Seafood" CD 11/1	6 10:00 Flower & Garden Club "Wreath Making" CD 11/5 11:30-1:00 National Nacho Day CD 11/5 1:00 Trivia with Friends (CH) CD 11/5	7 8:45 National Aquarium CD 11/1	8 4:30-6:00 National Fried Chicken Sandwich Day CD 11/6	9 10:00 Catholic Mass (GR)(ZP) 6:15 YSO "Psycho: String Chamber" CD 11/4
10	11 10:00 Healthy Holiday Season with Sara Brooks CD 11/8 2:00 Great Discussions "Why having fun is the secret to a healthier life" CD 11/8	12 4:00 National Happy Hour Day with Live Music by Silver 63 CD 11/8	13 1:00 Service Project "SYC Pantry Holiday Donations" CD 11/12 8:30 Gettysburg Film, Cyclorama & Museum Experience CD 10/30	14 1:00 Library (OFF) 2:00 Be Well Kitchen "Mediterranean Sweet Potatoes" CD 11/11	15 10:00 Painting 201 (CH) 11:00 Lunch Out "South County Brewing Company" CD 11/11 1:00 "Clara Barton: Red Cross Angel" CD 11/18	16
17	18 11:00 Board Game Day CD 11/15 2:00 Dining Committee Meeting (CH) 5:00 Pizza & Movie "Knives Out" CD 11/15 6:30 Genealogy Group (CH)	19 2:00 Social Life Committee (CH) 5:00 Thanksgiving Pot Luck CD 11/12	20 10:00 Stitch Witchery (CH) 2:00 Residential Living Association Meeting (CH)	21 1:00 Technology Skills Sharing & Learning (CH) 4:00 Cocktails & More CD 11/20	22 9:00 Tanger Outlets CD 11/18	23
24	25 10:00 Men at Ten CD 11/22 11:00 Bingo CD 11/22 1:30 Book Club (CH)	26 8:45 Choo Choo Barn CD 11/19	27 1:00 Craft Corner "Paper Snow Flakes" CD 11/25	28 	29 	30 12:45 YSO "Holiday Pops Spectacular" CD 11/26