

SPECIAL EVENTS

October 4th Virtual Voyager “Savannah, Georgia” (Clubhouse) 2:00 pm Join Savannah Georgia tour guide Chris, on this 24-min walk through one of America's most charming and beautiful cities. Discover the 'City of Squares' and the beautiful architecture and cityscapes that make Savannah arguably the best city in the country to stroll through.

October 5th YSO “Star Wars & the Planets” (York, PA) 6:15 pm The York Symphony Orchestra begins the 24-25 season with Gustav Holst's beloved The Planets. Each movement highlights the seven planets from mystifying Neptune to war mongering Mars. John Williams' famous Star Wars' Main Title transports you among the stars to the Star Wars universe. **Cost: \$11.00**

October 8th Governor's Residence Tour (Harrisburg, PA) 9:30 am Built on the Susquehanna River, the Pennsylvania Governor's Residence is a 29,000-square-foot Georgian Style home designed by architect George Ewing. Completed in 1968, it has served as a home to eight governors and their families. Lunch will be enjoyed at a local eatery. **Cost: Free**

October 11th The Tea Trolley (Delta, PA) 10:45 am Step back into history and enjoy an English inspired tea surrounded by Victorian elegance! Enjoy a menu of tea sandwiches, desserts, soup, scones with clotted cream and lemon curd, and of course loose leaf teas. **Cost: \$32.50**

October 14th Great Discussions “Birds aren't real? How a conspiracy theory takes flight” (Clubhouse) 2:00 pm Peter McIndoe isn't a fan of birds. In fact, he has a theory about them that might shock you. Listen along to this eye-opening talk as it takes a turn and makes a larger point about conspiracies, truth and belonging in divisive times. Peter McIndoe is the brains behind "Birds Aren't Real," the theory that birds are actually drones created by the US government to spy on Americans. Participants will view a TED Talk followed by an interactive question and answer session.

October 15th Appell Center for the Performing Arts “STOMP” (York, PA) 6:15 pm The international percussion sensation has garnered an armful of awards and rave reviews, and has appeared on numerous national television shows. The eight-member troupe uses everything but conventional percussion instruments— matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps—to fill the stage with magnificent rhythms. **Cost: \$48.95**

October 17th National Pasta Day (Clubhouse) 5:00 pm Celebrate National Pasta Day with us by creating your own Pasta dish, with options including chicken, shrimp, vegetables, assorted cheeses, and sauces. **Cost: \$10.50**

October 21st Pizza & Movie “Slumdog Millionaire” (Clubhouse) 5:00 pm Directed by Danny Boyle, “Slumdog Millionaire” follows Jamal Malik, a young man from the slums of Mumbai, who becomes a contestant on the Indian version of “Who Wants to Be a Millionaire?” His life experiences help him answer questions, revealing his journey of survival, love, and destiny. Rated R **Cost: \$5.00**

October 25th Crab Feast (Clubhouse) 12:00 pm All are invited to this lively gathering where community members will enjoy freshly steamed crabs, cracking shells, sharing laughter, and bonding over a delicious feast. **Cost: \$30.00**

October 29th Birthday Dinner (Clubhouse) 5:00 pm Enjoy a meal of fried chicken, green beans, mashed potatoes, cake and ice cream to celebrate resident birthdays. September and October birthdays will receive a free meal.

October 30th Halloween Bash (Clubhouse) 5:00 pm Come out dressed in a costume and enjoy a spooky dinner. Awards will be awarded for the best costume! **Cost: \$10.50**

October 31st Medicare Event (Clubhouse) 1:00-4:00 pm Please see flyer on bulletin board in the Wellness Suite. To make an appointment please call 717-771-9042.

SpiriTrust Lutheran
The Village at Shrewsbury



Lifestyle

Newsletter

October 2024

Things you didn't know about HALLOWEEN



Originally, you had to dance for your "treat."

Most experts trace trick-or-treating to the European practice of mumming, or "guysing," in which costume-wearing participants would go door-to-door performing choreographed dances, songs and plays in exchange for treats.



Halloween used to be a great day to find your soulmate.

In some parts of Ireland, people celebrated Halloween by playing romantic fortune-telling games, according to Nicholas Rogers' "Halloween: From Pagan Ritual To Party Night." These games allegedly predicted who they'd marry, and when.

Jack-o'-lanterns were once made out of turnips, beets and potatoes.



The jack-o'-lantern comes from an old Irish tale about a man named Stingy Jack. According to folklore, Stingy Jack was out getting sloshed with the Devil when Jack convinced his drinking partner to turn himself into a coin to pay for the drinks without spending money.




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)	

OCTOBER 2024

Additional programs & events scheduled for the month of October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	1 10:15 RLA Board Meeting (CH) 11:00 Lunch Out "Marino's Pizza & Pasta House" **(OFF) CD 9/30	2 10:00 Flower & Garden Club "Pumpkin Painting" **(CH) CD 10/1 1:00 Trivia with Friends (CH) CD 10/1	3 1:00 Library (OFF) 2:00 Be Well Kitchen "Sunny Tropical Turmeric Shots and Lentil Mushrooms Meatballs" **(CH) CD 10/1	4 9:15 Walmart (OFF) 10:00 Painting 201 (CH) 2:00 Virtual Voyager "Savannah, Georgia" **(CH) CD 10/3	5 6:15 YSO "Star Wars & the Planets" **(OFF)\$\$ CD10/1
6	7 11:00 Board Game Day **(CH) 6:30 Genealogy Group (CH)	8 9:30 Governor's Residence Tour **(OFF) FREE CD 10/4 5:30-7:00 Fall Fest (ZP) Flyer will be sent out	9 10:30 Bingo **(OFF) CD 10/8 1:00 Service Project (CH)** "Pick a PC Pen Pal" CD 10/8	10 1:00-3:00 Open House (CH) CAFÉ CLOSED FOR LUNCH	11 10:45 The Tea Trolley **(OFF)\$\$ CD 10/4	12 10:00 Catholic Mass (GR)(ZP)
13	14 2:00 Great Discussions "Birds aren't real? How a conspiracy theory takes flight" **(CH) CD 10/11	15 2:00 Social Life Committee (CH) 6:15 Appell Center for the Performing Arts "STOMP" **(OFF)\$\$ CD 9/15	16 10:00 Stitch Witchery (CH)	17 1:00 Library (OFF) 1:00 Technology Skills Sharing & Learning (CH) 4:00 Cocktails & More **(CH) CD 10/16 5:00 National Pasta Day **(CH)\$\$ CD 10/16	18 10:00 Painting 201 (CH)	19
20	21 11:00 Board Game Day **(CH) 2:00 Dining Committee Meeting (CH) 5:00 Pizza & Movie "Slumdog Millionaire" **(CH)\$\$ CD 10/18 6:30 Genealogy Group (CH)	22 4:00 Dinner Out "Cheddar's" **(OFF) CD 10/18	23 1:00 Craft Corner "Painted Owl Succulent Planter" (CH)** CD 10/21	24 2:00 Town Hall Meeting (CH)	25 12:00 Crab Feast **(CH)\$\$ CD 10/18	26
27	28 10:00 Men at Ten **(CH) CD 10/27 1:30 Book Club (CH)	29 5:00 Birthday Dinner **(CH)\$\$ CD 10/22	30 5:00 Halloween Bash **(CH)\$\$ CD 10/23	31 1:00 Library (OFF) 1:00-4:00 Medicare Event **(CH) 	KEY: ** - 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	