

April Committee Meetings:

4/1 11:30am Wellness Committee

4/2 2:30pm Life Enrichment Committee

4/3 2:00pm Dining Committee

4/7 2:00pm Sunshine Committee

4/8 11:00am Branch Lions Club

4/10 10:00am Independent Living Council

April Special Events:

4/2 10:30am Alert 1 -Response Link will be presenting on how this Emergency Fall Detection Medical Alert pendant/wristwatch system works. Also learn about its many uses to monitor your safety in your home and around your home.

4/3 & 4/10 2:00pm The Brain and Body Class is for adults managing Parkinson's Disease and other neurological illnesses. This is a free introductory class from the YMCA wellness program designed to help adults improve and maintain; strength, balance, and flexibility in order to delay the progression of symptoms. Participant's support family members are welcome to attend.

4/12 10:00am At our annual Easter Egg Hunt, residents are invited to bring their grandchildren and great-grandchildren to join the employees' children in hunting candy filled Easter eggs in CRA/CRB/R&R. A bunny trail will follow the hunt in Skilled Care where children will collect eggs door to door.

4/14 10:00am This is a designated day on which staff and residents come together to clean up the beautiful Sprenkle Drive campus. From picking up litter, to weeding flower beds, the group will be busy providing a wonderful service to our very own community.

4/16 12:30pm Over 88,000 people over the age of 60 are scammed in the USA each year. Some of the most common scams include Medicare discount card scams, charity scams, prizes and sweepstakes scams, counterfeit drug scams, predatory lending and investment scams. It is estimated that each year the elderly population loses over 8.1 billion dollars to scammers. An elderly person involved in a scam loses approximately \$35,000.

4/16 2:00pm Jim McClure was editor of the York Daily Record/Sunday News and served as state editor for PA, DE, MD for Gannett's USA Today Network. He is the author or coauthor of seven books on York County history. Jim will be sharing some of this expertise as he talks about Heroes and Builders of York County.

4/18 2:00pm Clear Captions provides telephone captioning services to help hard of hearing seniors for free! Learn more about their services at this presentation. The informative talk will be followed by some fun trivia with prizes and of course snacks!

4/24 1:00pm Learn how to incorporate strategies into your daily routine that will assist you with overcoming your aches and pains. Therapy can help if you are having difficulty lifting heavy items, opening jars, walking long distances, or other tasks that require strength and flexibility of your joints.

4/29 10:00am Senior Planet empowers people who are 50 and older through technology to stay connected, learn new skills, and thrive.

SpiriTrust Lutheran
The Village at Sprenkle Drive



Inspirations Companion

April 2025



April

April is a special month,
A month of new beginnings:
Flowers bloom and green grass grows,
Causing joyous feelings.
Ladybugs and butterflies,
Flying all around:
Birds gathering for their nest,
Dry grass from the ground.
April is the time for rain,
Helping flowers grow:
April showers bring may flowers,
A phrase that many know.



The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Exercise with Karen (CRB)	9:00am Chair Yoga with Carol (CRB) 10:30am Easy Exercise with Linda (CRB) 5:00pm Men's Billiards (BR)	9:30am Exercise with Karen (CRB)	9:00am Chair Yoga with Carol (CRB)	9:30am Virtual Silver Sneakers (CRB)	

Additional programs & events scheduled for the month of April

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.		1 9:00am Weis Grocery Trip** 10:00am Catholic Communion (SCC) 11:30am Wellness Committee (R&R) 1:00pm Faith Sharing (CRA)	2 10:30am Alert 1 Response Link Presentation (CRA) 2:30pm Life Enrichment Committee Meeting (CRB)	3 11:00am The Chemistry of Cooking (CRA)** 2:00pm Dining Committee (R&R) 2:00pm Brain and Body Class (CRB)**	4 1:00pm Movie Morals and Dilemmas: Toy Story 2 (CRA)	5
6 10:30am Worship Service (CRA)	7 1:00pm Bingo (CRB)** 2:00pm Sunshine Committee Meeting (R&R) 2:00pm GYM Equipment Demonstration (GYM) 3:00pm Village Voices (CRA)	8 9:00am Walmart Grocery Trip** (OOB) 9:00am Blood Pressure Clinic-WO 11:00am Branch Lions Club (CRB) 1:00pm Paint Class: Easter Themed (CRB)**	9 10:00am Donuts and Coffee (CRA)** 12:00pm Lunch at Friendly Farm Restaurant in Upperco, MD** \$\$	10 10:00am Independent Living Council (R&R) 10:30am Easter Egg Stuffing-CRB 2:00pm Brain and Body Class (CRB)** 3:00pm Ladies' Tea (CRA)**	11 9:00am Men's Breakfast (R&R)** 1:00pm Hollywood Classics: The Window (CRA)	12 10:00am Easter Egg Hunt with Families (CRA/CRB/R&R)** 6:30pm YSO: French Connections with Brandford Marsalis** \$\$ (OOB) DL 10/4
13 10:30am Palm Sunday Worship Service (CRA)	14 10:00am Campus Clean Up Day (Front of GC)** 1:00pm BORED Games (CRB)** 3:00pm Village Voices (CRA)	15 9:00am Giant Grocery Trip**(OOB) 9:00am Coffee 101 (R&R)** 1:00pm Faith Sharing (CRA) 2:00pm Musical Memories (CRB)	16 12:00pm Widow/Widower Lunch \$\$ (R&R) 12:30pm Senior Scams Presentation (CRA) 2:00pm Jim McClure - York County Builders and Heroes (CRA)	17 10:30am Maundy Thursday Worship Service (CRB) 1:00pm Grief Support Group (Kelly Drive) 2:00pm Peanut butter Easter Egg Making (CRB)** *No Chair Yoga Today*	18 10:30am Good Friday Worship Service (CRA) 2:00pm Clear Captions Presentation with Trivia, Prizes, and Snacks (CRA)**	19
20 10:30am Easter Worship Service (CRA) 12:00pm Easter Luncheon** (CRB)\$\$	21 10:00am Catholic Mass-SCC 2:00pm Documentary- Earth: One Amazing Day (CRA) 3:30pm Village Voices (CRA)	22 9:00am Aldi Grocery Trip**(OOB) 1:00pm Summit Search and Rescue: Meet the New Puppy!(CRA) 2:00pm Andrea Adams: Family Feud, Biblical Style (CRA) *No Chair Yoga Today*	23 1:00pm Informal Meeting/Update with Karly (CRA) 2:30pm Uncorked (R&R)** 6:00pm Evening Dominoes (R&R)**	24 9:00am Trip to Central Market** OOB 10:00 Quarterly Independent Living Council (CRA) 1:00pm "Aches and Pains" Presentation (CRA) 2:30pm TAFE: Stranger at Senior Manor (CRA) *No Chair Yoga Today*	25 1:00pm Friday Flicks: The Real Maria (CRA) 4:45pm Dinner at Railroad House Inn** \$\$ DL 4/11	26
27 10:30am Worship Service (CRA)	28 1:00pm Bocce (CRB)** 2:00pm Cranium Crunch (R&R)** 3:00pm Village Voices (CRB) 5:00pm Residential Pot Luck (CRB)**	29 9:00am Weis Grocery Trip** 10:00am Senior Planet Presentation (CRA) 1:00pm Faith Sharing (CRA) 2:30pm Oakstreet Bingo (CRB)**	30 10:00am Trip to Trader Joe's (back of Glatfelter Center)** 2:00pm Bob Terry: "Coffee, The Elixir of Life" Presentation (CRA)** 4:00pm Book Club (R&R)	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	Key: ** - Registration Required \$\$ - Cost Involved OOB - Off Campus R & R - Rachel & Reuben's CRA - Community Room A CRB - Community Room B LIB - Library Patio - R&R Side Room BR - Billiard Room B- Bean SCC- Skilled Care Center GYM - Fitness Room WO - Wellness Office	

