

March Committee Meetings:

3/3 2:00pm Sunshine Committee

3/4 11:30am Wellness Committee

3/5 2:30pm Life Enrichment Committee

3/6 2:00pm Dining Committee

3/11 11:00am Branch Lions Club

3/13 10:00am Independent Living Council

March Special Events:

3/4 2:30pm Yellowstone Documentary: Discover the mystery and wonder of Yellowstone National Park through in-depth interviews with park rangers and aerial and ground tours.

3/6 1:00pm Mikele Stillman: Mikele Stillman is from Wisconsin and hosted a daily noon-hour segment on WISC-TV (CBS) for seven years. She has presented many living history programs for OLLI and retirement villages. Silleman is the program chair for the Hanover Area Historical Society. In this presentation, Mikele will describe her firsthand experience with a communist house guest.

3/11 12:30pm The March AAUW program on Tuesday, March 11 will feature Jerry Mitchell, an Outreach Specialist of the PA Attorney General's office, speaking on cybercrime and fraud, and how we may all be affected. Residents are welcome to attend, at 12:30pm in CRA.

3/13 1:00pm Springfield Tradition is a bluegrass and country duo sure to have your feet tapping and hands clapping! The duo consists of Denny Kopp and Max Allison.

3/18 2:00pm Millionaire pie is an American icebox pie. This pie is a dish popular in the Southern United States, Texas, and New Mexico. It is made of whipped cream, crushed pineapple, chopped pecans, cherries, and coconut with a graham cracker crust. Ingredients are modifiable.

3/20 2:00pm Energy Conservation Therapy: Learn how to incorporate energy savings techniques into your daily life that will assist you with completing those tasks independently.

3/24 1:00pm Summit Search and Rescue is a non-profit agency providing mantrailing bloodhounds to assist local agencies in the locating of missing individuals. The mantrailing bloodhound is also available to assist law enforcement in criminal investigation. This can be a highly effective tool for locating suspects who have fled from a crime scene.

3/27 2:00pm TAFE: Theater Arts for Everyone! The second installment of the Senior Manor series features most of the same characters. But as the title suggests a stranger appears at Senior Manor creating minor chaos and major excitement.

SpiriTrust Lutheran®
The Village at Sprenkle Drive



Inspirations Companion

March 2025



March

Racing clouds and whistling winds,

Coats flapping in the breeze,

Bright kites circling in the skies,

The dance of swaying trees,

The cheerful sight of crocuses,

The first sweet breath of spring –

Just part of all the many moods

The month of March can bring.



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 March

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.	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 CR - Card Room / Rear R&R B- Bean GYM - Fitness Room WO - Wellness Office				1 Happy Birthday to Yellowstone National Park! *See Documentary on Tuesday*
2 10:30am Worship Service (CRA)	3 10:30am Scott Spangler: What Are These Pills, Anyway? (CRA) 1:00pm Bingo (CRB) 2:00pm Sunshine Committee Meeting 2:00pm Gym Equipment Demonstration (GYM) 3:00pm Village Voices (CRA)	4 9:00am Weis Grocery Trip 9:30am Faschnaught Day (R&R) 10:00am Catholic Communion-SCC 11:30am Wellness Committee(R&R) 1:30pm St. Patty's Day Décor (CRB) 2:30pm Yellowstone Documentary	5 10:30am Ash Wednesday Worship Service (CRA) 2:30pm Life Enrichment Committee Meeting (CRB) 4:00pm Tour and Beer Tasting with Dinner at South County Brewing Company \$15 + Dinner	6 11:00am Chemistry of Cooking (CRA) 1:00pm Mikele Stillman: Communist House Guest (CRA) 2:00pm Dining Committee (R&R)	7 1:00pm Movie Morals and Dilemmas (CRA)	8 1:00pm Optimist Club Speech Contest (CRA) 6:30pm YSO: Verdi's Defiant Requiem \$\$ DL 10/4
9 10:30am Worship Service (CRA)	10 11:00am Lunch at Levant Kitchen \$\$ DL 3/7 1:00pm Virtual Showing of York Symphony Orchestra: Verdi's Defiant Requiem (CRA) 3:00pm Village Voices (CRA)	11 9:00am Walmart Grocery Trip 9:00am Blood Pressure Clinic 11:00am Branch Lions Club (CRA) 12:30pm AAUW: Cybersecurity (CRA) 1:00pm Faith Sharing (CRB)	12 10:00am Trip to the National Civil War Museum \$11 DL 2/28 1:00pm March Paint Class	13 10:00am Independent Living Council (R&R) 1:00pm Springfield Tradition Bluegrass/Country Performance-CRA 3:00pm Ladies' Tea (CRB)	14 9:00am Men's Breakfast 1:00pm Hollywood Classics (CRA)	15
16 10:30am Worship Service (CRA)	17 10:00am Catholic Mass (SCC) 12:00pm Saint Patricks Day Buffet (CRB) 1:00pm Bocce (CRA) 3:00pm Village Voices (CRA)	18 9:00am Giant Grocery Trip 9:00am Coffee 101 (R&R) 2:00pm Millionaire Pie Making (CRB)	19 10:30am Minnich's Pharmacy Presentation (CRA) 12:00pm Widow/Widower Lunch 12:00pm Trip to Bird in Hand Market 6:00pm Evening Dominoes (R&R)	20 1:00pm Grief Support Group 2:00pm Energy Conservation Therapy Presentation (CRA) 3:00pm Armchair Travel: Puerto Rico 4:00pm Destination Dinner: Puerto Rico (R&R) \$15	21 1:00pm Friday Flick: The Courageous Heart of Irena Sendler (CRA)	22
23 10:30am Worship Service (CRA)	24 1:00pm Summit Search and Rescue Bloodhound Dog Presentation (CRA) 3:00pm Village Voices (CRA) 5:00pm Residential Pot Luck (CRB)	25 9:00am Aldi Grocery Trip 1:00pm Faith Sharing (CRA) 2:30pm Serving Tray Craft (CRB)	26 1:00pm Informal Update with Karly (CRA) 2:00pm Alzheimer's Disease Presentation (CRA) 4:00pm Book Club (R&R)	27 12:00pm Quarterly Birthday Party (CRB) \$10 for guests 2:00pm TAFE: Stranger at Senior Manor (CRA)	28 1:00pm Friday Flick: Breathing Lessons (CRA) 5:45pm Sight and Sound Theater: Noah \$87	29
30 10:30am Worship Service 12:00pm Brunch Bunch (CRB) \$15	31 1:00pm Cranium Crunch (CRB) 3:00pm Village Voices (CRA)					

