

COMMUNITY LIFE: Inspiring a Dynamic Retirement

It's no secret that senior living communities can help you live a longer, healthier and happier life, doing more and generally feeling better about yourself. At SpiriTrust Lutheran™, The Village at Gettysburg, our Life Enrichment director considers the whole person in making opportunities available to residents to enhance eight dimensions of wellness – spiritual, intellectual, physical, environmental, nutritional, social, emotional, and community. With so many things to do, share and learn, you'll be inspired to simply get out and embrace life. The listing below highlights a sampling of the many opportunities to spend your time your way.

FITNESS & WELLNESS

CardioFit Class: a high-energy class that will get your heart pumping

Chair Aerobics: get your heart rate up and increase flexibility while remaining seated

Soulful Strides: blends the physical benefits of walking with the emotional and spiritual well-being attained through meditation

Strength Circuit: improve strength, mobility and stamina while building stronger muscles and increasing bone mass

Balance & Stability Class: focus on strengthening and toning the muscles that you use to maintain balance while standing and walking

Tai Chi: exercise of all muscles, joints and ligaments through a series of gentle, curve-like movements developed by the Arthritis Foundation

Brain Power: practical ways to boost your memory, creativity, and thinking capacity

Wellness Workshops: offering preventive screenings, counseling and educational seminars and wellness talks to help you maintain good health



GAMES

Wii Bowling: recreational and league competitions

Bingo: the classic game to have some fun with friends

Game Night: meeting monthly to play a variety of board games and cards

LIFE LONG LEARNING ACADEMY

Film Talk: view and discuss documentary films at our monthly program

Classes & Lectures: courses rich in intellectually stimulating material where you can stretch your mind by studying a new subject or gain a new perspective on something you already know

OUTINGS & EXCURSIONS

Monthly Bus Trips: visiting historical, artistic, cultural or entertainment venues as well as dining out at area restaurants

Shopping Trips: to local malls, outlets and specialty stores

CLUBS & GROUPS

Koffee Klatch: bring a mug, enjoy coffee and goodies, and catch up with neighbors

The Page Turners Book

Discussion Group: held monthly and led by the resident librarians, who review new books added to the library and then open up the floor for members to discuss books they are currently reading

Bridge Club: enjoy the camaraderie of the game as well as the mental challenge

Cooking Club: share recipes with your neighbors and cook together

Crafts: try your hand at a variety of handicrafts, such as jewelry making, flower arranging and edible arrangements

Computer Classes: classes include beginner, basic and using Facebook, the social networking website

Watercolor/Painting Group: beginners and experienced artists paint together weekly

Quilting Group: meets monthly to work on individual and group projects and learn new techniques

DINING GROUPS & SOCIALS

Dining Out Group: explore new eateries for lunch or dinner with a group of neighbors

Seasonal Socials: themed dinners, happy hour, holiday parties, birthday socials

PERFORMING & CULTURAL ARTS

Senior ACTS Theatre Group: participate as actors or enjoy performances with this local theatre group that meets at our community

Movie Night: bringing the big screen to you

In-house performing arts schedule: entertainers such as singers, comedians and musicians



SPIRITUAL SERVICES

At The Village at Gettysburg, residents enjoy a variety of opportunities to cultivate and celebrate their personal spiritual beliefs.

- Bible study and faith-sharing discussion groups
- Ecumenical Worship Services
- Protestant Holy Communion
- Roman Catholic Mass & Rosary
- Full-time, on-site chaplain

COMMITTEE, OUTREACH & VOLUNTEER OPPORTUNITIES

Residents enjoy giving back to the community as well by serving on various community committees and through volunteer roles.

- Residential Living Association
- Resident Council
- Buildings & Grounds Committee
- Worship Committee
- Life Enrichment Committee

 **Spiritrust Lutheran**TM
The Village at Gettysburg

