

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 Sprengle Drive, residents take pleasure in the community's vibrant, active social life. At the hub of our neighborhood is the Glatfelter Center, a favorite gathering place for a wide array of social, recreational and intellectually stimulating activities. Our life enrichment coordinator organizes a full social calendar of leisure programs throughout the year. Residents are invited to join a variety of clubs, attend movie nights and happy hours, participate in enrichment lectures or volunteer. 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

Yoga/Relaxation: two class levels offered – advanced yoga, includes work on the floor, and chair yoga; both classes incorporate physical, mental and spiritual disciplines

Chair Fitness: energetic stretching and strength exercises with chair aerobics mixed in for a total body workout

Exercise Class: a combination of stretching and aerobics to stretch your muscles and get your heart rates pumping

Water Aerobics Class: available through the local YMCA



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

Nutritional Workshops: monthly information- and discussion-based workshop that emphasizes daily nutritional strategies; new goals set every month

GAMES

Bridge: bi-monthly group, for those interested in playing or learning how to play

Shufflers Card Group: 500 or pinochle, open to everyone to learn and play

Billiards: join a lively group for a friendly or competitive game

Poker: No matter how you “hold’-em,” you’ll have great fun testing your skills and trying your luck in this men’s group

Dominoes: group meets twice a month and it doesn’t matter how many people play

Wii Sports: recreational sports including tennis, golf and baseball

Game Day: friendly competitions on the Wii or big screen including Jeopardy, Wheel of Fortune, The Price is Right and Family Feud

Bingo: we play until everyone wins and then some!

OUTINGS & EXCURSIONS

Monthly Bus Trips: visiting places such as historical and cultural landmarks, mystery trips, dinner theaters and shows

Shopping Trips: to local malls, outlets and markets

Martin Memorial Library Trip: bi-weekly trip to the local library

CLUBS & GROUPS

Book Club: focusing on fictional works, this resident-moderated group offers insightful interpretations in a social and fun setting

9-Hole Golf Gang: community group that golfs every Friday at Briarwood in the AARP League

Cooking Corner: monthly chef demonstration

Computer Classes: beginner, basic and Facebook classes

Art Studio: a weekly group for artists at any level

Craft /Art Classes: monthly craft or art class offered

Coupons for Military Families: sorts, clips and sends coupons to military bases overseas to help families save money

Sewing Group: work projects such as repairing clothes for residents in nursing care as well as linens used in the center

Sunshine Group: group of residents who make contact with fellow residents who are experiencing a struggle with their health, could use a friendly visitor or are friends and neighbors who have moved to a different level of care



DINING GROUPS & SOCIALS

Bagels & Brew/Coffee Corner: chat with old friends or get to know some of the newer faces in our community

Ladies Chat Mixer: monthly breakfast for the ladies in the community

Men's Breakfast: held monthly with a speaker



Breakfast Club: this fun group goes out to eat to a variety of different restaurants

Brunch: monthly brunch held in the Glatfelter Center

One-Of-A-Kind: special dinner group for the singles in the community that eats at a variety of different restaurants in the area

Dinner Out Group: this group always has fun eating lunch out at a variety of different local restaurants

Seasonal Socials: pot luck socials, Day of Thanks, ice cream socials, themed dinners, wine and cheese socials, happy hour, afternoon teas, pizza parties and birthday parties

PERFORMING & CULTURAL ARTS

In-house performing arts schedule: entertainers such as singers, comedians and musicians are engaged to delight and entertain residents and guests

Movie Night: bringing the big screen to you

Summer outdoor concerts: performances by local bands and groups

SPIRITUAL SERVICES

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

- Bible study groups
- Spiritual video-based discussion class
- Prayer group
- Ecumenical Worship Services
- Protestant Holy Communion
- 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.

- Buildings and Grounds Committee
- Dining Committee
- Social and Recreation Committee

 **Spiritrust Lutheran**TM
The Village at Sprenkle Drive

