

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 Luther Ridge, residents take pleasure in the community's vibrant, active social life. At the hub of our neighborhood is the Fleck Community Center, a favorite gathering place for a wide array of social, recreational and educational activities. Our Life Enrichment director organizes a full social calendar of leisure programs throughout the year. Residents are invited to join a variety of clubs, attend 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

Exercise Class: energetic combination of stretching and aerobics mixed together for a total body workout

Water Exercise Class: transportation throughout the week to the local YMCA

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



GAMES

Wii Bowling: recreational competitions

Billiards: a lively group for a friendly or competitive game

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

Shufflers Card Group: playing 500 or pinochle

Annual Games Day: with horseshoes, shuffleboard, golf chipping and longest drive, and croquet

OUTINGS & EXCURSIONS

Monthly Bus Trips: visiting historical, artistic, cultural or entertainment venues

Mystery Trips: special outings to restaurants, historical sights, covered bridge tours and more

Shopping Trips: to local malls, outlets and specialty stores

Community Concert Series Trips: trips to local cultural venues in Chambersburg, Shippensburg and Waynesboro





CLUBS & GROUPS

Residents Coffee Club: catch up with neighbors or just be neighborly while enjoying coffee

Elder-Ridge-Owls: part of the Elder Wisdom Circle, a national group of more than 600 wise “cyber grandparents” who offer their collective years of experience to help others by offering free and confidential advice

Book Mobile: the local library’s book mobile visits the community once a month

Ladies Tea: special afternoon tea for the ladies in our community

Cooking Corner: monthly chef demonstrations

Craft & Art Classes: classes on ceramics, water color painting, quilter’s circle and flower arranging

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

Good Neighbor Group: welcoming committee and resident outreach group

DINING GROUPS & SOCIALS

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

Ice Cream Delivery Days: recount summer days as a youngster and enjoy an ice cream treat delivered by our “Good Humor” staff via golf cart

Seasonal Socials: pot luck dinners, theme dinners, happy hour

PERFORMING & CULTURAL ARTS

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

Concerts on the Lawn: outdoor concerts showcasing local talents and bands



SPIRITUAL SERVICES

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

- Bible study groups
- Sunday worship services
- Weekly worship service lead by local clergy
- 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
- Good Neighbor Committee
- Green/Environmental Awareness Committee
- Ethics Committee
- Safety Committee

 **Spiritrust Lutheran**[™]
The Village at Luther Ridge

