



Community & Fitness NEWS

August 2025

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S.P.A.R.C
SPIN Self- Advocacy
Meeting
Wednesday,
8-13-25
12:00-1:00pm
All Are Welcome!



Introducing SPIN Media Room

SPIN News & FM is a focused initiative aimed at cultivating social capital and creating meaningful connections within communities, while exploring and enhancing new leisure and job skills related to media and visual production. We are thrilled to have received IDS grant funding to further develop and enrich this project. With the funds, we were able to acquire cutting-edge filming and production equipment and education, and establish new facilities for SPIN News & SPIN FM. Now, our film and podcast teams have a dedicated space to welcome guests, rehearse, film, and edit content when they are not out in the community capturing footage on location.



Be sure to like, share & subscribe!



SUBSCRIBE

@SPINNewsFM

Employment Spotlight



Congratulations to Taome on his new role at Sprouts Farmers Market! His responsibilities include store maintenance, courtesy clerk tasks, and retrieving carts. Taome was welcomed with a fun Shrek-themed orientation (his favorite character!) and has already earned praise from staff and customers for his strong work ethic, positive attitude, and great sense of humor. He's quickly become a valued part of the team!

MOMENTS OF MAGIC



4th of July BBQ

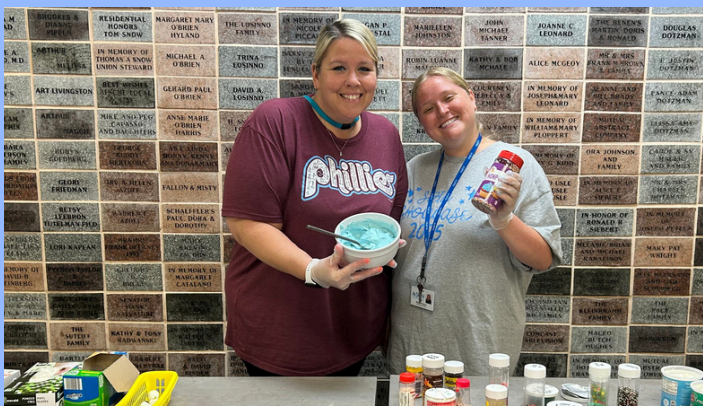




No way we could let
“National Sugar Cookie Day”
pass without our sugar-cookie showdown!

Equipped with inspiring images and a wealth of creativity,
participants crafted their own cookie masterpieces, which
were then voted on by their peers for the favorite.

We wound up with a barnyard bash, quirky abstracts, and even
the Philly Phanatic strutting in! What one is your favorite?
I think we have some cake/cookie decorators on hand!





MULTICULTURAL DAY CELEBRATION

Share our similarities, celebrate our differences!

Participants had the chance to collaborate in groups to explore and present the customs and cultures of a different country. They delved into various aspects, including traditions, cuisine, attire, music, dance, and more. After gathering their insights, the groups worked together to create and deliver a presentation on their selected countries.



Some highlights included tasting homemade plantains from Jamaica, learning how to make authentic Italian pizza, embarking on a virtual Australian safari, and enjoying traditional drumming & dancing from Jordan.





Philadelphia Phillies Day

Wednesday, August 6, 2025

1:00 PM – 3:00 PM

WATCH THE PHILLIES GAME LIVE ON THE BIG SCREEN!

TEST YOUR SKILLS WITH PHILLIES TRIVIA & GAMES!

***WEAR YOUR FAVORITE PHILLIES GEAR, BRING YOUR
TEAM SPIRIT, AND GET READY FOR:***

- ***PRIZES***
- ***REFRESHMENTS***
- ***FRIENDLY COMPETITION***
- ***TONS OF FUN WITH FRIENDS AND FANS ALIKE!***

LET'S CHEER ON THE PHILLIES TOGETHER! GO PHILS!

Join us for an afternoon full of Phillies fun!



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Luaui Party

FRIDAY, 8/15/25
1:00-3:00PM

PLEASE BRING ALONG YOUR FAVORITE
TROPICAL SNACK TO SHARE AND COME
DRESSED TO IMPRESS IN YOUR MOST
STYLISH LUAU OUTFIT!





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BUILD A SCARECROW DAY

Brace yourselves, leaf lovers, because autumn is sneaking up on us! SPIN Com Fit is gearing up to join the Scarecrows in the Village showdown at Peddler's Village, with our hay-stuffed masterpieces due by September 6th.

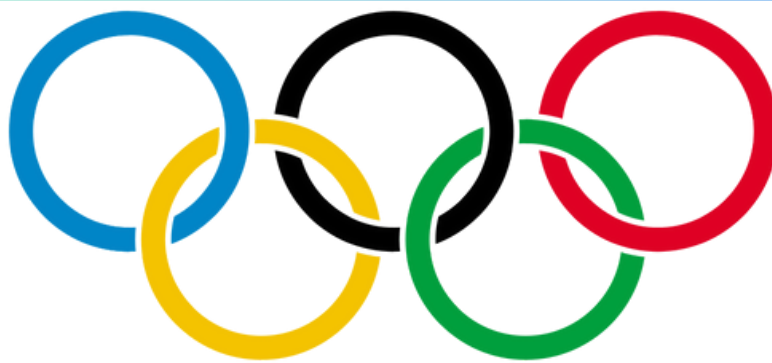
But wait, there's more! We're having our own in-house scarecrow smackdown first, and the champion scarecrow will strut its stuff in the big contest. Let the scarecrow shenanigans begin!

WEDNESDAY, AUGUST 20TH



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SUMMER OLYMPICS



AUGUST 28, 2025

10:00AM - 3:00PM



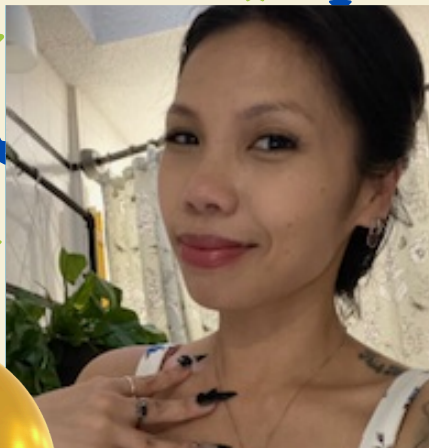
***Bring a change of clothes in the
event your clothes get wet**

Happy "SPIN" iversary



2 YEARS

Airyiana Watson
8/21/23



1 YEAR

Mia Wu
8/22/24



1 YEAR

Julie Bradley
8/22/24

Congrats!

A festive header featuring a row of colorful balloons (red, orange, yellow, green, blue, purple) and streamers against a blue background with confetti. A string of white lights is draped across the scene.

Happy Birthday

AUGUST BIRTHDAYS!

- 7 Stephen Daniels**
- 12 Peggy Furey**
- 17 Terrie McNulty**
- 17 Natalie Schwartz**
- 23 Megan Shepherd**
- 24 Bill Engle**
- 24 Sean Brennan**
- 26 Jackie Saidel**
- 28 Johanna Bauer**
- 31 Brian Pierson**



BUCKS COUNTY RIVER COUNTRY

Last month, Ron, Sam, Chelsea, and Mary Kate had a splash-tastic adventure at Bucks County River Country! They spent the afternoon floating down the picturesque Delaware River, basking in the sun, and soaking in the tranquil vibes. Who knows, they might have even filmed SPIN News' weekly updates, live from the river! 😊 The day was full of laughs, relaxation, and memorable moments. It was a great opportunity to unwind, connect, and enjoy one of Bucks County's favorite summertime traditions."

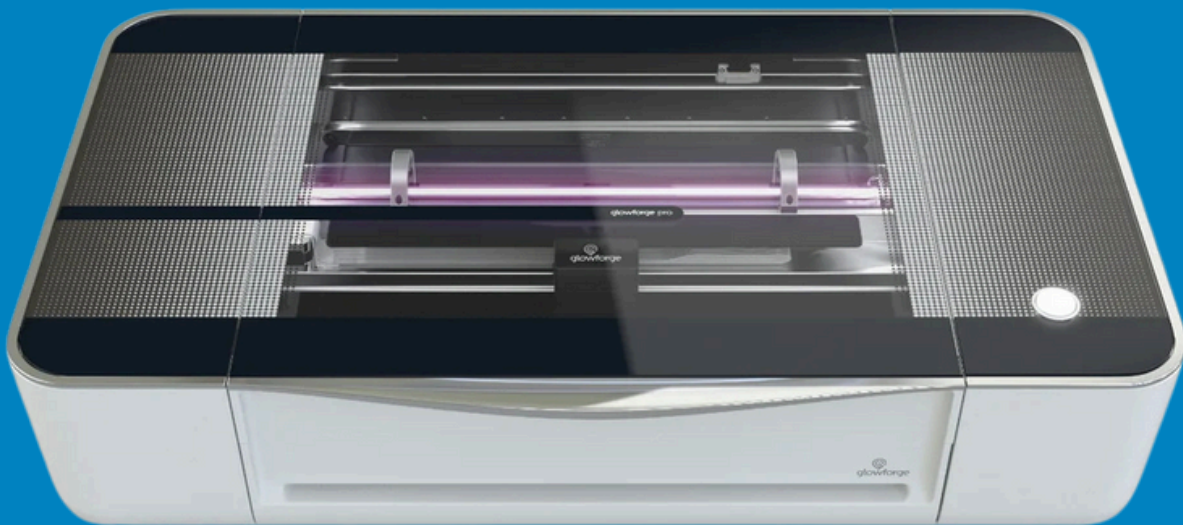


If you're interested in embarking on your own tubing, kayaking, or rafting adventure at Bucks County River Country, check out rivercountry.net

Location:	2 Walters Lane, Point Pleasant / Pipersville, PA
Hours:	9 AM–3:30 PM; off-river by 7 PM
Options:	Tubes, kayaks, canoes, rafts
Pricing:	Starting from approximately \$25 (group tubing) to around \$126 (rafts)
Policies:	Life jackets are mandatory (Provided)
Facilities:	Parking, restrooms, concessions, and bus parking - Shuttle bus service is included to and from launch points
Weather:	Operational changes may occur—be sure to check conditions online

TECHNOLOGY CORNER

Thanks to the ongoing commitment and generosity of Comcast, we were able to equip SPIN Community & Fitness with an innovative piece of creative technology. We are excited to introduce the Glowforge—a 3D laser printer that utilizes a laser beam to cut, engrave, and score various materials such as wood, acrylic, leather, and even food. This versatile tool is perfect for crafting custom items, home décor, and personalized gifts, serving both personal and commercial needs. We believe that using the Glowforge will foster technological skills, creativity, and practical abilities that can enhance entrepreneurship and other vocational pathways for those we support.



A few initial wood engraving projects designed and made with the Glowforge



HEALTHY YOU CALENDAR CHALLENGE

Embracing a healthy lifestyle is like being the captain of your own wellness ship, setting sail towards physical, mental, and emotional treasure islands! It's all about picking up habits that boost your well-being, fend off pesky diseases, and help you live long and prosper. This includes feasting on a balanced diet, breaking a sweat regularly, catching those precious Z's, managing stress like a zen master, and surrounding yourself with a crew of positive social vibes. In the end, a healthy lifestyle is your own personal adventure, with choices as unique as you are!

Buckle up for an electrifying adventure!

Plunge into the August calendar, where each day reveals a heart-pounding new activity to supercharge your healthy lifestyle!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Drink herbal tea 	2 Walk for 15 min
3 Stretch 5 min 	4 8 glasses of water 	5 Eat 1 fruit today 	6 Compliment someone 	7 Go to bed 30 min early 	8 Try 3 new stretches 	9 Add lemon to your water
10 Listen to music 	11 Walk during lunch 	12 Make a salad 	13 Journal for 5 min 	14 Unplug 1 hour 	15 Apply sunscreen 	16 Pack a healthy snack
17 Drink milk or alt. 	18 Practice positive affirmations 	19 Wash your hands often 	20 Breathe deeply 3 min 	21 Spend time outside 	22 Eat berries today 	23 Read for 10 minutes
24 Take a refreshing shower 	25 Eat a banana 	26 Sit with good posture 	27 Soak in a relaxing bath 	28 Meditate for 5 minutes 	29 Declutter 1 area 	30 Walk barefoot on grass
31 Add a veggie to your meal 						

spIN Our Next Issue.....

- MORE Stories!
- MORE Pictures!
- UPCOMING EVENTS!
- ANNOUNCEMENTS!
- Employment Report!
- Volunteering Update!
- Fitness Opportunities!
- Community Connections!
- Technology Connections!
- ...and MUCH MUCH MORE!



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Upcoming Closures

- **Monday** **9/1/2025** **Labor Day**
- **Thursday** **11/27/2025** **Thanksgiving Day**
- **Friday** **11/28/2025** **Day after Thanksgiving**

Just a friendly reminder, SPIN Community & Fitness CPS Program is open from 8:30 am to 3:00 pm. We kindly request that you refrain from scheduling rides that arrive before 8:30 am or pick-ups that occur after 3:00 pm.

Please note, if anyone arrives before our staff open the building, CCT will leave them outside without supervision.