



Eisenhower Farm Tour ... page 12

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.

If registration is required for an event, please see the receptionist.

| Description | Date | pg |
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| WELLNESS | | |
| Ongoing Fitness Classes | | |
| Back to Basics | Mon/Wed | 4 |
| Balance & Stretch | Fri | 4 |
| Pilates | Tues/Thurs | 4 |
| Power Hour | Mon/Wed | 5 |
| Sit & Strengthen | Tues/Thurs | 5 |
| Tai Chi for Beginners | Wed | 5 |
| Wellness Programs | | |
| Blood Pressure Clinic | Wed | 5 |
| Health & Safety Fair | 10/23 | 5 |
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| Nutrition | | |
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| Spirit | | |
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| All Saints Day | 11/2 | 7 |
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| MIND | | |
| Educational Programs | | |
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| Description | Date | pg |
|---|---------------------|----|
| SOCIAL | | |
| Happy Hour | 10/31, 11/21, 12/19 | 10 |
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| Juliet's Club: | | |
| Historic Round Barn and Farm Market | 10/6 | 11 |
| Taylor Marie's Apparel Fashion Show and Tea | 11/30 | 11 |
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| Billiards | Tue, Fri | 11 |
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| Trips | | |
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| Musical Performances | | |
| Colby Dove | 10/31 | 12 |
| Theatre & Movies | | |
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| Gettysburg Community Theatre | | |
| A Taste of Carol Burnett | 10/10 | 13 |
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| Description | Date | pg |
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| Dining | | |
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| New Horizon Cafe | 10/13 | 13 |
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| North 5th Street Diner | 12/8 | 13 |
| Diners Caravan: | | |
| Friendly Farm Family Style Restaurant | 10/26 | 13 |
| The Left Bank Restaurant & Bar | 11/28 | 14 |
| Olivia's | 12/26 | 14 |
| Friendsgiving | 11/7 | 14 |
| Potluck Dinner | 10/17 | 14 |
| Veteran's Day Lunch | 11/10 | 14 |
| Women's Birthday Luncheon | 10/3, 11/14, 12/19 | 14 |
| Special Holiday Community Events | | |
| Christmas Caroling, | | |
| Cookies and Cocoa | 12/21 | 14 |
| Christmas Dinner | 12/5 | 14 |

| COMMUNITY | | |
|---|------------|----|
| Greater Community | | |
| Hanover Area Council of Churches Food Drive | | |
| | 10/1- 11/1 | 15 |
| Walk to End Alzheimer's | 10/28 | 15 |
| Our Community | | |
| Life Enrichment | | |
| Planning Committee | 10/5 | 15 |
| Pasta Dinner Alzheimer's | | |
| Fundraiser | 10/11 | 15 |
| Stars for the Troops | 10/9 | 15 |
| Utz Terrace Holiday Helpers | 11/27 | 15 |

Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.





WELLNESS

Taking care of your body for physical strength and function and making positive choices to be as healthy as possible.

Fitness

ONGOING CLASSES

Back to Basics

This combined seated and standing beginner class will help you get back to having energy and feeling better. This exercise class provides you with a total body workout to maintain a healthy you.

Mondays and Wednesdays

10:45 – 11:30 am

Fitness Room

Instructor: Tracy



Balance & Stretch

This combined seated and standing class includes stretches for the entire body and focuses on balance exercises and will conclude with a relaxation piece to help balance the mind and body.

This class is appropriate for moderately active individuals who could benefit from additional balance practice, those using mobility devices or experience compromised balance due to medical issues.

Fridays

1:00 – 1:30 am

Fitness Room

Instructor: Ashlynn

Pilates

Pilates will help lengthen and stretch all major muscle groups in the body. You will develop a stronger core which will provide support to the back. This 45-minute class will require you to be standing and also get down on a mat.

Tuesdays and Thursdays

10:00 – 10:45 am

Fitness Room

Instructor: Tracy

WELLNESS



Power Hour

This 45-minute advanced class will get you sweating. We will use weights, bands and your own body weight to challenge your body. Exercises will be performed standing.

Mondays and Wednesdays

10:00 – 10:45 am

Fitness Room

Instructor: Tracy

Sit & Strengthen

This seated exercise class will use various types of equipment to strengthen major muscle groups of the body. Increase your cardiovascular and muscular endurance with a fun seated workout.

Tuesdays and Thursdays

1:00 – 1:30pm

Fitness Room

Instructor: Ashlynn

Tai Chi for Beginners

Tai Chi is a system of movements and positions believed to have been developed in 12th Century China. Tai Chi techniques aim to address the body and mind as an interconnected system and are believed to have mental and physical health benefits.

Wednesdays

1:00 – 1:30 pm

Fitness Room

Instructor: Tracy

Wellness Programs

BUILDING A BETTER VERSION OF YOU

Many health issues are often taken for granted or ignored as “just a part of aging.” Engage in the many opportunities offered this quarter to debunk those thoughts and increase a heightened awareness for achieving better health and enjoying a longer more vibrant life.



Blood Pressure Clinic

Do you know your numbers? What do they mean? Blood pressure checks offered every Wednesday from 11:30am – 12:30pm in the Nurse Navigator office.

Wednesdays

11:30 am – 12:30 pm

Nurse Navigator Office

Health & Safety Fair

Visit with vendors and team members who will be ready to answer health and safety related questions and provide various screening.

Monday, October 23

1:00-3:00pm

Terrace Overlook Restaurant

Massage by Tara

If you love massages, you will not have to leave the campus to get one. Tara will be here once a month to offer massage therapy. Tara charges \$70.00 for an hour and \$40.00 for a half hour; she can also offer a chair massage for a dollar a minute. If you would like to schedule an appointment, please call Tara at 717-321-4895.

October 25, November 22 & December 20

10:00 am – 3:00 pm

Hair Salon

Medicare Presentation

This is an informational, not sales, presentation to learn more about Medicare Supplement and Medicare Advantage Plans and have an opportunity to have your questions answered.

October 4

3:00 pm

Great Room

Speaker: Paul Cauthier, Insurance Services, LLC

Morning Mindfulness

Meditation is a 2,500+ year old practice for training your mind. It is the practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Fridays

9:30 – 10:00 am

Great Room

Instructor: Tracy

Nutritional



BE WELL

Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Managers and Chefs conduct a cooking demonstration where they breakdown the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe! The features for October through December are:

October 24

Support your immunity through food. Featured Recipe – Roasted Sweet potato, broccoli and chick pea plate

November 28

Make the most out of your meals – choose nutrient dense foods. Featured Recipe – Southwest Black Bean Burger

December 26

Build a Balanced Snack. Featured Recipe – Apple goat cheese almond toast

Terrace Overlook Restaurant

2:00 pm

Sign-up Required



SO GOOD

So Good promotes seasonal foods that you can feel good about. This monthly program has a foundation of delicious seasonal ingredients and offers flexible ways to enhance the menu. The featured menu items served in Chips Café for October through December are:



October

Apples – Old Fashioned Apple Crisp



November

Butternut Squash – Butternut Squash Tart with Fried Sage



December

Oranges – Orange and Avocado Salad



SPIRIT

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Spiritual

Catholic Mass

The Village is located within the parish boundary of St. Joseph's Catholic Church. Priests from this parish offer Catholic Mass monthly in our worship space.

3rd Tuesday of the month

10:30 - 11:30 am

Skilled - Care Center Activity Room

Worship Services

All Saints Service

Come together in fellowship as we remember the Saints who have gone before us and commemorate the passing of those in our Utz Terrace community over the last year.

Thursday, November 2

2:00 pm

Terrace Overlook Restaurant

Ecumenical Service of the Word

Observe our faith together as a community during a weekly worship service of Scripture, hymns and messages led by our community chaplain in partnership with area clergy as schedules permit.

Thursdays

Personal Care Activity Room

2:00 – 2:30 pm

Led by Chaplain Melissa Mosebrook

Faith Break

A weekly discussion group offering opportunities that strengthen an individual's religious and spiritual beliefs.

Saturdays

10:15 - 10:45 am

Great Room

Led by Chaplain Melissa Mosebrook

Grief Support

Spend time sharing, learning about the stages of grief and discovering ways to find peace.

4th Wednesday of Every Month

3:00 - 4:00 pm

Apartment Lobby

Facilitators: Chaplain Melissa and

Reverend Ricky McCarl, SpiriTrust

Hospice Chaplain,

Lesson and Carols

This ecumenical worship service centers on the celebration of the birth of Jesus with scripture, prayers, and carols.

Saturday, December 23

2:00 pm

Personal Care Activity Room



Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

Book Club

Do you enjoy new books? Do you enjoy discussing the books you have read? Each month a new book selection for the group is selected to read.

**1st Thursday of the month
11:00 am
Library**



Brain Games

Join your friends and neighbors for an afternoon of brain games! Challenge your wits and have a good time!

**1st & 3rd Monday
2:00 pm
Library**



Computer and Smart Phone Support

Having trouble with your computer or Smart Phone? Steve, an electrical engineer and wiz with electronics, is here to help! Receive one-on-one help, training, and troubleshooting.

**October 19, November 16 & December 21
3:00 pm**

**Great Room
Instructor: Steve Bean**

Heritage Committee of West Manheim Township

Hear from the group responsible for selective acquisition, preservation and access to artifacts and archives that reflect the heritage within the area defined as West Manheim Township, York County PA, including family histories, churches, schools, old deeds, inns, toll-houses, mills, organizations, photos, artifacts, revolutionary war, civil war, business and military service.

**Topic: Mason Dixon Line
Tuesday, October 3
Fitness Center at 2:00 pm
Presenter: Jim McClure**

**Topic: The Civil War and the Battle of Hanover
Tuesday, November 7
Terrace Overlook at 2:00 pm
Presenter: John Krepps**



Creative Arts

The True Story of Thanksgiving

The talk covers the story of the Pilgrims who left England to settle in the New World and their first Thanksgiving feast with their Native American neighbors. The event left an enduring legacy all across the country – giving rise to a beloved annual ritual of family, food, faith, and football.

**November 20
Terrace Overlook Restaurant
2:30 pm
Presenter: John Maietta**

Where in the World....

Take this opportunity to become armchair travelers as you travel the world with fellow residents Doris Neilson and Martha Horman as they share their globetrotting experiences.

**October 11 - Madagascar
November 8 - WWII
3:00 pm
Great Room**



The Great Chocolate Roadshow

Attention all chocolate lovers... this fun interactive presentation on chocolate is for you!

**October 20
11:00 am
Great Room
Presenter: Donna Hasse, instructor at Hershey Story Museum**



String Art Christmas Tree

String art is made up of threads of string looped around nails on a wooden board. Create a Christmas tree design for the upcoming Christmas season. This class is a two-part series; you must attend both classes in order to complete the full project.

**Thursday, October 19 and Thursday, November 9
Cost: \$10
2:00 pm
Hobby Room
Registration required by Monday, October 2**



Stars for the Troops

A group of patriotic volunteers takes old tattered and faded United States flags retired from service and passes the legacy of their embroidered stars to those that defended them. Kathy from Bridging Life will show us how to create the token for our Veteran's here at Utz Terrace for our Veteran's Day Celebration. Please bring a pair of scissors, all other materials will be provided.

**Monday, October 9
1:30 pm
Hobby Room
Registration required by Monday, October 2**



Village Stitches

If you love to sew, this mission-oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

**1st Monday of the month
9:00 am
Hobby Room**



Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Happy Hour

Happy Hour is a great way to try new drinks! These socials are for you to enjoy with friends and neighbors so be sure and plan to attend this popular event.



Halloween Happy Hour

Get in the “spirit” of Halloween by coming in costume or in your Halloween colors and get entered to win a “spooktacular” prize.

October 31
4:00 – 5:00 pm
Great Room

Holiday Happy Hour

Come in an ugly sweater, festive outfit or red and green for this themed gathering.

December 19
4:00 – 5:00 pm
Great Room

Monthly Movie

Lights, Camera, Action! Join us this quarter for a monthly movie held in the Great Room unless otherwise noted.

Our Souls at Night

Wednesday, October 4
Time: TBA

We will be under the stars for this one. Bring a chair or blanket, and snacks!

Forever My Girl

Friday, November 3
Time: 11:00 am

A Tourist’s Guide to Love

Friday, December 1
Time: 11:00 am

THE JULIETS CLUB

As the famous Shakespeare play references, what’s ROMEO without a Juliet? Enjoy time with other ladies for special luncheons and programs throughout the year.



Historic Round Barn and Farm Market

Built in 1914, it is one of only a handful of truly round barns surviving today. Set in a scene of picturesque Pennsylvania foothills, you’ll love its beautiful architecture against the rolling, orchard-covered hills. Enjoy lunch at the Thirsty Farmer after shopping.

Friday, October 6
Bus pickup will begin at 10:00 am
Please sign up by Friday, September 22.

TaylorMarie’s Boutique

IMAGINE a day at a boutique... right in your community! That’s what TaylorMarie’s provides! They are a mobile retail-clothing store that provides fashionable women’s clothing and accessories from respected, high-quality brands. We will need 8-10 models for this fun, festive event, if interested please call Tracy.

Thursday, November 30
Fashion Show and Tea at 11:00am
Shopping: 11:30 am -2:30 pm
Terrace Overlook Restaurant

ROMEO CLUB

Popping up all over the United States, this popular group is just for the guys! Come together with other men for food, fellowship and of course lots of fun!



Goofy’s Eatery & Spirit

Established in 1989 and attracts bikers, tourists and families, who all mix and have a great time. From food and drinks to events, they have much to offer their patrons. They have a large selection of foreign, domestic and microbrews, daily specials, homemade soups, crab cakes, soft shell crabs, wings and much more. When we return, we will play a few rounds of Washers, a fun yard game similar to horseshoes where 2 or 4 players compete to throw washers into a box.
Wednesday, November 15
See calendar for departure time.
Please sign up by Friday, November 3.

Recreational

GAMES

Games have always brought families and friends together, whether played using a deck of cards, a board or specific equipment, on a designated game night or during family holiday get-togethers. Discover new tabletop games, try your “hand” at a new card game or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Billiards

Tuesdays, Fridays 1:00 pm
Billiard Room

Bingo

1st Tuesday, 2:00 pm
Great Room

Line Dancing

Thursdays, 10:45 am
Fitness Room

Mexican Dominoes

Fridays, 2:00 pm
Library

Mini – Tennis

Fridays, 10:00 am
Fitness Room

Rummikub

Mondays, 1:00 pm
Great Room

Ten Pin Bowling

Mondays & Thursdays, 1:00 pm
South Hanover Bowling Lanes

Trips



Eisenhower Farm Tour

Gettysburg played an important role in the lives of Dwight and Mamie Eisenhower. They used their farm as a retreat and diplomatic getaway during Eisenhower's presidency, and ultimately retired here after leaving the White House. Explore the Eisenhower's legacy and their connections to Gettysburg through these stories and collections. We will also visit Adams Co. Winery.

Monday, November 6

See calendar for departure time.

Registration by Friday, October 13

Horse-Drawn Carriage Ride

The Victorian Carriage Company offers horse-drawn carriage guided tours of the Battlefield with licensed Battlefield Guide historians on every tour, lasting approximately 2-hours.

Wednesday, October 18

Cost: \$56.00 per person

See calendar for departure time.

Registration by Friday, September 22



Koziar's Christmas Village

What a great way to get in the Holiday spirit by visiting Koziar's Christmas Village, located in Bernville PA. This self-guided tour includes both outdoor and indoor buildings of varying sizes to enter with displays, shopping, food, and a huge indoor train display.

Monday, December 18

See calendar for departure time.

Registration by Friday, November 24



Old Jail and John Brown House (Ritner Boarding House)

The Old Franklin County Jail is a historic jail located in Chambersburg, Pennsylvania. It was built in 1818 and survived the burning of Chambersburg by the Confederate Forces in 1864. The Old Jail complex consists of the original building erected in 1818, an annex built in 1880 and a yard enclosed by a 20' high limestone wall. The day will conclude with dinner at Johnnie's Family Restaurant. *Please note you will need to be able to go up and down steps, as there is no elevator.

Thursday, November 2

See calendar for departure time.

Registration by Friday, October 20

Entertainment

MUSICAL PERFORMANCES



Colby Dove

Enjoy a musical performance by Colby Dove, a 12-string acoustic musician covering songs from over 150 artists ranging from Sinatra to Slipknot.

Tuesday, October 31

2:00 pm

Terrace Overlook Restaurant

Theatre



The Home Game

Set against backdrop of Amish farmland and America's Favorite pastime, Bird in Hand Theatre presents this heartwarming story of a prodigal son. How will Levi choose between his father's wishes for an Amish life and his own deepest dreams of playing in the major leagues? What will it cost him? Trip includes the show and dinner.

Thursday, October 12

Dinner 5:15 pm Showtime 7:00 pm; see calendar for departure time.

Cost: \$68.65

Registration and payment required by Wednesday, September 13

Carol Burnett Skits

The Gettysburg Community Theatre Senior Outreach Troupe presents *The Carol Burnett Show*. A group of seniors who volunteer their time and talents will provide you with sidesplitting laughter as they perform three of their favorite scenes from the old The Carol Burnett Show from the years gone by. They will put a smile on your face and bring back fond memories.

Tuesday, October 10

2:00 pm

Terrace Overlook Restaurant

Oyster Mill Play House



Run for Your Wife is comedy from the author of *Funny Money* and *There Goes The Bride*, centering around a London cab driver, John Smith, who literally has two lives, complete with two different wives. Somehow, he manages to juggle them both... until his worlds come crashing together. Hilarity ensues as he tries to manage the situation, keeping audiences laughing until the very end. Dinner preceding show at Grateful Goat Brewing Co.

Friday, November 17

Showtime 7:30 pm; see calendar for departure time.

Cost: \$20.00* Group discount rate for 20 or more.

Registration and payment required by Friday, October 20

Miracle of Christmas

This Holiday season, travel back in time as the original Christmas story unfolds all around you. Experience the Miracle of Christmas as it comes to life on stage at Sight and Sound Theatre with massive sets and live animals in this cherished holiday production. We will enjoy dinner after the show at Cheddar's Scratch Kitchen.

Tuesday, December 12

Showtime 3:00 pm; see calendar for departure time.

SWH Fall Play

The talented students from South Western's drama department will present another comedy on stage this fall. Show will be announced. Preview play is presented at no charge for community seniors.

Wednesday, November 15

Bus pick at 6:15 pm;

Showtime 7:00 pm

Registration by Friday November 10.

Dining

BRUNCH BUNCH

Join the Brunch Bunch monthly at various local diners for good food with good friends. See calendar for departure time. Registration Required

**New Horizon Café, New Oxford
October 13**

**Dutch Country Restaurant,
Hanover
November 3**

**North 5th Street Diner,
McSherrystown
December 8**

DINERS CARAVAN

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant, and is the responsibility of the diner.



Friendly Farm

A country drive through Hereford leads to the two-hundred-acre farm in Northern Baltimore County, home to this unique Family style dining restaurant. A choice of individually presented entrées, such as Roast Beef, Fried Shrimp, Fried Chicken, Country Ham, Steak or Jumbo Lump Crab Cakes are offered. Included with your meal are servings of the daily vegetable, fresh hand-cut, french-fried potatoes, fruit, apple butter, cottage cheese, and an abundance of dinner rolls and deep-fried sugar rolls with butter and beverage. Completing your meal is a generous scoop of dairy-fresh ice cream.

Thursday, October 26

See calendar for departure time.

Cost: Separate Checks

Registration required by Friday, October 6

Dining continued next page



The Left Bank

Chef Sean Arnold and his wife Mandy took ownership of The Left Bank Restaurant & Bar in 2017, carrying on the 25-year legacy of York's most reputable restaurant. Chef Sean, a recognized Chef in the area dining scene and his culinary team is dedicated to the idea that food should be experienced.

Tuesday, November 28

See calendar for departure time.

Cost: Separate Checks

Registration required by Friday, November 3



Olivia's

Olivia's has strong roots in historic Gettysburg, offering their guests fare that is fresh and exciting. Not only are the entrees artistic and pleasing to the eye, but the taste buds as well. Olivia's Restaurant features more than 100 menu selections made from scratch each day.

Tuesday, December 26

See calendar for departure time.

Cost: Separate Checks

Registration required by Friday, December 1

Friendsgiving POTLUCK

While the Thanksgiving season may evoke memories of familial traditions, you can always make your own new traditions with those close to you that aren't related by blood. Join us as we start a new pre-Thanksgiving tradition here at Utz Terrace – "Friendsgiving."

There will be a signup sheet for items to bring or in lieu of bringing a covered dish, an option to make a financial contribution to attend.

Tuesday, November 7th

Terrace Overlook Restaurant

Registration required by Friday, October 13

Potluck Dinner

You won't want to miss this annual event complete with food, fun and friends! There will be a signup sheet for items to bring. In lieu of bringing a covered dish, there is also the option to make a financial contribution to participate. Please bring covered dish by 4:30 pm, dinner will begin at 5:00 pm.

Tuesday, October 17th

Terrace Overlook Restaurant

Sign-up Required in the LE Program Binder

Veteran's day Luncheon

The Village at Utz Terrace takes this opportunity to thank our Veterans for their service to our country by inviting you to a complimentary lunch.

November 10

12:00 pm

Veteran's Lunch, Terrace Overlook

Sign-up Required in the LE Program Binder

Women's Birthday Luncheon

Time to celebrate another year! Share good food, fellowship and hear the birthday women share some personal stories as we celebrate their lives.

10/3, 11/14, 12/19

12:00 pm

Terrace Overlook Restaurant

Cost: \$10

Sign-up Required in the LE Program Binder

Special Utz Terrace Holiday Events

Christmas Caroling, Cookies and Cocoa

Bring joy to your neighbors as we carol around the community. After caroling, gather to enjoy cookies, cocoa and comradery.

Thursday, December 21

6:00 pm

Community Center Lobby



Christmas Dinner

In celebration of the Christmas season, join your neighbors for a full course meal and a special holiday musical performance.

Tuesday, December 5

12:00 pm

Terrace Overlook Restaurant

Registration for meal required by Monday, November 20

Transportation available. Please register for transportation by Friday, December 1.



COMMUNITY

"The best way to find yourself, is to lose yourself in the service to others."

— Mahatma Gandhi

CommUNITY Spirit

SERVING THE GREATER COMMUNITY

Supporting Hanover Council of Churches Food Drive

Help us by donating items needed for the Hanover Area Council of Churches food drive. Items needed, canned beans, meats, vegetables and fruits. Peanut Butter, spices, powered milk, pasta, mac and cheese and boxed scalloped potatoes, Clorox wipes and dish detergent. Look for the collection basket in the Communication Hub or at Apartment Entrance to place your donations.

Donations will begin Sunday, October 1

HACC will pick-up donations Wednesday, November 1

Walk to End Alzheimer's

Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support & research. Held annually in more than 600 communities, this event calls on participants of all ages and abilities to reclaim the future for millions.

Saturday, October 28 • See calendar for departure time.

John C. Rudy Park in York

SERVING WITHIN OUR COMMUNITY

Life Enrichment Planning Committee

All residential living residents are invited to help with the planning of events for January, February, and March of 2024.

Thursday, October 5 • 2:00 pm • Hobby Room

Pasta Dinner Alzheimer's Fundraiser

Take the night off from cooking and help to raise awareness & funds for Alzheimer's care, support & research by attending the pasta dinner. We raised \$707 last year, our goal this year is \$800. Option of three different meats, sauces, & pasta.

Wednesday, October 11 • 4:30-6:00 pm

Cost: \$15.00 cash • Reservations Required

Utz Terrace Holiday Helpers

Lights, ornaments, action...bring Utz Terrace to life this Christmas. Join your neighbors in helping to get the community ready for the holidays through the direction of Life Enrichment and Village Team staff. A complimentary lunch will follow for all volunteer holiday helpers.

Monday, November 27 • 10:00 am-12:00 pm

Community Center and Apartment Common Areas

Volunteer registration required by November 20



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360® program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



2100 Utz Terrace • Hanover, PA 17331 • www.SpiriTrustLutheran.org

