

# The Weekly Connection

## Residential Living | January 25, – January 31, 2026

### Happening this Week!

#### Brain Games

January 26 | 1:00PM | Library

#### Town Hall

January 27 | 11:00AM | Terrace Overlook Restaurant

#### Diner's Caravan: Cheddar's

January 27 | 4:15PM | Outing

#### Massage by Tara

January 28 | 9:30-3PM | Salon

#### Chair Volleyball

January 28 | 11:30AM | Fitness Room

### Program Sign Up!

#### Women's Birthday Luncheon

It's time to celebrate our February ladies on Tuesday, February 3rd. Sign up in the program binder by **Monday, February 2nd.**

#### Crafty Crew: Twine Cross

Join Tracy on Monday, February 23rd, for this quarter's Crafty Crew. The cost is \$10.00 and will be billed to your monthly statement. Sign up in the program binder by **Friday, February 13<sup>th</sup>**. This will be displayed on the shelf outside the Hobby Room.



### Fitness Schedule Change

Please note that Pilates will be at 9:30 am and the Men's 8-week challenge will be at 10:15 am on Tuesday, January 27th, due to the Town Hall Meeting. Sit & Strengthen will be at 12:45 pm instead of 1:00 pm, starting this week and continuing until further notice. Thanks for your understanding.

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

9:30am Pilates

10:15am 8 -Week Challenge

12:45pm Sit & Strengthen

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00 Tai Chi

#### Thursday:

10:00am Pilates

12:45pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

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 **SpiriTrust Lutheran®**  
The Village at Utz Terrace



## Program Sign Up Cont.

### Wizard of Oz on Ice at Eichelberger

Eichelberger Performing Arts is presenting Wizard of Oz on Ice, on Sunday, February 15th. Experience the enchantment of The Wizard of Oz re-imagined like never before with our dazzling ice show! Watch as world-renowned professional skating champions bring this beloved tale to life on ice, combining breathtaking performances with interactive elements for audiences of all ages. From Dorothy's iconic journey down the Yellow Brick Road to the magical encounters with the Scarecrow, Tin Man, and Cowardly Lion, every moment is filled with mesmerizing choreography and stunning visuals. This is a 3:00 pm show. The cost is \$44.00. Sign up in the program binder by **Friday, February 6th.**

### Pizza Social

We will have a pizza party on Monday, February 9th, with the money left from the Soup & Salad Potluck. If you attended the potluck, you are invited to enjoy some pizza with your friends and neighbors. I will provide drinks as well. If you would like to make a dessert, please let Tracy know. Sign up in the program binder by **Friday, February 6th.**

## Looking Ahead

### Therapy Talks: Joint Protection

Join Shannon Schuman for her presentation on **Monday, February 2nd.** Learn techniques to protect your joints and decrease the risk of injury, and how therapy can help.

### Chair Volleyball

Chair volleyball is a modified version of traditional volleyball designed specifically for seniors with mobility limitations using a beach ball. You will remain seated during play to make it safer for all. It has become popular with our residents, so we are offering it on **February 4<sup>th</sup> and 25<sup>th</sup>.** Chair volleyball is a way to stay active, socialize, and have fun without the physical strain of standing. The more the merrier.

### Pastor Rodney

Pastor Rodney from St. Lazarus Church will return to our community on **Monday, February 9** at 2 pm in the personal care dining room. Everyone is welcome to attend.

### Palliative Care vs. Hospice Care

Do you know the difference between Home Health, Palliative Care, and Hospice? Join Lisa on Wednesday, **February 11th**, as she explains how each is covered, how you qualify, and what services are rendered.

### In -House Movie: Walk. Ride. Rodeo

We will be showing "Walk. Ride. Rodeo" on **Friday, February 13th**, based on a true story. Amberley Snyder (Spencer Locke) dreams of a college scholarship and a pro rodeo career, but her dreams are brought to a halt when she's involved in a devastating accident. Now unable to use her legs, she refuses to give up on her dreams and instead decides to fight her way back into competitive barrel racing. Based on the incredible true story, Walk. Ride. Rodeo co-stars Missi Pyle, Bailey Chase, Sherri Shepherd, and Max Ehrich.