The following programs are regularly scheduled on a weekly basis:						
Sunday	Monday	Tuesday	Wedn0esday	Thursday	Friday	Saturday
	10:00 Power Hour 10:45 Back to Basics 1:00 10-Pin Bowling	10:00 Pilates 10:45 Man We're Movin 12:45 Sit & Strengthen 1:00 Billiards	10:00 Power Hour 10:45 Back to Basics 1:00 Tai Chi for Beginners 1:00 Mexican Train Dominoes 2:00 Wii Bowling	10:00 Pilates 10:45 Line Dancing 12:45 Sit & Strengthen 1:00 10- Pin Bowling 2:00 Worship (PC)	9:00 Balance & Stretch 9:30 Morning Mindfulness 10:00 Mini Tennis 1:00 Billiards 1:00 Mexican Train Dominoes	

November

Independent Living Programs & Events

Concordia at SpiriTrust Utz Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Day Light Saving**	**2** 10:00 Village Stitchers (TCL) 10:30 Indian Steps Museum & lunch at Great American Saloon	**3** **Election Day** 12:00 Women's Birthday Lunch (DR) 2:00 Bingo (GR)	**4** 9:30-3 Massage by Tara (Salon) 11:30 Chair Volleyball	**5** 11:00 Shop Downtown Frederick	**6** 9:45 Brunch Bunch: Iron Rooster	**7**
8	**9** 1:00 Therapy Talks with Shannon Schuman "Pelvic Floor Strengthening (GR) 2:00 Pastor Rodney (PC)	**10** 1:00 Packing Thanksgiving Totes (TCL)	**11** **Veterans Day** 11:00 Veterans Day Luncheon (DR)	**12** 12:15 "Our Tree" Warehime Myers Mansion	**13** 1:00 In- House Movie: The Breadwinner (TCL) 3:00 Pop- Up Happy Hour (TCL)	**14**
15	**16** 4:00 Friendsgiving (DR)	**17** 10:30 Catholic Mass (SC) 1:00 Packing Thanksgiving Totes (TCL) 4:00 Happy Hour (TCL)	**18** 11:30 Chair Volleyball 6:15 S.W.H.S. Fall Play	**19** 3:00 Teach Help with Steve Bean (GR)	**20** 11:00 Chicken Salad Chic & Boscov's Shopping	**21**
22 2:15 Eichelberger Performing Arts: The Spring Garden Band	**23** 1:00 Make Christmas Centerpieces for RL Christmas Celebration (TCL)	**24** 3:30 Diner's Caravan: Carriage House	**25** 2:00 Music with Dan Martin Classic Country & Gospel (PC)	**26** **Thanksgiving**	**27** **Black Friday**	**28**
29 12:00 Ravens vs Texans Football (TCL)	**30** 9-12:00 Deck the Halls (CC) 11:30 6- Week Chronic Pain Class (GR) 7:00 Christmas Music with The Apple Core Band (DR)					

Thank you….

Well, September was a busy month for me. Triple heart bypass surgery and my 75th birthday!!! Double whammy for me and my family and wonderful friends and neighbors. All I can say is that you all are terrific and kind and I'm humbled. So, continue to Rock On and stay strong. Thank you from the bottom of my "heart" … hugs. - **Sam Heckman**

Thank you so much for your cheerful well wishes for my birthday. Ive enjoyed a multitude of fond friendships over my 95 years and mind you many of them are right here at SpiriTrust. Love & blessings- **Kitty**

Thank you so much for the beautiful cards that I received on my birthday Oct. 6. I have them sitting on the windowsills and the table. Take care and God bless you all**- Wanda Kaltreider**

Upcoming Programming for November- Additional Information:

Veterans Day Lunch: Join us as we honor those who have served and sacrificed. We cordially invite our resident veterans and families to a special Veterans Appreciation luncheon to connect with fellow community members, share stories, and enjoy a delicious meal together. This will be free for our veterans, and a $13.00 cost for anyone else attending.

Giving Thanks by Giving Back: We are trying to collect items to provide 5 meals for families of South Western students. Through the years South Western has been great with providing entertainment for our Christmas dinner. They always invite us to their spring and fall play. You should have had a list of items needed in your mail mid- October. If you don't have this list, I have one hanging in the HUB room and in the binder in the apartment lobby. We will pack the totes as a community for anyone interested in helping!

"Our Tree" at the Warehime Myers Mansion: "Many Journeys, One Community"**:** Our community is a mosaic of different journeys, adventures, and cultures. This year we will decorate a 7 ½' pre-lit Christmas tree at the mansion on Baltimore St. Whether you have traveled across the globe or found your perfect destination closer to home, we need your help to make this tree beautiful! We are looking for help to decorate, if you are not interested in decorating, we would love you to share an ornament for us to put on the tree. Please see that Tracy Schuman receives your decoration with your name. If I am not in my office, I need to know who to return the ornament to. We will have the decorations from November 9 until January 15; I will return all ornaments the week of January 18.

Diner's Caravan: Step into The Carriage House, a culinary haven where history, hospitality, and innovation converge. Dating back to the 1700s, our pre-Revolutionary War farmhouse has evolved into a restaurant, changing ownership yet preserving its local charm. Our mission is to build a vibrant community hub, seamlessly blending culinary excellence with a curated selection of craft beers. Behind the scenes, their chefs bring decades of combined expertise, passionately perfecting their craft and orchestrating a symphony of taste.

S.W.S.D. Fall Play: This adaptation is a holiday story based on the book (Can This Be Christmas?) by bestselling author - Debbie Macomber. It is Christmas Eve and a group of weary travelers get delayed at a small train station in Abbott, New Hampshire as they were heading home for the holidays. Frustrations, anxiousness, and ultimately friendship abounds as they each navigate their situations and compassion for those sharing in the journey.

Deck the Halls: Help us decorate for Christmas! Let's turn our community into a winter wonderland! We are looking for festive residents to help deck the halls, trim the trees, and bring holiday cheer to our community. As a huge thank you for the holiday cheer, all volunteers will enjoy a complimentary lunch on us! No decorating experience is necessary- just bring your festive spirit!

Chronic Pain Class: Self-Management Tools; Physical Activity Action-Planning Breathing Techniques Understanding Emotions Using Your Mind Sleep Healthy Eating and More! This is limited to 15 residents and is a 6-week session**.** Please plan to attend all sessions, no class on Monday December 21.

Concordia at SpiriTrust Utz Terrace

Independent Living Newsletter | November 2026

How sweet it is with book in hand
off to bed, then slumberland.
All is cozy – a lullaby
But wait is that a pesty fly?

I grab a paper lying there
and wave it wildly in the air.
Did it go away?
Is it still here?
I think I hear it in my ear?

It flies by me, oh, so close!
I hate this fly the very most
Is it on me- in my hair!
I can't swat him- he's everywhere.

Off to bed- head in the sheet
And pray that I will fall asleep.
I can't breathe – so I can't win.
That pesty fly is back again!

The Fly and I
- **Ann Paris**

Friendsgiving Potluck

It's time to celebrate the season with our wonderful community! We are excited to invite you to our neighborhood Friendsgiving Potluck on Monday, November 16 at 4:00 pm. Broasted chicken will be the protein. I will have a sign-up sheet in the HUB Room with what is needed. Homemade, store-bought, or totally last minute we love it all. As long as you have it ready to eat!

"New" Community Area Name: **The Community Lounge**

We have the name for the new area which was previously the billiards room, and hobby room, and empty area.

Here are the totals:

2- votes for The Spot
3 - votes for The Common Ground
7- votes for Huddle Room
11- votes for The Oasis
22- votes for The Community Lounge