

The Weekly Connection

Personal Care | September 14 - 20, 2025

Listed below are several *highlighted* opportunities for personal growth and enjoyment for the upcoming week. For a full listing of opportunities please see the monthly personal care residence life enrichment calendar.

Movie Matinee: Dreamer

Sunday, September 14 | 2:00 PM | Living Room

You'll cheer all the way to the finish line in this feel good story of a horse trainer and his young daughter determined to help an injured racehorse that will change their lives forever. Movie length is 1 hour and 46 minutes. It's a good drama!

Bible Bits: Good and Evil Hearts

Monday, September 15 | 1:00 PM | Activity Room

The Bible Bits lesson is based on Luke 6:39-45 on how we should look at our own lives before we point out the faults of others. Please come to learn and discuss this bible lesson.

York County Sheriff's K9 Unit Presentation

Tuesday, September 16 | 2:00 PM | Dining Room



The York County Sheriff's K9 Unit is a specialized unit that are staffed with highly trained deputies and canines prepared to respond to a variety of incidents and events. Come and meet the officers and canines that serve and protect. Learn!

Big Snack Bag Bingo

Wed., September 17 | 2:00 PM | Activity Room

The weekly bingo session will have an added bonus of prizes. Bingo winners will have the pick of big bag snacks of popcorn or potato chips. Come and play bingo with the opportunity to win these prizes!

PA Dutch Colloquialisms

Thurs., September 18 | 10:15 AM | Activity Room

The Hanover area is part of the PA Dutch heritage and culture. During this time we will talk about some of the vocabulary that is now common language for those born and raised in the area. Just what is a dippy egg? Come find out!

Heated Neck Massages & Back Rubs

Friday, September 19 | 2:00 PM | Activity Room

Everyone can use some relaxation from life's stress and worries. Please join Kris as she provides relaxing heated neck massages that will soothe and calm, as she also provides a enjoyable back rub that is amazing.

Faith Break with Chaplain

Saturday, September 20 | 1:30 PM | Living Room



Please take this time to spend with Chaplain Melissa as you grow in your own personal spiritual learning and growth.

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



News continues from page 1

Weekly Word Puzzles

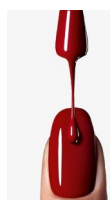


Residents are welcome to obtain a weekly themed puzzle booklet, created each week for your

independent leisure. Booklets can be found at the resident care desk.

This week ... Hollywood Star Puzzles!

Pretty Nails on September 22!



With the assistance of our volunteer, Misty McKenzie, the life enrichment team is happy to offer nail care called pretty nails.

Misty will shape up your fingernails and paint them with clear polish or beautiful colors. Please sign up with Kris Martin, life enrichment leader for the next appointments on Monday, September 22 starting at 12:30 pm in the library lounge.

Brand New Walker Bags Do you have a walker and find it difficult to carry essential items? The life enrichment department has a supply of homemade donated walker bags. Please see Kris Martin, life enrichment leader to select a free walker bag that fits your personal needs.

Over the Counter Medications



Residents and families are reminded that all medicines including, over the counter medicines need to be reported to the nursing staff. This includes; eye drops, nasal sprays, cough syrup, allergy medicines, creams, vitamins, etc.... A doctor's order is necessary for all medicines. Reminder that all medications must be stored and locked up at all times. Please consult with Alyssa Groft, personal care administrator, if you have any questions or concerns.

Health Reminder Residents are reminded to report any health changes to the nursing staff. Changes include; coughing, runny nose, sniffles, chest congestion, and achy muscles. This is important as staff try to contain any infectious viruses such as; covid, flu and RSV.

How to Stop the Spread!

******Residents are encouraged to wash hands frequently, cough into your elbow, and use antibacterial hand gel when unable to wash hands.

Personal Snacks Residents are asked to store your personal snacks in an airtight plastic container or tin. Snacks should not be stored on the floor. Your assistance with these measures will assist with pest and rodent control. Thank you.