

**Thank You...**

Thank you for the Anniversary cards we received in November for our 65th Anniversary. We appreciate your thoughtfulness & friendship. - **Martin & Carolyn Rock**

Thanks to all for the beautiful birthday cards and greetings. It is nice to be surrounded by such thoughtful people. My welcome mat is always out. Stop by sometime for a chat. - **Nancy Hood**

What a thoughtful and caring community in which I am fortunate to live. Thank you for your cards, texts, messages, words, and wonderful notes in the cards you sent me for my birthday. You made my day special! – **Barbara Comeyne**

Our sincere thanks for the birthday cards for each of us during December. Our anniversary is also in December, which made for more cards. How kind and thoughtful of all of you. Instead of sending out cards, we donated to Roots for Boots, which supports local veterans.- **Carol & Ron Rohrbaugh**

**Additional Programming Information for January:**

**Holiday Helpers Un-decorating:** It's hard to believe it's time to take down the Christmas decorations. Join your neighbors on Wednesday, January 7th, to help restore the community. A complimentary lunch will be served for all volunteer holiday helpers at The Terrace Overlook Restaurant. We will work from 10-12:00 pm, putting the decorations away.

**Brunch Bunch: Baugher's Restaurant:** This month, we will be in Westminster for our monthly brunch bunch. You will have the option of breakfast or lunch.

**Journey Hospice:** Meet Lisa Beaver with Journey Hospice while creating a wooden dragonfly ornament and enjoying a root beer float. All are welcome to attend.

**In-House Movie; *Nonnas*:** Born and bred in Brooklyn, Joe (Vince Vaughn), is stuck in a dead-end job at the MTA. After the loss of his Nonna and mother, Joe turns to what has brought him comfort his whole life: Italian dishes, home-cooked by family and shared by many. With his mom's insurance money, he opens Enoteca Maria — a restaurant in Staten Island serving food cooked by four grandmothers, or “Nonna's,” from different cities in Italy, who share their dishes with the neighborhood.

**Faith Break:** The next Faith Break will run from January 10 to March 28, 2026. We will be doing *"Praying Like Monks, Living like Fools: An Invitation to the Words and Mystery of Prayer"* by Tyler Staton. Transform your faith and discover a powerful connection with God through the unexpected gift of prayer. Prayer is the source of Jesus' most astonishing miracles and the subject of Jesus' most audacious promises, yet people often find prayer to be boring, obligatory, or confusing. Join Tyler Staton, author, pastor, and national director of the 24/7 Prayer movement, as he invites you to discover the incredible gift of prayer. Contact Chaplain Melissa if you would like a Study Guide. The cost is \$14.00. This is a feel-good movie based on a true story.

**Golf Loft:** No clubs, no worry. They have clubs that you can use. Strategically placed in the heart of downtown Hanover, The Golf Loft is an indoor golf simulator facility catering to a wide range of golfers, from top-level aspiring professionals to complete beginners and everyone in between. Each simulator bay is equipped with Trackman Technology, Titleist Pro V1 RCT golf balls, and user-friendly touchscreen control systems. For those waiting their turn to swing, each bay also features a high-top table with seating, sofa seating, and your own designated TV. Not playing? No problem, they are conveniently located above Fat Bat Brewery. With user-friendly ordering options, you can order food and drinks to be delivered to your bay. The cost per Bay is \$45.00 and accommodates up to 6 people.

**Diner's Caravan: Cheddar's:** WHAT DOES IT MEAN TO “Get a lot. For not a lot.” AT CHEDDAR'S? It means loving every bite of the handmade, fall-off-the-plate food coming out of their kitchen. It means gathering with family and friends in a warm and welcoming atmosphere. But here's the best part – it means you don't have to empty your wallet to get the dining experience you deserve.



**2026  
“The New Year”**

Happy New Year, everyone  
My where does the time go?  
The days just go flying by  
To Where? I just don't know.

It seems that only yesterday  
There was a Thanksgiving Day  
Then Christmas quickly followed  
And the New Year was on its way.

Isn't it just silly?  
We say this every year  
But sorry, it just goes so fast  
But wait, isn't Valentine's Day near?

**-Theresa Zink**

**2026 Challenge**

Aim for the recommended 150 minutes of moderate activity, which is only 30 minutes 5 days a week, plus two days of muscle-strengthening activity per week. Focus on new activities and breaking routines. Ask a friend or neighbor what they're doing tomorrow — and don't hesitate to make plans to do something! These are all things that keep brain and muscle networks active. Loneliness can be enough to drain your energy.

**Men's 8-Week Challenge**

Commit to this 8-week challenge; it is only 30 minutes of your time! Exercising for 30 minutes can positively impact your health. From being a natural mood booster to helping support bone health, the potential benefits of physical activity are impressive. Call your friends and neighbors and challenge them to this 8-week challenge with Tracy.

**Tuesdays**  
10:45 – 11:15 am  
Fitness Center

The following programs are regularly scheduled on a weekly basis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am Power Hour 10:45am Back to Basics 1:00pm 10- Pin Bowling 2:00pm Mexican Train	10:00am Pilates 1:00pm Sit & Strengthen 1:00 Billiards	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00pm Wii Bowling	10:00am Pilates 10:45am Line Dancing 1:00pm Sit & Strengthen 1:00pm 10- Pin Bowling 2:00pm Worship (PC)	9:00am Balance & Stretch 9:30am Morning Mindfulness (GR) 10:00am Mini Tennis 1:00pm Billiards 1:00pm Dominoes (GR)	

Additional programs & events scheduled for the month of January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your Inspirations catalog.	<b>Key: All events are held in Hobby Room or Fitness Room area unless otherwise indicated.</b> <b>DR – Terrace Overlook Restaurant</b> <b>PDR – Private Dining Room    APTL – Apartment Lobby</b> <b>CCL – Community Center Lobby    GR – Great Room</b>		Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	<b>New’s Years Day</b> 1	2	3
4	5 10:00 The Village Stitchers (HR) 1:00 Therapy Talks: “Keeping your Mind Sharp” with Shannon Schuman (GR)	6 10:45 8-Week Men’s Challenge 12:00 Women’s Birthday Luncheon (DR) 2:00 Bingo (GR)	7 10:00 Holiday Helpers Un-decorating (CCL) 3:00 Chair Volleyball	8 11:00 Book Club (Library) 3:00 Planning Meeting (HR)	9 10:15 Brunch Bunch: Baugher's Family Restaurant	10 10:15 Faith Break Resumes (GR)
11	12 1:00 Brain Games (Library)	13 10:45 8- Week Men’s Challenge “Man, we’re moving.”	14 1:00 Play Around: Wii Sports 2:00 Presentation with Journey Hospice (GR)	15 3:30 Tech Help with Steve Bean	16 11:00 In-house Movie: “Nonnas” (GR)	17
18	MLK Jr. Day 19	20 10:30 Catholic Mass (SC) 10:45 8- Week Men’s Challenge 4:00 Happy Hour (DR)	21 1:00 Golf Loft	22	23	24
25	26 1:00 Brain Games (Library)	27 10:45 8- Week Men’s Challenge 4:15 Diner’s Caravan: Cheddar’s Scratch Kitchen	28 9:30 - 3:00 Massage by Tara (Salon) 11:30 Chair Volleyball	29	30	31

