

Thank You...

Birthdays are special at Utz Terrace. All the folks here make them special. Thank you all for the cards, notes, and birthday greetings. You make the day special. Thank you!- **Audrey Roark**
Mountains of thanks to all who remembered my birthday. Thanks for all the cards with thoughtful messages. Each one was greatly appreciated. Thank you for being such great friends & neighbors. -

Nancy Utz

Harold and I would like to thank everyone for the many 25th Anniversary wishes we received. Each one was greatly appreciated. - **Wilma & Harold Lau**

I would like to thank everyone for their beautiful birthday cards on my birthday. Also, thank you so much for the get-well wishes, phone calls, visits, and prayers following my surgery. Hope the healing process will be a little faster this time. Your thoughtfulness is greatly appreciated. - **Wilma Lau**

Additional Programming Information for July:

Presentation with Rev. Curt Weber: Have you ever wondered how a Union Chaplain dressed during the Civil War? Join Rev. Curt, dressed in Union clothing. He will discuss not only the Chaplain's role but also what they wore, and how Union differed from Confederate Chaplains. He will bring items that a Chaplain would have carried in his carpetbag and will distribute items around the room if you would like to take a look. He will have a display of Union & Confederate flags too.

Play Around: "Phase 10" is a fun and challenging card game where players aim to complete 10 phases, each requiring a specific combination of cards, such as sets, runs, or a mix of both.

Therapy Talks with Shannon Schuman: "Keeping Your Mind Sharp" "Learn more about the brain and different memory-enhancing strategies.

Mobile Fruit & Vegetable Market: Enjoy shopping for fresh fruits and vegetables from local vendors at St. Joseph's Academy's yearly Mobile Market in McSherrystown.

Health 101: Join David Dukich, CNHP, from Wholly Holistic, for his presentation on making Healthy Lifestyle changes. You will learn to create a more positive attitude, which will help you make better health choices overall. He will discuss effective supplementation and more. David has successfully managed his Parkinson's Disease for over 21 years, as well as Type 2 diabetes and Lyme disease, without any pharmaceuticals.

Neas House & Daughters of the American Revolution: Join Sharron Krebs from the Hanover Historical Society for a presentation on the Neas House of Hanover. Christine Kindilien will have a short presentation on the (DAR) Daughters of the American Revolution. All are welcome to attend. This will be held in the Personal Care Dining Room.

National Hot Dog Day: Mark your calendar and enjoy a perfectly grilled Hot Dog. We had Hot Dogs, condiments, and some money left from our kick-off to summer cookout. Plan to make an afternoon of it, starting with Chair Volleyball, and then having lunch, or just come for lunch!

In-House Movie: "The Life List" is a 2025 American romantic comedy drama film, starring Sofia Carson, Kyle Allen, and Connie Britton. It was written and directed by Adam Brooks and adapted from the novel of the same name by Lori Nelson Spielman. After the death of her mother, Alex revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

Baker's Diner : Enjoy dinner at Baker's Diner, near Dillsburg. Their diner combines the warm ambiance of a classic diner with a diverse menu that caters to all taste buds. At Baker's Diner, they believe in using only the freshest ingredients and preparing each dish with care.

AARP Safe Driver Course: Do you want to save 5% on your insurance? Pennsylvania law requires companies to provide a 5% discount on auto insurance for seniors who send a copy of their completion certificate to their insurance company. If you have never taken the course, you need to attend both sessions. If you have, and it has been less than 3years for the refresher, you will attend the one-day refresher course.

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



Village *Connection*

July 2025

Uncle Sam

I saw him in a catalogue; He was tall and very thin.
Not your usual Uncle Sam, so I bought him on a whim.

He didn't blend- to be inside, His striped shirt, his whole décor.
So I made a space for him – he's sitting right outside my door.

So, if by chance you are walking by, please take a second glance.
He cost a lot for what I got, a skinny Dude in last year's pants!

But, let me say, He is well-known even in places(what?) like Lieberstine
He steals the show wherever he goes, Uncle Sam, One of a Kind!

-Ann Paris

2025 Alzheimer's Car Wash



I want to thank everyone who helped make this a success! Whether you helped wash vehicles, had your vehicle washed, or donated to the Alzheimer's Association, **thank you!**
We are at \$768.00. Our goal was \$825.00. We still have donations coming in, I think we will make it!
Again, THANK YOU!

Warm Summer Days

Warm Summer Days
And cooler nights
Birds flying high
And mosquitoes that bite.

The holiday season
The Fourth of July
We enjoy them all
As they go rushing by.

Blooming gardens
So lovely to see
We enjoy them for hours
Every bird, flower, and bee.

-Theresa Zink



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 Dominoes (Library)	10:00am Pilates 1:00pm Sit & Strengthen 1:00pm Billiards	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00 Wii Bowling	10:00am Pilates 10:45am Line Dancing 1:00pm 10 Pin Bowling 1:00pm Sit & Strengthen 2:00pm Worship (PC)	9:00am Balance & Stretch 9:30am Morning Mindfulness (GR) 10:00am Mini Tennis 1:00pm Billiards 1:00pm Dominoes (Library)	

Additional programs & events scheduled for the month of July						
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.	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	1 12:00 Women’s Birthday Lunch (DR) 2:00 Bingo (HR) 3:00 Presentation with Rev. Curt Weber (DR)	2 2:00 Play Around: Phase 10 (Library)	3	4 4 th of July	5
6	7 10:00 Village Stitchers (HR) 1:00 Therapy Talks with Shannon: “Keeping Your Mind Sharp” (GR)	8 10:00 Mobile Fruit & Veggie Market at St. Joseph Academy 2:00 Patriotic Music (PC) 4:00 Happy Hour (DR)	9 1:00 Health 101 with David Dukich, CNHP (GR)	10 10:30 Thursday Talks with Marcia (GR) 3:00 RL Planning Meeting (HR)	11 10:15 Brunch Bunch: Plum Crazy Diner	12
13	14 1:00 Brain Games (Library)	15 9:15 Bird- In- Hand: The Rise & Fall of Miss Fannie’s Biscuit 10:30 Catholic Mass (SC) 2:00 Presentation on the Neas House in Hanover (PC)	16 National Hot Dog Day 11:30 Chair Volleyball 12:30 Hot Dogs & Toppings (HR)	17 3:30 Tech Help with Steve Bean (GR)	18 11:00 In-House Movie: “The Life List” (GR) 2:00 Wildflower Folklore with Renae from Codorus (PC)	19
20	21	22 9- 1:00 AARP Safe Driver Course (GR)	23 9- 1:00 AARP Safe Driver Course (GR) 10-3:00 Massage by Tara (Salon)	24 9- 1:00 AARP Safe Driver Refresher Course (GR)	25 2:00 Storyteller Beth Rebert, with the story of the “Three Little Pigs” (PC)	26
27	28 1:00 Brain Games (Library)	29 4:00 Diner’s Caravan: Baker’s Diner	30	31	Key: All events are held in Hobby Room or Fitness Room area unless otherwise indicated. DR – Terrace Overlook Restaurant PDR – Private Dining Room APTL – Apartment Lobby CCL – Community Center Lobby GR – Great Room	