

Thank You...

It is with a heartfelt thank you for all the sympathy cards and caring words that you expressed during this difficult time. - **Gail Riley**

Larry and I would like to thank everyone for the Facebook wishes and cards we received for our anniversary. We really appreciated them and all that were sent for my birthday. It was so nice to be remembered. - **Larry & Diane Morfoot**

A thank you with gratitude for all of my birthday greetings. Each and every greeting made my September 10th birthday special in every way. A sincere thank you for all your efforts. - **Mona Callender**

Thank you to all who wished me a happy birthday, with cards, verbal wishes, candies, and a front door serenade. Some nice personal notes on the cards. *Tracy, if you want to include my poem.* "My birthday numbers say I'm now an old f**t, but you all keep me young at heart". Watch out, Theresa and Ann.-**Jr. Z**

Additional Programming information for October:

Turkey Hill Experience: The self-guided tour provides an opportunity to learn more about the history of Turkey Hill and its production process. Additionally, it offers unlimited sampling of Turkey Hill teas, lemonades, and ice cream. This typically takes between 45 minutes to an hour. We will then go to the Taste Lab, a 45-minute class where everyone is given their own pint of ice cream to add in different flavors, syrups, and inclusions to create their own ice cream flavor.

Low Vision: Learn about visual impairment and effective ways to adapt and live safely and confidently.

American Rail Bike Adventure: Experience the excitement of riding on the railroad on custom-built rail bikes. A fun and relaxing experience offered in York, PA. AMERICAN RAIL BIKE ADVENTURES® offers you the ability to enjoy a memorable outing with friends and family as you easily pedal through peaceful scenery on our easy-to-use four-person rail bikes. Located in Seven Valleys.

Crafty Crew: Sun Printed Art; This sun print process is simple and interesting. It is a nice hands-on activity for all ages. Get creative with your design. Put your idea on sun printing paper, fix it with an acrylic board and clamp. Expose it to the sun for 5 - 15 minutes, until the color of the paper changes. Rinse the paper with water for about 1 minute till the water is clean. Perfect artistic work is done. The cost is \$5.00.

Delicious Dessert Contest: Whip up your prize-winning dessert for National Dessert Day. Please have your dessert in small sample-size portions. All are invited to attend, whether you are bringing or just tasting. You will purchase a ticket to sample desserts. After sampling, you will vote on your favorite one. All proceeds will be given to the Alzheimer's Association. The contest will be held after the Pasta Dinner.

Mystery Trip: Are you up for an adventure? Join us for a fun afternoon. Wear comfortable shoes, as there will be some walking, and dress for the weather, as we will be inside and outdoors. Our destination is about half an hour away. We will enjoy lunch before the mystery.

Roasting Marshmallows: After dinner, plan on joining Tracy in the apartment parking lot for a nice fall evening. You could make a s'more or just roast a marshmallow. All are welcome to come. Please bring a folding chair if you are able to; if not, I will have chairs set up around the firepit.

Kayaking at Codorus State Park: October is a great time to be on the lake. Hop in a kayak and enjoy an afternoon with Renae. See Codorus State Park and its inhabitants through the eyes of an environmentalist.

Diner's Caravan; Hickory Ridge: Hickory Ridge Restaurant is located in Chambersburg, PA! They are the county's finest family restaurant serving breakfast, lunch, and dinner. Come in for some of the best home-cooked family dining in the area!

Hanover Outlet Stores: We will stay in Hanover for this trip. Get all your snacks and goodies for the upcoming Holiday Season. We will start with the Utz Factory Outlet Store, then head to the Snyder's of Hanover Factory Store, and lastly, make a stop at Hanover Foods.

Halloween Happy Hour: Join us for a special Halloween-themed Happy Hour. Get in the "spirit" of Halloween by coming in costume or in your Halloween colors!

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



Village Connection

October 2025

"MEMORIES"

At times I like to sit and remember
The happenings of days gone by
At times they just seem so amazing
As I remember, and I ask myself, "Why?"

Happy times are easy to deal with
The sad times are harder to take.
Memories create their own stories
Of this I don't know what to make

Sometimes it is good to remember
Perhaps it can brighten a day
Whatever is your life story
At times it just works out that way.

-Theresa Zink

"Giving Food Drive"



We will begin collecting on Oct. 20 for Roots for Boots. This organization helps **local** Veterans. We will run it until Nov. 14, giving all donations in time for Thanksgiving.

Between the dark and the daylight,
(No, it's not bower)
It's a special place for some of us.
It's called The Happy Hour.

Once a month comes this day
to set aside all troubled thoughts
to have a drink, eat a snack
Your being here will mean a lot.

The drinks are really special.
Smooth and cold as they can be.
The hostess, too, looks after you.
From cocktails to iced tea!

Happy Hour! That's what it is!
Enjoy yourself, have a blast!
Meet a friend, make a new one.
Smile; smile! And raise that glass.

Ode to The Happy Hour
- Ann Paris

Pasta Dinner for Alzheimer's

Tuesday, October 14, from 4:30-6:00 pm



Put your purple on and take a night off from cooking. Enjoy a slice of Lasagna and unlimited soup, salad, and bread for \$15.00, cash only. It is National Dessert Day! Enter the Bake-Off Contest! Bring your favorite dessert and see if you will win bragging rights. Dessert Sampler for \$1.00, you will vote for your favorite dessert.



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 1:00pm Mexican Train	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 2:00pm 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)	10:15 Faith Break (GR)

Additional programs & events scheduled for the month of October						
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.	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		1 11:00 Turkey Hill Experience	2 9-1:00 Utz Terrace Walk to End Alzheimer's 3:00 RL Planning Meeting (HR)	3 10:15 Brunch Bunch: N. 5 th Street	4
5 National Do Something Nice Day	6 10:00 Village Stitchers (HR) 1:00 Therapy Talk: Low Vision with Susan Groft OTR/L (GR)	7 12:00 Women's Birthday Luncheon (DR) 2:00 Bingo (GR) 3:00 Presentation with Jim McClure on the Civil War (DR)	8 2:00 Play Around: Phase 10 (GR)	9 11:00 Book Club (Library) 12:00 Flu & Covid Vaccines (GR) 1:00 American Rail Bike Adventure	10 11:00 In-House Movie: "The Thursday Murder Club" (GR)	11
12	13 2:00 Crafty Crew: Sun Printed Art (HR)	14 National Dessert Day 4:00 Alz Pasta Dinner & Delicious Dessert Contest (DR)	15 11:00 Chair Volleyball	16 11:00 Mystery Trip & Lunch 3:00 Tech Help with Steve Bean (GR)	17	18 2:00 WWII in Gettysburg w/Antigoni Ladd from ACHS (PC)
19	20 Start of the "Giving Food Drive" 1:00 Brain Games (Library)	21 10:30 Catholic Mass (SC) 6:00 Roasting Marshmallows over a Firepit (Parking Lot)	22 10-3:00 Massage by Tara (Salon)	23	24	25
26	27 1:15 Kayaking with Ranae at Codorus	28 4:00 Diner's Caravan: Hickory Ridge	29	30 1:00 Hanover Factory Stores	31 Halloween 3:00 Halloween Happy Hour (DR)	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.