

# The Weekly Connection

## Residential Living | June 22, – June 28, 2025

### Happening this Week!

#### Therapy Talks with Shannon Schuman

June 23 | 1:00PM | Great Room

#### Kayaking at Codorus

June 24 | 10:30AM | Outing

#### Massage by Tara

June 25 | 10-3:00PM | Salon

#### Play Around: Ping Pong

June 25 | 2:00PM | Billiards Room

#### Hanover Little Theatre

June 27 | 4:45PM | Outing

Dinner at Highland Taps & Tables before the show.

### Nurse Navigator Update

Grace will be here this Friday, June 20, and next Friday, June 27. She will start her Monday, Wednesday, and Friday schedule the week of the 30th.

### Campus Calendar Photo Shoot

#### 2026 Utz Terrace Calendar

Our 2026 calendar will be filled with pictures of fun activities. If you participate in any of the activities on campus and *would like to be part of the calendar, please try to make it to the beginning of the activity on the following dates listed below for Pictures!* If you don't want to be part of the calendar, still come and step aside when pictures are taken. If you have a conflict, please let Tracy know, and we will try to make adjustments to the schedule.

#### Monday, June 23

Power Hour; Back to Basics; Brain Games;  
Bowling; Dominoes

### Program Binder

Activities and Outings for the next quarter are in the program binder. Please take the time to stop by and see what you might be interested in. The program binder is located in the HUB room of the community center. Please call Tracy Schuman at 717-646-2434 with any questions.

### Fitness Update

Pilates will be at 2:00 pm on Tuesday due to the outing.

### Fitness Center Schedule

#### Monday:

10:00am Power Hour

10:45am Back to Basics

#### Tuesday:

1:00pm Sit & Strengthen

**2:00pm** Pilates

#### Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00pm Tai Chi

#### Thursday:

10:00am Pilates

1:00pm Sit & Strengthen

#### Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

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



**Wednesday, June 25th**

Tai Chi; Wii Bowling

**Thursday, June 26**

Pilates; Line Dancing; Sit &amp; Strengthen

**Friday, June 27**

Balance &amp; Stretch; Morning Mindfulness

Mini - Tennis; Pool; Dominoes

**Tuesday, July 1**

Birthday Lunch; Bingo

**Monday, July 7**

Village Stitchers; Brain Games

**Wednesday, July 16**

Chair Volleyball

**Program Sign Up!****St. Joseph Academy Mobile Market**

Enjoy shopping for fresh fruits and vegetables from local vendors on Tuesday, July 8 at the Mobile Market in McSherrystown. We will leave at 10:00 am. The market will run from 10 am-12 pm. Sign up by **Friday, June 27.**

**Brunch Bunch: Plum Crazy Diner**

Join us on Friday, July 11, for our monthly brunch in Westminster at Plum Crazy Diner. Sign up in the binder by **Friday, June 27th.**

**Women's Birthday Luncheon**

Time to celebrate our July birthday ladies! Share good food and fellowship Sign up in the program binder by **Monday, June 30.**

**Health 101with David Dukich CNHP**

On Wednesday, July 9, explore a groundbreaking daily practice focusing on Mind, Body, and Spirit, working together for Maximum Health Potential. With consistent daily practice, this innovative technique can help achieve a newfound Quality of Life! These key components have been a Miracle in my battle with Parkinson's Disease for over 20 years! David has been Board Certified by the National Association of Certified Natural Health Professionals for over

20 years. He unceasingly continues to broaden and expand his knowledge through continuing education, seminars, and independent daily research. Sign up by **Friday, July 4th.**

**Diner's Caravan: Baker's Diner**

Enjoy dinner at Baker's Diner, near Dillsburg on Tuesday, July 29. Baker's 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. Their friendly staff is committed to providing excellent service and ensuring that your dining experience is nothing short of exceptional. Sign up in the program binder by **Friday, July 4.**

**National Hot Dog Day**

**Wednesday, July 16,** is 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 if you choose, and then have lunch. Sign up by **Friday, July 11.**

**Looking Ahead!****10-Pin Bowling**

Do you like bowling? If so, join some of your neighbors at South Hanover Lanes every Monday and Thursday at 1:00 pm. The cost is \$7.00 for 3 games and includes shoe rental if needed.

**Therapy Talks with Shannon**

Join Shannon Schuman **Monday, July 7** for "Keeping Your Mind Sharp". Learn different memory-enhancing strategies.

**RL Planning Meeting**

Do you have ideas for the fall quarter? If so, bring them to the next planning meeting on **Thursday, July 10.**