

The Weekly Connection

Residential Living | June 29, – July 5, 2025

Happening this Week!

Civil War Murder Mysteries of York Co.

June 30 | 2:00PM | Terrace Overlook Restaurant

Women's Birthday Luncheon

July 1 | 12:00PM | Terrace Overlook Restaurant

Bingo

July 1 | 2:00PM | Great Room

Chaplains of the Civil War

July 1 | 3:00PM | Terrace Overlook Restaurant

Play Around: Phase 10

July 2 | 2:00PM | Library

Program Update

Diner's Caravan: Friendly Farms

Please note that Friendly Farms was listed in the program binder for Tuesday, August 26th; it should be **Thursday, August 21st**. Please remove your name from the list if you cannot make it on Thursday.

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.

Tuesday, July 1-Birthday Lunch; Bingo

Monday, July 7-Village Stitchers

Wednesday, July 16-Chair Volleyball



Fitness Center Schedule

Monday:

10:00am Power Hour

10:45am Back to Basics

Tuesday:

10:00am Pilates

1:00pm Sit & Strengthen

Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00pm Tai Chi

Thursday:

10:00am Pilates

1:00pm Sit & Strengthen

Friday:

No Classes, Happy 4th!

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



Program Sign Up!

Women's Birthday Luncheon

Time to celebrate our July birthday ladies! Share good food and fellowship on Tuesday, July 1. Sign up in the binder by **Monday, June 30.**

Health 101 with David Dukich CNHP

On Wednesday, July 9, explore a ground-breaking 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.**

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, **Tuesday, July 22, and Wednesday, July 23rd.** If you have, and it has been less than 3 years, you will take the refresher on **Thursday, July 24.**

Friends and Family outside the community are welcome to come. Please call Tracy at 717-646-2434 by **Tuesday, July 15,** if you would like to register. Payment will be collected at the time of the course, \$20.00 for AARP members, and \$25.00 for non-members. If you have United Healthcare Medicare Supplement Insurance, bring your card; they pay for the course.

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.