

The Weekly Connection

Residential Living | August 3, – August 9, 2025

Happening this Week!

Village Stitchers

August 4 | 10:00AM | Hobby Room

Therapy Talks with Shannon Schuman

August 4 | 1:00PM | Great Room

Women's Birthday Luncheon

August 5 | 12:00PM | Terrace Overlook Restaurant

Bingo

August 5 | 2:00PM | Great Room

Scott Mingus Human Interest at G-burg

August 5 | 3:00PM | Terrace Overlook Restaurant

Derek Reed & Root Beer Floats

August 6 | 2:00PM | Courtyard or SC Dining Room

Book Club

August 7 | 11:00AM | Library

In-House Movie

August 8 | 11:00AM | Great Room

The Storied Life of A.J. is a 2022 American comedy drama film written by Gabrielle Zevin, directed by Hans Canosa, and starring Kunal Nayyar, Lucy Hale, Christina Hendricks, David Arquette and Scott Foley. It is based on Zevin's book of the same title.

K-9 Nose Works

August 8 | 2:00PM | Personal Care Dining Room

Fitness Class Update!

Please note that Power Hour will be at 9:00 am on Monday, August 4th instead of 10:00 am.

Donation Basket

If you have homegrown vegetables you'd like to donate to residents of our community, please place them in the designated basket located in the Community Center HUB room. If you are looking to enjoy some fresh vegetables such as tomatoes, cucumbers, etc., please feel free to check the basket on occasion. Thank you to the residents who have a garden and are willing to share with others.

Fitness Center Schedule

Monday:

9:00am 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:

9:00am Balance & Stretch

9:30 Morning Mindfulness

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



Program Sign Up!

ROME0: Pizza, Wings & Cornhole

Calling all guys, join us on Thursday, August 28th, for a fun-filled afternoon of great food, games, and the best part - our friends and neighbors. Sign up in the program binder by **Friday, August 15th.**

Sight & Sound: Noah

Join us on Wednesday, November 19, to see this amazing production. With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully amid an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him? We will stop for dinner at Cheddar's Scratch Kitchen after the show. The show is at 11:00 am, and the ticket cost is \$84.55. Sign up in the program binder by **Friday, October 10th.**

Looking Ahead!

Play Around: Bocce Ball

If you're looking for a game that's fun for all ages, bocce ball is the perfect thing to play. Join us on **Wednesday, August 13**, to participate, or you could come and be a spectator.

National Relaxation Day

Learn how to relax! Join Tracy, on **Friday August 15th** for a little me time. National Relaxation Day encourages individuals to take a break from their busy lives and dedicate some time to self-care and relaxation. This day serves as a reminder for people to slow down, unwind, and focus on their mental and emotional well-being. As stress and anxiety have become increasingly prevalent in today's fast-

paced world, National Relaxation Day offers an opportunity for people to prioritize their health and well-being. Relax and take it easy today. Put off any chores or obligations, join Tracy for a half hour of meditation. This will be done lying down or seated in a chair.

Happy Hour

What a great way to get out and meet others in our community. Plan to attend the next Happy Hour on **Tuesday, August 19th**. Enjoy lite refreshments and drinks, both non-alcoholic and a specialty drink as well.

Massage by Tara

Tara will be here on **Wednesday, August 27th**, to offer massage therapy. To schedule an appointment, please call Tara at 717-321-4895.

Faith Break

Faith Break will resume on **September 13 and will run through November 29th**. If you are interested in this study group, the cost is \$16.99. Please reach out to Chaplain Melissa at 717-646-2440 so she can order the material for you, with the theme of "Struggle. Perseverance. Hope."

Guthrie Library Books

All Guthrie Library books borrowed from the Community Center Library are due back by **Monday, August 11th**. The new selection of Guthrie books will be available on **Monday, August 18th**. Also, please ensure that you sign out the Guthrie books you have borrowed and place the signed card in the pencil container on the desk. All borrowed books when returned, should be placed in the basket.