

The Weekly Connection

Residential Living | September 14, – September 20, 2025

Happening this Week!

Sturgis Pretzel & Wilbur Chocolate

September 15 | 10:30AM | Outing

Lunch at Appalachian Brewing Company before the tours.

PA Sheriff's K-9

September 16 | 2:00PM | Personal Care Dining Room

Soup & Salad Potluck

September 16 | 5:00PM | Terrace Overlook Restaurant

Please label all serving utensils you bring and make a sign with the type of soup you made so everyone will know. Also, please have the dessert cut into slices. The potluck will begin at 5:00 pm, so if you are bringing food, be here by 4:45 pm. If you have not paid the \$10.00, please do so ASAP. Non-perishable items can be given to Tracy before Tuesday. Thank you!

Chair Volleyball

September 17 | 11:30AM | Fitness Center

All are welcome to play. It is a great way to be social and get a little exercise as well. We always have a great time playing!

Tech Help with Steve Bean

September 18 | 3:00PM | Great Room

Faith Break

September 20 | 10:15AM | Great Room

Faith Break will resume this week for anyone who purchased the study book from Chaplain Melissa.

Class Schedule Change!

Power Hour & Back to Basics

Please note the time change for the classes due to the outing on Monday, September 15th, and the time changes for Wednesday, September 17th.

Fitness Center Schedule

Monday:

9:00am Power Hour

9:45am Back to Basics

Tuesday:

10:00am Pilates

12:45pm Sit & Strengthen

Wednesday:

1:00pm Power Hour

1:45pm Back to Basics

2:30pm Tai Chi

Thursday:

10:00am Pilates

12:45pm 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!

Stauffers of Kissel Hill

Join us on **Friday, September 26**, for a little shopping. This will be a great opportunity to buy your fall flowers. They are a home and Garden store in Mechanicsburg, PA. Explore their departments, including Flowers and plants, Patio Furniture, Lawn Care, Trees and shrubs, and a Home and Gift Boutique. We will have lunch at Isaac's Craft Kitchen & Brewery before shopping.

Turkey Hill Experience

On Wednesday, October 1, we will start with the self-guided tour experience. This tour allows you to learn more about the history of Turkey Hill and its production. Create your own ice cream flavor, design a package, and film a commercial advertising your ice cream, which can be downloaded online. Additionally, it offers unlimited sampling of teas, lemonades, and ice cream. This takes about 45 minutes to an hour to complete. 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 while an instructor guides you through the ice cream manufacturing process. Please bring a cooler bag to keep your Ice Cream from melting. The Cost for both: \$22.00 Veterans: \$9.00. Please sign up in the program binder by **Friday, September 26**.

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

Town Hall

Mark your calendar for **Tuesday, September 23**; all are welcome to attend.

Vet-to-Vet Café

This is a time for our Veterans at all levels to come together for conversation and memories. Join us for our first one on **Wednesday, September 24th**.

Autumn Safety Presentation

Join Grace, our Care Navigator, on **Monday, September 29**, for some helpful tips as we head into the fall season.

Village Connection Articles

Articles for the October Village Connection are due to Tracy Schuman by Wednesday, September 24th. Please place them in the intercommunity mail or email them to tschuman@spiritrustlutheran.org.

Program Binder

Activities and Outings for the remainder of the year are in the program binder. Please take 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.