



Chambersburg Ice Fest ... page 12

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.*

If registration is required for an event, please see the receptionist.

Description	Date	pg
WELLNESS		
Ongoing Fitness Classes		
Back to Basics	Mon/Wed	4
Balance & Stretch	Fri	4
Pilates	Tues/Thurs	4
Power Hour	Mon/Wed	5
Sit & Strengthen	Tues/Thurs	5
Tai Chi for Beginners	Wed	5
Wellness Programs		
Blood Pressure Clinic	Wed	5
Flagship Rehabilitation	1/3	5
Massage by Tara	1/24, 2/28, 3/27	5
Morning Mindfulness	Fri	5
Nutrition		
Be Well	4th Tues	6
So Good		6

Spirit		
Catholic Mass	3rd Tues	7
Easter Service	3/30	7
Ecumenical Service	Thurs	7
Faith Breaks	Sat	7
Grief Support	4th Wed	7
Maundy Thursday	3/28	7
Palm Sunday	3/21	7

MIND		
Educational Programs		
Book Club	1st Thurs	8
Brain Games	1st & 3rd Mon	8
Computer & Smart Phone Support	1/18, 2/15, 3/21	8
Donna Hasse: USNS Comfort	1/17	9
John Maietta: History Presentation	3/4	9
Creative Arts		
Crafty Crew: Eater Bunny	2/8	9
Village Stitchers	1st Mon	9

Description	Date	pg
SOCIAL		
Happy Hour	1/16, 2/13, 3/19	10
Juliet's Club:		
R/C Hanover Movie 16	3/12	11
Romeo Club:		
Hanover Fire Museum	2/7	11
Lunch & Washers	3/6	
Spring Fling Dance	3/19	10
Winter Games	1/31	10
Recreational		
Billiards	Tue, Fri	11
Bingo	1st Tue	11
Line Dancing	Thurs	11
Mexican Dominoes	Fri	11
Mini-Tennis	Fri	11
Rummikub	Mon	11
Ten Pin Bowling	Mon, Thurs	11
Wii Bowling	Wed	11
Trips		
Chambersburg Ice Fest	1/26	12
Duckpin Bowling	1/4	12
Homestead Dioroma Museum	1/15	12
Performances		
Derek Reed	1/5	12
Theatre & Movies		
John Denver Tribute	1/27	13
Monthly Movie	1/12, 2/9, 3/8	12
Titanic the Musical	2/26	13
SWHS Spring Musical	3/13	13
Dining		
Brunch Bunch		
Denny's	1/5	13
Rosie's Restaurant	2/2	13
Eisenhower Diner	3/1	13
Diners Caravan:		
Mamma Spriggs	1/23	13
Divino Pizzeria Italian Eatery	2/20	13
La Libertad	3/26	13

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Description	Date	pg
Buffets & Celebrations		
Easter Brunch	3/31	14
Spaghetti Dinner	1/5	14
Valentines Day Dinner	2/14	14
Women's Birthday Luncheon	1st Tues	14
"Holiday" Specials		
National Pastrami Day	1/12	14
National Cheese Day	1/19	14
National Pizza Day	2/9	14
Pi Day	3/14	14
National Cheesesteak Day	3/24	14

COMMUNITY

Greater Community

Hanover Area Council of Churches Clothing Drive	1/1-1/14	15
Hanover area Council of Churches PAL Program	3/27	15

Our Community

Holiday Helpers Un-Decorating	1/8	15
Life Enrichment Planning Committee	1/11	15

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.



Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.



WELLNESS

Taking care of your body for physical strength and function and making positive choices to be as healthy as possible.

Fitness

ONGOING CLASSES

Back to Basics

This combined seated and standing beginner class will help you get back to having energy and feeling better. This exercise class provides you with a total body workout to maintain a healthy you.

Mondays and Wednesdays

10:45 – 11:30 am

Fitness Room

Instructor: Tracy

Balance & Stretch

This combined seated and standing class includes stretches for the entire body and focuses on balance exercises and will conclude with a relaxation piece to help balance the mind and body.

This class is appropriate for moderately active individuals who could benefit from additional balance practice, those using mobility devices or experience compromised balance due to medical issues.

Fridays

9:00 – 9:30 am

Fitness Room

Instructor: Ashlynn

Pilates

Pilates will help lengthen and stretch all major muscle groups in the body. You will develop a stronger core, which will provide support to the back. This 45-minute class will require you to be standing and get down on a mat.

Tuesdays and Thursdays

10:00 – 10:45 am

Fitness Room

Instructor: Tracy





Power Hour

This 45-minute advanced class will get you sweating. We will use weights, bands and your own body weight to challenge your body. Exercises will be performed standing.

Mondays and Wednesdays

10:00 – 10:45 am

Fitness Room

Instructor: Tracy

Sit & Strengthen

This seated exercise class will use various types of equipment to strengthen major muscle groups of the body. Increase your cardiovascular and muscular endurance with a fun seated workout.

Tuesdays and Thursdays

1:00 – 1:30 pm

Fitness Room

Instructor: Ashlynn



Tai Chi for Beginners

Tai Chi is a system of movements and positions believed to have been developed in 12th-century China. Tai Chi techniques aim to address the body and mind as an interconnected system and are believed to have mental and physical health benefits.

Wednesdays

1:00 – 1:30 pm

Fitness Room

Instructor: Tracy

Wellness Programs

Building a Better Version of You
Many health issues are often taken for granted or ignored as “just a part of aging.” Engage in the many opportunities offered this quarter to debunk those thoughts and increase a heightened awareness for achieving better health and enjoying a longer more vibrant life.



Blood Pressure Clinic

Do you know your numbers? What do they mean? Blood pressure checks offered every Wednesday from 11:30 am – 12:30 pm in the Nurse Navigator office.

Wednesdays

11:30 am – 12:30 pm

Nurse Navigator Office

Flagship Rehabilitation: Living with Arthritis

When you have arthritis, movement can decrease your pain and stiffness, improve your range of motion, strengthen your muscles, and increase your endurance. Shannon from Flagship will be here to discuss exercising and range of motion, adaptive techniques, and equipment to help those living with arthritis and how therapy can benefit you.

Wednesday, January 3

2:00 pm

Great Room

Massage by Tara

If you love massages, you will not have to leave the campus to get one. Tara will be here once a month to offer massage therapy. Tara charges \$70.00 for an hour and \$40.00 for a half hour; she can also offer a chair massage for a dollar a minute. If you would like to schedule an appointment, please call Tara at 717-321-4895.

January 24, February 28 &

March 27

10:00 am – 3:00 pm

Salon

Morning Mindfulness

Meditation is a 2,500+ year old practice for training your mind. It is the practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Fridays

9:30 – 10:00 am

Great Room

Instructor: Tracy

Nutritional



BE WELL

Be Well Kitchen is a live learning workshop connecting food to health. Every month the Cura Managers and Chefs conduct a cooking demonstration where they break down the recipe, including sharing how to prepare the item. Afterwards, you get to sample the recipe! The features for January through March are:

January 23

New Year New You: Eat with Purpose – featuring Black Bean Vegetable Enchiladas. Ringing in the New Year with new goals? Learn how to eat with purpose by becoming more aware of your natural hunger!

February 27

American Heart Health Month: Eat Clean for a Healthy Heart featuring Turmeric Rice and Chicken with Herb Yogurt Drizzle. Join us to learn more about eating clean for a healthy heart.

March 19

National Nutrition Month: Beyond the Table featuring Sweet Potato Skins

Terrace Overlook Restaurant

2:00 pm

Sign-up Required

Presenter: Laura Dean, Cura Registered Dietitian



SO GOOD

So Good promotes seasonal foods that you can feel good about. This monthly program has a foundation of delicious seasonal ingredients and offers flexible ways to enhance the menu. The featured menu items served in Chips Café for January through March are:

January

Avocado

Three Bean Corn & Avocado Salad



February

Cabbage

White Bean, Mango & Red Cabbage Salad



March

Mushrooms

Grilled Mushroom Antipasto Salad





Nourishing your soul through purposeful, enriching experiences
and facing life with enthusiasm and positivity, even in difficult times.

Spiritual

Catholic Mass

The Village is located within the parish boundary of St. Joseph's Catholic Church. Priests from this parish offer Catholic Mass monthly in our worship space.

3rd Tuesday

10:30 - 11:30 am

Skilled-Care Center Activity Room

Faith Break

A weekly discussion group offering opportunities that strengthen an individual's religious and spiritual beliefs.

Saturdays

10:15 - 10:45 am

Great Room

Facilitator: Chaplain Melissa

Mosebrook

Grief Support

Spend time sharing, learning about the stages of grief, and discovering ways to find peace.

4th Wednesday

3:00 - 4:00 pm

Apartment Lobby

Facilitators: Chaplain Melissa and

Reverend Ricky McCarl, SpiriTrust

Hospice Chaplain

Easter Worship

Saturday, March 30

Personal Care Activity Room

2:00 - 2:30 pm

Ecumenical Service of the Word

Observe our faith together as a community during a weekly worship service of Scripture, hymns and messages led by our community chaplain in partnership with area clergy as schedules permit.

Thursdays

Personal Care Activity Room

2:00 - 2:30 pm

Maundy Thursday

Thursday, March 28

Personal Care Activity Room

2:00 - 2:30 pm

Palm Sunday

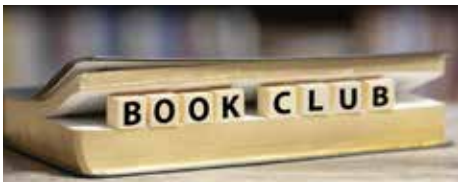
Thursday, March 21

Personal Care Activity Room

2:00 - 2:30 pm



Expanding your knowledge, skills and creativity while
sharing your knowledge and skills with others.



Book Club

Do you enjoy new books? Do you enjoy discussing the books you have read? Each month a new book selection for the group is selected to read.

1st Thursday

11:00 am

Library

Brain Games

Join your friends and neighbors for an afternoon of brain games! Challenge your wits and have a good time!

1st & 3rd Monday

2:00 pm

Library



Computer and Smart Phone Support

Having trouble with your computer or smartphone? Steve, an electrical engineer and wiz with electronics, is here to help! Receive one-on-one help, training, and troubleshooting.

January 18, February 15 & March 21

3:00 pm

Great Room

Instructor: Steve Bean

Donna Hasse USNS Comfort Navy Nurse

Donna Hasse returns to the Utz Terrace campus to share her experiences as a Navy nurse on the USNS Comfort. Learn how the ship operated, how she provided care to patients aboard, and hear some fun adventures and some serious moments as well.



Wednesday, January 17

11:00 am

Great Room

Presenter: Donna Hasse

Pennsylvania Trivia

How much do you know about the state you live in? Join John in one of his popular presentations, Pennsylvania Trivia.

March 4

Terrace Overlook Restaurant

2:30 pm

Presenter: John Maietta

Creative Arts***Moss Easter Bunny***

We will use a wooden board and create a moss Easter Bunny.

Thursday, February 8

Cost: \$10

2:00 pm

Hobby Room

Registration required by

Thursday, February 1

***Village Stitchers***

If you love to sew, this mission-oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

1st Monday of the month

9:00 am

Hobby Room





Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.



Happy Hour

Happy Hour is a great way to try new drinks! These socials are for you to enjoy with friends and neighbors so be sure and plan to attend this popular event.

1/16, 2/13, 3/19

4:00 - 5:00pm

Terrace Overlook Restaurant

Winter Games

Who needs the Olympics? Join us for our first Winter Games, featuring both team competition and individual events. Winter events will include chair volleyball, basketball, darts, and ping-pong. Practice starts at the beginning of January.

Wednesday, January 31

1:00 pm

Fitness Center and Common Area



Spring Fling

There is just something about dancing! It is a universal language, and it makes people feel good. There is a reason so many people find a connection to dance. It is musical, it is physical, and it is spiritual. Dance the night away with our friends from The Village at Kelly Drive and The Village at Shrewsbury!

Tuesday, March 19

4:00 pm

Terrace Overlook Restaurant



The Juliets Club

As the famous Shakespeare play references, what's ROMEO without a Juliet? Enjoy time with other ladies for special luncheons and programs throughout the year.

R/C Hanover Movie

Enjoy the showing of "Ordinary Angels," a film inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.



Tuesday, March 12

See Calendar for departure time

Please sign up by Friday, March 1.

ROMEO Club

Popping up all over the United States, this popular group is just for the guys! Come together with other men for food, fellowship and of course lots of fun!



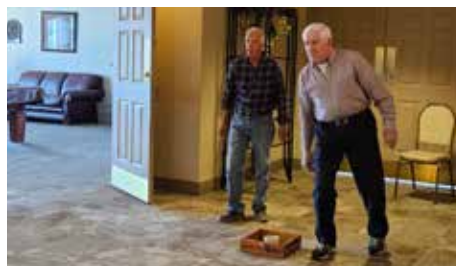
Hanover Fire Museum

The museum's mission is to preserve the rich heritage of over 200 years of firefighting in the greater Hanover area. It's a tribute to the brave firefighters who have served the community. Witness the evolution of firefighting equipment, from early leather bucket brigades to horse-drawn apparatus and finally to motorized equipment.

Wednesday, February 7

See calendar for departure time.

Please sign up by Friday, January 26.



Lunch and Washers

Join the Romeo Group for a fun winter afternoon right here playing a friendly game of Washers. We will have pizza, wings and drinks.

Wednesday, March 6

2:00pm

Hobby Room

Please sign up by Friday, February 23.

Recreational

GAMES

Games have always brought families and friends together, whether played using a deck of cards, a board, or specific equipment, on a designated game night, or during family holiday get-togethers. Discover new tabletop games, try your "hand" at a new card game, or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Billiards

Tuesdays, Fridays 1:00 pm

Billiard Room

Bingo

1st Tuesday, 2:00 pm

Great Room

Line Dancing

Thursdays, 10:45 am

Fitness Room

Mexican Dominoes

Fridays, 2:00 pm

Library

Mini – Tennis

Fridays, 10:00 am

Fitness Room

Rummikub

Mondays, 1:00 pm

Great Room

Ten Pin Bowling

Mondays & Thursdays, 1:00 pm

South Hanover Bowling Lanes

Wii Bowling

Wednesdays, 2:00 pm

Fitness Room

Trips

Chambersburg Ice Fest

Pull out your favorite scarf and mittens, bundle up, and be sure to grab your camera. You will not want to miss the unique ice sculptures as you walk and experience the vibrant downtown Chambersburg. Lunch at Johnnie's Family Restaurant preceding Ice Fest.

Friday, January 26

See the calendar for the departure time.

Registration by Friday, January 5



Duckpin Bowling

Beat the winter blues with a few games of duckpin bowling. We will head to Gettysburg to Rockwell lanes to enjoy some friendly competition with residents from Kelly Drive! We will enjoy up to 2 hours of play. Residents can pay for themselves when we get there. You can enjoy lunch at the Café if you choose.

Thursday, January 4

See the calendar for the departure time.

Cost: \$16 pp, includes shoe rental

Registration by Friday, December 22



Homestead Diorama Museum

View handmade miniature soldiers giving you 3-D snap-shots of the American Civil War. Get a bird's-eye view of a battle or get down to eye level and see what a soldier would have seen: soldiers, horses, cannons, and places. They are all made with a one-to-one ratio, so each model soldier represents one soldier during the real battle, not ten or twenty. In addition, since our dioramas are made to scale, if the hill looks big to climb under rifle fire, that's because it was!

Monday, January 15

See calendar for departure time.

Registration by Monday, January 8

Entertainment

MOVIES

Monthly Movie

Lights, Camera, Action! Join us this quarter for a monthly movie held in the Great Room unless otherwise noted.

***The Impossible*
Friday,
January 12**



***Love in the Villa*
Friday,
February 9**



***It's Complicated*
Friday,
March 8**



Musical Performances



Derek Reed

Enjoy a musical performance by Derek Reed as he performs Elvis classics in honor of Elvis's birthday.

Friday, January 5

2:00 pm

Personal Care Activity Room

Theatre

EICHELBERGER PERFORMING ARTS CENTER

John Denver Tribute

Ted Vigil has stunned audiences across the country as he recreates the original concert experience in his tribute to John Denver. With the uncanny resemblance and sound of the late John Denver, Ted Vigil performs many of Denver's hits, including "Rocky Mountain High," "Annie's Song," "Sunshine on My Shoulder," and "Thank God I'm a Country Boy."

Saturday, January 27

Showtime 7:00 pm

See the calendar for the departure time.

Cost: \$35.00

Registration and payment required by Friday, December 22

GETTYSBURG MAJESTIC THEATRE



Titanic: The Musical

A stunning and stirring production recounting the hopes, dreams, and aspirations of her passengers, from the wealthy first class to the third class dreaming of a new life in America. Enjoy dinner at La Belle Italia following the show.

Monday, February 26

Showtime 12:00 pm

See calendar for departure time.

Cost: \$18, Dinner Separate Checks
Registration and payment required by Monday, January 22

SWHS Spring Musical

The talented students from South Western's drama department will present another performance on stage this spring. The show will be announced at a later date. Preview performance is presented at no charge for community seniors.

Wednesday, March 13

See calendar for departure time

Showtime 1:30 pm

Registration by Friday, March 1.

Dining



DINERS CARAVAN

There is nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant, and is the responsibility of the diner.

Momma Spriggs Restaurant

Located in Carlisle, Momma Spriggs uses fresh ingredients to offer casual comfort food. Enjoy steaks, seafood, pasta, wraps, sandwiches, and entrée salads with features that change to highlight fresh tastes of the season!

Tuesday, January 23

See calendar for departure time.

Cost: Separate Checks

Registration Required by Friday, January 12

Divino Pizzeria & Grille

Divino's is an authentic Italian pizzeria with a modern twist serving up pizza, subs, pasta, and more!

Tuesday, February 20

See the calendar for the departure time.

Cost: Separate Checks

Registration Required by Friday, February 2

La Libertad

Recently rated top Mexican Restaurant in York County, La Libertad brings authentic Mexican food to Hanover, Pa. Popular menu items include birria tacos, carnitas and tacos al pastor, and don't forget their homemade tortillas.

Tuesday, March 26

See calendar for departure time.

Cost: Separate Checks

Registration Required by Friday, March 8

BRUNCH BUNCH

Join the Brunch Bunch monthly at various local diners for good food with good friends. See calendar for departure time. Registration Required

Denny's, Hanover

January 5

Rosie's Restaurant, New Oxford

February 2

Eisenhower Diner, Hanover

March 1

Buffets & Celebrations



Women's Birthday Luncheon

Time to celebrate another year! Share good food, fellowship and hear the birthday women share some personal stories as we celebrate their lives.

1st Tuesday

12:00 pm

Terrace Overlook Restaurant

Cost: \$10

Sign-up Required in the LE Program Binder



Spaghetti Dinner

Mangiamo! Don't miss this taste of Italy. Pasta will be served with Marinara sauce and choice of homemade meatballs or Italian sausage. Includes bread, salad and a dessert. Terrace Overlook Dining Room – 1/5

Friday, January 5

Terrace Overlook Restaurant

Cost: \$ 15.00

Reservations required by calling Chips Café



Valentine's Day Dinner

Menu: Shrimp Scampi, Flank Steak or Pork Marsala. Served with a starch vegetable and dessert. Terrace Overlook Dining Room – 2/14

Wednesday, February 14

Terrace Overlook Restaurant

Cost: \$ 19.50

Reservations required by calling Chips Café

Easter Brunch

Menu: Glazed Ham, sweet potatoes, Grilled bourbon Salmon, green bean casserole, coleslaw, fresh fruit salad, and Coconut cake.

Sunday, March 31

Terrace Overlook Restaurant

Cost: \$ 15.00

Reservations required by calling Chips Café

"Holiday" Specials

Who knew these were holidays?

Join the culinary team as they celebrate these off-the-wall nationally recognized days with some fun entrées. All entrées served at Chips Café, unless indicated otherwise. Cost varies by item.

National Pastrami Day – 1/12

Hot Pastrami Sandwiches at lunch in Chips Café

National Cheese Lovers Day – 1/19

Grilled Cheese Bar – pick your favorite toppings and have your sandwich made to order. Served with tomato soup at lunch in Chips Café

National Pizza Day – 2/9

Fresh Dough Personal pan pizza's made to order with your choice of toppings. Served in Terrace Overlook Restaurant

Pi Day – 3/14

Apple. Peach and Cherry Pie and sandwich specials for \$ 3.14 in Chips Café

National Cheese Steak Day – 3/24

Philly Cheese Steaks cooked to order with your choice of toppings. Served in Terrace Overlook Restaurant



**“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi**

CommUNITY Spirit

SERVING THE GREATER COMMUNITY

Supporting Hanover Council of Churches Clothing Drive

In honor of Martin Luther King Day, donations will be collected for our local Changing Lives Homeless Shelter. Their greatest needs are “very warm” practical coats, gloves, boots, and any other gently used clothing for both adults and children. Please place your donations in the designated drawer outside the Life Enrichments office.

Donations will be collected Monday, January 1 through Sunday, January 14. HACC will pick up donations on Monday, January 15.

Supporting Hanover Area Council of Churches and the PAL Program

(PAL) Provide- A-Lunch.... help prepare and serve a hot, nutritious home-cooked lunch. What a great opportunity to give back to local Hanover residents who are facing difficult times, when we are so blessed.

Wednesday, March 27

See calendar for departure time.

**Sign-up required by Friday,
March 15**

SERVING WITHIN OUR COMMUNITY

Life Enrichment Planning Committee

All residential living residents are invited to help with the planning of events for April, May and June of 2024.

Thursday, January 11

2:00 pm

Hobby Room

Utz Terrace Holiday Helpers Un-decorating

The holiday celebrations have come to an end. Volunteer to help take down the Christmas decorations around the community center on Monday, January 8th. Lunch will be provided for all volunteers following the un-decorating.

Monday, January 8

10:00 am - 12:00 pm

**Community Center and Apartment
Common Areas**

**Volunteer Registration Required by
Friday, January 5**



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360® program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



2100 Utz Terrace • Hanover, PA 17331 • www.SpiriTrustLutheran.org

