

The Weekly Connection

Personal Care | July 14 - 20, 2024

Listed below are several highlighted opportunities for personal growth and enjoyment for the upcoming week. For a full listing of opportunities please see the monthly personal care residence life enrichment calendar.



Weekly themed word puzzle booklets may be obtained at the resident care desk.

This week's featured theme is numbers.

Movie: Private War of Major Benson

Sunday, July 14 | 2:00 PM | Living Room

Beguiling youngsters and a lovely doctor combine to soften up a tough Army man sent to beef up a school's ROTC program.

Spa Day: Back Rubs & Heated Neck Massages

Monday, July 15 | 2:00 PM | Activity Room

Residents will be able to enjoy a back rub and a heated neck massage while watching a nature video. Let the anxiety and tense muscles fall away as you provide yourself with wellness care.

On the Porch: Blowing Bubbles

Tue., July 16 | 1:00 PM | AR-Courtyard Porch

Enjoy this time of blowing bubbles and just relaxing with your neighbors. Who doesn't enjoy seeing bubbles floating away in the sky?

Craft Corner: Making Beaded Bracelets

Wed., July 17 | 10:00 AM | Activity Room

Let the creativity vibe flow as residents will have the opportunity to make and create bracelets from beads.

Boyd's Bear Bingo

Wed., July 17 | 2:00 PM | Activity Room



The life enrichment staff welcomed a sizable donation of stuffed Boyd's bears. Come play bingo as the prizes will be stuffed bears or resin bear figurines.

YMCA Youth Visit: Cooking in a Bag!

Friday, July 19 | 10:00 AM | Activity Room

The YMCA youth that are counselors in training will be visiting and attempting to cook in a bag with the residents. Join us for cooking in a bag!

On the Porch: Rhythm Band

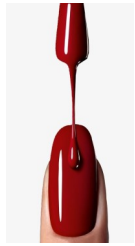
Sat., July 20 | 1:45 PM | AR-Courtyard Porch



Everyone will be able to make and create music by playing rhythm band instruments such as; maracas, sticks, bells, and tambourines.

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Pretty Nails on July 24! With the



assistance of our volunteer, Misty McKenzie, the life enrichment team is happy to offer nail care called pretty nails. Misty will shape up your fingernails and paint them with clear polish

or beautiful colors. Please sign up with Kris Martin, life enrichment leader for the next appointments on Wednesday, July 24 starting at 8:30 am in the library lounge.

Scheduled Activities Please note that activities scheduled outdoors may be subject to changes depending upon the weather such as; rain, thunderstorms, heat and humidity. Activities may be canceled or adjusted to be held indoors. Thank you for understanding as we adjust to the different weather patterns.

Over the Counter Medications

Residents and families are reminded that all medicines including, over the counter medicines need to be reported to the nursing staff. This includes; eye drops, nasal sprays, cough syrup, allergy medicines, creams, vitamins, etc.... A doctor's order is necessary for *all medicines*. Reminder that all medications must be stored and locked up at all times. Please consult with Alyssa Groft, personal care administrator, if you have any questions or concerns.

Special Dining Arrangements

Residents and family members are welcome to sign up for the evening dining meals in the Terrace Overlook Restaurant. Please call the café for reservations at **717.646.2599**. Family members are required to pay for the meal upon date of service. Residents do have a \$4.00 allotment towards meal expense when dining in the restaurant or café.

Reminder that family members dining with residents in the personal care dining room should contact staff in advance to reserve an area to dine. Family members are also required to pay for the meal upon the date of the service.

Family Gatherings Are you looking to plan a special family celebration at The Village at Utz Terrace? Please contact Christine Storm, General Manager of Cura Hospitality Services at **717.646.2439** to discuss catering services and room availability.

Courtyard Door Access Newly installed is a doorbell system located on the courtyard porch outside the living room. If you are on this porch and cannot maneuver or open the doors, please ring the doorbell located by the door and staff will come to assist you as soon as possible.