

Thank you...

Thanks for all the February birthday cards, followed closely by the get-well cards for my hip replacement. I am doing well. I believe a big part of my successful surgery & recovery was due to the exercise classes here at Utz Terrace.

THANKS, TRACY! - **Sue Hobbs**

Charlie and I want to thank everyone for the beautiful Anniversary cards we received in February, some with special messages. I also want to thank you for my birthday cards in February. I don't know how you all know since I am no longer on the birthday list. I appreciate each one. We thank God for showing us that this is where we belong. Thank you, and God bless you all. Love & Blessings- **Charlie & Bette Price**

A huge thank you to everyone for all the prayers, cards, calls, visits, meals, and flowers during my past two surgeries. What a blessing to be part of a beautiful community. **Carol Pfoutz**

Upcoming Programming for April- Additional Information:

National Take a Walk Day: Let Wednesday, April 2, be the start of a new healthy habit for you. Consider joining Tracy today to get yourself started. If you are already a walker you could still meet us at the Community Center entrance and walk at your own pace. You may meet someone who would like to continue to walk with you daily.

Life Enrichment Planning Committee: You are invited to help with the planning of events for the next quarter.

Senior Scams: Over 88,000 people over 60 are scammed each year. Some of the most common scams include Medicare discount cards, charity, prizes and sweepstakes, counterfeit drugs, predatory lending, and investment scams. It is estimated that each year, the senior population loses over 8.1 billion dollars to scammers. **Shutterfly with Brenda:** Do you have a ton of photos on your phone or computer that you keep wondering what am I going to do with? Let Brenda Benson help you make a unique book you can cherish from those special trips or family functions. Bring the electronic device you have the pictures stored on.

Peep Show & Boscov's: If you haven't been to the TownMall in Westminster for the Peep Show exhibit, you will want to sign up for this trip. Last year the Peepshow featured 141 original pieces of PEEP-inspired art, including a larger-than-life Orioles mascot sculpture. The event is the largest fundraiser for the Carroll Arts Council. It is free to get in, you can buy tokens to vote. You can spend your entire time shopping at Boscov's or do both. We are not stopping for lunch.

Palm Sunday and Easter Worship: Join Chaplain Melissa for a special Palm Sunday and Easter service. The worship services are held in personal care and are intended for all residents of SpiriTrust. All residents are welcome to attend the worship services on Thursdays.

Chair Volleyball: We use a beach ball and remain seated in your chair to play. We usually play for an hour; you can play one game or stay for an hour. Consider coming to get a little exercise while having fun!

Flower Planting: We will visit Lehigh's Greenhouse in Hanover to create a unique hanging basket. The baskets will vary in price, depending on whether you bring a planter/basket or choose one of theirs and the types and quantities of flowers you choose to include. Amy and her staff will be available to assist you in selecting flowers that work well together and answer any questions you may have. They will also provide us with wholesale prices.

Joints are Cool: This program focuses on tendonitis- join Shannon Schuman to learn the causes, treatment, and ways to avoid tendonitis in the future.

Chaplains of York County in the Civil War: More than two dozen pastors and priests from York County served in the Union Army as chaplains for various local regiments. Author Scott Mingus will discuss the formation of the army chaplaincy and its early history and talk about several Yorkers who served the soldiers. If you are interested in history and like to read, check out one of Scott's books. He will bring more than two dozen different books that he has written. The price varies, most in the \$10 to \$15 range.

T.J. Rockwell's: Enjoy a wide variety of burgers, sizzling fajitas, steaks, crab cakes, salad, or soup as we travel to Mechanicsburg, PA for dinner at T.J. Rockwell's.



Village Connection

April 2025

"TRAMP"

We once found a dog we named Tramp
He was the most adorable kind
He wrapped himself around our hearts
Words like "lovable" come to mind.

His tail would wag for everyone
He was always ready to play
He brought much joy into our lives
And I wish he were here today.

We're so happy to have these memories
They are all the good kind
Tramp filled our hearts with happiness
A beautiful treasure to find.

-Theresa Zink

April Walking Challenge

Make a Walking Buddy: Walking with friends can make a difference and get you out on a walk despite the weather or other excuses to skip your workout. You can keep each other moving with conversation, jokes, and coffee afterward.

Keep a Walking Journal: Track your walking minutes, steps, or mileage in a journal, whether on paper or an app. Total your progress each week. Set a goal, you will find yourself walking to make those numbers add up.

Challenge: Try to get out for a walk every day, whether it is around your cottage, down the hall, or around the community, you will feel better.

Tommy loved his Easter Day... he loved his basket of eggs and candy.
He was happy with the world as he was just four, and life was dandy!
His Auntie Sue would change all that... very impulsive, was her habit.
Off she dashed, to the five and dime and bought wee Tom a huge, white rabbit.
Tom helps build his little house and a fenced-in yard for him to play.
He soon grew tired of all this, so he dug a hole and ran away.
Broken-hearted Tommy cried. We said, "he's safe, in a woody spot."
But if truth be told (don't tell Tom!) That huge white rabbit is in someone's pot.

Moral: "Let them eat candy"

- Ann Paris



The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am Power Hour 10:45am Back to Basics 2:00pm Dominoes (GR)	10:00am Pilates 1:00pm Billiards 12:45pm Sit & Strengthen	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00pm Wii Bowling	10:00am Pilates 10:45 am Line Dancing 12:45 pm Sit & Strengthen 2:00pm Worship (PC)	9:00am Balance & Stretch 9:30am Morning Mindfulness (GR) 10:00am Mini Tennis 1:00pm Billiards 1:00pm Dominoes (Library)	10:15 Faith Break (GR)

Additional programs & events scheduled for the month of April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your Inspirations catalog.		1 April Fool's Day 12:00 Women's Birthday (DR) 2:00 Bingo (GR) 3:00 W. Manheim Heritage Committee: The History of the Mills in W. Manheim Twp. (DR)	2 National Take a Walk Day 10:00 Dutch Apple Dinner Theatre: Waitress 6:00 Take a Walk with Tracy (CCL)	3 10:45 Beginner Line Dance Class 11:00 Book Club (Library) 3:00 RL Panning Meeting (HR)	4 10:00 Brunch Bunch: Papertown Dairy Bar & Restaurant	5
6	7 10:00 Village Stitchers (HR) 1:00 Senior Scams with Christina Anderson (GR)	8	9	10 10:30 Thursday Talks with Marcia (GR) 2:00 Palm Sunday Worship (PC) 2:00 Shutterfly with Brenda (HR)	11 11:00 In-House Movie: Mother of the Bride (GR)	12
13 Palm Sunday 1:30 Christian Life Assembly: "The Innocent" Easter Celebration	14 1:00 Brain Games (Library)	15 10:30 Catholic Mass (SC) 11:00 Peep Show & Boscov's	16 11:30 Chair Volleyball	17 2:00 Shutterfly with Brenda (Library) 2:00 Easter Worship Service (PC) 3:00 Tech Help with Steve Bean (GR)	18 Good Friday 2:00 Gospel Performance by Dan Martin (PC)	19
20 Happy Easter	21 1:00 Brain Games (Library)	22 4:00 Happy Hour (GR)	23 10-3:00 Massage by Tara (Salon)	24 9:45 Lehigh's Greenhouse 2:00 Shutterfly with Brenda (Library)	25	26
27	28 1:00 Therapy Talk w/Shannon Schuman: Joints are Cool 2:00 Chaplains of the Civil War with Scott Mingus (DR)	29 4:00 Diner's Caravan: T.J. Rockwell's	30 2:00 Play Around: Corn Hole	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	Key: All events are held in Hobby Room or Fitness Room area unless otherwise indicated. DR – Terrace Overlook Restaurant PDR – Private Dining Room APTL – Apartment Lobby CCL – Community Center Lobby GR – Great Room	

