

Thank you...

The program on December 16 was entertaining and filled with Christmas Spirit. It brought joy, and happiness to the PC residents. The dancers, carolers, and sewing group provided a festive time and keepsake with the fabric basket.

Thank you and blessings, **Residents of Personal Care**

Thank you for making my 90th birthday special. I have read and re-read each card and always get a warm and happy feeling. May God bless you all. **Pat Vance**

On what was a blustery January 1st my heart was warmed by your many beautiful birthday cards and uplifting messages. You are God's messengers bringing his love and support to me through your caring remembrances. Your thoughtfulness lifted my spirit. Thank you generous residents of the Utz Community. May the New Year be rich in God's blessings. My friendship and gratitude- **Pat Mueller**

Thank you friends and neighbors for the beautiful cards you sent to help me celebrate my 92nd birthday. You gave me many reasons to be thankful for your warm wishes and personal messages. I am truly blessed to live in such a caring community in addition to my supportive family and good health. God Bless you all! - **Charlotte Mullinix**

A very special thank you to the many SpiriTrust residents who sent me cards to help me celebrate my 92nd birthday on January 19th. A big thank you! - **George Zink**

The doctor assured me that if I was careful my small compression fracture would heal. Then he added that it might be a longer process because I am elderly. Did he have to rub it in? Those prayers and cheerful well wishes meant so much and I thank you. You're the best! May God bless you- **Kitty Hillard**

Many, many thanks for all the thoughts and prayers while I was in the hospital and since I have been home. Every single one was greatly appreciated. I cannot thank you all enough. God bless you all.-**Nancy Utz**

Jerry and I wish to thank everyone for cards, phone calls, and other acts of kindness during the past few weeks. Since Nov. 15, our life events have included 2 birthdays, an anniversary, the holidays, 3 trips to the emergency room, and numerous visits to a variety of doctors. Apologies for not getting Christmas Cards out, but have treasured those we received. Thanks to all. - **Jerry & Ruth Howsden**

Upcoming Programs in February-Additional Information:

Roots for Boots Food Drive: Please ensure items are not expired or expire within the next few months. See the full list of needed items hanging in the HUB room. Collection bins will be in the HUB room and Apartment Lobby.

Brunch Bunch: Starlight Diner in Hanover, PA, is a family-friendly restaurant with delicious food and quick service. It is a reliable spot for breakfast or lunch and offers a wide selection of items on the menu.

Crafty Crew: Create a wreath using a straw hat. We will provide all the materials needed to complete this craft. If you have your favorites that you wish to add, bring them along. The cost is \$10.00.

R/C Hanover "You're Cordially Invited" and Chili's: This R comedy starring Will Ferrell, Reese Witherspoon, Geraldine Viswanathan, and Meredith Hagner will surely have you laughing. There is chaos and disaster as a destination-wedding venue is double booked so both parties agree to share the venue, and let the chaos begin. We will enjoy dinner at Chili's after the movie.

Ladder Ball: This is a two player or teams of two face off trying to throw their bolas onto ladder rungs to earn points. Whoever reaches 21 points first is the winner! Ladder ball is so easy to learn and play. All are welcome. Even if you never played, come try something new. If you do not want to play, come and cheer on the players.

In-House Movie: "Rebels Ridge": Join us for this action thriller. An ex-Marine grapples his way through a web of small-town corruption when an attempt to post bail for his cousin escalates into a violent standoff with the local police chief.

Play Around: Phase 10 is a card game that can be played with 2- 6 players. The game is named after the ten phases a player must complete before moving on to the next phase. We will have multiple games going.

Arthritis Facts with Sara Brooks, SpiriTrust Home Care & Hospice: Arthritis is not just one disease; it is a complex disorder that comprises more than 100 distinct conditions and can affect people at any stage of life. Arthritis is a general term that refers to diseases that cause pain, stiffness, and swelling in joints.

Town Hall: All RLR are encouraged to attend the Town Hall. Find out what is happening in the community.

Diner's Caravan: Bourbon Mill N. Oxford: You can order perfectly cooked crab cakes, cheese steaks, or French onion soup. They have a large selection of draft beer, bourbon, or craft beer.

 **Spiritrust Lutheran**
The Village at Utz Terrace



Village Connection

February 2025

The Orange Condo

Peter, Peter the pumpkin eater
had a wife, but could he keep her?
He loved her dearly, but yet
her spending kept him in debt!

Try eating pumpkin daily- not easy!
His take-home pay was really measly.
Each night his wife stood by the door
with out-stretched hands, she wanted more.

Peter pondered what to do-
to have more money and wife happy too.
So he scooped out a pumpkin, down to the rind.
His wife crawled in and cried "It's fine."

Now Peter has a lot of money
for the wife to go out browsing.
Just think! We owe all this
to affordable housing.

-Ann Paris

February Challenge... I am encouraging a Holistic Approach to Health.

Fitness challenges are not just about lifting heavier weights or running faster. This challenge will incorporate multiple elements of health, including nutrition, rest, and mental wellness. I encourage you to drink 1 more glass of water than what your "normal" is, that is not hard. Eat cleaner, and practice mindfulness and meditation. This holistic approach improves not only your physical health but also your mental and emotional well-being. Let the Challenge begin!

Choices

Life is like a melody
Which plays within our head
There are some high notes and some low
And there are some we dread

When feeling low and soulful
There are fears that we know
When feeling bright and happy
They set our hearts aglow

When choosing how to spend time
And all the thoughts we share
Always choose the brighter day
Sent by a God who cares

- Theresa Zink

Take a "Ride" with Tracy

It is cold outside, so take advantage of the fitness equipment that we have inside. Schedule a time with Tracy to ride one of the stationary bikes. You do not need to schedule if you are motivated by yourself, or have a friend to ride with. This is just for the ones that need a little nudge.



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	10:00am Pilates 1:00pm Billiards 1:00 pm Sit & Strengthen	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00 Wii Bowling	10:00am Pilates 10:45am Line Dancing 1:00 pm Sit & Strengthen 2:00pm Worship (PC)	9:00am Balance & Stretch 9:30am Morning Mindfulness (GR) 10:00am Mini Tennis 1:00pm Billiards 2:00pm Dominoes (GR)	10:15 Faith Break (GR)

Additional programs & events scheduled for the month of February						
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.	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				1
2 Groundhog Day Start of Roots for Boots Food Drive	3 10:00 Village Stitchers 1:00 Brain Games (Library) 2:00 Mexican Train Dominoes (HR)	4 12:00 Women's Birthday Luncheon (DR) 2:00 Bingo (GR)	5 11:30 Chair Volleyball	6 11:00 Book Club (Library)	7 Send a Card to a Friend Day 10:15 Brunch Bunch: Starlight Diner	8 2:00 Adams County Historical Society Speaker, on FDR (PC)
9 Super Bowl	10 1:00 Therapy Talks with Shannon Schuman (GR) 2:00 Crafty Crew: Floral Straw Hat (HR)	11 3:00 R/C Hanover Movie "You're Cordially Invited" and Chili's	12 11:30 Ladder Ball	13 10:30 Thursday Talks with Marcia (GR)	14 Valentine's Day 11:00 In-House Movie: Rebel Ridge (GR)	15
16	17 President's Day 1:00 Brain Games (Library) 2:00 Mexican Train Dominoes (HR)	18 10:30 Catholic Mass (SC) 4:00 Happy Hour (DR)	19	20 3:00 Tech Help with Steve Bean (GR)	21 1:00 Play Around: Phase 10 (GR)	22
23	24 1:00 Arthritis Facts with Sara Brooks (GR)	25 11:00 Town Hall (DR) 4:30 Diner's Caravan: Bourbon Mill	26 10-3 Massage by Tara (Salon)	27 National Chili Day 1:00 Chili Cook-off (GR)	28 End of Roots for Boots Food Drive	