

Thank You!

Thank you for all the beautiful 50th anniversary cards and wonderful messages in them, acknowledging the milestone! Neither of us expected to achieve it, but God is wonderful and provides many wonderful surprises.-

Bill & Joan Swanger

Thank you friends and neighbors for all the wonderful birthday cards and wishes you poured onto me. We certainly live in a caring and thoughtful community!- **Barbara Comeyne**

I wanted to thank everyone for all the beautiful cards I received in SpiriTrust Rehab. I enjoyed all the visits I had from all my friends from the community. The visits made the 21 days go fast! I had a double whammy when I fell and broke my leg and part of my hip. I had a metal rod put in my leg and had my hip nailed to my leg. I am continuing out-patient therapy, and hoping I will soon be driving again. I hope I can put the walker in Storage. Thanks, wonderful friends for keeping my days short.- **Joni Haschak**

Gail and I want to thank you for your generous tips. Because of all of you we were able to have Derek here to entertain us 4 times this year. Derek also appreciated the extra money we were able to give him. Dec. 5th was his last performance. Hopefully we will be able to have him back in February.- **Bette and Gail**

Our sincere thanks for the birthday cards for each of us during the month of December. Our anniversary is also in December which made for more cards. How kind and thoughtful of all of you. Instead of sending out cards we sent a donation to Roots for Boots which support local veterans.- **Carol & Ron Rohrbaugh**

Wanting to reach out to respond to you, what a beautiful blessing to receive all of the kind and thoughtful words, beautiful cards and different strengths for me to be used in my coming days, months, and years. Your warmth has embraced me at the most awful time and I thank you with all my heart. Fred was not only my love, he was my best friend and I can never replace him. Your sweet words and friendship has comforted me and will be welcome always. All my love.- **Loretta Ness**

Upcoming Programs in January-Additional Program information:

Brunch Bunch: Gettysburg Family Restaurant is a down-home, semi-retro eatery serving American fare and feel-good food. From breakfast to lunch, you will be sure to find something to eat, maybe 2 Eggs over Easy with Home Fries, Whole Wheat Toast and Bacon, Pancakes with Eggs and Bacon, Crab Stuffed Haddock and Fries, or maybe French Onion Soup. The service is superb. With large portions, excellent prices, and a welcoming atmosphere, this restaurant is a great choice for a delicious meal.

Holiday Helpers Un-decorating: The holiday celebrations have ended. We are looking for Volunteers to help take down the Christmas decorations around the community center. Lunch will be provided following the un-decorating in the Terrace Overlook Restaurant for all volunteers.

In- House Movie: The Miracle Club: Two elderly women, Lily and Eileen, along with a younger woman, Dolly, form a musical band called the Miracles as part of a talent show organized by the Catholic Church. They win tickets to go on a pilgrimage to Lourdes. Lily wants to go to Lourdes as part of a life-long dream, Eileen hopes that a pilgrimage will cure a lump in her breast, while Dolly believes that it would make her mute son Daniel speak. The husbands are opposed to their going, but the women refuse to stay.

Shopping Trip: We will visit the Towson Town Center, for a few hours of shopping. The top fashion and luxury-shopping destination in the greater Baltimore- Washington area. Explore an unparalleled retailer mix including over 180 stores and choose from an array of signature dining experiences. Lunch on your own in the mall if you choose.

What Is Therapy? Introduction to physical, occupational, and speech therapy services and how they can help you maintain independence throughout your daily life. Presenter: Shannon Schuman COTA/L, CDP

Diner's Caravan Bourbon Mill: Enjoy perfectly cooked crab cakes, cheese steaks, and French onion soup, from the Bourbon Mill in New Oxford, PA. They have a large selection of draft beer, bourbon, or craft beer. This bar is famous for its great service and friendly staff, which is always ready to help you.

Play Around: Gather your team for this month's game. We will play Family Feud; it would be great if we could get at least 5 to 6 people for each team.

Greenmount Station & Duckpin Bowling: We will enjoy lunch prior to bowling. Duckpin bowling is a variation of the sport of bowling. Duckpin balls are approximately 4 to 5 in. in diameter, and weigh approximately 3 lbs. 6 oz. and lack finger holes. Cost is \$5.00 per game includes shoe rental.

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.

 **Spiritrust Lutheran**
The Village at Utz Terrace



Village Connection

January 2025

Christmas is over, and the New Year too. All those days-they really flew.
Did I enjoy them? Of course, I did! When it comes to presents, I am like a kid.

But something I could do without, too many sweets, without a doubt.
Cousin Maggie's pie made from scratch, is it so bad? (There is no match)
Uncle Lester's tales as we dine, get more outrageous with each sip of wine.

And little Sammie, now that is a treat, examining his nose while we try to eat.

But all in all, it worked out fine, most of these folks we see one time.
And if one comes knocking, I won't be there,
I'm with Sherlock Holmes in my Lazy-boy chair.

"Till Next Year"

- Ann Paris

Hold yourself accountable

Start a workout routine if you don't already have one! Put together a physical calendar today! Commit to praising yourself every time you finish a workout and see how many days you complete in January. Skipping a workout is all too easy—especially in the winter months, when it is dark outside and all you want to do is curl up with a blanket and light a candle. You can do this on your own, or join your friends and neighbors for one of the classes that we offer here. Look at the "The Weekly Connection" for a list of classes. New Year, New Goals, New Opportunities to become an even better version of yourself!

Winter Weather

Here we are another winter
And the time of Holiday Season
This time of year, so much to do
Christmas is only part of the reason.

Halloween was lots of fun
But that's now in the past
Thanksgiving, lots of work
But the memories will surely last.

The biggest of all three of course
Is the Christmas Season
Lots of shopping, lots of gifts
Being with family, the best reason.

-Theresa Zink



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 1:00pm Rummikub (GR)	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)	

Additional programs & events scheduled for the month of January						
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.	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 New Year's Day	2	3	4	
5	6 10:00 Village Stitchers (HR) 10:00 Holiday Helpers Un-decorating (CCL)	7 12:00 Women's Birthday Lunch (DR) 2:00 Bingo (GR)	8 11:00 Beyond the Battle Museum and Tickets to the Past & Lunch	9 10:30 Thursday Talks with Marcia (GR)	10 10:00 Brunch Bunch: Gettysburg Family Restaurant	11 10:15 Faith Break will Resume
12	13 1:00 Home Health vs In-Home support with Sara Brooks (GR)	14	15 11:30 Chair Volleyball	16 3:00 Tech Help with Steve Bean (GR)	17	18 10:15 Faith Break (GR)
19	20 Martin Luther King, Jr. Day 1:00 Brain Games (Library)	21 10:30 Catholic Mass (SC) 4:00 Happy Hour (Terrace Overlook Restaurant)	22 10-3:00 Massage by Tara(Salon)	23 10:00 Shopping Trip: Towson Town Center	24	25 10:15 Faith Break (GR)
26	27 1:00 What is Therapy? with Shannon Schuman (GR)	28 4:30 Diner's Caravan: Bourbon Mill	29 2:00 Play Around: Family Feud (GR)	30 11:00 Greenmount Station & Duckpin Bowling	31 11:00 Chambersburg Ice Fest	Program additions or changes since catalog was published are in bold . Program offerings are subject to change.