

**Thank you....**

We want to thank everyone for all the cards & good wishes for our anniversary and for Fred's birthday. It is great to live in such a thoughtful & friendly community! - **Fred & Loretta Ness**

Thank you to everyone for the Anniversary Wishes in May and for my birthday in June. Your thoughtfulness was greatly appreciated. - **Harold & Wilma Lau**

Thank you to everyone who sent me the beautiful Birthday cards and notes to help me celebrate my 95<sup>th</sup> Birthday. - **Doris Smeak**

**Upcoming Programs in July-Additional Information:**

**Know Your Numbers:** Do you know your numbers? What do they mean? Unfortunately, high blood pressure often has no symptoms. Even if you do not feel any different, the long-term damage to your arteries can still occur. It is essential to monitor your blood pressure regularly, especially if you have risk factors. Join Kim Chapman, Nurse Navigator to learn about your numbers.

**Life Enrichment Planning Committee:** All residential living residents are invited to help with the planning of events for October, November, and December of 2024.

**Stream Life:** Discover what lives in the stream when Codorus State Park brings the stream to you! We will investigate the leaf litter to see what macroinvertebrates we can find and learn what they can tell us about how healthy our stream is! Join Renae Weidner for this informative presentation.

**Warehime- Myers Mansion:** The Warehime-Myers Mansion, 305 Baltimore Street was built for Clinton N. Myers and his family between 1911 and 1913. William J. Warehime, a local businessperson and philanthropist, who grew up across Baltimore Street purchased the mansion in 1997 and gifted it to the Hanover Area Historical Society in 2007. This beautiful mansion features a gorgeous solarium with marble floors, and oak floors with an intricate Greek Key design border, original chandeliers, and a basement bowling alley. This beautifully maintained mansion is a tribute to the Industrial Revolution and Gilded Age. The tour cost will be \$8.00, cash day of the tour. Enjoy lunch after the tour at Pizza Hut.

**In-House Movie:** Ruby had an awful lot of energy. Her original owner surrendered her to the Rhode Island Society for the Prevention of Cruelty to Animals because of her generally "unmanageable" personality. The cute pup was quickly adopted and then returned- five times. Things were looking pretty grim for the border collie/Australian shepherd mix. Hours away from being euthanized, Officer Daniel O'Neil was smitten with her. He thought she had potential and decided to pursue his dream of being a canine officer. Could this be his new partner? This is based on a true story.

**Healthy Steps for Older Adults:** Healthy Steps for Older Adults is a fall risk screening and prevention program for adults sixty years of age and older. Join York County Area Agency-on-Aging for a two-part informative training. Please plan on attending both sessions. An evidence-based program, Healthy Steps for Older Adults reduces fall risks among older adults by raising awareness about the causes of falls and how to prevent them. Participants will learn how to exercise safely at home and be offered information on ways to improve their health and well-being. Discussions will include home and medication safety, as well as appropriate foot care/footwear.

**Understanding Vertigo and Treatment Options:** Remember that you are not alone, and there are ways to manage vertigo effectively. If you haven't already, consider seeking professional advice to tailor a personalized approach for your specific situation. Please take the time to join Shannon Schuman, Director of Rehabilitation as she reviews some at-home exercises as well as rehab treatment options.

**Book Swap:** What is a book Swap? To put it simply, a 'book swap' is coming together to share and discover new books. They are a great way for people to become more involved in their community, discover new reads that you may not have picked up. Please bring your gently used books that you are willing to share.

**Take Charge of your Health:** Preventive screenings are important to remaining healthy. Screenings have been recognized as a cost-effective way to identify and treat health problems before they develop or worsen. Diseases are much easier to treat if they are found early or sometimes even before symptoms begin. Most health insurance covers preventive screenings at no cost to the patient. Presenter: Sara Brooks, SpiriTrust Home Care & Hospice.



# Village Connection

July 2024

**Happy Birthday!**

Octavia Breeden- July 1

Martha Horman- July 2

Jean Frost- July 5

Mac MacArthur- July 9

Richard Valko- July 18

Cecilia Dembroski- July 21

Vera Marucci- July 23

Gus Comeyne- July 26

Gail Farrington- July 28

Rosalie Hobbs- July 29

Phyllis Null- July 30

**Happy Anniversary!**

Gary and Dena Bauer celebrating 51 years of marriage on July 7<sup>th</sup>!

**Welcome!**

Wanda Kaltreider moved into apartment 302 in May from Glenville, Pa. Wanda enjoys Game Shows, Word Search Puzzle books and breakfast. She worked for SKF for 21 years. Some of Wanda's favorite memories are going to Roots or Green Dragon with her husband and parents. She also enjoyed going to Lancaster with her husband as they had some Amish friends. Please help welcome her to Utz Terrace!

**Glory Days**

Fourth of July will soon be here. We celebrate what we hold dear. With big parades, military bands Friends to greet; food on the stands. But more important, than all the fuss, It should be all the ones who aren't with us. All those wars, brave women and men Now is our time to honor them.

Ann Paris

**TROUBLED TIMES**

Hear us Lord  
This we pray  
Bless our country  
On this day

Troubled times  
We've seen before  
Bless us Lord  
We ask once more

Guide us Lord  
Through all of these things  
Send down Your love  
And the peace it brings

Theresa Zink

**Longest Day Car Wash for ALZ**

Thank you!

I want to thank everyone who helped with the car wash and for all the generous donations when you had your car washed. We are currently at \$781.00. Great job everyone!



<b>The following programs are regularly scheduled on a weekly basis</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	10:00am Power Hour 10:45am Back to Basics 1:00pm Rummikub (GR)	10:00am Pilates 1:00pm Sit & Strengthen 1:00pm Billiards	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 1:00pm 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)	

<b>Additional programs &amp; events scheduled for the month of July</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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.	<b>1</b> 10:00 Village Stitchers (HR) 1:00 Brain Games (Library)	<b>2</b> 12:00 Women's Birthday Luncheon (DR) 2:00 Bingo (GR) 2:00 WWII Music Show(PC)	<b>3</b>	<b>4</b> <b>Independence Day</b> 2:00 Worship (PC)	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 1:00 Monthly Shopping Trip: Target, Shoe Carnival & Hobby Lobby	<b>9</b>	<b>10</b> 2:00 Know Your #'s with Kim (GR)	<b>11</b> 10:30 Thursday Talks with Marcia (GR) 11:00 Book Club (Library) 3:00 Planning Meeting (HR)	<b>12</b> 10:00 Brunch Bunch: New Horizon Café 2:00 Patriotic Music Singalong with Sandy Lawrence & Guests (PC)	<b>13</b>
<b>14</b>	<b>15</b> 1:00 Brain Games (Library)	<b>16</b> 10:30 Catholic Mass (SC) 2:00 Stream Life with Renae (DR) 4:00 Happy Hour (DR)	<b>17</b> 10:30 Warehime-Myers Mansion & Lunch	<b>18</b> 3:00 Tech Help with Steve Bean (GR)	<b>19</b> 11:00 In-House Movie: Rescued by Ruby (GR)	<b>20</b>
<b>21</b>	<b>22</b> 12:30-2:30 Healthy Steps for Older Adults	<b>23</b> 11:00 Town Hall (DR) 2:00 Chair Volleyball	<b>24</b> 10-3 Massage by Tara (Salon) 2:00 "Understanding Vertigo and Treatment Options" Presented by Shannon Schuman (GR)	<b>25</b> 2:00-3:00 Book Swap (HR)	<b>26</b> 12:30-2:30 Healthy Steps for Older Adults 2:00 Audubon Society (PC) "The Birds of York County"	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> 11:00 Take Charge of Your Health (GR) 4:00 Diner's Caravan: C&D Bar & Grill	<b>31</b>	Program additions or changes since catalog was published are in <b>bold</b> . Program offerings are subject to change.	<b>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</b>	

