

Thank you...

Thank you very much for all the birthday cards I received for my January birthday. **-Boyd Callender**
To our staff and community. Please accept my sincere thanks for your prayers, calls, texts, messages, cards, visits, and support during this difficult time. The basket of fruit and goodies was much appreciated. We truly live in a very special and caring community. - **Barbara Comeyne**

Thanks to everyone for the many birthday cards, phone calls, and good wishes. It is so wonderful to be remembered. God bless you all. - **Theresa Zink**

I want to extend my heartfelt gratitude to everyone who sent birthday cards and happy wishes for my birthday. I am truly amazed and touched by how many people I have met here at Utz Village who know me and took the time to make my day special. Your kindness and thoughtfulness mean the world to me, and I feel incredibly fortunate to be part of such a wonderful community. Thank you all for making my birthday unforgettable! - **Lynn Shugars**

Upcoming Programs in March- Additional Information:

Women's Birthday Luncheon. All ladies are welcome to attend even if it is not your birthday month. Enjoy soup, salad, sandwiches, chips, and a cupcake for Dessert. The cost to attend is \$10.00 cash.

Women's Chair Volleyball: What a great way to get a little exercise without even realizing you are. We hit a beach ball around and have a lot of laughs. You can play one game or stay for an hour. Try something new, you don't have to be good to participate, it is just to get together with others!

Canaan's Land Bluegrass Band: If you like bluegrass and gospel music you don't want to miss the Canaan's Land Band. All are welcome to attend, this will be held in the personal care dining room.

Weis Markets Dietician: March is National Nutrition Month, Dietician; Emily Bumgarner, from Weis Markets, will discuss the best food choices. She will also do a food demonstration on how to make a healthy trail mix. Come with your dietary and nutrition questions and taste the trail mix too.

Almost Newlywed Game: How well do you know your spouse or a friend? Bring your spouse or find a friend that you know well. Let's have some fun with the "Not so Newlywed Game"!

Spring Musical at South Western School District: The very talented students of South Western will perform the "Big Fish". They invite us for a free performance as a dress rehearsal for them as a run-through for opening night.

In-House Movie: "Garfield": After a midnight snack raid with Odie goes awry, Garfield and his long-lost dad must pull off a daring dairy heist to settle the score with an angry cat. Starring Chris Pratt, Samuel L. Jackson. The movie will run approximately an hour and a half.

Play Around: Join us for a few hands of Uno, this is an easy-to-learn game. Lay a card to match the color, number, or symbol on the card in the discard pile.

Happy Hour: Wear your GREEN as we celebrate St. Patrick's Day. I will whip up a festive green drink! We have had residents ask if they could bring a light dish to share the last several happy hours, this is wonderful. We greatly appreciate it.

Therapy Talk: Managing Your Pain: Join Shannon Schuman for a program providing education on pain management for various health issues through therapy.

Utz Terrace Talent Show: Prepare for a fun afternoon as we share our talents! What... you don't think you have a talent? Everyone has something to share. Whether you can share a special collection, read a poem, tell jokes, sing, dance, play piano, do a one-man act, or get friends together for a skit, the options are endless. Mark your calendars and start brainstorming! If you choose not to share a talent, please plan to attend and cheer on your friends and neighbors.

Lyric Band: The Lyric Band is hosting its spring concert at New Oxford High School. It will be a great concert by the Lyric Band with guest performers, the New Oxford High School Band. This is another free concert performed by the Lyric Band.

Alzheimer Disease with Christina Anderson, SpiriTrust Home, and Hospice: Did you know Alzheimer's Disease affects 5-6% of the US population (approximately 5 million Americans) and by 2040 it is estimated that 81 million people in the US will be diagnosed with Alzheimer's Disease? Let's take a look into this disease and review the symptoms and causes.



Village Connection

March 2025

Let's welcome Bruce Robertson and Phyllis Lantz to the Utz Terrace Community! They are a blended family with 4 adult children 6 grandchildren, and 3 great-grandchildren. Bruce worked for Lehigh Cement Co. as the HR Administrator. Phyllis worked in Elementary Ed. They previously lived in Carroll Co. and for the last 28 years, they lived in Southern MD. They spent 25 years volunteering at a Food Pantry and Thrift Store and thrived in the positions they held. They are "Dreamers" and that is what led them to live on the water in Hollywood, MD, where they enjoyed boating on the Chesapeake Bay even as far as Cape Cod, and traveling to many worldwide destinations. They are still dreaming and anticipate many more adventures. They both enjoy volunteering, reading, and caring for outdoor critters. Phyllis also enjoys sewing, needlework, and crafts. Bruce enjoys Finance and Investments.

"Green"

Grampa was an Irishman
Born in County Cork.
When he was just a young man
He sailed for old New York.
So my dad was part Irish
And that part was grand.
A happy man was he
With a glass close at hand.
He loved to sing the old songs
With Grampa's brogue and smile.
His voice was like an Angels-
He had a lot of style.
He sang of "Sweet Molly Malone"
Songs so simple, sad, and old.
He told us tales of wee fey men
And rainbows filled with parts of gold.
The Lord called Dad home one day
He's there, sitting on a fluffy cloud
Singing tenor with the Angels,
Making Grampa very proud!

- Ann Paris

THE MONTH OF MARCH

The March winds
My, how they blow
They rearrange the scenery
It truly is Nature's show

Trees once full of leaves
Now they lay on the ground
Muted colors of all kinds
Winds tossing all around

But soon we will see
How nature does rearrange
The "Spring" beauty will arrive
As the Seasons, slowly change.

- 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 2:00pm Dominoes (GR)	10:00am Pilates 1:00pm Billiards 1:00pm Sit & Strengthen	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00pm Wii Bowling	10:00am Pilates 10:45am 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 (Library)	10:15 Faith Break (GR)

Additional programs & events scheduled for the month of March

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 the page in your Inspirations catalog.	Program additions or changes since the catalog was published are in bold . Program offerings are subject to change.	Key: All events are held in the Hobby Room or Fitness Center area unless otherwise indicated. DR – Terrace Overlook Restaurant PDR – Private Dining Room APTL – Apartment Lobby CCL – Community Center Lobby GR – Great Room				1
2	3	4	5	6	7	8
	10:00 Village Stitchers 1:00 Brain Games (Library)	12:00 Women's Birthday Luncheon (DR) 2:00 Bingo (GR)	11:30 Chair Volleyball	11:00 Book Club (Library)	10:15 Brunch Bunch: Perkin's	2:00 Canaan's Land Bluegrass Band (PC)
9 Daylight Saving (Spring Forward)	10	11	12	13	14	15
	2:00 Weis Markets Dietician (PC)	3:00 The Not-So-New Newlywed Game (GR)	12:45 SWSD Spring Musical: "Big Fish"	10:30 Thursday Talks with Marcia (GR) 11:30 The Tea Trolley Tea Room	11:00 In-House Movie: Garfield (GR)	
16	17 St. Patrick's Day	18	19	20 First Day of Spring	21	22
	1:00 Brain Games (Library)	10:30 Catholic Mass (SC) 4:00 Happy Hour (DR)	2:00 Play Around: Uno (GR)	3:00 Tech Help with Steve Bean (GR)		
23	24	25	26	27	28	29
	1:00 Therapy Talks with Shannon Schuman (GR)	4:30 Diner's Caravan: Plaza Azteca	10-3 Massage by Tara (Salon)	2:00 Village Talent Show (DR)		
30	31					
2:00 Lyric Band at N. Oxford High S	1:00 Alzheimer's Disease with Christina Anderson (GR)					