

I want to thank all those who offered prayers and good wishes during the time of Joe's illness and death. I was overwhelmed with the thoughtful cards I received. I wish Joe could read them; he touched so many in the short time we have lived here. Again, thanks to everyone, including the staff, for the continued support. **-Lynn Shugars**

Thanks for the many birthday and anniversary cards. Our friend was visiting and was overwhelmed by the number of cards we received. We told her you have to live here to appreciate and understand this kind, supportive community. We are blessed to be a part of Utz Terrace! **-Brenda & Gordon Benson**

Thank you to all who helped make my 85th birthday party successful. The food, fellowship, and entertainment were enjoyed by all. Your cards and gifts were great. Special thanks to Vera, Bette and Charlie, Gail and especially Derek Reed. Many put on their dancing shoes during the delightful music. Thanks for sharing, George. **-Vera and Jim Marucci**

Monarch Butterfly Presentation: Renae Weidner, Environmental Education Specialist from Codorus State Park will inform and teach residents about the different life cycles of a caterpillar as it transforms into a monarch butterfly, known as metamorphosis. Hopefully, we will have a butterfly release in the courtyard following the lifelong learning program. Program will take place on Tuesday, September 10th at 2:00 pm in Personal Care.

Faith Break: The Residential Living Bible Study will reconvene for the Fall on Saturday, September 14th at 10:15am in the Great Room in the Community Center. The name of the study is "Common Ground: A Study of Sibling Rivalries In the Bible." This study will run from Saturday, September 14th to Saturday, November 30th. Everyone is welcome to attend. Please contact Chaplain Melissa if you are interested in joining so she may order study material.

Brunch Bunch: Located in York, Fresh Start offers a variety of breakfast, lunch and specialty drinks. Please note this Brunch Bunch outing will take place on Thursday, September 19th instead of a Friday.

Cunningham Falls & Covered Bridges: On Wednesday, September 25th, enjoy the Fall weather with a hike at Cunningham Falls. We will hike the Lower Trail which is a ½ mile. This easy to moderate trail is the shortest and easiest access to the Falls. Interpretive signs and benches along the way. Return to the lake by this trail or Cliff Trail. This trail terminates at the Falls. We will then visit the Roddy Covered Bridge and Loy's Station Covered Bridge. We will stop for Ice Cream on the way home. Bus starts to pick up at 11:00am. Sign up in the program binder by Friday, September 6th.

Ruth's Harvest: This outreach effort focuses on hunger in our community. For some boys and girls, their free/reduced breakfast and lunch at school are the only meals they have for the day. When they are not in school on the weekends, they are at risk of not having any meals, and weekend food is not healthy food. Ruth's Harvest, a free ministry of the Hanover Area Council of Churches, provides healthy meals and snacks for the weekend for eligible elementary children. The food is distributed at school. Each Friday, students who participate receive a backpack of food for the weekend. On Monday, the child returns the empty backpack to the school to be restocked with food for the following Friday. We will go to St. Matthew's church on Thursday, September 26th to help pack lunches for this great cause. Required by Friday, September 20th.

 **Spiritrust Lutheran**
The Village at Utz Terrace



Village Connection

September 2024

Tranquility

Sitting in my favorite chair
Deciding on something to do
Looking into nowhere
Noticed the sky so blue

Huge clouds floating silent
Resembling forms in the mind
Looks like a pretty flower
Or an animal of some kind

Hardly any movement
As they hang there in the sky
So beautiful and peaceful
As they go floating by

-Theresa Zink
September 2024

Life in the Fast Lane

My very favorite pastime
Is going to the grocery store.
It doesn't matter, my shelves are full,
There's always room for more.

I can't resist those leafy greens,
Tomatoes, squash, corn on the cob!
And juicy fruit, it calls to me
Getting it all home - now that's a job!

Mayo, tuna, sauces and hash
All lined up in shining cans.
Cereal, mixes, meats and fixes
I'm in heaven. That's where I am!

My cart is full, I'm going home.
I smile and wave (they know my name)
They're always glad to check me out-
I'm always happy that I came.

-Ann Paris
September 2024



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	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 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 September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABAOR DAY	3 12:00 Women's Birthday Lunch 2:00 Bingo (GR)	4	5 11:00 Book Club (Library)	6	7
8	9 10:00 Village Stickers (HR) 1:00 Monthly Shopping: Walmart & Bath & Body Works	10 2:00 Monarch Butterfly Presentation (PC)	11 11:00 Shop Gettysburg	12 10:30 Thursday Talks with Marcia (GR) 4:30 York Revolution Game	13 11:00 In House Movie: Mother of the Bride (GR)	14 10:15 Faith Break: "Common Ground Sibling Rivalries in the Bible" (GR)
15	16 1:00 Brain Games (Library)	17 10:30 Catholic Mass (SC) 3:00 Diner's Caravan: Homestead Country Kitchen	18	19 10:00 Brunch Bunch: Fresh Start 3:00 Tech Help w/ Steve Bean (GR)	20	21 10:15 Faith Break (GR)
22	23 2:00 Chair Volleyball	24 11:00 Town Hall (TO) 4:00 Happy Hour (GR)	25 10-3 Massage by Tara (Salon) 11:00 Cunningham Falls & Covered Bridges	26 8:30 Ruth's Harvest at St. Mathew's Church	27	28 10:15 Faith Break (GR)
29	30		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	