

The Weekly Connection

Residential Living | December 1 – December 7, 2024

Happening this Week!

National Pie Day: Pie Contest

December 1 | 2:00PM | Great Room

Please have your pie cut into thin slices.

Village Stitches

December 2 | 10:00AM | Hobby Room

Holiday Helpers

December 2 | 10:00AM | CCL

Musical Voices with Marlene

December 2 | 2:00PM | PC

Featuring the band from Homewood at Plum Creek.

Woman's Birthday Luncheon

December 3 | 12:00PM | Terrace Overlook Restaurant

Bingo

December 3 | 2:00PM | Great Room

West Manheim Heritage: Jim McClure

December 3 | 3:00PM | Terrace Overlook Restaurant

Mountain Gate & Winter Light Festival

December 4 | 3:00PM | Outing

Book Club

December 5 | 11:00AM | Library

Ladder Ball Practice

December 5 | 3:00PM | Fitness Center

Brunch Bunch: Dutch Country

December 6 | 10:00AM | Outing

Faith Break: "The Christmas Letters"

December 7 | 10:15AM | Great Room

If interested in attending please contact Chaplain Melissa at 717-646-2440.

Program Updates

Please note the time change for Monday's Power Hour, which will be at 9 a.m., and Back to Basics, which will be at 2:00 p.m., due to Christmas decorating in the community.

Fitness Center Schedule

Monday:

9:00am Power Hour

2:00pm Back to Basics

Tuesday:

10:00am Pilates

Wednesday:

10:00am Power Hour

10:45am Back to Basics

1:00pm Tai Chi

Thursday:

10:00am Pilates

Friday:

9:00am Balance & Stretch

9:30am Morning Mindfulness

Program Sign Ups

Residential Living Christmas Dinner

The holidays are right around the corner! The Residential Living Christmas Dinner will be held on Tuesday, December 10th. Please sign-up in the program binder by **Tuesday, December 3rd**. In order to prepare and ensure this large event is a success and enjoyable for all who wish to attend, no registrations will be accepted after **Tuesday, December 3rd**. **We will not offer take out this year.** Thank you for your understanding!

Happy Hour, Caroling and Cookies

Now is the time to start making your “beautiful” ugly sweater for this special happy hour. On **Thursday, December 19** we will begin with Happy Hour, and then go out into the community to spread some holiday cheer. Upon returning, we will enjoy cookies made by all. Please join us for a fun evening, the more the Merrier! We will have two groups again this year, one in the apartments and the other will walk throughout the community. Be on the lookout this evening if you want to hear some Holiday Cheer. If you are willing to carol or make cookies please sign up in the program binder by **Friday, December 13th**.

Diner’s Caravan: La Bella Italia

Share good food and fellowship on Tuesday, December 17 as we enjoy dinner at La Bella in Gettysburg. Sign up in the program binder by **Friday, December 6**.

Looking Ahead

Caroling in Skilled & Personal Care

We are looking for singers to spread Christmas cheer to the residents in Personal & Skilled Care. Please consider joining us on **Monday, December 16th** for half an hour of caroling. You do not need to be in a choir to attend. Let us bring joy to these folks. We will follow the line dancers for approximately an hour total of Residential Liv-

ing Entertainment. The Village Stitchers will hand out the Christmas gift to Personal Care as well. Let’s do this Residential Living!

Healthy Holiday Season

The holiday season is here and with it come Christmas parties, New Year’s celebrations...and food, food and more food! Not to mention that when the temperatures drop and the sunset comes early, it gets harder and harder to make sure you (and your family) are getting the exercise you need to stay healthy through the holiday. Join Sara Brooks, SpiriTrust Home Care & Hospice on **December 18th** for this presentation

Winter Games

It is time for the Utz Terrace Winter Games to take place. It is happening on **Friday, December 27**. Please sign up in the program binder to participate. We will begin practice this week. This is for fun, so it is okay if you cannot make the practice. All practices will be at 3:00 pm in the Fitness Center Area.

The practice schedule is as follows.

Thursday, December 5: Ladder Ball

Monday, December 9: Mini Tennis

Wednesday, December 11: Darts

Wednesday, December 18: Ping Pong

Monday, December 23: Chair Volleyball

Christmas Cards

If writing Christmas cards for friends, neighbors, or staff is getting difficult, we are trying something new this year.

We will have three containers in the HUB room to display the cards. One for the Apartment residents, one for the Cottage residents, and one for the Staff. You can write one card for each and then hook it on the appropriate container. They will sit in the HUB room for all to view.

