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INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
WELLNESS		
Ongoing Fitness Classes		
Balance & Stretch	Wed	1
Fitness Fusion	Fri	1
Sit & Strengthen	Tues/Thurs	2
Spirit Striders Walking Group	Weds	2
Tai Chi	Mon	2
Wellness Programs		
Blood Pressure Clinic	Tues	2
Morning Mindfulness	Mon	2
SPIRIT		
Study Groups & Services		
Bible Study	Tues	3
MIND		
Educational Programs		
Brain Games	1st and 3rd Mon	4
Computer & Smart Phone Support	5/18	5
Codorus State Park Nature Walk	5/19, 6/30	4
Ted Talks		
The Taboo Secret to Better Health	5/26	5
Sleep is Your Superpower	6/23	5
You Read What??	2nd Mon	4
Creative Arts		
Spring Paint "Night"	5/19	5
Paper Flower Canvas Art	6/16	5
Village Stitchers	1st Mon	5

Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

Description	Date	pg
SOCIAL		
Juliets Club:		
Planning Meeting	5/4	6
Landis Valley Village & Farm Museum	5/26	6
Romeo Club:		
Planning Meeting	5/4	6
Guinness Open Gate Tour	6/15	6
Happy Hour	3rd Tuesday	6
Recreational		
Billiards	Tue, Fri	7
Mexican Dominoes	Fri	7
Mini-Tennis	Fri	7
Ping Pong	Thurs	7
Skip-Bo	Tues	7
Ten Pin Bowling	Mon, Thur	7
Bingo	1st Tue	7
Wii Bowling	Wed	7
Line Dancing	Thurs	7
Trips		
Bird in Hand Stage & Smorgasbord	5/11	8
Kayaking at Codorus State Park	6/10	8
Lancaster County Fabric Trip	5/2	8
Entertainment		
The Magic of David Dellman	5/10	8
Maria Rose & Danny Elswick	5/24	8
Laura Gibson	6/14	8
Dining		
Chef Stage	Tues	7
Diners Caravan:		
Maggie's Restaurant	5/31	7
TJ Rockwells	6/28	7
Friday Pub Grub	Fri	7
Memorial Day BBQ	5/30	7
Sunday Brunches	5/22, 6/5	8
Mother's Day Brunch	5/8	8
Father's Day Brunch	6/19	8
Tour of the World	5/9, 5/23, 6/6, 6/20	8
Women's Birthday Luncheon	1st Tues	8
Special Events		
Hanging Plant Sale	5/13	8

COMMUNITY

CommUNITY Spirit

Event Planning Committee	5/12	9
The Longest Day	6/21	9

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.





WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

Fitness

ONGOING CLASSES

Balance & Stretch

This combined seated and standing class includes stretches for the entire body and focuses on balance exercises and will conclude with a relaxation piece to help balance the mind and body. This class is appropriate for moderately active individuals who could benefit from additional balance practice, those using mobility devices or experience compromised balance due to medical issues.

Wednesdays

1:00 – 1:30 pm

Fitness Room & Zoom

Fitness Fusion

This is a moderate to high intensity class that combines cardio, strength, and endurance in a 30 minute workout. Standing exercises with a chair assist are incorporated into the class.

Fridays

1:00 – 1:30 pm

Fitness Room & Zoom



Sit & Strengthen

This seated exercise class will use various types of equipment to strengthen major muscle groups of the body. Increase your cardiovascular and muscular endurance with a fun seated workout.

Tuesdays and Thursdays

1:00 – 1:30pm

Fitness Room & Zoom

Spirit Striders Walking Group

Do you enjoy walking but don't enjoy doing it alone? Join other "striders" to keep motivated and stay accountable while improving your health with the company of others.

Wednesdays

10:00 am

Outdoor walking (weather permitting) starting at the Community Center lobby.

T'ai Chi

T'ai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Benefits may include improved health, balance, strength, coordination and peace of mind. This class can be done seated or standing.

Mondays

1:00 – 1:45 pm

Fitness Room



Wellness Programs

BUILDING A BETTER VERSION OF YOU

Many health issues are often taken for granted or ignored as "just a part of aging". Engage in the many opportunities offered this quarter to debunk those thoughts and increase a heightened awareness for achieving better health and enjoying a longer more vibrant life.

Blood Pressure Clinic

Do you know your numbers? What do they mean? Blood pressure checks are available in the residential wellness nurse's office

Tuesdays

1:00 – 2:00 pm.



Morning Mindfulness

Meditation is a 2,500+ year old practice for training your mind. It is the practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Mondays

10:30-11:00 am

Zoom



SPIRIT

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Spiritual

BIBLE STUDY

Bible study is a weekly study group during which our chaplain leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs.

Tuesdays

1:00-2:00 pm

Great Room

Presenter: Chaplain Aaron Cope





Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

BRAIN GAMES

Join your friends and neighbors for an afternoon of brain games! We will cover a variety of subjects and a variety of skills. Come to challenge your wits and have a good time!

1st & 3rd Monday

2:00 pm

Life Long Learning Room

You Read WHAT?!?

Want to share your interesting book reads with your neighbors? Then this book club is for you. Bring your latest reads to share what you found interesting, inspiring, kept you guessing, a definite must read or a maybe not.

2nd Monday of the month

10:00 am

The Great Room

Book Club

Do you enjoy new books? Do you enjoy discussing the books you've read? Each month we will choose a new book selection for the group to read. We will meet once a month to discuss the book together.

1st Thursday of the month

10:30 am

The Great Room

Educational Programs

Nature Walk at Codorus State park

Hear about the many different birds and animals that inhabit this local park. Each walk is unique as you never know what new creatures you might see each month!

Thursday 5/19 & 6/30

Bus pick-ups starting at 12:30 pm

Registration required at least 2 days prior to the program

Instructor: Renae Weidner, Environmental Education Specialist, Codorus State Park

LET'S DISCUSS

Nourish your mind and body with thought provoking topics. Participants view a TED Talk video clip followed by an interactive discussion. TED began in 1984 as a conference where Technology, Entertainment and Design converged and today covers almost all topics — from science to business to global issues.

4th Thursday of the month

4:00 pm | Lifelong Learning Classroom

Resident Facilitator: Ruth Howsden

The Taboo Secret to Better Health

Our bodily waste has superpowers but for the most part we don't harness them. Molly Winter faces down our squeamishness and asks us to see what goes down the toilet as a resource, one that can help fight climate change, spur innovation and even save us money.

Thursday, May 26

Sleep is Your Superpower

Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code — as well as some helpful tips for getting some shut-eye.

Thursday, June 23

Computer & Smart Phone Support

Having trouble with your computer or smart phone? Volunteer Steve Bean is here to help! Steve, an electrical engineer and wiz with electronics, is on call to help. He also offers one-on-one help and training at your home or in our community center. Please call 717-680-0379 to set up an appointment.

Smart Phone Class

May 18

4:00 pm

Lifelong Learning Classroom

No cost.

Instructor: Steve Bean

Creative Arts

Village Stitchers

If you love to sew, this mission – oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

1st Monday of the month

9:00 – 11:30 am

Hobby Room

Current project: Monthly squares and Christmas gifts for skilled care center residents

Spring Paint Class

Learn how to paint a spring acrylic painting through step by step instructions. No prior experience needed. This is an opportunity for learning, laughter and leaving with your own masterpiece! Light refreshments will be offered.

Thursday May 19

Cost: \$10

2:00 pm

Lifelong Learning Classroom



Paper Flower Canvas Art

Create paper flowers and incorporate them into a beautiful canvas design! This craft is the perfect summer décor for yourself or for a friend.

Thursday June 16

Cost: \$10

2:00 pm

Lifelong Learning Classroom



Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Happy Hour

Happy Hour...time to treat yourself to a favorite beverage or try something new! Enjoy mixing and mingling with others at this popular event.

3rd Tuesday of the month

4:00 – 5:00 pm

Terrace Overlook



ROMEO CLUB

Popping up all over the United States, this popular group is just for the guys! Come together with other men for food, fellowship and of course lots of fun!

Romeo's Planning Meeting

All men are invited to help with the planning of events for late summer and fall 2022.

Wednesday, May 4 | 2:00 pm
Lifelong Learning Classroom

JULIETS CLUB

As the famous Shakespeare play references, what's ROMEO without a Juliet? Enjoy time with other ladies for special luncheons and programs throughout the year.

Juliet's Planning Meeting

All women are invited to help with the planning of events for late summer and fall 2020.

Wednesday, May 4 | 2:00 pm
Lifelong Learning Classroom

Recreational

GAMES

Games have always brought families and friends together, whether played using a deck of cards, a board or specific equipment, on a designated game night or during family holiday get-togethers. Discover new tabletop games, try your “hand” at a new card game or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

Mexican Dominoes

Fridays, 2:00 pm

Lifelong Learning Classroom

Bingo

1st Tuesday, 2:00 pm

Lifelong Learning Classroom

Billiards

Tuesdays, Fridays 1:00 pm

Billiard Room

Skip – Bo

Thursdays, 10:00 am

Lifelong Learning Classroom

Ten Pin Bowling

Mondays & Thursdays, 1:00 pm

South Hanover Bowling Lanes

Cost is \$5 for three games and shoes.

Mini – Tennis

Fridays, 11:00 am

Fitness Room

Wii Bowling

If bowling without special shoes, lugging heavy balls or having to leave the community sounds right up your “alley”, this is for you! Have a more competitive spirit? Join the “Utz Team” and participate in monthly competitions held both at home and away. Competitions are held February through September.

Wednesdays, 2:00 pm

Fitness Room

Dining

CHEF STAGE

Each week our chef is “center stage” serving something new from pasta bars to potato bars.

Every Tuesday

Served 11:00am-1:30pm

Chips Café

FRIDAY PUB GRUB

Featuring a casual lighter fare menu to kick-off the weekend.

Every Friday

Served 4:30 – 6:00 pm

Terrace Overlook Restaurant

Cost Ala Carte

Reservations Required

MEMORIAL DAY BBQ

Menu will include:

BBQ Chicken, Hot Dogs, Hamburgers, Baked Beans, Coleslaw, Red Skinned, Potato Salad, Apple Pie and more!!!

Monday, May 30

Reservations Required

12 pm

\$14 per person

The Overlook Terrace will be closed this evening



DINERS CARAVAN

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant, unless indicated and is the responsibility of the diner.

Maggie's Restaurant

Maggie's is a Carrol County tradition of hospitality and great food for over 42 years.

Tuesday, May 31

Bus starts to pick up at 4:00 pm

Cost: Separate checks

Registration required by

Sunday, May 29

TJ Rockwells

This fun and relaxing grill and tavern in Mechanicsburg offers a comfortable setting for those looking to enjoy great American fare.

Tuesday, June 28

Bus pick up at 4:00 pm

Cost: Separate checks

Registration required by

Sunday, June 26

SUNDAY BRUNCHES

A repertoire of Sunday brunch favorites, including Chipped Beef, Sausage Gravy, Omelet and Waffle Stations, Fresh Fruit Cup in season, and your choice of 2 lunch entrees, vegetable, and starch.

May 8 (Mother's Day) & 22

June 5 & 19 (Father's Day)

Seating Time 12:30pm

Terrace Overlook Restaurant

Reservation Required

TOUR OF THE WORLD

Join us every other Monday, to taste different foods from different regions. Meal will be served buffet style.

May 9 - Italy

May 23 – Germany

June 6 – Chesapeake Bay

June 20 - Caribbean

Served 4:30 – 6:00 pm

Terrace Overlook Restaurant

Reservations Required

WOMEN'S BIRTHDAY LUNCHEON

Time to celebrate another year! Share good food, fellowship and hear the birthday ladies share some personal stories as we celebrate their lives.

1st Tuesday of the month

12:30 pm

Terrace Overlook Restaurant

Cost: \$8

Registration required at least one week prior (LE Program Sign-up Binder)

Special Events

Hanging Plant Sale

Brighten up your home with a beautiful 10" hanging plant from Lehigh's Greenhouse.

Friday May 13th

12:30-4:00 pm

You may preorder plants or visit the balcony outside of the Billiards Room.

Cost: \$TBA

Payment made by exact cash or check to SpiriTrust Lutheran.

Trips

Bird-in-Hand Stage & Smorgasbord

A Simple Sanctuary is a new musical that will have you on the edge of your seat. Melissa James is running from her happy life in Connecticut and her beloved husband. She finds a quiet spot, June Bugs B&B, run by a Mennonite woman. Melissa feels safe in her sanctuary but soon a shadowy figure from her past tracks her down. Traditional Amish smorgasbord lunch will be served prior to the stage performance

Wednesday May 11

Bus pickup will begin at 10:00 am; Cost: \$58.50, price includes meal and show

Please sign up by Sunday April 10th

Lancaster County Fabric Trip

Travel to Lancaster County to a variety of quilting shops including Zooks Fabric Store, The Old Country Store and Log Cabin Quilt Shop. Take a break from shopping for lunch in Kitchen Kettle Village.

Monday, May 2

Bus starts to pick up at 10:00 am

Registration required by Friday April 29

Kayaking at Codorus State Park

Join us for kayaking at Codorus State Park. This event is great for beginner or experienced kayakers. Please bring plenty of drinking water, sunscreen and wear clothes/shoes that can get wet. Personal floatation devices and other essential equipment will be provided.

Friday, June 10

Bus pickup will begin at 3:30 pm

Please sign up by Sunday June 19, there is no cost for this program

Entertainment

The Magic of David Dellman

David Dellman, master illusionist has spent the last twenty years focusing on performing on the strange and often misunderstood world of mentalism – the magic of the mind. He skillfully blends magic and mentalism to produce a unique entertainment experience that you will love!

Tuesday May 10

2:00 pm

Terrace Overlook

Maria Rose & Danny Elswick

Maria Rose and husband Danny can be seen often on the "Midwest country" nationwide TV show RFD-TV. They have released a DVD and multiple CDs which feature both covers and original music. Their biggest honor has been traveling overseas on 11 USO tours to entertain armed forces.

Tuesday May 24

2:00 pm

Terrace Overlook

Laura Gibson: Name that State Song & Other Patriotic Tributes

This fine arts program includes various instrumental interpretations. Join Laura Gibson, as she shares state songs and other patriotic tributes on the harp, fife and drums in honor of Flag Day.

Tuesday June 14

2:00 pm

Terrace Overlook



COMMUNITY

Making a positive impact, be it in the community reaching out to help others or improving the quality of our environment.

*“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi*

CommUNITY Spirit

SERVING WITHIN OUR COMMUNITY

Event & Program Planning Committee Meeting

Share your suggestions for events, trips, theatre productions, arts & crafts, presentations, and more with the Life Enrichment team for Fall 2022.

Thursday, May 12

3:00 PM

Lifelong Learning Classroom

SERVING THE GREATER COMMUNITY

The Longest Day

The Longest Day is the day with the most light — the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer’s through a fundraising activity of their choice. Join in for an afternoon of carnival games, prizes and ice cream! Donations will be accepted to support the work of the Alzheimer’s Association.

Tuesday, June 21

1:00 pm

Skilled Nursing & Rehab Center lawn



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.

 **SpiriTrust Lutheran**®
The Village at Utz Terrace

2100 Utz Terrace • Hanover, PA 17331 • www.SpiriTrustLutheran.org

