

COMMUNITY LIFE:

Inspiring a Dynamic Retirement

It's no secret that senior living communities can help you live a longer, healthier and happier life, doing more and generally feeling better about yourself. At The Village at Utz Terrace, residents take pleasure in the community's vibrant, active social life. At the hub of our neighborhood is the community center, a favorite gathering place for a wide array of social, recreational and intellectually stimulating activities. Our Lifestyle Enrichment Director organizes a full social calendar of leisure programs throughout the year. Residents are invited to join a variety of clubs, attend movie nights and happy hours, participate in enrichment lectures or volunteer. With so many things to do, share and learn, you'll be inspired to simply get out and embrace life. The listing below highlights a sampling of the many opportunities to spend your time your way.



FITNESS & WELLNESS

Yoga: seated, standing and floor postures on the mat to stretch and strengthen the entire body, as well as gentle positions to maximize relaxation

Chair Fitness: energetic stretching and strength exercises with chair aerobics mixed in for a total body workout

Zumba® for Seniors: a Latin-inspired, cardio-fitness class with dance moves that are fun, easy to follow and the routines keep the entire body moving

Water Aerobics: available through the local YMCA

Wellness Nurse: offering preventive screenings, counseling and educational seminars and wellness talks to help you maintain good health

GAMES

Wii Bowling: recreational and competitive leagues within our six communities

Wii Sports: recreational sports including tennis, golf and baseball

Mini-Tennis: similar to standard tennis but uses just the two service boxes on each side, both for singles and doubles

500 Card Club: a card game that incorporates the basic principles of Bridge; all levels are welcome, whether you're just learning or just remembering

Hand & Foot Card Club: a North American game related to Canasta, best played by four people in partnership

Mexican Dominoes: a double twelve set of dominoes is used, best for four or more players

Billiards: join a lively group for a friendly or competitive game

OUTINGS & EXCURSIONS

Monthly Bus Trips: visiting places such as historical and cultural landmarks, mystery trips, dinner theaters and shows

Bowling: excursions to local alleys

To the Movies: group that goes to see current films at local theaters

Shopping Trips: to local malls and outlets





CLUBS & GROUPS

Book Club: focusing on fictional works, this resident-moderated group offers insightful interpretations in a social and fun setting

ARISE Social Coffee Club: a monthly chat gathering with community friends

Romeo's: a men's group that features monthly trips or events like lunch out and featured resident speakers

Juliet's: a women's group that holds monthly trips or events like spa days and teas

Village Voices: a community choral group that performs seasonal engagements throughout the year

Village Stitches: sewing group that works on mission projects

Clicking Needles: knitting and crocheting group that works on missions projects

Crafty Ladies: group that makes seasonal crafts

DINING GROUPS & SOCIALS

Diners' Caravan and Singles Lunch: explore new eateries for lunch or dinner with a group of neighbors

Seasonal Socials: covered dish socials, Day of Thanks, ice cream socials, themed dinners and wine and cheese socials



PERFORMING & CULTURAL ARTS

In-house performing arts schedule: entertainers such as singers, comedians and musicians are engaged to delight and entertain residents and guests

Movie Night: bringing the big screen to you

Big band nights and dances: kick up your heels and enjoy the sights and sounds of a past era

SPIRITUAL SERVICES

At Utz Terrace, residents enjoy a variety of opportunities to cultivate and celebrate their personal spiritual beliefs.

- Bible study groups
- Spiritual video-based discussion class
- Prayer Group
- Ecumenical Worship Services
- Protestant Holy Communion
- Roman Catholic Mass & Rosary
- Joint worship services with local churches
- Full-time, on-site chaplain

COMMITTEE, OUTREACH & VOLUNTEER OPPORTUNITIES

Residents enjoy giving back to the community as well by serving on various community committees and through volunteer roles.

- Activity Committee
- Advocacy Committee
- Buildings and Grounds Committee
- Dining Committee
- Hospitality/Welcome Committee
- Library Committee
- Marketing Team Committee
- Country Store Volunteers
- Greeters
- Prayer Chain

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



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