



VILLAGE VITALITY
by CROSS KEYS VILLAGE

September 25 - 29, 2023



Monday, September 25

7:15 am
- 8:00 am
Aquatics
Center

Shallow End HydroHIIT

Join Wellness for a High Intensity Interval Training class in the shallow end. This class uses the properties of water resistance to get in shape while minimizing impact to joints and back. This includes strength, mobility, flexibility, endurance, and interval training. Pool shoes and water bottles are encouraged. Kick off the week with Wellness!

Level: Moderate Intensity

8:15 am
- 8:45 am
Harmony
Ridge Lobby

Campus Walk

Join some of the Harmony Ridge team from all departments for a 30-minute walk around campus to kick off Village Vitality Week.

Level: Low Intensity

9:00 am
- 9:45 am
Wellness
Studio

Wellness Partner Workout-of-the-Day

Grab a friend and join us for a Partner Workout-of-the-Day. You will work with your partner in stations for one-minute intervals for each exercise. There will be three rounds. Come and join the fun!

Level: Moderate Intensity

10:00 am
- 11:15 am
Avenue of
the Arts

Ready, Set, Re-Create

Back by popular demand, "Ready, Set, Re-Create" gives you, or you and a partner, the opportunity to compete against other Villagers and see who can create or recreate the best rendition on a famous work of art in one hour using sidewalk chalk. Don't worry, you won't be drawing on the sidewalk and you don't have to get down to ground level. The competition will take place in the Avenue of the Arts. We will equip each team with a table, black paper, and sidewalk chalk. The rest is up to you. Spectators are welcome. Participants sign up in Touchtown or Harmony Ridge Lobby.

11:30 am
- 12:00 pm
Art Education
Studio

Art Demo - Folded Paper Stars

One of our newest villager artists, Richard Hoffman will be demonstrating the art of making twelve pointed, three-dimensional, folded paper stars. An instructional class will follow in October. Sign up in Touchtown or Harmony Ridge Lobby.

1:15 pm
- 1:45 pm
**Wellness
Studio**

Sweatin' to the Oldies Standing

As Richard Simmons says "Sweatin' to the Oldies" is the original, and its still the best way to get your heart pounding and blood pumping! Join Gretchen in your Oldies Gear and come sing along to these great songs as you sweat your way to Wellness.

Level: Low Intensity

2:00 pm
- 3:00 pm
**Melody
Theater**

A Taste of Carol Burnett (Gettysburg Community Theater)

A Taste of Carol Burnett, directed by Lauraday Kelley is performed by an all-volunteer, all-senior cast. This group of seniors, who volunteer their time and talents, will provide you with side-splitting laughter as they perform four of their favorite scenes from the old Carol Burnett Shows of the 60s & 70s. These skits are guaranteed to put a smile on your face and bring back fond memories. You do not want to miss out on the opportunity to put a little laughter into your life. We look forward to you joining in on the fun. You'll be so glad we had this time together. Sign up in Touchtown or Harmony Ridge Lobby.

3:15 pm
- 4:00 pm
**Wellness
Studio**

Drum Cardio Seated

Drum Cardio is a dynamic cardiovascular workout that combines drumming, rhythm, and music. Villagers will use drumsticks to hit an exercise ball placed on a bucket following the rhythm of music.

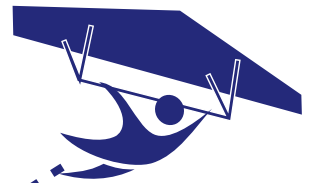
Level: Low Intensity

4:30 pm
- 5:15 pm
**Wellness
Studio**

Evening Barre Class

A barre class is a low-impact, high-intensity workout that combines strength and cardio. It uses the ballet barre and movements derived from ballet, as well as elements of Pilates, yoga, and functional training. A barre class aims to tone your body and burn fat, while improving your range of motion and flexibility. Join one of your favorite instructors Erica Lohr-Totis in the Wellness Studio!

Level: Moderate Intensity



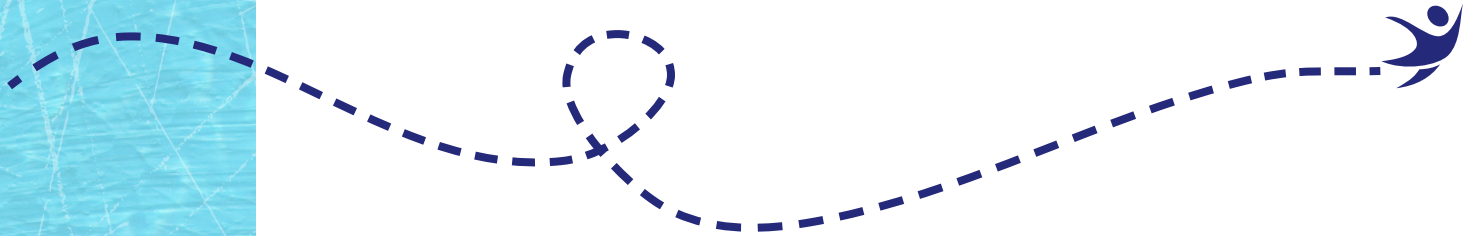
Tuesday, September 26

8:00 am
- 8:45 am
**Harmony
Courttyard**

As-The-Sun-Rises Yoga

Join Tanya for As-The-Sun-Rises Mat Yoga in the Harmony Courtyard. This refreshing flow yoga is the perfect way to start your day. Seated and standing poses will be followed by a period of relaxation and rejuvenation!

Level: Moderate Intensity



10:00 am
- 11:30 am
**Harmony
Courttyard**

Village Dog Show

It's time once again for the canine quadrupeds that reside here at CKV to be the center of attention! That's right, it is the triumphant return of the Village Dog Show. The dog show will take place in the Harmony Courtyard outside of the Avenue of the Arts, on the circular exhibition trail (the sidewalk). Indoor and outdoor viewing will be available. Sign your pups up today at the Residential Living Reception desk so that they can show us their stuff. Ruff, ruff. Limited seating is available, please bring chairs for your own comfort.

1:00 pm
- 1:30 pm
Garden Room

Energy Bites Make 'n' Take

Join Erika and Tanya as we make an easy no-bake energy bite snack. Participants will make their own energy bites with premeasured, healthy ingredients, including oatmeal and peanut butter. If you love good company and a healthy, quick snack to go, this class is for you. You should bring your own mixing bowl and a spatula; gloves will be provided. Please sign up by Monday, September 25 on Touchtown or Harmony Ridge Lobby. Space is limited.

1:30 pm
- 2:00 pm
Garden Room

2:00 pm
- 4:00 pm
**Encore
Room**

Village Trivia

Every month, on the fourth Tuesday at 2:00 pm, Kim Korge, Memory Support Coordinator, hosts Village Trivia! There are a number of established teams who compete monthly for the highly-coveted trophy and the honor of being reigning trivia champs – at least until the next month! If you'd like to join a team in this round, call Kim at ext. 5272, and she can connect you with one of the groups that could take on new members. If you'd like to come in and watch, there will be some special viewing seating available too! Be ready for thinking and cheering, maybe a little competitive jeering and lots of laughter, always!

4:30 pm
- 6:30 pm
**Campus
Inn**

Campus Inn: Chef Jeromy's Favorites

Soup of the Day

🌐 **Crab & Asparagus Bisque**

CAMPUS
Inn

Entrees

🌐 **Slow-Braised Short Ribs \$17.00**
with grilled baby carrots, fennel puree,
charred cipollini, crispy leeks, bordelaise

🌐 **Pan Seared Scallops \$18.00**
with bacon cracklings, brown butter, pumpkin
risotto, crispy sage, asiago cheese

6:00 pm
- 7:00 pm
**Melody
Theater**

The Winstons - Memories of Motown

The suits, the moves, the grooves, the harmonies, and the silky sounds of Motown are coming to the Melody Theater here at CKV. The Winstons are known as "The World's Greatest Motown & Soul Revue". With the classic hits of The Temptations, The Four Tops, Smokey Robinson & The Miracles, Diana Ross & The Supremes, The Jacksons, Marvin Gaye, Stevie Wonder and many others. You will love The Winstons as they sing and dance to the greatest hits of all time. Sign up in Touchtown or Harmony Ridge Lobby.

Wednesday, September 27

8:15 am

- 8:45 am

**Wellness
Studio**

Fitness Fusion

This class combines cardio, strength, core, flexibility, and balance. Chair-based and standing exercises are incorporated into the class.

Level: Moderate Intensity

9:00 am

- 9:45 am

**Art Education
Studio**

Smartphone Photography

Photography is one of the ways that we capture the beauty of the world around us. Today, many of us do this with our smartphones. Join professional photographer Kimberly Brooke as she offers a demonstration on how to take stunning photos with your phone. The dos and don'ts, the secret phone features, light and shadow, depth of field, etc. All of these things contribute to the look, style, and beauty of the photographs that we take. Sign up in Touchtown or Harmony Ridge Lobby.

11:00 am

- 11:45 am

**Melody
Theater**

Guesswork Takes the Stage

Have you been wondering what all the buzz is about Guesswork? During Village Vitality Week we are taking Guesswork to the stage so that we can share our monthly brain health hilarity with an audience. This is a great opportunity to experience Guesswork as a spectator to see if you'd like to give it a try. Guesswork meets regularly, the fourth Wednesday and fourth Thursday of each month at 11:00 am in the Encore room.

12:00 pm

- 1:00 pm

**Wellness
Studio**

Fall Prevention Class

Join us for a variety of activities to address fall prevention strategies and balance challenges to improve stability and independence. Don't let the fear of falling keep you from being active. You can sign up by calling ext. 5410.

Level: Low Intensity

1:00 pm

- 2:00 pm

**Art Education
Studio**

Art Demo - Stained Glass

Light dances and shines through the glass, some transparent, some translucent, yet others nearly opaque. Ranging in textures from silky smooth to ripples on a lake the glass is available in a wide array of colors and textures. The art of choosing pieces of glass that compliment each other, cutting them to the correct shape, and then assembling them into a single cohesive piece, a work of art. This is what we have come to know as stained glass. Get a glimpse into the process of creating a stained glass work of art. Sign up in Touchtown or Harmony Ridge Lobby.

2:15 pm

- 3:00 pm

**Wellness
Studio**

Country Heat Seated Cardio

Country Heat is a high-energy, low-impact dance workout that's so simple and so fun, you'll love it from the very first step. Each 30-minute routine is packed with easy-to-follow dance moves set to the hottest country music around.

Level: Low Intensity

3:00 pm
- 6:00 pm
Nicarry
Parking Lot

Pop-Up Farmers Market

In partnership with Adams County Farmers Market, we are hosting a pop-up market right here in our Village! Featuring vendors selling: fresh produce, herbs and spices, locally raised meats, eggs, fresh cut flowers, artwork, crafts, and more! As soon as the vendor list is finalized, we will share it but mark your calendar now for this not-to-miss event!

3:15 pm
- 4:00 pm
Nicarry
Parking Lot

Drum Cardio Standing

Drum Cardio is a dynamic cardiovascular workout that combines drumming, rhythm, and music. Villagers will use drumsticks to hit an exercise ball placed on a bucket following the rhythm of music.

Level: Moderate Intensity

4:00 pm
- 6:00 pm
Nicarry
Parking Lot

Market Music by Monte & Friends

Whether you're stocking up on market-fresh meats, produce and other goodies or just strolling the market thoroughfare for some fresh air and relaxation, enjoy the sounds of our own Monte Leister and the musical friends that he's gathered.

4:30 pm
- 6:30 pm
Campus
Inn

Campus Inn: Farmers Market Inspired Specials

Soup of the Day

🌱 **Potato & Leek Chowder**

CAMPUS
Inn

Entrees

🌱 **Pork Osso Bucco \$16.00**

Slow braised pork shank, savory reduction sauce, scalloped potato, apple chutney, charred brussels sprouts

🌱 **Pan Seared Salmon \$18.00**

with wild mushroom medley, charred bok choy, soy ginger glaze, green onion

6:00 pm
- 7:00 pm
Encore
Room

Calling All Travelers

Villager Betsy Liou leads you in an overview of CKV trips including transportation, types of trips, and a chance for you to learn how to be a trip host. You will also hear about some of the exciting overnight trips planned for 2024! Sign up in Touchtown or Harmony Ridge Lobby.

Thursday, September 28

8:00 am
- 8:45 am
**Wellness
Studio**

Muscle Mix

Join Tanya for a Muscle Mix class in the Wellness Studio. This weightlifting class will begin with a brief cardio warm-up. The class focuses on a variety of weighted exercises to target every major muscle, including the heart!
Level: Moderate to High Intensity

9:00 am
- 9:45 am
**Melody
Theater**

MUSACTIFUN

Life Enrichment, Wellness, and Memory Support are joining forces to bring you this brand-new engaging experience that includes Music, Action and Fun (MUSACTIFUN). Join Life Enrichment Specialist Monte Leister and his guitar, along with the Action Heroes from Memory Support and Wellness. MUSACTIFUN promises an invigorating experience that will get your heart pumping, your adrenaline flowing, and your laughter rolling.

10:00 am
- 2:00 pm
**Art Education
Studio**

Create: Natural Materials Fall Centerpiece (Drop-in)

Recently you may have seen Monte around campus collecting pinecones, acorns, cattails, and other things. You may be wondering what is he up to? It was all in preparation for our fall inspired drop in class. Join us anytime between 10:00 am and 2:00 pm, stay as long as you'd like, and try your hand at creating an autumn inspired centerpiece for your table or wreath for your door, utilizing natural materials.

10:00 am
- 10:45 am
**Wellness
Studio**

Chairobics

Join Jenn for a fun 45 minutes of Chairobics. Villagers will be toning muscles using bands, weights, and a small ball. There will be lots of smiling and dancing.
Level: Low Intensity

12:00 pm
- 1:00 pm
Aquatics
Center

Water Volleyball Rematch (Villagers vs. Team Members)

Join us for that good old fashioned rival game of water volleyball as Villagers take on team members again. Spectators welcome.

1:30 pm
- 3:00 pm
Melody
Theater

Stars of Europe Virtual Concert

This may be the most unusual group of musicians yet in this monthly series hosted by Villager Al Karasa. Pomplamoose are Americans, but they could've fooled me – they are very “French” in this performance. And they have become immensely popular in France. French classic pop is their specialty. These are songs by Edith Piaf, Françoise Hardy, Michel Legrand, Jacques Brel and many other well known French songwriters of the last half century or more. Pomplamoose do other things, but this is what made a name for them in France.

It was generated largely by postings on the Internet and live stream performances seen worldwide. All the pieces in this collection of their French music were recorded in a studio, not a theater, which lends it its own unique charm as if not intended for a live audience. We get to see them with behind-the-scenes intimacy. Their name is an intentional corruption of the French word for grapefruit - pamplemousse. Sign up in Touchtown or Harmony Ridge Lobby.

3:00 pm
- 6:00 pm
Harmony
Courtyard

Village Corn Hole Tournament

Come join us for a dual elimination cornhole tournament located in Harmony Courtyard. The winners will receive a trophy. Please call ext. 5410 to sign up or with any questions. Sign ups close Wednesday, September 27 at 4:00 pm.



Friday, September 29

7:15 am
- 8:00 am
**Aquatics
Center**

Hydro Splash

Get ready for an aerobic, toning, and balance class. Reap the benefits of water on your joints as you experience this moderately intense workout.
Level: Moderate Intensity

8:00 am
- 8:45 am
**Harmony
Cafe**

Build a Better Breakfast

Breakfast is often described as the most important meal of the day. Are you making the most of breakfast, to provide you with the energy and nutrients you need to start (and make it through) your day? Join Laura Miller RD,LDN in the Harmony Café to learn more about building a better breakfast.

9:00 am
- 9:45 am
**Melody
Theater**

Everyday Wellness Panel

Ever wonder why team members do the things we do to take care of our bodies? We are all on a journey to wellness and in this session we will be answering the why behind the what in what we do for our own wellness. Please bring your wellness questions to the event. Sign up in Touchtown or Harmony Ridge Lobby.

10:00 am
- 10:50 am
**Melody
Theater**

Skin Cancer Awareness

OnSite Dermatology celebrates their new relationship with CKV with a presentation about the types of skin cancers, prevention, and treatments. Receive a free gift bag for attending and getting to know the nation's leading provider of mobile dermatology services to senior communities! Sign up in Touchtown or Harmony Ridge Lobby.

11:00 am
- 12:00 pm
**Aquatics
Center**

Aquatic Game Hour

Join your favorite Wellness team in some good old fashioned pool fun.
Level: Moderate Intensity

1:00 pm
- 3:00 pm
**Avenue of
the Arts**

"Multiples" Art Opening

Our next exhibit will feature companion works – two or more pieces of art that go together in a common theme. Our talented Villagers and Team Members always amaze us with their talent and creativity so make sure to come out and see the launch of this exhibit inspired by pieces in our permanent art collection.

**1:00 pm
- 3:00 pm
Avenue of
the Arts**

Exhibit Opening Live Music: Dan Davis

Guitarist Dan Davis brings a unique style that blends elements of classical guitar with rhythm and percussion. You are sure to enjoy his fresh approach to the acoustic guitar as you browse the new art exhibit!

**1:30 pm
- 2:30 pm
Art Education
Studio**

Art Demo - Multiples Paint Pour

Acrylic pour painting is a painting technique where fluid acrylic paints are poured over the canvas. By using various paint pouring techniques, you can create pools or puddles of color, as well as create marble-like effects. You may have seen some of Brian Lawrence's poured paintings in the art exhibits in the Avenue of the Arts. Join him in the Art Education Studio and witness first hand how his paintings are created. Sign up in Touchtown or Harmony Ridge Lobby.

**4:30 pm
- 6:30 pm
Harmony
Courtyard**

Patio Party

Join us to end this fantastic week with a relaxing Patio Party! We couldn't think of a better way to wrap things up than with special food and music, yard games, firepits and great company! Call some friends and make plans to get together. Or let us know if you're coming alone and would appreciate being connected with a group who would welcome you to their table. Live solo acoustic guitar music will be provided by talented local singer Christian Harper. Come out and we'll all laugh, sing and dance our cares away!

**4:30 pm
- 6:30 pm
Harmony
Courtyard**

Patio Party Dining Specials

Enjoy Tapas-inspired cuisine during the Village Vitality Week patio party finale with a selection of "small-bite" items! Just \$15.00 per person.

Braised Beef Empanadas with Chimichurri

Arancini with Saffron Aioli

🍷 Curried Chicken Satay

🍷 Lemon Vanilla Yogurt

Smoked Mozzarella Stuffed Meatball

🍷 Roasted Roma Tomato

Lemon Grass & Chicken Potstickers

🍷 Pork Souvlaki with Tzatziki

Spring Rolls

Mezze Assorted Grazing Table

Assorted Beverages

CAMPUS
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CROSS KEYS VILLAGE
The Brethren Home Community



Memory Support
AT CROSS KEYS VILLAGE

