

Village News

Shopping Card Program Mike Goodling, 717-781-4967 The Friends of CKV

This program is a year-round fundraiser for The Friends of CKV. If you are unfamiliar with this fundraiser, please tune in to InTouch on Monday, April 14 for a brief introductory video to see how you can shop and help us raise money for CKV at the same time! If you are now or have participated in the past, thank you for your support. Shopping cards can be obtained by contacting Mike Goodling at 717-781-4967 or Dixie Schaefer at ext. 5693. This program is available to all residents and staff.



Trivia Time Change Kim Korge, Ext. 5272 Memory Support Education Coordinator

On Tuesday, April 22, Trivia will be starting at 2:30 pm to allow individuals who are participating in the Volunteer Luncheon to have time to return to Harmony Ridge.



Meditations for Good Friday Pastor Linda Titzell, Ext. 5580

I have prepared two booklets that can be used for meditation and prayer during Good Friday on April 18. They are located on the shelf across from the mail center, one with a blue cover, the other with a gray cover. Please take copies. Nicarry will be in use for the Love Feast and Communion service on Good Friday and not available for quiet meditation and prayer. However, you can use these pamphlets in your home or perhaps in a small group setting in the Nicarry Meditation Room. You are also invited to attend the Love Feast and Communion service at 1:00 pm on Good Friday in the Nicarry. Our Lord will meet you at the table.



Almost New Shop Needs YOU! Dwight Rohrbaugh, 717-668-6315 The Friends of CKV

To serve our residents and team members, the Almost New Shop needs merchandise. That's where YOU come in! Over the next several weeks, please gather any new or slightly used small household items that you would like to donate. Once the shop is completed and the store opens, you will be able to drop off your items. We will publish the store hours here as soon as the schedule is set. Over the next several weeks, we will update you on other types of items the shop will need. Thank you in advance for your generosity and support in this worthwhile project.



Volunteers Needed Cindy Boyer, Ext. 5227 Volunteer Services

Volunteer Services is looking for the following:

- Volunteer willing to deliver meals on campus for CKV meals on Mondays at 11:00 am. This opportunity usually takes no more than an hour each week.
- Volunteers for Grounds to help mow grass. Some riding and pushing opportunities are available.

You must be a registered volunteer to fill these needs. If you are not registered, Volunteer Services will work on getting you registered as an official volunteer. Please contact Cindy Boyer at 717-624-5227 with any questions.



Village News

Palm Sunday Pastor Linda Titzell, Ext. 5580

Palm Sunday, the day Jesus entered Jerusalem in a manner that fulfilled messianic prophecies. Often called the Triumphal Entry, this event is commemorated on the Sunday before Resurrection Sunday. In the Gospel accounts, Jesus rides into Jerusalem on a colt, while a crowd spreads palm branches and cloaks along the road.

The prophecy comes from Zechariah 9:9: "Rejoice greatly, O Daughter of Zion! Shout in triumph, O Daughter of Jerusalem! See, your King comes to you, righteous and victorious, humble and riding on a donkey-on a colt, the foal of a donkey."

Palms represented victory, celebration, and homage. John 12:13 notes the crowd "took palm branches and went out to meet Him." Such branches signified honor and festive welcome.

The donkey holds symbolic meaning. In ancient Near Eastern cultures, a donkey signified peace. Conquering kings rode stallions; peacemaking kings rode donkeys to demonstrate humility and convey peaceful intent. By selecting a donkey, Jesus highlighted His role as the prophesied Prince of Peace.

Another key aspect is the cry of "Hosanna!" from

the crowds. The word "Hosanna" is derived from a Hebrew phrase that meant "Save, please," a hopeful plea for deliverance, acknowledging Jesus as the Savior.

Palm Sunday reveals a profound spiritual truth: the Messiah comes humbly yet powerfully to bring genuine salvation. The entry invites recognition that Jesus is not only a teacher or prophet but the promised King.

Palm Sunday inaugurates the events culminating in the crucifixion and resurrection. After his triumphant entry, Jesus spends the following days teaching, confronting religious authorities, and preparing His disciples for His impending sacrifice. By the end of the week, Jesus is sentenced to death, crucified, and laid in a tomb, only to rise from the dead three days later. Thus, Palm Sunday cannot be separated from Resurrection Sunday – it inaugurates "Holy Week."

By commemorating Palm Sunday, the narrative of redemption is displayed: the King has come, the crowd rejoices, the journey to the crucifixion and resurrection is set in motion. In celebrating this event, believers echo the centuries-old cry: "Blessed is He who comes in the name of the Lord!"

(Excerpts, Bible Hub, The Significance of Palm Sunday)



Extended Leave Listing Brian Lawrence, Ext. 5428, Director of Village Housing

As the spring holidays approach, and the opportunities for travel increase, there are a few reminders Villagers should consider when making travel plans. Per page 27 of the Villager Handbook, when a Villager decides to go away for an extended period (2 - 3 days or more), CKV-TBHC asks Villagers to notify us of the departure and return date. This is done for several reasons:

- Peace of mind that your home is safe (Facility Maintenance and Security is notified).
- During or after severe weather, your home is checked for possible problems.
- CKV-TBHC will be able to contact you if there is an emergency within your home.
- To notify CKV-TBHC of your plans, please contact the Residential Living Reception Desk

Point Reception Desk by dialing "0" or 717-624-2161. You will be asked for your name, your departure and return dates, destination, and a contact phone number for you or someone who can reach you.

There are some preventive maintenance procedures to follow for those Villagers who like to travel and be gone for several weeks or months at a time. For more details and assistance, please contact the Facility Maintenance Department at ext. 5291 or 717-624-5291.

Your U.S. Postal mail can be held or forwarded for prolonged trips by visiting the New Oxford or Abbottstown Post Office or USPS.com and completing the pertinent forms. CKV-TBHC does not handle or withhold mail that is delivered by the U.S. Postal Service.



Upcoming Activities

SUN APR 13 Sunday Movie Matinee: "Shane"

Charlie Herr, Ext. 5725 Villager Movie Group

2:00 - 4:00 pm No sign-up necessary **Theater**

"Shane" is a classic Western film directed and produced by George Stevens. It stars Alan Ladd, Jean Arthur, Van Heflin, Jack Palance, and ten-year-old Brandon deWilde. The plot is based on the 1949 novel Jack Schaefer.

Brandon deWilde is wonderful in his portrayal of the spirit of a little boy amid all the tensions, excitements, and adventures of a frontier home.

Set in the Wyoming Territory in 1889, the film begins with the sudden appearance of Shane (Alan Ladd), a gunfighter with a mysterious past, who becomes embroiled in a conflict between poor homesteaders and wealthy ranchers. Not rated, shown with subtitles.

MON APR **14**

Good News Group Larry Gladfelter, Ext. 6683

10:30 am No sign-up necessary **Theater**

The Villager-led Good News Group is presenting the ministry of Pastor Gary Hamrick of Cornerstone Chapel, Leesburg, VA. Meeting together and watching the programs will deepen your understanding of God's Word and foster good fellowship. Our next program will be on Genesis 36 & 37.

TUES
APR
22

Earth Day Scavenger Hunt Nikki Bull, Ext. 5294

Life Enrichment Specialist

9:00 am - 5:00 pm Harmony Ridge Pick up worksheet at Residential Living Desk

Earth Day, celebrated every year on April 22, is all about coming together to care for our planet. It started in 1970 to address issues like pollution and deforestation. On this day, people all over the world get involved in activities like planting trees, cleaning up neighborhoods, and learning about how to live more sustainably. It's a great reminder that we all have a part to play in protecting the environment for future generations.

Pick up a scavenger hunt game board at the Residential Living desk and be on the lookout for mini globes hidden throughout the interior of Harmony Ridge. Turn in your completed game board to Nikki for the chance to win a celebratory prize!

APR 26

April Golf Cart Parade Craig Hikes, 717-814-0697 Karen Norris, Ext. 5239

1:00 pm Rain date April 27 **Shoemake Kiosk**

Spring has sprung! We invite you to help us celebrate by joining our first golf cart parade of the year. All golf carts are welcome, and decorations are never required for you to join the parade. We hope you will join the parade and help to bring smiles and enjoyment to our fellow Villagers and residents. For those wishing to decorate their carts, April's theme is "Spring."

We will meet at the Shoemaker mail kiosk in Bridgewater South to start the parade at 1:00 pm. In addition to golf carts, we also welcome bicycles, classic cars, and scooters. All are welcome to participate. Please make sure your golf cart is fully charged for the parade.

Upcoming Activities

MON MAY 5

Boscov's & Cracker Barrel Bus Trip Barb Reever, Ext. 8064

Pick up: Campus Inn at 10:00 am

Return: Approx. 4:00 pm Deadline: Thursday, April 24 Sign up in Harmony Ridge Lobby

We have planned a shopping trip to Boscov's to shop and Cracker Barrel for lunch. A few of the other stores in the shopping center are Panera Bread and Barnes & Noble.

MON MAY Village Playbill:
"Memphis"
Nikki Bull, Ext. 5294
Life Enrichment Specialist

2:00 - 4:15 pm Theater Sign up in Uniquest or Harmony Ridge Lobby

"Memphis" takes place in the smoky halls and underground clubs of the segregated 1950s, where a young white DJ named Huey Calhoun (Chad Kimball, Tony nominee for Best Male Lead in a musical) fell in love with rock and roll and an electrifying female singer (Montego Glover, Tony nominee for Best Female Lead in a musical). "Memphis" is an original story about the cultural revolution that erupted when his vision met her voice, and the music changed forever. Bursting off the stage with explosive dancing, irresistible songs, and a thrilling tale of fame and forbidden love, this incredible journey is filled with laughter, soaring emotion, and roof-raising rock 'n' roll. Not rated.

MON MAY 5/6 Illustration Basics in Colored Pencil Monte Leister, Ext. 5293 Life Enrichment Specialist

1:00 - 3:00 pm Art Éducation Studio Sign up in Uniguest or Harmony Ridge Lobby

Use color, light, and shadow to create depth and dimension. The vibrant, saturated, soft pigments of Prismacolor pencils allow us to create deep, color-drenched illustrations. Previous drawing ability not required. Once you understand these concepts, you will amaze yourself. Choose from one of these two identical sessions.

TUES MAY Spring Grove HS
Concert
Nikki Bull, Ext. 5294
Life Enrichment Specialist

10:00 am Theater Sign up in Uniquest or Harmony Ridge Lobby

Back by popular demand, the students of Spring Grove Area High School are returning to our CKV stage! The concert lineup includes Expressions, concert choir, and string ensemble.

THUR MAY

Ukulele Concert
Monte Leister, Ext. 5293
Life Enrichment Specialist

2:00 pm Theater Sign up in Uniquest or Harmony Ridge Lobby

Don't miss the CKV Ukulele Band's Spring concert! It will be a marvelous selection of folk and folk-rock songs from Arlo Guthrie, Pete Seeger, Peter, Paul, and Mary, and more, with special guest performer Adam Kruzic.

TUES MAY 13

CKV Ringers Spring Concert

Monte Leister, Ext. 5293 Life Enrichment Specialist

2:00 pm Theater Sign up in Uniguest or Harmony Ridge Lobby

The CKV Ringers would like to invite you to their spring concert. Under the direction of Sharon Brown, we have continued to practice new techniques and discover new talents. Our concert will include joyful celebration pieces, fun songs, and some old favorites.

Activities Calendar

Shopping Trips

APR 15

Giant & Aldi 9:00 am Sign up by 4/14, Harmony Ridge

APR 22

Weis Market 9:00 am Sign up by 4/21, Harmony Ridge

APR 24

Target 9:00 am Sign up by 4/23, Harmony Ridge

Events

FRI APR 11 Wrap Up Walk 8:15 am

Wellness Lobby

Golf Range Bus Trip

Depart Wellness Lobby at 8:45 am Sign up Harmony Ridge Lobby

Toast Party Breakfast

9:15 - 10:00 am Gathering Room Sign up Uniguest or Harmony Ridge Lobby

Chair Volleyball 10:00 am - 12:00 pm

Wellness Studio

Bonsai Tree Pruning Demonstration

1:00 - 2:30 pm

Theater

Sign up Uniguest or Harmony Ridge Lobby

Special Movie Showing:

"Moonstruck"

6:00 - 7:45 pm Theater SUN APR

Sunday Movie Matinee: "Shane"

2:00 - 3:57 pm

Theater

MON APR **Good News Group**

10:30 am Theater

South Western HS Concert

1:00 pm Theater

Sign up Uniguest or Harmony Ridge Lobby

Village Choir Easter Cantata

1:00 pm

Nicarry Meetinghouse

APR 15

Reflection-Inward

9:30 am Presto Room

Sign up Uniquest or Harmony Ridge Lobby

Travel Tours: Sicily

11:00 am Theater

Village Diversity Group

12:00 - 1:30 pm Encore Room

The Final Voyage: Lincoln's

Funeral Train

2:00 pm Theater

Sign up Uniguest or Harmony Ridge Lobby

APR 16

Easter Eggs & Ice Cream Drop-In

10:00 am - 12:00 pm Art Education Studio

Activities Calendar

THUR

17

Annual Business & Wellness Expo

9:00 - 11:30 am Nicarry Meetinghouse

Nutrition Talk

10:00 am

Theater

Sign up Uniguest or Harmony Ridge Lobby

Villager Movie Group Meeting

10:00 am Harmony Café

Drawing Techniques

10:00 am - 12:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

Lunch Out at Dobbin House

Depart Campus Inn at 11:00 am Sign up Harmony Ridge Lobby by 4/10

Friends of CKV Sub Sale Pick-Up

12:00 - 1:00 pm Garden Room

Titanic Miniseries: Part 5

3:00 - 4:40 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

FRI APR **Love Feast & Communion Service**

1:00 pm

Nicarry Meetinghouse

MON APR Sacred Heart Church Tour

Depart Union Sq/Campus Inn 1:30 pm Sign up Harmony Ridge Lobby by 4/16

Secret Histories of World War II

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

APR 22

Earth Day Scavenger Hunt

9:00 am - 5:00 pm Harmony Ridge WED

CKV Band Concert 2:00 pm

APR

Theater

Sign up Uniguest or Harmony Ridge Lobby

THUR APR **Easter Egg Hunt**

9:00 am - 12:00 pm Outdoors, campus-wide

Titanic Miniseries: Part 6

3:00 - 4:40 pm

Theater

Sign up Uniguest or Harmony Ridge Lobby

FRI APR 25

Amish of Newburg Shopping

Depart Union Sq/Campus Inn 9:00 am Sign up Harmony Ridge Lobby by 4/18 Cost: \$1 for driver's lunch

Hearing Screenings

9:00 - 11:00 am

Presto Room

Sign up Harmony Ridge Lobby

Tales from the Cockpit

11:00 am

Theater

Sign up Uniquest or Harmony Ridge Lobby

The Plain People Visit the Plane

1:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

Cliff Thompson & Tour de Force Jazz Concert

7:00 pm

Theater

Tiloatoi

Sign up Uniquest or Harmony Ridge Lobby

APR 26

Golf Cart Parade "Spring"

1:00 pm

Meet at Shoemaker Kiosk

SUN APR 27 Gettysburg Children's Choir Concert Bus Trip

Depart Union Sq/Campus Inn 2:45 pm Sign up Harmony Ridge Lobby by 4/18 Cost: \$1 for driver's meal

Activities Calendar

MON APR **Longwood Gardens Bus Trip**

Depart Union Sq/Campus Inn 8:45 am Sign up Residential Living Desk by 3/21 Cost: \$26, payable to LEC

National Bird Watching Day Movie: "The Big Year"

1:00 - 2:45 pm Theater

Mystery Dinner

4:15 - 7:30 pm Campus Inn Sign up Harmony Ridge Lobby

WED **APR**

Faded Denim Performance

11:30 am Theater Sign up Uniquest or Harmony Ridge Lobby

THUR MAY

Shrewsbury Marketplace

Depart Union Sq/Campus Inn at 10:30 am Sign up Harmony Ridge Lobby by 4/24 Cost: \$1 for driver's meal

FRI MAY

Decades Concert Series: 1970's

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

Majestic Theater 360 Allstars

Depart Union Sq/Campus Inn at 6:15 pm Sign up Residential Living Desk by 3/31 Cost: \$45, payable to LEC

MON MAY **Boscov's & Cracker Barrel**

Depart Union Sq/Campus Inn at 10:00 am Sign up Harmony Ridge Lobby by 4/28 Cost: \$1 for driver's meal

Illustration Basics in Colored Pencil

1:00 - 3:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

Village Playbill Series: "Memphis"

2:00 - 4:15 pm

Theater

Sign up Uniguest or Harmony Ridge Lobby

TUES MAY

6

Spring Grove HS Concert

10:00 am

Theater

Sign up Uniguest or Harmony Ridge Lobby

Illustration Basics in Colored Pencil

1:00 - 3:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

THUR MAY

Ukulele Concert

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

SUN MAY Gettysburg Chamber Orch & Dinner

Depart Union Sq/Campus Inn at 2:45 pm Sign up Harmony Ridge Lobby by 5/2 Cost: \$1 for driver's meal

TUES MAY

CKV Ringers Concert

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

SAT MAY Canadian Island Bus Trip

May 17 - 23

Depart Union Sq at 8:00 am

SUN MAY

Susquehanna Chorale Bus Trip

Depart Campus Inn at 2:45 pm Sign up Residential Living Desk by 4/15 Cost: \$33, payable to LEC

SUN MAY

Cornerstone Chapel Bus Trip

Depart Union Sq/Campus Inn 9:15 am Sign up Harmony Ridge Lobby by 5/10

The content of programs may not represent the beliefs and opinions of the Church of the Brethren or the CKV organization.

Monday, April 14

9:30am Fitness Fusion w/Madi
10:00am Hashbrown Casserole – Hillbilly Kitchen
11:00am Painting w/Acrylic – Paint & Sip at Home
12:30pm The History Guy: Death of William H. Harrison
Village Choir Easter Cantata – Broadcasted from Nicarry

2:30pm No More Dental Plaque w/Barbara O'Neill

Tuesday, April 15

9:30am Tai Chi w/Brittany
10:00am The Real History Behind Medusa
11:00am Counting Cars: 1941 Buick for Charity
12:00pm Lose Fat w/Science-Based Tools

1:00pm Tai Chi w/Brittany

2:00pm The Final Voyage: Lincoln's Funeral Train -

Broadcasted from Theater

Wednesday, April 16

9:30am Chairobics w/Madi

10:00am Hidden History: Secrets of Washington, D.C.11:00am George Washington Forges His Deadly Army

12:00pm The Mysteries in the Big Pacific

1:00pm Chairobics w/Madi 2:00pm Church Service (replay)

Thursday, April 17

9:30am Chairobics w/Madi 10:30am The Divided Brain

12:00pm Animal Odd Couples Around the World

1:00pm Chairobics w/Madi

1:30pm Accidental Truth: UFO Revelations

Friday, April 18

9:30am PurEnergy w/Brittany

10:30am Over Alaska

12:00pm Inner Worlds Series: The Spiral Love Feast & Communion Service –

Broadcasted from Nicarry

2:30pm California North Coast Redwoods

Saturday, April 19

8:30am Wild Asia – Tian Shan 9:30am Fitness Fusion w/Madi 10:00am In Search of Doc Holliday

12:00pm The Dog Whisperer – Cesar Millan

1:00pm Fitness Fusion w/Madi

2:00pm Jeff Dunham: Arguing with Myself
3:30pm Particles Unknown – Neutrinos
4:30pm The UnXplained w/William Shatner
6:00pm The Man Who Knew Infinity movie
8:00pm Hayde Bluegrass Orchestra

Sunday, April 20

8:00am Cornerstone Chapel 9:30am Chairobics w/Madi

10:00am Church Service Broadcast from the Nicarry

11:30am About Fallen Angels & Giants

1:00pm Chairobics w/Madi

2:30pm The Jesus Strand: A Search for DNA 4:00pm Church Service (replay) from April 13

6:00pm Brothers of the Wind movie 8:00pm Worship Again with Don Moen

Watch **In Touch** every weekday - live at 8:30 am and replayed at 3:00 pm & 8:30 pm.

For questions or requests related to Channel 25 programming, please contact

Cindy Hockensmith, Communications Coord.

at Ext. 5416 or email

c.hockensmith@crosskeysvillage.org

weekly specials april 14 - 19

breakfast

soup

lunch 11:00 am - 2:00 pm

Western Frittata Ham, peppers,

onions, cheddar cheese and egg. 6.50

mon

♠ ⊕ Cheesy Cauliflower

tues

Steak and Potato

Wedge Salad 7.50 Iceberg lettuce wedge, bacon, hard boiled eggs, cherry tomatoes, and pixie dressina

Chicken Bowl 8.50 Mashed potatoes, corn, cheddar cheese, and gravy

Stuffed Waffle with nutella and bananas. Served with bacon 6.75

wed

♠ ⊕ Roasted Pepper and Smoked Gouda Bisaue

Monaco Grill 8.50 Roast turkey, ham, Swiss cheese, spinach, tomato, and honey mustard dressing on grilled rye bread

thur

Corned Beef and Cabbage

Asian Chicken Salad 8.25 Spring mix lettuce, mandarin oranges, chow mein noodles, and sesame dressing

Breakfast Quesadilla Flour tortilla, eggs, cheddar jack cheese, sausage, and green onions, w/salsa on the side 6.75

fri

sat

Chicken Noodle

Greek Salad with Chicken 8.25 Spring mix lettuce with kalamata olives, tomato, red onion, cucumber, feta cheese, and Greek dressing

Shrimp Po'boy Wrap 9.25 With lettuce, tomato, and remoulade sauce in a flour tortilla

coffee

French Vanilla

smoothie

Pasta Fagioli

Mixed Berry Almond milk, vanilla yogurt, honey, strawberries, blueberries, and raspberries side

▶ Potato Salad Diced potatoes, hardboiled eggs, red onion, and celery with a creamy dressing

hearth oven

Pesto Sausage Pizza 10.50

Pepperoni Pizza Bread 7.50

bakery

Chocolate Chip Muffin 1.80

Pineapple Coffee Cake 2.80

desserts

Boston Cream Pie 3.10

Lemon Mousse Cake 4.10



Friday, April 18

Breakfast: 8:00 – 10:00 am Grab 'n' Go: 10:00 – 11:00 am Lunch: 11:00 – 2:00 pm Grab 'n' Go: 2:00 – 3:00 pm Dinner: 4:30 – 6:30 pm

Grab 'n' Go selections also available during dining hours.

To place a carry out order or preorder use Online Ordering through Uniguest or call ext. 5678. Reservations required for dine-in service for parties of 5 or more. Call ext. 5678 for reservation.



Breakfast

Breakfast Quesadilla 6.75 Flour tortilla, eggs, cheddar jack cheese, sausage, and green onions, w/salsa on the side

Lunch

Greek Salad with Chicken 8.25
Spring mix lettuce with kalamata olives, tomato, red onion, cucumber, feta cheese, and Greek dressing

Shrimp Po'boy Wrap 9.25
With lettuce, tomato, and remoulade sauce in a flour tortilla

Chicken Noodle Soup

Dinner "Baked Potato Bar" 13.00

Choice of Idaho Potato or Sweet Potato

Topping Bar Includes:

Butter, sour cream, brown sugar, marshmallows, bacon, chili (meat or vegetarian), ham, grilled chicken, cheddar and Monterey jack, black olives, avocado, salsa, black beans, broccoli, and scallions



mon - sat 8:00 - 3:00

hearth oven pizza

gluten-free dough available +0.85

Cheese Pizza 9.85
Pepperoni / Sausage Pizza 10.35
Flatbread (Cheese or Meat) 8.00

sandwiches
gluten-free bread available +0.85

breakfast

served daily until 10:00 am

One Egg Any Style (served with choice of toast)	2.95	Burger (Beef / Turkey / Garden / Spicy Black Bean) 8.50	
Two Eggs Any Style (served with choice of toast)	4.10	Vegetarian Wrap	6.95
Egg Sandwich	4.10		7.65
Egg & Meat Sandwich	4.80	Turkey, Ham, Corned Beef, Tuna Salad, Chicken Salad, Egg Salad, Classic BLT	
Egg Omelette (add .60 for each additional filling)	5.65	Grilled Cheese	5.55
Two Bacon Strips/Two Sausage Links	1.60	Hot Dog	5.55
Pancakes (2)	3.50	Gourmet Grilled Cheese	7.45
Toast (White / Wheat / Rye / Sourdough)	.65	Tuna Melt	7.75
Gluten-Free Bread	1.25	Grilled Chicken Deluxe	7.75
English Muffin	1.30	Reuben / Rachel	8.00
Bagel & Cream Cheese	2.40	Philly Cheesesteak	8.00
Home Fries / Hash Browns	1.55	Served with your choice of side. Add 1.60 for cup of soup.	

bakery

Muffin		1.80	Garden Salad	5.75
Cinnamon Bun / Scone / F	Pie	3.10	Classic Chef	8.25
Cookie	1.50 ea	3 for 3.70	Grilled Chicken Caesar	
Cake		4.10	Grilled Chicken Salad	

beverages

Coffee / Iced Tea / Fountain Drinks	1.80
Specialty Coffee / Hot Cocoa	2.50 - 3.40

sides

salads

Homemade Soup	cup 3.75	bowl 5.40
French Fries, Sweet Pot	ato Fries,	2.60
Onion Rinas, Fruit Salac	d. Applesauce	. Coleslaw

To preorder, use online ordering on Uniguest. Reservations required for parties of 5 or more. Call ext. 5678 to make reservations or preorder by phone.

Breakfast 8:00 - 10:00 am, Lunch 11:00 am - 2:00 pm Grab 'n' Go 10:00 - 11:00 am and 2:00 - 3:00 pm



DINNER SPECIALS

Includes your choice of:

Cup of Soup, Small House or Caesar Salad, Fruit Salad, Side of the Week, Coleslaw, or Applesauce

MONDAY, APRIL 14 **CLOSED**

TUESDAY, APRIL 15 CHEF'S TABLE FEATURING MARK

Steak and Potato Soup



Trio Vanilla Cake w/ Chocolate Mousse 5.00

On a vanilla dessert sauce drizzled with raspberry and chocolate sauce topped with mini chocolate chips and whipped cream

Salmon Cakes 14.50

Served with oven roasted potato wedges and green beans

Chicken Cacciatore 13.50

Braised chicken with peppers and onions in a rich tomato sauce. Served with pasta, garlic bread, and a side of spinach (gluten free pasta available)

Regular Menu Available

WEDNESDAY, APRIL 16



🌄 🚱 Roasted Pepper and Smoked Gouda Bisque

Baked Chicken Pie 12.00

Chicken, carrots, celery, onions, and peas baked in a crust

Tomato and Herb Crusted Trout 13.50

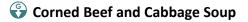
Trout crusted with herbs, breadcrumbs, alongside roasted cherry tomatoes. Served with parmesan orzo and grilled asparagus

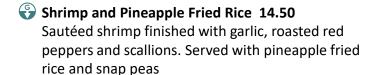
Regular Menu Available



APRIL 14-19

THURSDAY, APRIL 17





Stuffed Shells w/ Marinara Sauce 11.50 Served with garlic bread

Regular Menu Available

FRIDAY, APRIL 18 "BAKED POTATO BAR" AT THE CAFÉ

See Café All Day Menu for Details

SATURDAY, APRIL 19 **NO REGULAR MENU**



Fried Chicken Sandwich 8.25

With bacon and Monterey Jack on a kaiser roll. Served with chips and a pickle. (no additional sides)

Pennsylvania Dutch Ham, Green Beans, and Potatoes 12.00

Served with a dinner roll (gluten free without the roll)

Smoked Salmon and Prosciutto Pasta 13.00

Tossed in a sundried tomato sherry cream sauce over cheese tortellini pasta with garlic bread

Side of the Week: Potato Salad



Desserts:

Boston Cream Pie 3.10 Lemon Mousse Cake 4.10

Consumer Advisory – Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of foodborne illness.



Tuesday through Thursday, and Saturday 4:30 – 6:30 pm Closed on Sunday, Monday and Friday. Dinner available in Harmony Café on Friday

BEVERAGES

2.05

Coca-Cola • Diet Caffeine-Free Coke Sprite • Barq's Root Beer Minute Maid Lemonade • Ginger Ale Raspberry Iced Tea • Sweetened Black Tea Freshly Brewed Unsweetened Iced Tea Decaf or Regular Coffee Assorted Hot Tea Free Refills on all Drinks

SOUP & SALADS

Soup Du Jour Cup 3.75 – Bowl 5.40

Classic Caesar sm. 3.60 lg. 6.70

Chopped romaine, parmesan cheese, croutons and Classic Caesar dressing,

House Salad > sm. 3.60 lg. 6.70

Spring mix lettuce, cucumbers, cherry tomatoes, carrots, choice of dressing

Add Protein To Your Salad

Grilled Chicken 3.60 Grilled Salmon 5.00

SANDWICHES

Served with one side, cup of soup add 1.60 Gluten-free roll add 0.85

Chargrilled Burger 9.30

7 oz Angus beef patty with lettuce, tomato, onion, choice of cheese on a grilled kaiser roll

Bacon Cheddar Burger 12.30

7 oz Angus beef patty with bacon, cheddar cheese, lettuce, tomato, onion, on a grilled pretzel roll

Fried Chicken Sandwich 9.25

Breaded chicken breast with lettuce, tomato, and mayonnaise on a grilled kaiser roll



To place a carry out or delivery order use online ordering through Uniquest or call ext. 5656

Reservations are required for dine-in service for parties of 5 or more. Please call 717-624-5656



ENTREES

Includes two side items and choice of cup of soup, small house or Caesar salad, fruit salad, side of the week, coleslaw, or applesauce.

Garlic & Sage Rubbed Pork Chop

13.25

6oz pan-roasted center cut pork chop served with natural jus

Grilled Chicken Breast

12.35

Garlic & thyme marinated grilled chicken breast

Fried Chicken Tenders

10.80

Breaded chicken tenders, fried golden brown

Hot Roast Beef with Gravy

12.35

Tender sliced roast beef served with gravy

Grilled Salmon Filet (6 oz.)

14.50

Fresh Atlantic salmon grilled to order

Fried Shrimp (6)

14.90

Breaded fried shrimp

.

Fresh Catch of the Day (6 oz)

11.50



PASTA

All pasta served with garlic bread and choice of cup of soup, small house or Caesar salad, fruit salad, side of the week, coleslaw, or applesauce. Gluten-free pasta add 1.70.

Angel Hair Pasta with Marinara 🦫

Angel hair pasta, homemade marinara and parmesan cheese

Angel Hair Pasta with Meat Sauce 11.25

Angel hair pasta, homemade meat sauce and parmesan cheese

Chicken Parmesan

11.25

9.00

Breaded chicken, angel hair pasta, homemade marinara, mozzarella and parmesan cheese

SIDES

2.60

Onion Rings French Fries Sweet Potato Fries

- ♠ ⑤ Green Beans
- **№ @** Steamed Broccoli
- Name of the Peas
- Mashed Potatoes
- **№ ®** Baked Potato
- Sweet Potato
- ♠ ⊕ Cinnamon Apples
- ▶ ⊕ Harvard Beets
- Macaroni & Cheese
 Look For Our Special Side Of The Week On The
 Specials Menu

DESSERTS

Slice of Cake 4.10 Slice of Pie 3.10



WEEKLY MENU April 14th – 19th

BREAKFAST

Scrambled Eggs
Assorted Breakfast Meats
Breakfast Potatoes
Hot Grab & Go Breakfast Sandwiches
Oatmeal Bar

LUNCH

Made-To-Order Deli Sandwiches & Wraps
Wellness Salad Bar
Soup Du Jour
Build-Your Own Flatbread Pizzas

FEATURE OF THE WEEK

Buffalo Chicken Sandwich with Blue Cheese or Ranch - \$6

CHEF SPECIAL OF THE WEEK M/W/F

Cajun Shrimp Mac & Cheese Bowls - \$7

FLATBREAD SPECIAL OF THE WEEK

Bacon Cheeseburger - \$6

SOUP DU JOUR

Monday Seafood Chowder
Tuesday Turkey Rice Soup
Wednesday Pepper Pot Soup
Thursday Broccoli & Cheese
Friday Cream of Tomato

FROM THE BAKERY

Chef Mark's Homemade Desserts & Pastries

OPEN MONDAY THROUGH FRIDAY

BREAKFAST served from 7:30 to 10:00 am **LUNCH** served from 10:30 am to 1:30 pm