

Volume 25, Number 27

VILLAGE Voice

July 3, 2026



CROSS KEYS VILLAGE
The Brethren Home Community

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*Welcome
to our new Villagers!*

- David Moul moved from New Oxford to 1147 Bridgewater Drive. His phone number is 717-624-3445.

Correction: Totem Pole Playhouse Trip

**Betsy Liou, 717-357-1874
CKV Sojourners**

The cost for the Sunday, August 23, bus trip to Totem Pole Playhouse to see "Dolly: A Tribute to Dolly Parton" is \$70. The price includes the show dinner at Dobbin House.

Village News

Welcome Village Health Services Navigator!

Sarah Winter, Ext. 5223
Interim RL Administrator

We are pleased to announce that Erin Naylor has joined the Village Health Services team as our new Navigator, where she will work alongside fellow Navigator, Christy Yeiser. Erin brings 22 years of social work experience in long-term care and is excited to begin this new chapter supporting our Villagers.

Born and raised in Biglerville, Erin is a graduate of Biglerville High School and earned both her bachelor's and master's degrees in social work from Shippensburg University. She and her husband, Chad, live on a fruit farm in Biglerville with their two children, Hannah and Chad Jr.

We are thrilled to welcome Erin to the team and look forward to the positive impact she will have on our community. Please join us in giving her a warm welcome, and feel free to stop by Village Health Services to introduce yourself!



Beat the Heat—Stay Hydrated This Summer!

Jenn Vintigni, Ext. 5303
Director of Wellness

Hot summer days are here! As temperatures rise, remember to make hydration a priority. Drinking plenty of water helps you stay energized, supports your health, and allows you to safely enjoy all the activities summer has to offer. Be sure to use the hydration stations located throughout Harmony Ridge to refill your water bottle and stay hydrated throughout the day.

Stay Safe in the Summer Heat

- Drink water regularly—even before you feel thirsty.
- Visit the Hydration Stations around Harmony Ridge.

- Wear a wide-brimmed hat when spending time outdoors.
- Plan walks and outdoor activities for the early morning or late evening when temperatures are cooler.
- Avoid being outdoors during the hottest part of the day, between 10:00 am and 4:00 pm.
- Take breaks in the shade or air-conditioned spaces if you become too warm.



Summer Wellness Classes Are Back!

Wellness Team, Ext. 5410

Get ready to move, connect, and have fun—summer Wellness classes begin on Monday, July 13!

Whether you're returning to a favorite class or trying something new, our Wellness Team is excited to welcome you back for another season of fitness, friendship, and healthy living.

The summer Wellness schedule will be available on Uniguest and in the Wellness Lobby beginning Thursday, July 9.

We can't wait to see you in class and make this summer one filled with wellness, energy, and community. See you on July 13!



Aquatic Center Delayed Opening

Wellness Team, Ext. 5410

The Aquatic Center will open at 12:00 pm on Friday, July 10, due to a scheduled maintenance project.

We appreciate your patience and understanding as we complete this work to help maintain a safe experience for everyone.



Village News

Christmas in July Sale **Dwight Rohrbaugh, 717-668-6315** **The Friends of CKV**

The Almost New Shop will be celebrating Christmas in July! This sale was so successful last year that we decided to do it again this year. Make sure to come by and find some new treasures for your holiday decorating. The sale will take place on July 15, 16, 22, and 23. We will also be open on Saturday, July 25, to celebrate this sale and holiday.

As a reminder, all proceeds are used to assist our community residents and team members. Thank you for your continued support. We look forward to seeing you in our shop. Happy holiday!



Book Sale Thank You **Diane Glotfelty, Ext. 4801** **Library Committee**

The Harmony Ridge Library Committee thanks all the CKV residents, team members, family, and friends who donated and/or bought books at the recent paperback book sale in May. You purchased 688 books, resulting in \$325, which went to the Tuition Assistance Program and the Staff Benevolent Fund. Thank you, too, for all your book donations prior to the sale. Keep the donations coming! We will have our big paper and hardback book sale September 16 and 17. Stay tuned for further information.



The Path to Healing **Erin Nelson, Ext. 5403** **Memory Support**

Registration is now open for the fall session of The Path to Healing, running September 9 through September 30. This combined educational and peer support group is designed for individuals who have experienced the loss of a loved one to Alzheimer's disease or another related

progressive dementia. Participants will find a safe, compassionate environment where they can share their experiences, receive support, and connect with others who truly understand the unique journey of dementia-related grief.

Registration is open through Friday, September 4, and space is limited. To reserve your spot, please call Jackie Angleberger, at ext. 5272. We look forward to walking alongside you on your healing journey.



Volunteer Needs **Cindy Boyer, Ext. 5227** **Volunteer Services**

Volunteer Services is looking for the following:

- Volunteer to be leader of the Harmony Ridge display cases and quilt display.
You will be trained by current leader. Call for more details if interested.
- Volunteers to assist at Shear Harmony Salon:
Tues: 9:00 am - 12:30 pm
Wed: 12:30pm - 4:00 pm
- Volunteer to transport and sit with Healthcare residents outside during nice weather.

You must be a registered Volunteer to fill these needs. If you are not registered, Volunteer Services will work with you through the process.



No In-Touch Program **Cindy Hockensmith, Ext. 5416** **Communications Coordinator**

There will be no In-Touch program on Monday, July 6. In-Touch will return on Tuesday, July 7





RED CROSS BLOOD DRIVE

Wednesday, August 5

9:30 am - 3:00 pm

Nicarry Meetinghouse



SCAN TO SCHEDULE YOUR TIME!

Call Wellness on ext. 5410
or email m.crouse@crosskeysvillage.org to
schedule your donation!



CROSS KEYS VILLAGE
The Brethren Home Community

Upcoming Activities

THUR
JULY
16

Village Playbill Series: "Top Hat"

Nikki Bull, Ext. 5294
Life Enrichment Specialist

10:00 am - 12:15 pm

Theater

Inspired by the iconic 1935 movie musical starring Fred Astaire and Ginger Rogers, this acclaimed Chichester Festival Theatre revival recorded from the West End in January 2026 is directed and choreographed by three-time Tony winner Kathleen Marshall.

FRI
JULY
17

Grand Slam Indoor Wiffle Ball

Wellness Team, Ext. 5410

2:00 pm

Nicarry Meetinghouse

Step up to the plate and join us for Wiffle Ball with our Personal Care and Healthcare friends.

Enjoy an afternoon of easygoing swings, plenty of laughs, and a little friendly ballpark spirit. Whether you're taking your turn at bat or cheering from the sidelines, this event is all about coming together, making memories, and celebrating the joy of play.

MON
JULY
20

Better Hearing in a Noisy World

Sarah Winter, Ext. 5223
Interim RL Administrator

1:30 pm

Theater

Sign up in Uniguest or Harmony Ridge Lobby

Hearing loss can have a profound impact on quality of life, contributing to social withdrawal, isolation, and depression. Join Ryan Oberholtzer from Darrell M. Sipe Opticians and Hearing Aid Center to learn about the different types of hearing loss, their causes, and how they affect communication and everyday activities. The presentation will also explore how hearing aids and assistive hearing technologies can improve hearing, strengthen social connections, and enhance overall well-being. Fellow Villager Randy Inskip will share his personal experiences and practical insights related to living with hearing loss.

TUES
JULY
21

Travel Tours: Alaska

Joe Richard, Ext. 5261

11:00 am

Theater

This month we will be traveling on a land/sea trip to Alaska. Starting in Anchorage, we took the train to Denali National Park, stopped in Talkeetna to visit the mayor (a cat) and view Mount McKinley, and then went down to Seward to pick up our ship. From there we saw the Hubbard Glacier, and stopped in Juneau, Hoonah, Skagway, and Ketchikan.

And as part of our "Places We Haven't Been," we'll be taking a short trip to Greenland to see how the Greenlanders live.

WED
JULY
22

Hearing Loss & Dementia

Erin Nelson, Ext. 5403

Memory Support

9:00 - 10:00 am

Theater

Dr. Corey Roseberry with Audio Professionals will be speaking on the connection between hearing loss and cognitive decline and how hearing health supports brain function, including the link between hearing loss and dementia. No registration is required for this event. If you have any additional questions, please contact Jackie Angleberger at ext. 5272.

WED
JULY
22

River Rock Painting Drop-In

Nikki Bull, Ext. 5294

Life Enrichment Specialist

1:00 - 3:00 pm

Art Education Studio

Tap into your creativity with a fun and meaningful activity focused on painting river rocks to brighten the community! Participants can design colorful patterns, inspiring messages, or cheerful images on each stone. All supplies are provided, making it easy to relax, create, and enjoy the experience. Once finished, these unique rocks will be placed throughout the community for others to discover, sparking smiles and a sense of connection.

Upcoming Activities

THUR
JULY
23

Lunch Out at Dave & Jane's Crab House

Jackie Boisvert, Ext. 5865

Depart 11:00 am

Sign up Harmony Ridge Lobby by 7/21

Join us as we travel to Fairfield, PA, to eat at Dave and Jane's. It is a family-run business that has the reputation of homestyle seafood with a laid-back setting. They offer a full menu with steamed crabs, crab legs, and other entrees including stuffed flounder and steamed shrimp, and of course broasted chicken. All their soups are homemade.

FRI
JULY
24

Mountain Spies Presentation

Nikki Bull, Ext. 5294

Life Enrichment Specialist

11:00 am

Theater

Sign up in Uniguest or Harmony Ridge Lobby

Step into the hidden history of the Mountain Spies. Learn about the area in the heart of the Catocin Corridor, where intelligence was forged during World War II. Hear about the real locations where spies trained and operated. Chris Hill, proprietor and principal investigator with Mountain Spies, will share stories of the OSS, Ritchie Boys, and covert missions.

Information will be provided on the Mountain Spies tours that are held in Fairfield, PA.

FRI
JULY
24

Summer Movie Series: "Muscle Beach Party"

Monte Leister, Ext. 5293

Life Enrichment Specialist

2:00 pm

Theater

Summer is back! And so are Frankie & Annette with the rest of the beach party gang. But there are choppy waters ahead. A beautiful Italian woman has her eyes on Frankie, and a band of bronzed bodybuilders are ready to rumble with the surfer dudes. Cowabunga!

FRI
JULY
24

Café Trivia Night

Monte Leister, Ext. 5293

Life Enrichment Specialist

5:00 - 6:30 pm

Harmony Café

Each month brings new themes, keeping the challenge fresh and exciting. Invite friends and family, grab a seat with dinner, and test your knowledge in this casual yet spirited gathering. Be sure to call ext. 5678 to make your reservations and secure your trivia table in the Harmony Cafe.

TUES
JULY
28

Managing Pain in Older Adults

Nikki Bull, Ext. 5294

Life Enrichment Specialist

11:00 am

Theater

Sign up in Uniguest or Harmony Ridge Lobby

Jill Kaylor's presentation provides an overview of pain, its types, and the most common causes. It explores the physical and emotional impacts of pain, highlighting how it affects overall well-being. We'll also cover how healthcare professionals diagnose pain and address common myths about pain management. By the end, attendees will gain a clearer understanding of pain and effective strategies for managing it, especially in older populations.

THUR
JULY
30

Friendship Bracelets with Children in Bloom

Nikki Bull, Ext. 5294

Life Enrichment Specialist

9:30 am

Encore Room

Sign up in Uniguest or Harmony Ridge Lobby

Celebrate National Friendship Day by making friendship bracelets with the school-aged children of Children in Bloom. All materials will be provided.

Activities Calendar

Full activity listing available on Uniguest.

Shopping Trips

TUES
JULY
7

Weis Market

9:00 am
Sign up by 7/6, Harmony Ridge

THUR
JULY
9

Twin Pines & Sonnewalds

9:00 am
Sign up by 7/8, Harmony Ridge

TUES
JULY
14

Giant & Aldi

9:00 am
Sign up by 7/13, Harmony Ridge

CKV Sojourners Trips

SAT
JULY
18

Adams County Farmers Market

Depart Campus Inn at 9:00 am
Sign up Harmony Ridge Lobby

SUN
JULY
19

Totem Pole Playhouse: "Oscar & Felix"

Pick up Campus Inn at 12:45 pm
Sign up Residential Living Desk by 6/19
Cost: \$70, payable to LEC

SUN
AUG
9

Totem Pole Playhouse: "South Pacific"

Pick up Campus Inn at 12:45 pm
Sign up Residential Living Desk by 7/6
Cost: \$70, payable to LEC

SUN
AUG
23

Totem Pole Playhouse: "Dolly"

Pick up Campus Inn at 12:15 pm
Sign up Residential Living Desk by 7/20
Cost: \$70, payable to LEC

MON
AUG
24

Coastal Maine Tour

Monday - Sunday, August 24 - 30
Deposit: \$100/person at sign-up
Balance due: Friday, June 12
Total: \$2,795/person/dbl - \$4,030/sgl

FRI
MAY
7-16

Shades of Ireland Tour

Deposit: \$698/person at sign-up
Balance due: Saturday, February 6
Total: \$5,199/person/dbl - \$6,099/sgl

Events

SUN
JULY
5

Independence Day Concert

3:00 pm
Nicarry Meetinghouse

MON
JULY
6

Laugh Lounge: Nate Bartgatze

11:00 am
Theater

CKV Wheel of Fortune

2:00 pm
Encore Room
Sign up Uniguest or Harmony Ridge Lobby

TUES
JULY
7

Playreading Group

10:30 am - 12:00 pm
Encore Room
Sign up Uniguest or Harmony Ridge Lobby

Healthy Hydration Presentation

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

Brodbecks Band Concert

7:00 pm
Theater
Sign up Uniguest or Harmony Ridge Lobby

WED
JULY
8

PBS Doc: Breaking Enigma

10:00 am
Theater

Canine Freestyle Dancing

11:00 - 11:30 am
Wellness Studio

Activities Calendar

Full activity listing available on Uniguest.

THUR
JULY
9

Dave Matsinko Concert

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

FRI
JULY
10

Summer Movie: "Beach Blanket Bingo"

11:00 am
Theater

Village Wiffleball

11:00 am - 12:00 pm
Harmony Courtyard

Summer Movie: "How to Stuff a Wild Bikini"

2:00 pm
Theater

MON
JULY
13

Afternoon Movie with Children in Bloom

12:30 - 2:00 pm
Theater

A View from the Centennial President

2:30 pm
Theater
Sign up Uniguest or Harmony Ridge Lobby

TUES
JULY
14

Sight & Sound: The Great Awakening

10:00 am - 12:10 pm
Theater

Team Member Movie Pick: "American Outlaws"

1:30 - 3:04 pm
Theater

THUR
JULY
16

Village Playbill Series: "Top Hat"

10:00 am - 12:15 pm
Theater

FRI
JULY
17

Zumba Pop-Up Class

11:00 - 11:45 am
Wellness Studio

Afternoon Movie with Children in Bloom

12:30 - 2:00 pm
Theater

Grand Slam Indoor Wiffle Ball

2:00 pm
Nicarry Meetinghouse

SAT
JULY
18

Docuseries: "The Americas"

1:00 - 2:30 pm
Theater

MON
JULY
20

Pennsylvania Day Trivia Contest

10:00 am
Theater
Sign up Uniguest or Harmony Ridge Lobby

Better Hearing in a Noisy World

1:30 pm
Theater
Sign up Uniguest or Harmony Ridge Lobby

TUES
JULY
21

Travel Tours: Alaska

11:00 am
Theater

Team Member Movie Pick: "RV"

1:30 - 3:09 pm
Theater

WED
JULY
22

Hearing Loss & Dementia

9:00 - 10:00 am
Theater

Dr. Wilson's History Series: Presidential Indiscretions

10:30 am
Theater
Sign up Uniguest or Harmony Ridge Lobby

River Rock Painting Drop-In

1:00 - 3:00 pm
Art Education Studio

Activities Calendar

Full activity listing available on Uniguest.

THUR
JULY
23

Lunch Out at Dave & Jane's
Depart 11:00 am
Sign up Harmony Ridge Lobby by 7/21
Afternoon Movie with Children in Bloom
12:30 - 2:00 pm
Theater

TUES
JULY
28

Managing Pain in Older Adults
11:00 am
Theater
Sign up Uniguest or Harmony Ridge Lobby
Team Member Movies: "Sabrina"
1:30 - 3:23 pm
Theater

FRI
JULY
24

Mountain Spies Presentation
11:00 am
Theater
Sign up Uniguest or Harmony Ridge Lobby
Summer Movie Series: "Muscle Beach Party"
2:00 pm
Theater
Café Trivia Night
5:00 - 6:30 pm
Harmony Café

THUR
JULY
30

Friendship Bracelets with Children in Bloom
9:30 am
Encore Room
Sign up Uniguest or Harmony Ridge Lobby
Afternoon Movie with Children in Bloom
12:30 - 2:00 pm
Theater

SAT
JULY
25

Docuseries: "The Americas"
1:00 - 2:30 pm
Theater

TUES
AUG
11

Team Member Movie Pick: "Star Wars Ep.IV, A New Hope"
1:30 - 3:34 pm
Theater

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

Channel 25 Programming

July 6 – 12, 2026

Monday, July 6

- 8:30am NO In-Touch – Matsinko 250 (replay)
- 9:30am PurEnergy w/Brittany
- 10:00am Easy Garden-Fresh Squash Fritters
- 11:00am 8 Drawing Exercises Guaranteed to Improve Your Skills
- 12:00pm The Most Toxic Animal
- 1:00pm PurEnergy w/Brittany
- 2:00pm The Golden Age of Egyptian Civilization
- 3:00pm Richie & The High Street Rockers (replay)

Tuesday, July 7

- 9:30am Tai Chi w/Brittany
- 10:00am Secrets of the Octopus
- 11:00am The Tiny Army Ruling the Forests
- 12:00pm Modern Agriculture Machines
- 1:00pm Tai Chi w/Brittany
- 2:00pm **Healthy Hydration Presentation – Live Broadcast from the Theater**
- 7:00pm **Brodbecks Band Concert – Live Broadcast from the Theater**

Wednesday, July 8

- 9:30am Chairobics w/Madi
- 10:00am Searching the Deepest Corners of Space
- 11:30am John Crist – Comedian
- 12:30pm The Big, Secretive Business of Amazon
- 1:00pm Chairobics w/Madi
- 2:00pm Church Service (replay)

Thursday, July 9

- 9:30am Fitness Fusion w/Madi
- 10:00am The Great Lakes: America's Inland Oceans
- 11:30am American Pharoah – The People's Horse
- 12:00pm Call of Honor – Becoming a PA State Trooper
- 12:15pm Behind the Scenes of the 166th Cadet Class
- 1:00pm Fitness Fusion w/Madi
- 1:30pm Wild America: Minnesota Mink
- 2:00pm **Dave Matsinko Concert – Live Broadcast from the Theater**

Friday, July 10

- 9:30am Chairobics w/Brittany
- 10:00am Wild Galapagos: Life in the Humboldt Current

- 11:00am NASA Moon Base Update
- 12:00pm Inside Food Factories: Mega Snack Prod.
- 1:00pm Chairobics w/Brittany
- 2:00pm Kingdom of the Sun: Madagascar's Jungle

Saturday, July 11

- 8:30am Hidden Lives of Australia's Forests
- 9:30am Chairobics w/Brittany
- 11:00am Secrets of the Colosseum
- 1:00pm Chairobics w/Brittany
- 2:00pm Mysteries on Mars
- 3:00pm Minimalism Documentary
- 4:30pm The Curse of Oak Island
- 6:00pm The Culpepper Cattle Co. – Western
- 8:00pm A Grand Ole Time

Sunday, July 12

- 8:00am Cornerstone Chapel
- 9:30am Tai Chi w/Brittany
- 10:00am **Church Service – Live Broadcast from the Nicarry**
- 11:30am God's Purpose Will Prevail – Joel Osteen
- 12:00pm The Story of God w/Morgan Freeman
- 1:00pm Tai Chi w/Brittany
- 1:30pm Cornerstone Chapel
- 2:15pm Relaxing Piano Hymns
- 4:00pm Adam movie
- 6:00pm The Good Book movie
- 8:00pm Doo Wop 50 Part 1 & 2 – Jukebox Tapes

**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

Schedule subject to change

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

breakfast

8:00 - 10:00 am

Breakfast
Quesadilla with
ham, egg, Gruyere
cheese, and Dijon.
Served with fresh
fruit 7.00

mon

soup

Beef Barley

tues

  Potato Leek

lunch

11:00 am - 2:00 pm

Chicken and Berry Salad 8.50
Spring mix lettuce, feta, blueberries,
strawberries, candied pecans, and
raspberry vinaigrette

Garden Burger 8.75
Fresh mozzarella, basil pesto, sliced
tomato on a brioche roll

 Acai Bowl 6.00
Yogurt, acai,
blueberries,
pineapple, toasted
coconut and
granola

wed

 Southwest Corn
and Turkey

Pittsburgh Steak Salad 9.00
Classic tossed salad with French
fries, hardboiled egg, cheddar,
tri-tip steak and ranch dressing

thur

 Seafood Gumbo

Mushroom Swiss Burger 8.75
Angus beef burger with sauteed
mushrooms, Swiss cheese, and
garlic aioli on a Kaiser roll

fri

  Roasted Tomato
and Mushroom

Philly Cheesesteak
Omelet. Served with
toast 7.00

Taco Salad 8.25
Romaine, taco meat, cheddar,
tomato, red onion, salsa, and
creamy taco ranch dressing

sat

 Maryland Crab

Crispy Chicken Sandwich 8.75
Bacon, cheddar cheese, and
honey BBQ sauce on a roll

coffee

Caramel

smoothie

 Chocolate Banana
Almond milk, vanilla yogurt,
chocolate syrup, and
bananas

side

 Cucumber, Onion and
Tomato Salad w/ a Creamy
Dressing

hearth oven

Calzone 9.00
Pepperoni, ham, mozzarella,
and pizza sauce

bakery

Cranberry Muffin 1.80
Blueberry Coffee Cake 2.80

desserts

Peach Crisp 4.25
Cherry Cheesecake 5.00

Café

ALL DAY

Friday, July 10

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: 4:00 – 6:00pm (no regular menu)

**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

Philly Cheesesteak Omelet 7.00
Steak, mushrooms, peppers,
onions, and Monterey jack.
Served with toast

Lunch

Taco Salad 8.25
Romaine, taco meat, cheddar,
tomato, red onion, salsa, and
creamy taco ranch dressing

Crispy Chicken Sandwich 8.75
Bacon, cheddar cheese, and
honey BBQ sauce on a roll

Soup: Roasted Tomato &
Mushroom  

Dinner "SUB NIGHT"

All subs served with house salad

Italian Classic Sub 12.00
Layers of genoa salami,
capicola, ham, provolone,
lettuce, tomato, onion and
Italian vinaigrette

Meatball Marinara Sub 12.00
House-made beef meatballs
simmered in marinara sauce with
melted provolone cheese

Cajun Shrimp Sub 14.00
Blackened shrimp, lettuce,
tomato, and spicy remoulade

DINNER SPECIALS

Includes your choice of:

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

MONDAY, JULY 6

Beef Barley Soup

Pretzel Crusted Chicken Breast 12.50

Chicken breast encrusted with crushed pretzels and topped with cheddar and mustard sauce. Served with a baked potato and vegetable medley

Pork Marsala 13.50

Sautéed pork medallions with mushrooms in a rich Marsala wine sauce. Served with rice and apple braised cabbage

Caprese Flatbread 10.00

Fresh mozzarella, heirloom tomatoes, basil pesto, and balsamic reduction. Served with a house salad. **(no additional sides)**

***No Regular Menu Available ***

TUESDAY, JULY 7

Potato Leek Soup

Crab-Stuffed Flounder 15.00

Delicate flounder filled with seasoned crab and baked until golden. Served with roasted potatoes and buttered asparagus.

Chopped Steak 13.00

Smothered in a rich mushroom and onion gravy. Served with scalloped potatoes and broccoli



Dine-in Only

JULY 6 – 10

WEDNESDAY, JULY 8

Southwest Corn and Turkey Soup

Meatloaf with Gravy 12.50

Served with mashed potatoes and buttered corn

Southern Fried Catfish 13.50

Cornmeal-battered catfish with remoulade served with hushpuppies and stewed tomatoes

THURSDAY, JULY 9

Seafood Gumbo

Coconut Curry Grouper 13.50

Pan-seared grouper served with a coconut curry sauce. Served with jasmine rice and seasoned green beans.

Buttermilk Fried Chicken 13.00

Served with corn pudding and collard greens

FRIDAY, JULY 10 "SUB NIGHT" at the Café

See Café All Day Flyer for Details

Side of the Week: Cucumber, Onion, and Tomato Salad

Cake of the Week: Cherry Cheesecake Cake 5.00

Pie of the Week: Peach Crisp 4.25

 denotes gluten avoided
 denotes vegetarian

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

FLATBREAD SPECIAL OF THE WEEK

Steak, Blue Cheese & Caramelized Onion - \$6

SPECIAL OF THE WEEK

Meatball Parmesan Sub - \$6

CHEF SPECIAL OF THE WEEK M/W/F

Carved, Slow Roasted Honey Glazed Ham - \$7

Monday Cream of Crab Soup
Tuesday Chicken Barley
Wednesday Garden Vegetable
Thursday Tuscan White Bean
Friday Vegetable Chowder

FROM THE BAKERY

Chef Mark's Homemade Desserts & Pastries

BREAKFAST Monday – Friday, served from 7:30 to 10:00 am

LUNCH Monday – Friday, served from 10:30 am to 2: 00pm

Grab N Go Monday – Friday, served from 2pm – 5pm