

Discovery – March 2024 – Page 1 of 4

***** All March Discovery offerings, unless otherwise noted, will be available for sign up in Touchtown or the Harmony Ridge Lobby beginning Monday, March 4, at 8:00 am. *****

Avenue Art Exhibit – *Off to the Races*

Through the Month of March, Avenue Gallery

Facilitated by Life Enrichment

Ladies and gentlemen, start your engines, ready your horses, prepare your boats, grab your potato sacks, lace your sneakers, sharpen your minds and tune up your bikes! No matter how you get there, don't delay and make your way to our Avenue Gallery to see the current exhibit entitled "Off to the Races"!

Art Inspiration – *Spring*

Submissions due by Friday, March 22

Facilitated by Life Enrichment

Spring – as with the season, this exhibit concept's possibilities are endless. Use this time to create new work to represent your thoughts, feelings and reflections on *Spring*. As always, we can wait to see what you all make. It's been a while since we've had any language or performing arts entered. *Spring* seems like a perfect subject to inspire all the arts so let us know if you have something along those lines to share! Please contact Monte Leister with any questions about submissions or to let us know you'll be submitting something.

Basics of Painting Trees

Thursday, March 7, 10 am – 12 pm, Art Education Studio

Facilitated by Monte Leister, Life Enrichment Specialist

Learn how to create your very own two-dimensional forest. Join us to try your hand at tree painting techniques with a fan brush. Deciduous, conifer, or evergreen, with a little practice and a fan brush you can bring them to life. No experience necessary. If you have a favorite fan or liner brush bring them with you. A limited number of fan brushes will be available for use. All other supplies will be provided.

UPMC - Minutes Matter: Hands On!

Monday, March 11, 2:30 – 4 pm, Check-in at Harmony Ridge Lobby

Presented by UPMC and the Life Team

Based on feedback we received in last month's presentation, we are thrilled to offer you almost immediate follow-up with an opportunity for hands-on experience with some very important first aid basics. We will have four stations set up: Hands Only CPR; Use of an AED; Stop the Bleed; and Basic Medical Emergencies. You will spend about 15-20 minutes at each station, learning about each topic through brief education and hands-on demonstrations before moving to the next station.

We are taking what we learned in the classroom and putting it into practice. By bringing visibility to these life-saving interventions, we will all have the chance to learn how to make a difference in an emergency and maybe even help save a life.

Please be sure to sign up. Spaces are limited and we will use the wait lists to gauge interest in additional sessions.

Jazz Night at the Campus Inn – Justin Taylor

Tuesday, March 12, 4:30 – 6:30 pm, Campus Inn

Facilitated by Life Enrichment and Dining Teams

Don't miss the return of a CKV favorite – Baltimore-based multi-talented entertainer Justin Taylor. He has played piano, keyboard, and organ in church for over 25 years. Justin has also recorded and performed with Corinthia Cromwell and the Evolution Band over 10 years, as well as with local Jazz artists over 20 years. Justin will once again be tickling the ivories for March's installment of our ever popular second Tuesday Jazz Dinner in the Campus Inn. Don't get left out in the cold - call the Campus Inn, ext. 5656 to make your required reservations.

Discovery – March 2024 – Page 2 of 4

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The Celtic Music Club – Live Performance

Wednesday, March 13, 6 – 7 pm, Theater

Facilitated by Life Enrichment

Put on your green and get ready for an early St. Patrick's Day celebration! Drew Vervan and Gary Eurice along with the other members of the Celtic Music Club (Bruce Livingston, George Piper, & Seamus Sloan) will be entertaining us with lively Celtic music, frivolity, and fun. This is sure to be a great time that you don't want to miss, so sign up right away! Drew and his mates are in high demand, especially this time of year, thanks to the luck of the Irish we were able to get them to come to CKV. Look for an Irish-themed menu at the Campus Inn to complement the event!

If you register, please make sure you are seated no less than 10 minutes prior to showtime so we can work to fill any empty seats and start on time.

Memory Support – Documentary Double Feature

Thursday, March 14, 10 am – 12 pm, Theater

Facilitated by Kim Korge, Memory Support Coordinator

Join us for two outstanding documentaries that explore brain health, relationships and quality of life in unique ways. There will be a brief intermission between the films. "Complaints of a Dutiful Daughter" is an Academy Award-nominated film that takes a moving personal story, illuminates it with insight and humor, and makes it universal. In recounting her attempts to come to terms with her mother's advancing Alzheimer's disease, Deborah Hoffmann explores the relationship between mother and daughter, parent and child, and the tenacity of love.

Additionally, as March is nation Music Therapy Month we are also featuring "Alive Inside" - a documentary that illustrates the power of music to connect people with their memories and their past. The documentary explores diseases that impair neurological function, such as Alzheimer's disease and dementia, and proposes personalized music as a treatment option that is claimed to improve quality of life.

The Chosen – Intensity in Tent City

Friday, March 15, 11 am – 12:15 pm, Theater

Facilitated by Life Enrichment Team

In this sixth episode of Season 3, Andrew and Philip discover their previous mission resulted in devastation that will require a return. Simon Z is finally forced to confront his past.

Touchtown Essentials: Activities – The Cornerstone of Touchtown

Monday, March 18, 10:30 – 11:30 am, Encore Room

Facilitated by Brad Wantz, Village Content Manager

In this newly launched monthly series, we go deeper into various aspects of the Touchtown app. Many Villagers attend one of Touchtown introductory sessions (the first Monday of every month) and leave feeling that they could benefit from additional training. This month, we will explore navigating the Activities module like a pro! Learn all about filtering results, registering another Villager, and staying up to date on what is happening in the Village on Touchtown! We will end with an open Q&A to hear your questions and develop topics for future sessions. Desktop users are welcome however, bring your smartphone, tablet, or laptop to get the most out of this session.

Illustration Basics in Colored Pencil

Monday, March 18, 1 - 3 pm or Wednesday, March 20, 10 am – 12 pm, Art Education Studio

Facilitated by Monte Leister, Life Enrichment Specialist

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!

Discovery – March 2024 – Page 3 of 4

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Reflection – Inward

Tuesday, March 19, 9:30 – 10:55 am, Presto Room

Facilitated by Holly Fetting, Director of Life Enrichment & Christy Yeiser, Resident Support Coordinator
Guided by the poetry and prose of Yung Pueblo, we will continue to explore the movement from self-love to unconditional love, the power of letting go, and the wisdom that comes when we truly try to know ourselves. We look to these pieces as a mirror to show us that healing, transformation, and freedom are possible.

Salads & Ceramics

Thursday, March 21, 12 – 2 pm, Art Education Studio

Facilitated by Life Enrichment Team

By popular demand after our *Soups & Snowflakes* event in January - Spring is coming and we are ready for it! Join us to celebrate Spring's arrival with *Salads & Ceramics*. Sample an array of salads and glaze or paint a ceramic piece or two. Our Villager ceramics experts have been working to build an arsenal of seasonal ceramics pieces that just need your finishing touches. Lettuce, ambrosia, ham, pasta, and Waldorf – what kinds of salads will we have? You won't want to miss out on this fun way to get together! *Sign up to attend the event in Touchtown or the Harmony Ridge Lobby. If you plan to bring a salad to share, please contact Monte Leister.*

The Great Village Variety Shows

Friday, March 22, 11 am or 2 pm, Theater

Facilitated by Life Enrichment Team

Entertainment is on the horizon. Sign up today for the highly anticipated, triumphant return, of a CKV favorite - The Great Village Variety Shows! What is sure to be spectacle of wonder, laughter, musical, and artistic entertainment is coming back to the Theater and you don't want to miss it! Come out and cheer on your friends and neighbors. Contact Monte if you would like to perform.

Please choose one of these two performances. If you register, please make sure you are seated no less than 10 minutes prior to showtime so we can work to fill any empty seats and start on time.

Mason Jar Lamp Making Class

Monday, March 25, 10 am – 12 pm, Art Education Studio

Facilitated by Monte Leister, Life Enrichment Specialist

Functional art is a wonderful thing. A piece of artwork you created that serves a purpose is a fantastic addition to any home, especially where space is at a premium. A mason jar lamp is a great way to bring light into a space as well as put your collection of rocks, buttons, seashells, marbles, golf balls, or other small things on display. Join us for what is sure to be a memorable experience and create a conversation piece for your home. You provide the collection and we'll help you create the lamp in which to feature it. Be sure to check out the sample mason jar lamp in the Harmony Ridge Lobby to see one possibility.

For a supply fee of \$25 we will provide all the necessary supplies to make your complete lamp. If you would like to provide or purchase your own lampshade, the supply fee will be \$15. Please sign up at the Residential Living Desk with check payable to CKV for the supply fee that fits your needs.

CKV Nutrition – Beyond the Table

Monday, March 25, 2 – 3 pm, Theater

Facilitated by Laura Miller, Clinical Nutrition Manager

March is National Nutrition Month and this year's theme, *Beyond the Table*, emphasizes the entire journey of nutrition from farm to fork. It encompasses aspects like food production, distribution, navigating grocery stores and farmer's markets, and ensuring home food safety and storage practices. Diverse eating scenarios, whether around the table or on the go, as well as sustainability are other areas highlighted. In this Discovery session, you'll learn some tips on choosing healthy and sustainable foods wherever you are.

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Sacred Music Night – Jeremy & Kim Sorensen

Tuesday, March 26, 4:30 – 6:30 pm, Campus Inn

Facilitated by Life Enrichment and Dining Teams

As we walk through Holy Week and prepare for the Easter celebration of the resurrection of our Lord Jesus Christ what could be more fitting than an evening of sacred music for dining in the Campus Inn. Jeremy and Kim Sorensen are internationally known Christian singers, songwriters, and multi-instrumentalists. They serve as worship leaders and perform regularly around the country. For us they will be bringing a mix of old and new sacred music favorites, as well as original compositions. Call the Campus Inn, ext. 5656, to make your required reservations.

CKV Levels of Care Panel Discussion

Wednesday, March 27, 10:30 am – 12 pm, Theater

Facilitated by Joy Bodnar, CKV Chief Operating Officer

Have you ever wondered what the difference between Personal Care and Health Care is or what “aging in place” means? What about the process to move through the levels of care? Or what if you need short-term rehab care? Whom do you talk to about all of this? Please join CKV Chief Operating Officer Joy Bodnar as she hosts a panel discussion including our administrators from Residential Living, Personal Care, Memory Care and Health Care as well as our Director of Cross Keys @ Home to share information about each level of care and answer the questions you may have.

Guesswork

Wednesday, March 27, 11 am - 12 pm, Encore Room

Thursday, March 28, 11 am - 12 pm, Encore Room

Facilitated by Kim Korge, Memory Support Coordinator and Monte Leister, Life Enrichment Specialist

Our unique take brings this theater-inspired workshop to merge memory care methods and improv skills resulting in exercising your brain while we have fun! Absolutely no theater experience or background is necessary. This is guaranteed to be a belly-laughing, brain-stimulating good time!



*Clear your calendar as best you can for the first week in April as it will be our first ever **Spring** Village Vitality Week! The Wellness and Life Enrichment Teams are working diligently behind the scenes to create a week full of events that will stretch our senses and help us grow, create connection and enjoy life across the dimensions of wellness. We use that week to explore an array of things to have fun and to figure out what we want to see and do more of in our everyday efforts in vitality here at CKV!*