

VILLAGE VITALITY

by CROSS KEYS VILLAGE



APRIL 1 - 5, 2024

MONDAY, APRIL 1

INDOOR SCAVENGER HUNT ALL WEEK

Peeps have run amok in Harmony Ridge! Help us find the different types of Peeps that are hiding throughout the building, and write down on the worksheet where you found each one. Be sure to not disturb them so they don't get away!

Worksheets will be available on Monday morning in the Harmony Ridge Lobby and can be turned in any time before Friday at 4:00 pm! The names of Villagers who completed the hunt will be announced on InTouch.



COMMUNITY WALK & BREAKFAST

8:15 - 9:15 am

Harmony Ridge Lobby

Sign up: Touchtown or Harmony Ridge Lobby

Start the day off with a refreshing walk through the campus! Registered participants are invited for a complimentary breakfast after the walk!



PILATES REFRESH

9:15 - 9:45 am

Wellness Studio

In this moderate-intensity mat-based class, we will use body weight and small weights to complete a full-body class complete with stretching and flexibility work.



PAINT TOGETHER!

10:00 am - 12:00 pm

Art Education Studio

Sign up: Residential Living Desk, \$5 per board

Paint an adorable spring rabbit with a grandchild, child, friend, spouse, or anyone you would like to spend quality time with and "Paint Together". This is a guided step by step painting with no experience needed!



WHAT IS FUNCTIONAL MEDICINE?

10:30 - 11:15 am

Theater

With over 20 years of proven transformation as a functional medicine practitioner, founder and CEO of Envision Total Wellness in McSherrystown, PA, Dana Alexander, will help us discover what functional medicine is and how it could impact each of us.



LIVE VIOLIN CONCERT

1:00 - 1:45 pm

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Our theater stage will come alive with familiar classical melodies and other favorites. Join violinist and music educator Jennifer Harper for an afternoon of soul-soothing string instrument sounds.



WEAVING DEMO (two sessions)

2:30 - 3:15 pm & 4:30 - 5:15 pm

Art Education Studio

Sign up: Touchtown or Harmony Ridge Lobby

What happens when a handweaver moves to CKV? They keep weaving, of course! While several larger looms were rehomed, there are many portable options to *keep one's hands in!*

Villager Marsha Herr, a serious hobby handweaver for some time now, is most happy to share this timeless artisan craft. In each 45-minute session, Marsha will exhibit and demonstrate on several of her most portable weaving looms. These include an inkle loom, a rigid heddle loom, and a mini tapestry loom. The session includes a brief introduction to this craft, these looms, and materials used. She will also have examples of functional textiles produced from these looms.



TAI CHI AT THE POND

3:30 - 4:00 pm

CKV Pond

Your body is active, but your mind is calm and centered through a series of constant flow movements for meditation focusing on breath, balance, mobility, and strength.

TUESDAY, APRIL 2

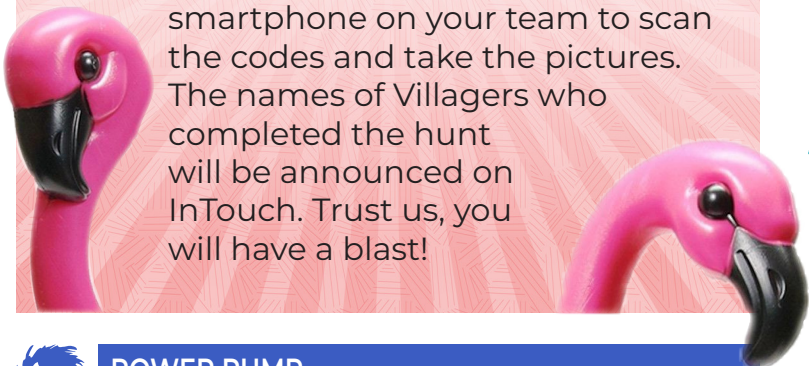
Find the Flamingo

MOBILE SCAVENGER HUNT

8:00 am - 3:00 pm

There are twelve pink flamingos hidden around campus just waiting to be found, and they want to be in a picture with you! Look for the posters around Harmony Ridge leading up to Village Vitality Week to learn more about this exciting, interactive mobile scavenger hunt!

This activity requires at least one smartphone on your team to scan the codes and take the pictures. The names of Villagers who completed the hunt will be announced on InTouch. Trust us, you will have a blast!



POWER PUMP

8:00 - 8:45 am
Wellness Studio

Get your heart and muscles pumping first thing in the morning with this fun-filled class. Energetic music and good company will be provided!



POTTERY DEMO

9:00 - 9:45 am
Art Education Studio
Sign up: Touchtown or Harmony Ridge Lobby

Join Villager Richard Owens for a demonstration of the pottery wheel and coil pottery.



OH GLEE!!!

10:00 - 10:45 am
Wellness Studio
Sign up: Touchtown or Harmony Ridge Lobby

Have you ever dreamed of seeing your name in bright lights? Or maybe you're more of a powerhouse singer in the shower. Come experience adding some movement - "choral"ography to various, easily recognizable songs from some of Broadway's biggest hit musicals.



READY - SET - RECREATE

11:00 am - 12:00 pm
Avenue of the Arts
Sign up: Touchtown or Harmony Ridge Lobby

"Ready-Set-Recreate" pits you, or you and a partner, against other Villagers to see who can create (or recreate) the best rendition of a famous work of art, in one hour, using a medium of our choosing. We will equip each team with all necessary supplies for this fresh take on, what has become, a Village favorite! The rest is up to you. Spectators are welcome and encouraged.



CHIMERS POP-UP PERFORMANCE

1:00 - 1:45 pm
Harmony Ridge Lobby

A small group from the Village Chimers will be performing a selection of music in front of the Campus Inn for your enjoyment.



TRIVIA & GUESSWORK PREVIEW

2:00 - 3:00 pm
Theater
Sign up: Touchtown or Harmony Ridge Lobby

Ever wondered what all the hype is about surrounding village trivia and guesswork? Here is your chance to find out. Join Kim Korge, Memory Support Coordinator and Monte Leister, Life Enrichment Specialist in the Theater for a roaring good time.



JEWELRY MAKING DEMO

3:15 - 4:00 pm
Art Education Studio
Sign up: Touchtown or Harmony Ridge Lobby

Future Villager Elizabeth Lynch leads a demonstration making a beaded necklace. She will be showing all of the steps in the process, as well as different styles and beading options.



THE SEEKERS 25th ANNIVERSARY REUNION CONCERT MOVIE

6:00 - 8:30 pm
Theater

Villager Charlie Herr hosts this virtual concert of Australian singing group The Seekers were popular internationally from 1964 to 1968 with their songs "I'll Never Find Another You", "World of Our Own", "Morningtown", "Georgy Girl", "The Carnival is Over", and others.

WEDNESDAY, APRIL 3



COMMUNITY WALK & WHEEL

8:15 - 8:45 am

Harmony Ridge Lobby

Kick off Wednesday with the Harmony Ridge team as we walk and wheel bikes, wheelchairs, rolators, scooters, and skates to begin our day!



OUTDOOR FIT CAMP

9:00 - 9:45 am

Harmony Ridge Courtyard

Good things come to those who sweat! Join us for a high-intensity outdoor workout with various challenges.



MOSAIC CLASS DROP-IN

10:00 am - 3:00 pm

Art Education Studio

We will have a myriad of glass and tile pieces, as well as buttons, glass gems, and beads for you to use. Monte will be on hand to help you create a masterpiece.



CHAIROBICS

10:00 - 10:45 am

Wellness Studio

This is a low-impact, seated workout, but don't assume it's not for you. Wellness can provide a great workout for anyone who comes.



FALL RISK

11:00 - 11:30 am

Wellness Studio

A fear of falling can limit your life in many ways. Regain your confidence through a series of balance challenges and functional activities to improve stability and independence.



HUMMING FOR YOUR HEALTH

1:00 - 1:45 pm

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Did you know the simple act of humming can result in a ripple effect that can reap many health benefits? Please join us, because singing or humming in a group provides its own scientifically-proven good vibes too! This session, led by Seraph Sound Sanctuary, will inspire you to notice how one little thing can change how you feel.



DRUM CARDIO SEATED

2:00 - 2:45 pm

Wellness Studio

Sign up: Touchtown or Harmony Ridge Lobby

Join Wellness for a seated drum cardio extravaganza. Come prepared to have a drumming good time!



UKULELE CONCERT

3:00 - 4:00 pm

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Our ever-growing Villager Ukulele Ensemble will be presenting another fun-filled concert for your listening pleasure.



WEDNESDAY EVENING MOVIE: "YESTERDAY"

6:00 - 8:00 pm, Rated PG-13

Theater

Our Villager Movie Group hosts this 2019 film about a struggling musician who realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

THURSDAY, APRIL 4



DRUM CARDIO STANDING

8:00 - 8:45 am

Wellness Studio

Sign up: Touchtown or Harmony Ridge Lobby

Be prepared to stand up and get your heart beating to the drum of this energetic class!



YOGURT PARFAIT BAR

9:00 - 9:45 am

Wellness Lobby

Wellness and Dining present a morning treat of yogurt with some of your favorite toppings. Come and learn the benefits of yogurt in your diet.



SILVER KEYS - ALL ABOUT A.I.

9:30 - 10:15 am

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Back by popular demand, join the CKV Information Systems team as they relaunch Silver Keys - classes designed to educate and enlighten Villagers on relevant topics in technology. In this session, we will explore A.I. (Artificial Intelligence) and learn how it's utilized as well as the myths and benefits of it.



CHAIR YOGA

10:00 - 10:45 am

Wellness Studio

Strengthen and relax in a low-intensity session of yoga.



SUCCULENT BAR DROP-IN

10:00 - 11:30 am

Art Education Studio

Come create your own succulent planter! Succulents make great houseplants because they are very low maintenance. Supplies will be provided.



DRUM CIRCLE

11:00 - 11:45 am

Harmony Courtyard

Sign up: Touchtown or Harmony Ridge Lobby

Drum circles trace back to ancient civilizations and cross geographic, religious and cultural boundaries. Absolutely no musical skills are needed to be part of creating this music, with spontaneous and synchronized rhythms, in a communal setting.



LUNCH C.H.A.T. (CONNECT, HEAL, AFFIRM, TALK)

12:00 - 12:45 pm

Encore Room

Sign up: Touchtown or Harmony Ridge Lobby

Do you struggle with setting boundaries? Does someone else's behavior often affect the quality of your day? If so, come C.H.A.T. about it and learn ways in which you can lovingly detach and set boundaries to protect your own peace and sanity. Feel free to pack a lunch or purchase one from the Harmony Café and join the discussion.



SINGCHRONICITY

1:00 - 2:00 pm

Theater

Sign up: Touchtown or Harmony Ridge Lobby

South Western High School's show choir, Singchronicity, will perform songs that will have your toes tapping and hands clapping. We will also enjoy selections from their acapella group "Extreme Measures".



JAZZ HISTORY LIVE!

3:00 - 4:30 pm

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Bob Wilson's monthly Jazz History session gets a boost! The fascinating stories and history will be accompanied by live musical renditions provided by CKV-favorite Derek Reed.

FRIDAY, APRIL 5



COMMUNITY WALK

8:15 - 8:45 am

Harmony Ridge Lobby

Center yourself for the last day of Village Vitality Week with a calming walk around the campus!



MORNING YOGA

9:00 - 9:45 am

Harmony Courtyard

Grab a friend and some coffee and join us outside for a 45-minute yoga flow experience to start your day. Wellness will provide yoga mats and blocks.



THIS IS IMPROV!

10:00 - 10:50 am

Theater

Sign up: Touchtown or Harmony Ridge Lobby

Improvisation and theater games designed to give opportunities to engage in a creative, group activity, in an expressive environment that is safe, fun and dynamic.



INTRO TO BALLET

11:15 - 11:45 am

Wellness Studio

Sign up: Touchtown or Harmony Ridge Lobby

Whether you consider yourself the next George Balanchine or have always been curious about ballet, this class will introduce basic concepts and movements while having fun and enjoying the beautiful world of ballet. Participants may wear ballet shoes or be barefoot for this class.



"SPRING" ART EXHIBIT OPENING

1:00 - 3:00 pm

Avenue of the Arts

Marvel at the works of art on display as part of our newest exhibit "Spring"! Live music will help set the mood as you stroll through the Avenue.



VILLAGE CORNHOLE TOURNAMENT

1:00 - 4:00 pm

Harmony Courtyard

Sign up: Wellness Office or ext. 5410 by April 2

Don't miss out on the fun of playing a few games of cornhole! Beginners and experienced players are all welcome. Live music will provide the perfect background for the friendly competition!



PUZZLE RACES

2:00 - 3:00 pm

Gathering Room

Sign up: Touchtown or Harmony Ridge Lobby

Teams of up to 4 people will compete to see who can complete a puzzle the fastest. Up to 9 teams will put together the same puzzle. Please select one person to sign up on behalf of your team. If you would like to participate but need to be matched with a team, let a member of Life Enrichment know. Spectators are welcome!



KARAOKE AT THE CAFÉ

4:30 - 6:30 pm

Harmony Café

Grab a bite to eat and find a seat in the café for our first karaoke night! Whether you're a seasoned karaoke pro or a first-timer, get ready to sing your heart out and cheer on other Villagers!



Friday, April 5



Lunch

11:00 am - 2:00 pm

Mini Corn Dogs(2) \$4.00

Ham & Cheese (2) \$6.00

Served on a cornbread muffin slider.

BBQ Chicken Salad \$8.25

Romaine lettuce, grilled BBQ chicken thigh skewers, black beans, diced tomatoes, crispy onions, and house made ranch dressing.

Dinner

4:30 - 6:30 pm

Pulled Pork Sandwich \$10.50

Served with honey butter skillet corn and coleslaw.

Grilled Vinegar BBQ Chicken \$11.00

Served with honey butter skillet corn and coleslaw.

Bacon Cheddar Burger \$11.00

Served on a brioche roll with French fries.

Apple Turnover w/ Caramel Sauce \$3.00

vi·tal·i·ty

noun

the state of being strong and active; energy



CROSS KEYS VILLAGE
The Brethren Home Community

