



#### **CONTENTS**

Village News	Vil	llag	e Ne	ews		3
--------------	-----	------	------	-----	--	---

From Pastoral Care...... 4

**Upcoming Activities ...... 5** 

**Activities Calendar ....... 8** 

**Discovery - Apr 2024 .... 10** 

Channel 25 Schedule.... 15

Dining Menus ...... 16





# Village News

# April Display Cases Holly Fetting, Ext. 5544 Director of Life Enrichment

In April, we are displaying handmade crafts by Villager Randy Levin. After taking painting classes and painting flowers on the wall in her home, she began painting jars. The jars made great gifts for her friends.

Also displayed are unique wreaths she has made from plastic tablecloths. If anyone is interested, she would be happy to share instructions on how she made them.



# Wii Bowling Opportunities Larry Plymire, Ext. 5540

Think that you might be interested in becoming a virtual bowler and enjoying the camaraderie of fellow residents? Wii Bowling meets every Friday at 1:00 pm in the Encore Room, and we are always grateful for more players!

Contact Wii Bowling coordinator Larry Plymire at ext. 5540; Linda Sipe at ext. 5342; or Bonnie Brinks at 231-267-9545.



Villager Carolyn Fanus would like to share her favorite quilt, "The Spinning Wheel", on display in the hallway near the Avenue of the Arts during the month of April.

Carolyn explains, "Since my mother worked in a sewing factory and was quite adept with needles, she started my sisters and me doing needlework from the time we were very young. Over the years, I did machine sewing as well as hand stitching, and I started quilting after I retired. Star Wars quilt, Tee Shirt quilt, and Quilt of Valor are just a few; but my first and favorite quilt is the Spinning Wheel Quilt that is displayed in Harmony Ridge hallway."



#### **Bridge Scores for March**

Good Samaritan Bridge Club Winners

2590 Anna Stahl & Debbie McBeth 2560 Karen Richard & Pat Aumen 2490 Bonnie Allison & Barbara Geesey

\$48 was donated to the Good Samaritan Fund









# **Upcoming Activities**

MON **APR** 

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 Dr. Gary Hamrick of Cornerstone Chapel in Leesburg, Virginia. Meeting together and watching the programs will deepen your understanding of God's Word and foster good fellowship. These two presentations will be Revelation 2:18-29 and 3:1-13. Please join us for a study of the Word of God.

SUN **APR** 

**Sunday Matinee Movie** "The Book Thief" Charlie Herr, Ext. 5725 **Villager Movie Group** 

2:00 pm No sign up necessary Theater

The Book Thief is a 2013 war drama film directed by Brian Percival and starring Geoffrey Rush, Emily Watson, and Sophie Nélisse. The film is based on the 2005 novel of the same name by Markus Zusak and adapted by Michael Petroni.

In February 1938, Death tells how a young girl named Liesel Meminger piqued his interest. In the opening scene, twelve-year-old Liesel is traveling with her mother and younger brother on a train. On the way, her brother dies and is buried next to the tracks. Liesel steals her first book, titled The Grave Digger's Handbook, when it falls out of the gravedigger's pocket. Liesel then lives with her adoptive German family during the Nazi era. Taught to read by her kind-hearted foster father, the girl begins "borrowing" books and sharing them with the Jewish refugee being sheltered by her foster parents in their home.

Rated PG, 2h 11m, with subtitles.

MON **APR** 

**Calligraphy Class:** The Art of Script Richard Owens, Ext. 3079

10:00 am - 12:00 pm

**Art Education Studio** 

2:00 - 4:00 pm

Sign up in Touchtown or Harmony Ridge Lobby

Try your hand at calligraphy, the ancient art of bringing out the beauty in script. The letters become more than just language; calligraphy transforms your words into art. Villager Richard Owens will be offering a basic calligraphy class. Whether you're a beginner or excited for a refresher course, sign up today. Sign up for one of these two identical classes.

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

1:00 pm No sign up necessary **Shoemaker Kiosk** 

Spring has arrived! Help us to celebrate as we kick off our first golf cart parade of the season. All golf carts are welcome, and decorations are never required for you to join the parade. We hope all of you will join the parade and help 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 and 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.

An important reminder: Please make sure your golf cart is fully charged for the parade.

Rain Date: Sunday, April 28

# **Upcoming Activities**

MON APR **29** 

Spring Hymn Sing Bob Gerstmyer, Ext. 5983

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

Do you love to sing hymns? Join Villager Bob Gerstmyer and guests as they return to count down the favorite hymns of CKV. Come ready to sing and celebrate the rich history of hymnody.

SUN JUN 30 Totem Pole Playhouse:
"CLUE"
Betsy Liou, Ext. 5144
CKV Sojourners

Depart: Campus Inn/Union Sq at 12:30 pm

Meet: 12:15 pm

Sign up: Residential Living Desk Cost: \$68.00 (payable to LEC) Deadline: Wednesday, May 29

Based on the cult classic film and the popular board game, Clue is a madcap comedy that will keep you

guessing until the final twist.

It's a dark and stormy night, and you've been invited to a very unusual dinner party. Each of the guests has an alias, the butler offers a variety of weapons, and the host is... well, dead. So whodunnit? Join the iconic oddballs known as Miss Scarlet, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock, and Colonel Mustard as they race to find the murderer in Boddy Manor before the body count stacks up. But one thing is for certain – Clue: On Stage proves that murder is a funny business. Are you game?

Dinner will follow the show at the Dobbin House. Cost includes show, dinner, drink, and gratuity.

# Reminders

# Spring Wellness Classes Wellness Team, Ext. 5410

Wellness classes resume on Monday, April 8. Find the spring schedule on Touchtown or pick up a copy in the Wellness lobby. Aquatic classes will kick off on Monday, April 15 when our pool is scheduled to reopen.

If you have questions about what classes are most appropriate for you, call us at ext. 5410 or stop in and speak to a Wellness Specialist. We are excited to launch our spring session!

# Majestic Theater: Trailblazing Women of Country Betsy Liou, Ext. 5144 CKV Sojourners

Patsy Cline, Loretta Lynn, and Dolly Parton revolutionized country music and blazed a trail for future generations of female artists, earning each a place in the Country Music Hall of Fame. Trailblazing Women of Country pays tribute to these revolutionaries with new arrangements by soloists Miko Marks, CMT's 2022 "Next Woman of Country"; and Nashville based singer, Kristina Train, supported by a 5-member all-female band.

#### **Event Details:**

Date: Friday, May 3

Depart: Campus Inn/ Union Sq at 6:30 pm

Meet: 6:15 pm

Sign up: Residential Living Desk

Cost: \$50.00

NEW DEADLINE: Tuesday, April 9

### Reminders

# Pedestrian Safety Brian Lawrence, Ext. 5428 Director of Village Housing

As the weather gets warmer, more people tend to take to the sidewalk and streets to get around campus. This is a great way to enjoy the beauty of our campus and get some exercise. Here are some safety reminders so that we can all enjoy this time of year together without incident:

- Sidewalks may be used for walking, jogging, biking, and driving scooters, electric wheelchairs, golf carts, and segways.
- Bicyclists and golf cart operators should yield to those who are walking or using scooters or wheelchairs, as well as stop at all stop signs.
- If in an area that does not have sidewalks, stay
  to the side of the road. Golf carts and bikes
  should move in the same direction as the traffic
  flow. Those who are walking, in wheelchairs,
  or on scooters should move against the flow of
  traffic.
- If you are out early in the morning or later in the evening when it is dark, wear bright-colored clothing. Additionally, bikes should have reflectors on them, scooters and wheelchairs should have a bright flag, and golf carts should keep headlights on. Golf carts and GEM cars are required to use their headlights.
- Those who are driving vehicles, including golf carts and GEM cars on campus should always obey the 15 mph speed limits and yield to those who are crossing at all crosswalks, as well as stop at all stop signs. Yielding to pedestrians is actually a Pennsylvania traffic law. You will notice signs posted throughout campus with this reminder.
- Pedestrians should also be sure to stop and look both ways at crosswalks and intersections before crossing the street.

If you have questions about any of these guidelines, please contact me to discuss.



### **Activities Calendar**

#### **Shopping Trips**

**TUES** APR

Weis Market

9:00 am Sign up by 4/8, Harmony Ridge

**TUES** APR

Giant & Aldi

9:00 am Sign up by 4/15, Harmony Ridge

**TUES** APR

Weis Market

9:00 am Sign up by 4/22, Harmony Ridge

**Events** 

FRI **APR**  Hanover 101 Trip

Depart Union Square 10:00 am Sign up: Harmony Ridge Lobby

Deadline: March 29

MON APR 8

**Good News Group** 

10:30 am Theater

TUES APR 9

**Gettysburg Community Concert** 

Pick up begins 6:20 pm at Campus Inn, Hearthside, Union Sq. Sign up: Harmony Ridge Lobby

WED **APR** 

**Pullo Center and Dinner:** 

"iLuminate"

Depart: Campus Inn/Union Sq 4:15 pm Sign up Residential Living Desk

Cost: \$60, payable to LEC

FRI **APR**  **New Oxford Library Help** 

10:30 am - 12:00 pm **Encore Room** 

Sign up: Harmony Ridge Lobby

Friends of CKV Sub Sale Pickup 12:00 - 2:00 pm

Garden Room

SUN **APR**  Sunday Matinee Movie:

"The Book Thief"

Rated PG 2:00 - 4:15 pm Theater

MON APR Calligraphy Class: The Art of Script

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

Sign up Touchtown or Harmony Ridge Lobby

Calligraphy Class: The Art of Script

2:00 - 4:00 pm

Art Education Studio

Sign up Touchtown or Harmony Ridge Lobby

TUES APR 16

**Business & Wellness Expo** 

10:00 am - 2:00 pm Nicarry Meetinghouse

**Dining Out Lunch** 

Depart: Union Sq/Campus Inn 11:00 am

Sign up Harmony Ridge Lobby Deadline: Wednesday, April 10

**Travel Tours: Canyon Lands** 

11:00 am Theater

Sign up Touchtown or Harmony Ridge Lobby

Village Diversity Group

12:00 - 1:30 pm **Encore Room** 

### **Activities Calendar**

THUR
APR
18

#### **VA Overnight Bus Trip**

Depart: Union Sq 8:00 am Deposit due by Dec. 4 Sign up Residential Living Desk

#### Parkinson's Third Thursday

1:00 pm Encore Room

APR 25

# Stars of Europe Virtual Concert Series

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

APR **26** 

#### **Amish of Newburg**

Depart: Union Sq/Campus Inn 8:45 am Sign up Harmony Ridge Lobby Deadline: Friday, April 19

#### **Hearing Screening for Villagers**

9:00 - 11:00 am Presto Room Sign up Harmony Ridge Lobby

APR **27** 

#### Golf Cart Parade: "Spring"

1:00 pm Shoemaker Kiosk

MON APR 29

#### **Spring Hymn Sing**

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

THUR
MAY
2

#### **Memory Screenings**

9:00 am - 12:00 pm 1:00 - 3:00 pm Ensemble Room Sign up with Kim Korge, ext. 5272 FRI MAY 3

# Majestic Theater: Trailblazing Women of Country

Depart: Campus Inn/Union Sq 6:30 pm Sign up Residential Living Desk Cost: \$50, payable to LEC by April 9

SAT MAY 11

Annual Butterfly Release

10:00 am CKV Pond

JUN 30

### Totem Pole Playhouse Bus Trip: "CLUE"

Depart: Campus Inn/Union Sq 12:30 pm Sign up Residential Living Desk Cost: \$68, payable to LEC

SEP 16 Pigeon Forge Overnight Bus Trip

Depart: Union Sq 8:00 am Deposit due by May 10 Sign up Residential Living Desk

FRI NOV American Music Theater & Shady Maple

Depart: Union Sq 9:45 am Sign up Residential Living Desk Cost: \$90, payable to LEC

NOV 14

West Virginia Overnight Bus Trip

Depart: Union Sq 8:00 am Deposit due by July 8 Sign up Residential Living Desk

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

#### Discovery - April 2024 - Page 1 of 4

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



We hope you're making the most of the first week in April in our first-ever Spring Village Vitality Week! The Life Enrichment and Wellness Teams created a week filled with events to stretch our senses and help us grow, connect and enjoy life across the dimensions of wellness in our quest for vitality!

#### Avenue Art Exhibit - Spring

#### Opens April 5 runs through the Month of April, Avenue Gallery

Facilitated by Life Enrichment

*Spring* – as with the season, this exhibit concept's possibilities are endless. Come out and see what art has been created from everyone's thoughts, feelings and reflections on *Spring*.

#### **Art Inspiration - Salvage**

#### Pieces due by Friday, June 7

Facilitated by Life Enrichment

Salvage: To rescue or save especially from wreckage or ruin. We've all heard that one person's trash is another person's treasure. Without question, each and every day, too many things too easily become waste when they could instead be reused, recycled or, even better, upcycled. Upcycling is recycling in such a way that the resulting product is of higher value than the original item. For our next exhibit, we invite you to explore and be inspired by Salvage. Just like always, whether you take this concept quite literally or allow it to evolve and unfold in your mind, we can't wait to see what develops. If you need help brainstorming, you have an open invitation to connect with a member of the Life Enrichment Team. We thrive on helping unlock the doors to imagination and creativity. Please contact Monte Leister with any questions about submissions.

#### **UPMC - Thyroid Function Overview**

#### Monday, April 8, 2:30 - 3:30 pm, Theater

Presented by Steven Pandelidis, MD, UMPC

Steven Pandelidis, MD, general surgeon, will provide a brief presentation on the topic of conditions of the thyroid followed by an open Q and A on the topic. This will allow for a discussion on thyroid function as well as what happens that would lead to potential surgery. Dr. Pandelidis specializes in thyroid and parathyroid surgeries and has recently expanded his practice to the York area.

\*Due to the timing of this session, it has been announced previously and registration is already open.

#### Jazz Night at the Campus Inn - The Nick Reider Duo

#### Tuesday, April 9, 4:30 - 6:30 pm, Campus Inn

Facilitated by Life Enrichment and Dining Teams

Nick performed with his quintet at CKV as a part of our inaugural Jazz festival last October, and he is now returning for our April Jazz Dinner. Nick provides private instruction in classical and jazz styles for McDaniel College and Carroll Community College. He also organizes faculty performances for the McDaniel College Jazz and Classical Chamber ensembles as well as performing with the College Masterworks Choir. Nick also leads his own jazz group and classical brass quintet, and performs with many Reggae, Ska, and Funk bands all over the US. Call the Campus Inn, ext. 5656 to make your required reservations.

#### **Illustration Basics in Colored Pencil**

#### Thursday, April 11, 1 - 3 pm or Monday, April 29, 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 - April 2024 - Page 2 of 4

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

#### The Encore Chamber Winds - Live Performance

Friday, April 12, 6 - 7 pm, Theater

Facilitated by Life Enrichment

The Encore Chamber Winds (formerly Trio d'anches) is a professional reed quartet based in Westminster, Maryland. McDaniel College faculty Mindy Niles, oboe, David Duree, clarinet, Rob Sirois, bassoon, and Paulella Burchill, flute, perform a diverse program of 19<sup>th</sup> and early 20<sup>th</sup> century chamber music compositions.

#### Touchtown Essentials: If You Don't Know It, Find It!

Monday, April 15, 10:30 - 11:30 am, Encore Room

Facilitated by Brad Wantz, Village Content Manager

The most effective Touchtown users don't know everything, they just know how to find it! This session will teach you the many ways to quickly find anything in Touchtown so you can impress your friends with your access to information! Spend less time tapping and hunting by being an expert information detective. 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.

#### Reflection - Inward

#### Tuesday, April 16, 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.

#### **Sweet Spring Sounds - New Oxford Middle School Live Performance**

Tuesday, April 16, 1 - 2 pm, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

It's time to welcome the season with some amazing music and rhythmic beats from local area schools. Join us for this performance by students in the New Oxford Middle School Select Ensemble as they share good vibes, great tunes, and a whole lot of fun! Don't miss out on this opportunity to experience the magic of spring music!

#### **Memory Support - A Tour of the Brain**

Thursday, April 18, 10 - 11 am, Encore Room

Facilitated by Kim Korge, Memory Support Coordinator

Join us for a tour of the human brain. Discussion will center on the main lobes of the brain and how different types of dementia impact these areas.

#### National Dance Week - The Edge Dance Company Live Performance

Thursday, April 18, 6 - 7 pm, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

In honor of National Dance Week (April 19-28) we are thrilled to bring to our community an array of live dance performances from local and regional dance studios. Join us for this performance by students of Hanover's The Edge Dance Complex to experience the power of dance and feel the energy of the performers as they showcase their talent and creativity.

#### The Chosen - Ears to Hear

Friday, April 19, 11 am - 12:05 pm, Theater

Facilitated by Life Enrichment Team

In this seventh episode of Season 3, Jesus and the disciples must make the dangerous journey to the Decapolis after Andrew and Philip return with news of a crisis in the area.

#### Discovery - April 2024 - Page 3 of 4

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

#### National Dance Week - The School of Music & Dance Live Performance

#### Monday, April 22, 6 - 7 pm, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

In honor of National Dance Week (April 19-28) we are thrilled to bring to our community an array of live dance performances from local and regional dance studios. Join us for this performance by students of The School of Music and Dance in Abbottstown to experience the power of dance and feel the energy of the performers as they showcase their talent and creativity.

#### **Primer on Vertigo**

#### Tuesday, April 23, 2 - 3 pm, Theater-Classroom

Presented by Julee Eisenhart, CRNP, WellSpan Health and Surgery Center

When Julee presented a general ENT overview for us in November 2023, we received requests for her to provide a presentation on vertigo. So now Julee will tell us about vertigo: what it is; what causes it and how to treat it. Julee Eisenhart, CRNP, born and raised in Hanover, PA, is a recent addition to the WellSpan Health team. Julee went to school locally and graduated from York College of Pennsylvania. Julee has been an RN for 16 years in many health care specialties and has been a CRNP for the past 10 years. She specializes in and is passionate about all things ears, nose, and throat. Julee will present on hearing loss with a focus on treatment options as well as diagnosis and prevention followed by time for questions. She is located at WellSpan Health's new ENT office located in Hanover.

#### Music Night at the Campus Inn - Turning Point

#### Tuesday, April 23, 4:30 - 6:30 pm, Campus Inn

Facilitated by Life Enrichment and Dining Teams

Join the local classic and yacht rock duo, Turning Point, for our fourth Tuesday music night in the Campus Inn. Turning Point features Villager-favorite Jackie Klunk and her music partner, Bob Storm. Call the Campus Inn, ext. 5656, to make your required reservations.

#### CKV Nutrition - Reduce, Reuse, Reheat

#### Wednesday, April 24, 11 am, Theater

Facilitated by Laura Miller, Clinical Nutrition Manager

Did you know that almost 1/3 of the food produced is wasted? We celebrate Earth month in April, as well as Stop Food Waste Day on April 24th. Get tips to plan your meals and grocery shopping list to reduce food waste, learn how to "cook once and eat twice" to reuse leftovers, and see how to safely reheat those leftovers to retain flavor. Join us for our Discovery class to learn these new skills and help stop food waste! Attendees will enjoy a sample made from what could have been discarded but was instead turned into something delicious.

#### Guesswork

#### Wednesday, April 24, 11 am - 12 pm, Encore Room

#### Thursday, April 25, 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!

#### **Sweet Spring Sounds - Hanover High School Live Performance**

#### Thursday, April 25, 10 - 11 am, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

Let's welcome the season with some amazing music and rhythmic beats from local area schools. Join us for this performance by students in the Hanover High School Band/Choral/Orchestra Ensembles as they share good vibes, great tunes, and a whole lot of fun! Don't miss out on this opportunity to experience the magic of spring music!

#### Discovery - April 2024 - Page 4 of 4

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

#### National Dance Week - York Area Repertoire of Dance Live Performance

Thursday, April 25, 6 - 7 pm, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

In honor of National Dance Week (April 19-28) we are thrilled to bring to our community an array of live dance performances from local and regional dance studios. Join us for this performance by students of York Area Repertoire of Dance to experience the power of dance and feel the energy of the performers as they showcase their talent and creativity.

#### National Dance Week - Vibe Performing Arts Live Performance

Friday, April 26, 6 - 7 pm, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

In honor of National Dance Week (April 19-28) we are thrilled to bring to our community an array of live dance performances from local and regional dance studios. Join us for this performance by students of Gettysburg's Vibe Performing Arts Studio to experience the power of dance and feel the energy of the performers as they showcase their talent and creativity.

#### Author Talk - That Summer She Found Her Voice: A Retro Novel

Monday, April 29, 11 am - 12 pm, Encore Room

Presented by Jean Burgess, PhD, Author

In January, Jean Burgess presented her journeys in publishing non-fiction and fiction works. At that time, she shared with us that her first novel would be published on April 9. We are thrilled to have Jean back with us as her novel is released into the wild. You don't have to wear your bell bottoms, tie dye and peace signs but you would certainly fit right in wearing them for this book talk. While there is absolutely no obligation, books will be available for purchase.

Set against a backdrop of the 1970's Baltimore music scene, this is the story of 23-year-old Margie Stevens as she pulls herself out of a spiraling, heartbreak-induced depression and begins a personal journey of discovery. Clarifying her own views on emerging feminism, social injustice, and personal spirituality-all while touring across the country as a singer in King Vido's Swing Band-Margie encounters challenges that cause her to question her future path. Will she redefine her personal values in order to break away from uncomfortable ways of thinking? Will she find the courage to conquer fears of intimidation from the band leader and others on the tour? Finally, will Margie learn to speak up for herself using her authentic voice?

#### **Sweet Spring Sounds - Spring Grove High School Live Performance**

Tuesday, April 30, 10 - 11 am, Theater

Facilitated by Nikki Bull, Life Enrichment Specialist

Let's celebrate Spring in full swing with some amazing music and rhythmic beats from local area schools. Join us for this performance by students in the Spring Grove High School Choral Ensemble as they share good vibes, great tunes, and a whole lot of fun! Don't miss out on this opportunity to experience the magic of spring music!

\*For any events with registration, 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.



#### ARE YOU CONCERNED ABOUT POSSIBLE MEMORY LOSS?

Please join us on Thursday, May 2 as we participate in the Alzheimer's Foundation of America's National Memory Screening Program with free, confidential memory screenings in the Harmony Ridge Community Center at Cross Keys Village.

This free screening is open at no cost to villagers and to neighbors from the greater community.

A memory screening is a simple non-invasive test designed to gauge memory, thinking and language skills. Screenings consist of a series of questions and tasks, administered by qualified healthcare professionals, and will take 10 to 30 minutes to complete. Screenings will take place from 9:00 a.m. to 12:00 p.m. and from 1:00 p.m. to 3:00 p.m. on Thursday, May 2.

Registration is required. Please call Kim at 717-624-5272 or visit www.crosskeysvillage.org/screening

- Call Memory Support Coordinator Kim Korge at 717-624-5272 with any questions.
- We will welcome you in the Ensemble Room at Harmony Ridge.
- The result of the screening does not constitute a medical diagnosis.





#### **Channel 25 Programming**

April 8 - 14, 2024

#### Monday, April 8

9:30am Energize w/Erica
10:00am Marry Me Chicken w/Chef Jean-Pierre
11:00am Hyper Realistic Cherries step by step w/pencil
12:00pm 3 Young Bears Find Their Way In the World

1:00pm Energize w/Erica

2:00pm 15 Strangest Uninhabited Islands

2:30pm Best of Groucho Marx

#### Tuesday, April 9

9:30am Fitness Fusion w/Erika

10:00am Chicken to Omelet: Journey of an Egg

11:00am MLB Documentary: Mr. Padre 12:30pm TED Talk: Al Is Dangerous 1:00pm Fitness Fusion w/Erika

1:30pm The Best of Zach King Magic Tricks

2:30pm Brethren Voices

#### Wednesday, April 10

9:30am Chairobics w/Brittany 10:30am Superships Documentary

11:30pm Where the Sun Always Shines: Skydiving

1:00pm Chairobics w/Brittany 2:00pm Church Service (Replay)

#### Thursday, April 11

9:30am PurEnergy w/Brittany 10:00am The Modoc War

11:30am Lost Kingdoms of Africa – Asante Kingdom

12:30pm Cirque du Soleil Redux 1:00pm PurEnergy w/Brittany 2:00pm The History Guy

#### Friday, April 12

9:30am Energize w/Erica

10:00am Archeologists Uncover Proof of Old Testament

12:00pm The Majestic Birds of Hawaii

1:00pm Energize w/Erica

1:30pm What's My Line – Joe DiMaggio

2:00pm The Great Depression – We Have a Plan

#### Saturday, April 13

8:30am Brethren Voices

10:00am Hummingbirds – Jeweled Messengers

12:30pm Scientology Deep Dive3:00pm Scientific American Frontiers5:30pm Silent & Deadly Snakes

8:00pm Hovie Lister & The Statesmen Quartet 1995

#### Sunday, April 14

8:00am Jonathan Cahn – The Return of the Gods
 10:00am Live Church Service from Nicarry
 11:30am Archeologists Unearth Legend of King David
 2:30pm Bible's Secrets: Kingdom of David & Solomon
 4:30pm Church Service (replay) from April 7
 6:00pm The Demons of King Solomon
 8:00pm Gaither Vocal Band Love Songs

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
Holly Fetting, CKV Director of Life Enrichment, at Ext. 5544 or email h.fetting@crosskeysvillage.org

#### **CAMPUS INN**

# Tazz Nighk

# featuring Nick Reider

### Maryland Crab Soup

#### Beef Bourguignon 13.00

A rich beef stew braised in red wine and beef stock, with carrots, onions and mushrooms. Served with mashed potatoes and a grilled baguette

#### Tuscan Salmon 16.45

Pan seared salmon with a spinach and sundried tomato cream sauce. Served with wild rice pilaf and asparagus.

Regular menu available

# TUESDAY, APRIL 9

4:30 - 6:30 pm • Campus Inn

Reservations required, call ext. 5656



#### **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 8

#### **CLOSED**

# TUESDAY, APRIL 9 JAZZ NIGHT RESERVATIONS REQUIRED CALL 5656

#### Maryland Crab Soup

#### **Beef Bourguignon 13.00**

A rich beef stew braised in red wine and beef stock, with carrots, onions and mushrooms. Served with mashed potatoes and a grilled baguette

#### Tuscan Salmon 16.45

Pan seared salmon with a spinach and sundried tomato cream sauce. Served with wild rice pilaf and asparagus

#### WEDNESDAY, APRIL 10

#### **Potato Leek Soup**

#### Hot Turkey Sandwich 12.00

Roast turkey with gravy over Texas toast. Served with mashed potatoes and green beans

#### **Tomato and Herb Crusted Cod 13.50**

Cod with pan roasted cherry tomatoes and crusted with herbs and breadcrumbs. Served with wilted spinach and parmesan orzo

<sup>\*</sup>Regular menu available\*



#### **APRIL 8 - 13**

#### **THURSDAY, APRIL 11**

#### **Lemon Chicken Orzo Soup**



Chef Table – Beef Empanada Appetizer with Chimichurri (Parsley and Lemon Sauce) 6.00

- Chopped Steak with Gravy 14.00
  Served with mashed potatoes and roasted balsamic portobello mushrooms
- Bacon Wrapped Shrimp 15.50 Served with white rice and broccoli

# FRIDAY, APRIL 12 at the Café

See Café All Day Menu for Details

#### SATURDAY, APRIL 13 NO REGULAR MENU

#### Pasta Fagioli Soup

- © Cider Braised Pork Shank 15.00
  Served with whipped potatoes and roasted carrots
- Meatloaf 12.50
  Served with whipped potatoes and roasted brussels sprouts
- Eamon Pepper Haddock 12.85

  Baked haddock seasoned with lemon pepper.

  Served with a baked potato and peas

Side of the Week: Potato Salad Desserts: Carrot Cake

Lemon Meringue Pie

4.10 3.10

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

<sup>\*</sup>Regular menu available\*

<sup>\*</sup>Regular menu available\*



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 Touchtown 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** 

14.40

60z 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 (7 oz.)

16.45

Fresh Faroe Island salmon grilled to order

Fried Shrimp (6)

14.90

Breaded fried shrimp

Baked Haddock Filet

12.85

Fresh Atlantic haddock baked with lemon and butter

#### **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.

#### Spaghetti with Marinara

10.25

Spaghetti, homemade marinara and parmesan cheese

#### Spaghetti with Meat Sauce

12.85

Spaghetti, homemade meat sauce and parmesan cheese

#### Chicken Parmesan

12.85

Breaded chicken, spaghetti, homemade marinara, mozzarella and parmesan cheese

#### SIDES

2.60

Onion Rings French Fries **Sweet Potato Fries** 

- Green Beans
- Steamed Broccoli
- Peas
- Mashed Potatoes
- Baked Potato
- Sweet Potato
- Corn
- Wild Rice Pilaf

Look for our Special Side Of The Week on the Specials menu

#### **DESSERTS**

Slice of Cake	4.10
Slice of Pie	3.10

😯 denotes gluten avoided



# Friday, April 12

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

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



#### **Breakfast**

Ham, Egg and Cheese on an English 6.75 muffin. Served with Fruit

#### Lunch

Pear & Gouda Grilled Cheese 8.25
Pears, gouda cheese and balsamic onions on multigrain bread

Tuna Cobb Salad
8.25
Albacore tuna on romaine lettuce with diced tomato, cucumbers, green onions and hard-boiled eggs. Served with ranch dressing

### Dinner "Lasagna Night"

#### **Entrees:**

Meat Lasagna 11.00

Vegetable Lasagna 11.00

Chicken Alfredo Lasagna 11.00

Gluten Free Vegetable Lasagna 12.50

All entrees are served with garlic

Salad Bar Included.

#### Dessert:

bread.

Cannolis (2) 3.00



# WEEKLY SPECIALS April 8 - 13

M O N 4 / 0 8 **Breakfast Special** 

Breakfast Bowl – Eggs, tater tots, onions, bacon, and Swiss cheese 7.00 Lunch Specials

**Asian Chicken Salad 8.25** – Grilled chicken, spring mix lettuce, mandarin oranges, chow mein noodles, and sesame dressing

**Shrimp Po Boy Wrap 8.50 –** Breaded shrimp, diced tomatoes, shredded lettuce, and remoulade sauce in a flour tortilla

Soup of the Day: Beef Barley

TUE 4/09 **Breakfast Special** 

Breakfast Flatbread – Scrambled eggs, sausage, and cheddar jack cheese on flatbread 7.00

Lunch Specials

Chicken Quesadilla 8.25 – Chicken, cheddar, and Monterey jack cheeses in a flour tortilla. Served with salsa and sour cream

**Apple-Brie Cranberry Salad 8.00** – Spring mix lettuce with brie cheese, diced apples, dried cranberries, candied pecans, and cranberry vinaigrette

Soup of the Day: Maryland Crab

WED

**Breakfast Special** 

Western Omelet with Toast 6.95

4 / 1 0 Lunch Specials

**Pork BBQ Sammie 8.50** – BBQ pulled pork on a brioche bun with cheddar cheese **Farmhouse Salad 8.25** – Breaded chicken, chopped romaine, bacon, hardboiled egg, tomato, croutons, cucumber, and cheddar cheese with ranch dressing

Soup of the Day: Potato Leek

**THU** 

**Breakfast Special** 

Breakfast Wrap – Scrambled eggs, bacon, hashbrowns, and cheddar cheese in a flour tortilla 6.75

Lunch Specials

**Pizza Burger 8.75** – Angus beef burger with pizza sauce and mozzarella cheese on a kaiser roll

Rosemary and Olive Chicken Salad 8.25 – Rosemary grilled chicken over chopped romaine lettuce with marinated olives, feta cheese, and an herbed red wine vinaigrette Soup of the Day: Lemon Chicken Orzo

**FRI** 4/12

National Grilled

Cheese Sandwich Day Breakfast Special

Ham, Egg, and Cheese on an English Muffin. Served with Fruit 6.75 Lunch Specials

**Roasted Pear & Gouda Grilled Cheese 8.25 –** Roasted pears, gouda cheese, and balsamic caramelized onions on Texas toast bread

**Tuna Cobb Salad 8.25** – Albacore tuna on romaine lettuce with diced tomato, cucumbers, green onions, and hard-boiled eggs. Served with ranch dressing



**SAT** 4/13

**Breakfast Special** 

Meat Lover's Omelet with Toast 6.75

**Lunch Specials** 

**Ham Club Wrap 8.00 –** Ham, bacon, Swiss cheese, lettuce, tomato and mayo in a flour tortilla



**Strawberry Walnut Salad 8.00 –** Baby spinach with red onion, strawberries, toasted walnuts, goat cheese, and strawberry vinaigrette

Soup of the Day: Pasta Fagioli

= vegetarian

= gluten avoided

# COFFEE OF THE WEEK

Caramel Macchiato

#### SMOOTHIE OF THE WEEK

#### **Peanut Butter Banana**

Milk, yogurt, banana, peanut butter, and honey

# SIDE OF THE WEEK

**Potato Salad** 

# PIZZA & HEARTH OVEN SPECIALS

#### Crab Mushroom Pizza 12.00

Remoulade sauce, crab, mushrooms, and cheddar cheese

# Tomato Mozzarella Caprese Dip 6.50

Served with toasted telera roll.

#### DESSERTS

Carrot cake 4.10 Lemon Meringue Pie 3.10

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



DDEAKEACT .

# EVERYDAY MENU MONDAY – SATURDAY

8:00-10:00AM & 11:00AM-2:00PM

DKLAKIASI	Served daily until 10:00. Eggs served with your choice of toast.		
TWO EGGS ANY STYLE	4.10	TOAST White / Wheat / Rye / Sourdough	.65
EGG SANDWICH	4.10	GLUTEN-FREE BREAD	1.25
EGG & MEAT SANDWICH	4.80	ENGLISH MUFFIN	1.30

EGG OMELETTE 5.65 (add .60 for each additional BAGEL W. CREAM CHEESE 2.40 filling)

HOME FRIES/HASH BROWNS 1.55

8.50

**2 BACON SLICES/2 SAUSAGE LINKS** 1.60

### LUNCH Served daily from 11:00 to 2:00

### CHARBROILED BEEF, TURKEY OR GARDEN BURGER

Served with your choice of applesauce, coleslaw, chips, fruit cup, side of the day or add cup of soup for additional \$1.60

# CLASSIC CHEF / GRILLED CHICKEN CAESAR GRILLED CHICKEN SALAD 8.25

**GARDEN SALAD** 5.75 Salads to order are served with our toasted flat bread.

#### HARMONY VEGETARIAN WRAP / SALAD 6.95

COLD SANDWICHES Small 6.15 | Large 7.65 Turkey, Ham, Corned Beef, Tuna Salad, Chicken Salad, or Classic BLT, served with your choice of coleslaw, applesauce, chips, fruit cup, side of the day or add cup of soup for additional \$1.60

# **HOT SANDWICHES** served with choice of chips, applesauce, coleslaw, fruit cup, side of the day or add cup of soup for additional \$1.60

GRILLED CHEESE, HOT DOG	
GOURMET GRILLED CHEESE	7.45
TUNA MELT, GRILLED CHICKEN DELUXE	7.75
REUBEN, RACHEL, PHILLY CHEESESTEAK	8.00

**HEARTH OVEN PIZZA** 9-inch hand-tossed personal pizza, homemade dough and pizza sauce

CHLLOL FIZZA	3.00
PEPPERONI / SAUSAGE PIZZA	10.35

0 25

#### SIDES

**HOMEMADE SOUP** Cup 3.75 | Bowl 5.40

FRENCH FRIES, SWEET POTATO FRIES, ONION RINGS
FRUIT SALAD, APPLESAUCE, COLESLAW 2.60

#### **BEVERAGES**

REGULAR COFFEE, FLAVORED COFFEE OF THE WEEK, DECAF, ICED TEA, FOUNTAIN DRINKS 1.80

FRESHLY GROUND AND SPECIALTY COFFEES HOT COCOA

2.50 – 3.40

#### **BAKERY**

CHEESE DIZZA

MUFFIN	1.80	
CINNAMON BUI	<b>N</b> 3.10	
SCONE	3.10	
COOKIE	1.50 each   3 for 3.70	
PIE	3.10	
CAKE	4.10	
<b>FEATURED ITEMS</b> 1.45 – 2.95 From Cross Keys Village Bakery		

TO PLACE A CARRY OUT ORDER OR TO PREORDER, USE ONLINE ORDERING THROUGH TOUCHTOWN OR CALL EXT. 5678