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# Village News 

Golf Cart Parade<br>Rain Date Activated<br>Craig Hikes, 717-814-0697<br>Karen Norris, Ext. 5239

The April Golf Cart Parade has been moved to Sunday, April 28 due to the potential for rain on Saturday. We will meet at 1:00 pm at the Shoemaker Kiosk to begin the parade. We are looking forward to a great start to the 2024 parade season!


## Harmony Ridge <br> Showcase Exhibit Holly Fetting, Ext. 5454 Director of Life Enrichment

Diane Williams, daughter of Ted Crouse and stepdaughter of Villager Louise Crouse, will be displaying Barbies that she has been collecting since she was a child.

Her Barbie collection consists of many dolls from holiday collections, the armed forces, and just having fun. Stop by the Harmony Ridge showcases and admire this beautiful collection. The exhibit runs May 2 - 30 .

# April 30 Wellness Classes Jenn Vintigni, Ext. 5303 

## Director of Wellness

On Tuesday, April 30, the Wellness Team will be serving at the Volunteer Appreciation event on campus. As a result, the aquatics center will be closed from 11:00 am until 3:00 pm. The following Wellness classes have also been cancelled on April 30:

- HydroHIIT Deep at 10:00 am
- Low Impact at 10:30 am
- Circuit Training at 11:00 am
- Ball Stability at 11:30 am

Thank you for your understanding.


## VILLAGE COUNCIL ELECTION RESULTS

The Nominations \& Elections Committee would like to announce the Village Council roster for the 2024-2025 term beginning in June.

## Bridgewater North

Larry Rohrbach
Loretta Kronner-Most

Bridgewater South
Rick James
Kent HlavacBeckwith

Fiegler
Pru Reichart
Denny Kramer
Harmony Ridge East
Sue Fehringer Kathy Lundari

Harmony Ridge West
Jeanne Laudermilch John Cacciola

## Hearthside

Pat Krieger
Jackie Boisvert
Heritage
Linda Paul Jean Heindel

Oxford
Claire Lewis
Craig Hikes

## Sunnyside

Robert Coddington Helen Stratton

Woodside
Eleanor Detweiler Tom Richards

The Nominations \& Elections Committee would also like to thank all out-going Village Council Members for their service. New Village Council Members are invited to observe the May 2, 2024 meeting at 10:00 am in the Encore Room.

# LET YOUR HANDS DO THE PRAYINE 

Pastor Linda Titzell, Ext. 5580

Remember the yellow pages that listed business numbers and addresses; "Let your fingers do the walking?" I recently felt or heard the Spirit of God invite me to let my hands do the praying, so I did.

1) Palms Open - I began by extending my arms, opening my hands and turning my palms up as a gesture of openness and receptivity to the "still small voice" of God. It was a physical and spiritual relief. I did not pray anything in particular but simply let my open hands do the "talking."
2) Palms Flat - Next, I turned my palms over and held them flat while envisioning my worries and fears, and dropping them all into God's hands. I found that I breathed easier and felt my muscles relax and my pulse slow.
3) Hands Folded - After a while, I pressed my hands together, like the famous "Praying Hands" painting. Again, I let my hands do the praying. I asked the Holy Spirit, on the basis of Romans 8:26, to intercede for meto translate my praying hands into all the petitions I could or should be praying.
4) Hands Lifted - Finally, I lifted my hands in the air, like that Bible verse about "lifting holy hands." Holy or not, the gesture was, for me, one of gratitude and praise.

Letting your hands do the praying can be a helpful practice in many places and circumstances. On an airplane, perhaps, or on a train, in stand-still traffic, in a long line at the bank. Or anywhere where you have run out of words or find it difficult to focus. In such situations, a simple gesture or two can be a good or better prayer than any your lips can express.

## Upcoming Activities

## MON <br> APR <br> 29

10:30 am
No sign up necessary
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 6 and Revelation 7.

# THUR <br> MAY <br> 2 <br> Sweet Spring Sounds: Spring Grove HS Ensemble Nikki Bull, Ext. 5294 Life Enrichment Specialist 

 10:00 amSign up in Uniguest or Harmony Ridge Lobby Closing out our Sweet Spring Sounds Series is Spring Grove High School with their jazz band and jazz ensemble. Prepare to share good vibes, great tunes, and a whole lot of fun! Don't miss out on this opportunity to experience the magic of live music! Due to the short notice, registration is now open to attend this activity.

## THUR <br> MAY <br> 2

## 1:30 pm

Sign up in Uniguest or Harmony Ridge Lobby
Villager Bob Wilson's monthly Jazz History sessions continue with a study of the music of Cole Porter, Johnny Mercer, Harold Arlen, George Gershwin, Harry Warren, and Irving Berlin. Enjoy Bob's engaging verbal history, accompanied by video presentations of classic performances!

Theater


Theater
10:00 am
Sign up in Uniguest or Harmony Ridge Lobby We're cracking up! Well, hopefully not. But we are preparing for our first CKV egg drop competition. Join Life Enrichment Specialist Monte Leister for an informational session on our inaugural egg drop competition: how it works, what's involved, the rules, the categories, and how you can sign up.

| TUES | Appalachian Trail |
| :---: | :--- |
| MAY | Presentation |
| 7 | Nikki Bull, Ext. 5294 <br> Life Enrichment Specialist | 2:00 pm

Theater
Sign up in Uniguest or Harmony Ridge Lobby We will welcome Ed Riggs, a seasoned hiker who has conquered the Appalachian Trail. Ed hiked the AT in 2013 but faced some severe health issues along the way. In fact, he had to leave the trail and come back the following year to get it completed. Ed will be sharing his personal journey with us, as well as some breathtaking photos from his travels. Plus, he'll be answering all of your burning questions about the trail! This is a fantastic opportunity to learn from someone who knows the trail inside and out. Whether you're an experienced hiker or just starting out, you're sure to come away with some valuable insights and inspiration. Mark your calendars and join us for an afternoon of adventure, inspiration, and camaraderie!

## Upcoming Activities

# tues Gettysburg Community <br> MAY 7 Concert Association Nancy Anthony, Ext. 5975 

Pick up: Campus Inn 6:20 pm
Hearthside 6:30 pm
Union Sq 6:35 pm
Sign up in Harmony Ridge Lobby
The Gettysburg Community Concert Association will feature the Ulysses Quartet at St. James Lutheran Church, located on 109 York Street in Gettysburg. Tickets for the concert can be purchased for $\$ 20$ at the door.

The Ulysses Quartet has been praised for the kind of chemistry many quartets long for but rarely achieve, as well as their avid enthusiasm.

Bus transportation is available. If you have questions, please contact Nancy Anthony at 717-624-5975.

TUES
MAY
14

## NOAHS: Railroads in the Gettysburg Campaign Bob Wilson, Ext. 5651

1:30 pm
Theater
Sign up in Uniguest or Harmony Ridge Lobby
Scott Mingus, a historian from York, will present a lecture entitled "Railroads in the Gettysburg Campaign". Mingus is the author of more than 30 books on the Civil War and the Underground Railroad. His latest, co-authored with Eric Wittenberg, is an award-winning book titled "We Are Striking for Pennsylvania". His talk will place special emphasis on railroad lines in our area. While there is no obligation, books will be available for purchase. This presentation is co-sponsored by the New Oxford Area Historical Society.

## THUR <br> MAY <br> 16

10:00-11:30 am Harmony Ridge Courtyard No sign up necessary
Grab your favorite baseball cap and join Wellness and Life Enrichment for a fun and fantastic game of wiffle ball. The rules have been adjusted so that there is no need to run, and the bases have a place for you to sit and rest. Grab your friends, get ready to pick the teams, and PLAY BALL! Spectators are welcome and encouraged.


## Duffy \& Ro: In Concert

Monte Leister, Ext. 5293
Life Enrichment Specialist

Theater
Sign up in Uniguest or Harmony Ridge Lobby Duffy \& Ro music blends the styles of modern country, Americana, and traditional American music into a mix of beautiful vocal harmonies and wellconstructed guitar duets while bringing new life and a fresh perspective to tunes of yesteryear. Their music is sure to inspire and warm the heart of any listener.


Villager Writing Group Gail Ensor, Ext. 5175
Millie Baker, 814-934-0303

## 10:00 am

Encore Room
Sign up in Uniguest or Harmony Ridge Lobby
Come join us to begin creating the Villager Writing Group. If you have ever written a poem, a short story, a book, a memoir, or think you might like to learn about writing, please join us. We are looking for Villagers who like to explore the broad subject of writing. Please join us and see where this takes us! This is not a writing course; there is no spelling check or grammar check. The group is open to anyone, writer or reader. We want to share ideas and stories about our experiences in writing, and perhaps good luck in publishing.

# Upcoming Activities 

## THUR Stars of Europe Virtual <br> MAY <br> 23 1:30 pm

Sign up in Uniguest or Harmony Ridge Lobby Yasmin Levy is perhaps the most exotic entertainer in this series. She is an Israeli singer and songwriter of Judeo-Spanish Sephardic music with roots in the Jewish communities of 15th-century Spain and Portugal, now also found in Greece and Turkey. Her songs in Turkish, Hebrew, and Spanish are about life and death, love and passion, joy and pain, and she sings them in an uncommonly emotive style. In her many concerts and recordings, Levy uses the best musicians from Armenia, Greece, Paraguay, Turkey, Israel, and Spain. She earned the Anna Lindh Award for promoting cross-cultural music dialogue across three continents.

Her study of piano, composition, and the Sephardic music genre began at age six and continued uninterrupted to age nineteen, when her professional career began. The selections compiled for this presentation range from small audience club dates to concerts with a full symphony orchestra and showcase a wide variety of her work in Romania, Turkey, Spain, Greece, and her native Israel.

## Reminders

MON Author Talk: That Summer APR She Found Her Voice Holly Fetting, Ext. 5544 Director of Life Enrichment 11:00 am Encore Room Sign up in Uniguest or Harmony Ridge Lobby 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. While there is no obligation, books will be available for purchase.

| FRI |
| :--- |
| Red Cross Blood Drive <br> MAY Erika Lucas, Ext. 5410 |
| $\mathbf{3}$ |
| Wellness Specialist |
| $11: 30$ am $-4: 00$ pm <br> Call ext. 5410 to sign up |

The Wellness Team is hosting a blood drive in partnership with the Red Cross. Please consider donating blood to help those in need! To sign up, call ext. 5410 or email e.lucas@crosskeysvillage.org.

## Pigeon Forge and Smoky Mountains Show Trip

Betsy Liou, Ext. 5144 CKV Sojourners

There are still seats available. Incredible price includes:
Motorcoach transportation

- 4 nights lodging in the Smokies
- 8 meals: 4 breakfasts and 4 dinners
- 4 shows: Patty Waszak Show, County Tonite, Paula Deen's Lumberjack Feud Show \& "Array"
- Admission to Dollywood
- Guided tour of the Great Smoky Mountains National Park
- Free time in Historic Downtown Gatlinburg

Mark your calendars: Trip participants are invited to a potluck on Saturday, May 11.

Add peace of mind to your trip with Diamond Tours' exclusive Travel Confident Protection Plan.

Sign up at the Residential Living Desk with checks made out to LEC

## Trip Details:

Date: September 16-20
Depart: Union Sq at 8:00 am
Deposit: $\$ 75$ due by May 10
Balance Due: July 1
Total Cost: \$ 760/person, double occupancy

## Reminders

## fefoing Of willuift

## Grounds Department, Ext. 5375

Villagers may hang bird houses and feed birds using feeders, suet blocks and bags. Food placed on the ground to attract ground feeders is discouraged, because it also attracts unwanted wildlife. Houses and feeders should be attached to a shepherd's crook inserted into the ground or hung from tree limbs. Shepherd's crooks must be installed inside mulch beds to avoid added trimming and maintenance. When hanging houses and feeders from limbs, check the hanger periodically, especially in the spring to make sure the tree does not grow around the hanger. This can damage the tree and cause the branch to die.

Feeding wildlife such as squirrels, chipmunks, and ducks is strongly discouraged. The same food also attracts raccoons, groundhogs, skunks, and foxes. These animals have plenty of natural food sources. Feeding them encourages close contact with humans and creates nuisance situations that can potentially turn dangerous.
Feeding cats is also prohibited. Stray and feral cats migrate from surrounding properties. Placing food outside encourages these cats to stay in the community, creating a nuisance.

Please notify the Grounds department if you notice any strange wildlife activity or digging around the property.


## Activities Calendar

## Shopping Trips



Walmart \& PNC
9:00 am
Sign up by 4/29, Harmony Ridge

## TUES <br> MAY <br> 

THUR
MAY
9
TUES
MAY
14

## Events

Walmart \& PNC
9:00 am
Sign up by 5/8, Harmony Ridge

| FRI | Amish of Newburg |
| :--- | :--- |
| APR | Depart: Union Sq/Campus Inn $8: 45 \mathrm{am}$ |
| 26 | 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 |
|  | New Oxford Library Help |
|  | 10:30 am - 12:00 pm |
|  | Encore Room |
|  | Sign up Harmony Ridge Lobby |
|  | National Dance Week: Vibe |
|  | Performing Arts Live Performance |
|  | 6:00 pm |
|  | Theater |
|  | Sign up Uniguest or Harmony Ridge Lobby |

## SUN

APR
28
Weis Market
9:00 am
Sign up by $5 / 6$, Harmony Ridge

Sig

Giant \& Aldi
9:00 am
Sign up by 5/13, Harmony Ridge

New Oxtord Library Help
Encore Room
Sign up Harmony Ridge Lobby
National Dance Week: Vibe
Performing Arts Live Performance
6:00 pm
Sign up Uniguest or Harmony Ridge Lobby
APR
29

APR
30

SAT Friends of CKV Indoor Yard Sale 8:00 am - 12:00 pm
Nicarry Meetinghouse
Golf Cart Parade: "Spring" 1:00 pm
Shoemaker Kiosk

## Post-Polio Support Group <br> 1:00 pm <br> Encore Room <br> Sunday Matinee Movie <br> "Home From the Hill" <br> 2:00-4:30 pm <br> Theater

MON Illustration Basics in Colored Pencil
10:00 am - 12:00 pm
Art Education Studio
Sign up Uniguest or Harmony Ridge Lobby
Good News Group
10:30 am
Theater
Author Talk - That Summer She Found Her Voice
11:00 am
Encore Room
Sign up Uniguest or Harmony Ridge Lobby
Spring Hymn Sing
2:00 pm
Theater
Sign up Uniguest or Harmony Ridge Lobby

TUES Sweet Spring Sounds: Spring Grove

High School Live Performance
10:00 am
Theater
Sign up Uniguest or Harmony Ridge Lobby

## Activities Calendar

| WED | Men's Fellowship Breakfast |
| :--- | :--- |
| MAY | $7: 30 \mathrm{am}$ |
| Garden Room |  |
|  | Sign up Uniguest or Harmony Ridge Lobby |
|  | CKV Ensemble Spring Concert |
|  | 2:00 pm |
|  | Theater |
|  | Sign up Uniguest or Harmony Ridge Lobby |
|  | Wednesday Evening Movie: |
|  | "The Egg \& I" (NR, 1h 48m) |
|  | 6:00 pm |
|  | Theater |


| THUR | Memory Screenings |
| :--- | :--- |
| MAY | 9:00 am $-12: 00 \mathrm{pm}$ |
| 1:00 $-3: 00$ pm |  |
| 2 | Ensemble Room |
|  | Sign up with Kim Korge, ext. 5272 |
|  | Sweet Spring Sounds: Spring Grove |
|  | High School Ensemble |
|  | 10:00 am |
|  | Theater |
|  | Sign up Uniguest or Harmony Ridge Lobby |
|  |  |
|  |  |
|  | Ukulele Petting Zoo |
|  | 12:00 pm |
|  | Theater |

## Activities Calendar

| SUN <br> MAY <br> 12 | Sunday Movie Matinee: <br> "The Terminal" (PG, 2h 9m) <br> 2:00 pm <br> Theater | TUES <br> MAY <br> 21 | Travel Tours: Heartland of Central Europe <br> 11:00 am <br> Theater <br> Sign up Uniguest or Harmony Ridge Lobby |
| :---: | :---: | :---: | :---: |
| TUES | NOAHS: Railroads in the | THUR | Stars of Europe Virtual Concert |
| $\begin{aligned} & \text { MAY } \\ & 14 \end{aligned}$ | Gettysburg Campaign $1: 30 \mathrm{pm}$ <br> Theater <br> Sign up Uniguest or Harmony Ridge Lobby | $\begin{aligned} & \text { MAY } \\ & 23 \end{aligned}$ | Series: Yasmin Levy <br> 1:30 pm <br> Theater <br> Sign up Uniguest or Harmony Ridge Lobby |
|  | Campus Inn Jazz Night featuring Bill Boublitz $4: 30-6: 30 \mathrm{pm}$ <br> Campus Inn Call ext. 5656 to make reservations | $\begin{aligned} & \text { SUN } \\ & \text { MAY } \\ & 26 \end{aligned}$ | Sunday Movie Matinee: <br> "De-Lovely: The Cole Porter Story" <br> (PG-13, 2h 6m) <br> 2:00 pm <br> Theater |
| THUR | Village Wiffle Ball | TUES | Campus Inn Music Night |
| $\begin{aligned} & \text { MAY } \\ & 16 \end{aligned}$ | 10:00 am Harmony Courtyard | $\begin{aligned} & \text { MAY } \\ & 28 \end{aligned}$ | $4: 30-6: 30 \mathrm{pm}$ <br> Campus Inn |
|  | Duffy \& Ro: In Concert 2:00 pm |  | Call ext. 5656 to make reservations |
|  | Theater | SUN | Totem Pole Playhouse Bus Trip: |
|  | Sign up Uniguest or Harmony Ridge Lobby | JUN | "CLUE" <br> Depart: Campus Inn/Union Sq 12:30 pm |
| $\begin{aligned} & \text { FRI } \\ & \text { MAY } \end{aligned}$ | Villager Writing Group 10:00 am | 30 | Sign up Residential Living Desk Cost: $\$ 68$, payable to LEC |
|  | Encore Room <br> Sign up Uniguest or Harmony Ridge Lobby | MON | Pigeon Forge Overnight Bus Trip |
|  | Sign up Uniguest or Harmony Ridge | SEP | Depart: Union Sq 8:00 am |
|  | Experience Museum Depart: Union Sq at 1:00 pm | 16 | Sign up Residential Living Desk |
|  | Sign up Residential Living Desk Cost: $\$ 12$, payable to LEC by May 10 | FRI | American Music Theater |
|  | Cost. \$12, payable to LEC by May 10 | NOV | \& Shady Maple |
| SAT | Movie \& A Meal | $\bigcirc$ | Depart: Union Sq 9:45 am |
|  | My Big Fat Greek Wedding" (PG, 1h 35m) | $\bigcirc$ | Sign up Residential Living Desk Cost: \$90, payable to LEC |
|  | 3:00 pm | THUR | West Virginia Overnight Bus Trip |
|  | Theater | NOV | Depart: Union Sq 8:00 am |
| MON | Solomon Eichner Piano Concert |  | Sign up Residential Living Desk |
| $\begin{aligned} & \text { MAY } \\ & 20 \end{aligned}$ | 2:00 pm |  |  |
|  | Theater <br> Sign up Uniguest or Harmony Ridge Lobby | The cont eliefs or o | t of programs may not represent the inions of the Church of the Brethren or the CKV organization. |

## Weekly Activities

## MONDAYS

9:00 am Cancelled Stamp Group
Creative Arts Room
10:30 am Good News Group
Theater
1:00 pm Village Choir
Nicarry

## TUESDAYS

9:00 am Contemporary Line Dancing
Wellness Studio
9:30 am Chimers
Ensemble Room
10:00 am Open Studio Tuesday Group
Art Education Studio
10:00 am Pottery Wheel Work Group
Art Education Studio
12:30 pm Blood Pressure Checks
Presto Room
1:00 pm Chess Workshop
Gathering Room
1:00 pm Knitters \& Crocheters
Creative Arts Room
6:00 pm Card Night
Ensemble Room
6:00 pm Faith \& Life Sharing
Encore Room

## WEDNESDAYS

9:00 am CKV Card Makers Creative Arts Room

1:00 pm CKV Ensemble Theater

2:00 pm Mixed Arts Group Creative Arts Room

2:00 pm Mid-Week Worship Channel 25

3:00 pm Faith \& Life Sharing Ensemble Room

3:00 pm Ukulele Ensemble Theater
6:00 pm Cards - Pinochle Ensemble Room

## THURSDAYS

9:00 am Contemporary Line Dancing
Wellness Studio
6:00 pm Cards - 500
Ensemble Room

## FRIDAYS

10:00 am Open Studio Friday Group
Art Education Studio
1:00 pm Wii Bowling
Encore Room

## SATURDAYS

6:00 pm Game Night
Ensemble Room

## SUNDAYS

10:00 am Worship Service
Nicarry

## Monthly Activities

| Activity | Day | Time | Room | Leader |
| :---: | :---: | :---: | :---: | :---: |
| Bible Study | 1st \& 3rd Wednesday | 2:00 pm | Encore Room | Garry Wilt |
| Bible Study (CBC) | 2nd \& 4th Thursday | 3:00 pm | Ensemble Room | Frank Koleszar |
| Bingo | 2nd \& 4th Monday | 6:30 pm | Encore Room | Wellness |
| Blue \& Gray Stamp Club | 3rd Monday | 6:30 pm | Encore Room | Kalman Illyefalvi |
| Catholic Mass | 1st Tuesday | 10:00 am | Nicarry | Pastoral Care |
| CKV Quilters | 1st Thursday | 10:00 am | Creative Arts Room | Sheryl Snyder |
| Diamond Art Group | 1st \& 3rd Thursday | 1:00 pm | Creative Arts Room | Barbara Goehle |
| Farmers | 2nd Thursday | 9:00 am | Gathering Room | Byron Grossnickle |
| Hand Building Pottery | 1st Thursday | 9:00 am | Art Education Studio | Pete MacEwan |
| Hearing Screenings | Last Friday | 9:00 am | Presto Room | Residential Living |
| Jazz History | 1st Thursday | 1:30 pm | Theater | Bob Wilson |
| Library Committee | 4th Thursday | 3:00 pm | Gathering Room | Diane Glotfelty |
| Life Enrichment Committee | 2nd Tuesday | 2:30 pm | Ensemble Room | Lynn Titzell |
| Memory Garden Caregiver Support | 2nd Friday | 1:30 pm | Presto Room | Kim Korge |
| Men's Fellowship | 1st Wednesday | 7:30 am | Garden Room | Lynn Titzell |
| Military Vet Committee | 2nd Thursday | 3:00 pm | Presto Room | Mike Ricciuto |
| Mixed Arts Group | 2nd \& 4th Saturday | 9:00 am | Creative Arts Room | Julie Geyer |
| Parkinson's Group | 3rd Thursday | 1:00 pm | Encore Room | Helen Stratton |
| Reflection - Inward | 3rd Tuesday | 9:30 am | Presto Room | Holly Fetting |
| Sew Blessed Quilters | 2nd Friday | 9:00 am | Creative Arts Room | Gloria Davidson |
| Stars of Europe Virtual Concert | 4th Thursday | 1:30 pm | Theater | Al Karasa |
| Sunday Movie Matinees | 2nd \& 4th Sunday | 2:00 pm | Theater | Mike Merlo |
| Train Committee | 2nd Friday, Bimonthly | 10:30 am | Ensemble Room | Don Parrish |
| Transitional Support Group | 3rd Tuesday | 2:30 pm | Ensemble Room | Kim Korge |
| Travel Tours w/ Karen \& Joe | 3rd Tuesday | 11:00 am | Theater | Karen \& Joe Richard |
| Trivia | 4th Tuesday | 2:00 pm | Encore Room | Kim Korge |
| Village Council | 1st Thursday | 9:30 am | Encore Room | Larry Rohrbach |
| Village Diversity Group | 3rd Tuesday | 12:00 pm | Encore Room | Terry Mobley |
| Woodshop Members | 3rd Thursday, Quarterly | 9:00 am | Ensemble Room | Don Forrest |

## COTTAGES, COUNTRY HOMES, \& GARDEN HOMES

- Trash is picked up on Mondays and Thursdays (except on holidays). Please place trash in a tied plastic bag at the end of your sidewalk/driveway by 8:00 am on pickup days. Please help us avoid attracting unwanted animals by not placing trash outside the night before pickup. Outside trash cans are not permitted.
- Recyclables are collected in the Village with the trash on Mondays only. A list of acceptable items can be found on the back of this guide. Recyclable items should be rinsed and free of debris. Villagers can use the recycling bin provided in their home to place recyclable items in. Please contact the Grounds Department at ext. 5375 or 717-624-5375 if you need a recycling bin.
- Garden debris, leaves, and tree or shrub branches are collected with the trash on Thursdays. Please place loose items in a bucket or container and bundle tree and shrub branches to make them easier to pick up.
- Holidays \& Weather Delays - Trash, recycling, and garden debris will be picked up on the next scheduled pickup day. Any changes to this schedule, including changes due to weather, will be advertised on Channel 25 and Touchtown.


## HARMONY RIDGE APARTMENTS \& HEARTHSIDE FLATS

- Trash: Villagers should dispose of their trash by first putting it in a plastic bag and tying it securly before placing it into the trash chute or bins provided in the trash room or garage area. For the safety of our housekeeping team members, please be mindful of glass disposal. Please call the Housekeeping department at ext. 5564 or 717-624-5564 if you identify broken glass in the trash and recycling areas.
- Recyclables: Separate recycling bins are available. A list of acceptable items can be found on the back of this guide. Recyclable items should be rinsed and free of debris. Please bag recyclable items and place the bags in the appropriately marked bins.


## ALL VILLAGERS

- Please do not overload trash bags. Heavy bags can easily tear and cause safety hazards for team members and volunteers. A bulk trash or recycling pickup request may be made by call the Grounds Department at ext. 5375 or 717-624-5375.
- newspaper - magazines - catalogs
- office paper - junk mail (if shredded must be bagged)
- phone books
- empty and dry milk and juice cartons
- flattened cardboard - pizza boxes - paper bags
- flattened paper board (cereal and food boxes, with inner liners removed)
- empty and dry plastic jugs and bottles
- lids are to be removed but they can also be recycled
- empty and dry household containers
- large rigid plastic items (anything plastic that is not electronic)
- empty and dry aluminum cans
- empty and dry tin and steel cans
- metal pots, pans, and utensils

GLASS


- clear and colored bottles and jars (must be empty and dry with lids removed. Lids can be recycled).
- trash - garbage - clothing - rags
- aluminum foil, pans, and plates
- styrofoam containers - packing "peanuts"
- plastic bags - bubble wrap
- wood items


## ACCEPTED

- propane tanks - paint cans - concrete
- medical waste and equipment (Residential Health can assist with this, call ext. 5387 or 717-624-5387)
- electronics - electrical cords
- chemicals - flammable liquids - cleaners
- garden hoses
- light bulbs - household batteries (they are accepted in the Harmony Ridge Community Center)

Please call the Grounds Department at ext. 5375 or 717-624-5375
with questions or concerns about recycling.

Channel 25 Programming

## Monday, April 29

9:30am NEW Chairobics w/Madi
10:00am Hillbilly Kitchen - Yum Yum Salad Dessert
11:00am I Wish I Knew This When I Started Acrylics
12:00pm Shawn Bolz on Christian Comedy
1:00pm NEW Chairobics w/Madi
2:00pm Napoleon Documentary

## Tuesday, April 30

| 9:30am | NEW Tai Chi w/Brittany |
| :--- | :--- |
| 10:00am | Reconstruction After the Civil War |
| 11:00am | The Entire History of Europe |
| 1:00pm | NEW Tai Chi w/Brittany |
| 1:30pm | Inside the California Gold Rush of the 1800s |
| 2:30pm | Made in Virginia: Stable Craft Brewing |

## Wednesday, May 1

9:30am NEW PurEnergy w/Madi
10:30am Raphael - Italian High Renaissance Painter
11:30am From the Great Plains to the Great War
12:30pm India is Splitting into Two Continents
1:00pm NEW PurEnergy w/Madi
2:00pm Church Service (Replay)

## Thursday, May 2

9:30am NEW Chair Yoga w/Tanya
10:00am This Part of History was Skipped
11:30am The History of the First World Map
1:00pm NEW Chair Yoga w/Tanya
2:00pm The Celts: Dark Age Masters of Europe

## Friday, May 3

9:30am NEW Chairobics w/Madi
10:00am Whale Warriors: Saving Humpbacks
11:00am The Conquest \& Fall of Constantinople
1:00pm NEW Chairobics w/Madi
1:30pm Greek Mythology - Zeus in Love
2:00pm The Unstoppable Red Fire Ant

## April 29 - May 5, 2024

## Saturday, May 4

8:30am Cuckoo - the dirty tricks of parasitic birds
10:00am French romanticism Painters
12:30pm History of Human Civilizations
3:00pm The Planets Outside the Solar System
5:30pm The Lady in Ermine - 1949 Grable/Fairbanks
8:00pm Billy Joel Concert

## Sunday, May 5

8:00am Cornerstone Chapel - Winning the War Within
10:00am Live Church Service from Nicarry
11:30am Beyond the Fall of Rome
2:30pm The Story of Nashville Songwriters
4:30pm Church Service (replay) from April 28
6:00pm A Man Alone - 1955 Western
8:00pm Bill Gaither Concert - Singing in the Sun

## Watch In Touch every weekday <br> - 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


## Carwing Station

Slow Roasted Brisket served with Au Jus and Caramelized Onion Horseradish Sauce

## Entrees

Chicken with Lemon Rosemary Sauce over Angel Hair Pasta
(5) Parmesan Crusted Tilapia with Sundried Tomato Cream Sauce D( ${ }^{\circ}$ Eggplant Moussaka
(Greek Vegetarian Lasagna)
Sideb
Mashed Potatoes with Gravy
Scalloped Potatoes
Honey Glazed Baby Carrots with Fresh Dill
Gith pistachios, feta cheese and balsamic vinaigrette dressing

## Desserts

Double Chocolate Cake
Bananas Foster Cake
Raspberry Crème Brulé
Fresh Fruit

## CAMPUS INN

## Jazz <br> Night

## featuring Bill Boublitz

## - Oyster Soup

Shrimp Po-Boy Sandwich 9.00
Do Fried shrimp sandwich garnished with shredded lettuce, sliced tomatoes, and Remoulade sauce.

Served with Creole coleslaw.
Vegetarian Black Beans \& Rice 8.00 © Add grilled chicken +3.60
Served with southern squash casserole.
Creole Grilled Cheese 10.00
Gluten-free option available
Pepper Jack cheese, red onion, and ham. Served with onion rings.
Bread Pudding 4.00 with a creamy vanilla dessert sauce

Regular menu available

# TUESDAY, MAY 14 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 29

CLOSED

## TUESDAY, APRIL 30

## Italian Wedding Soup

## Chicken Caprese 13.00

Grilled marinated chicken breast, fresh tomato, mozzarella, and basil topped with balsamic glaze. Served with jasmine rice and sauteed spinach

Salmon Cakes with Dill Cream Sauce 13.00
Served with scalloped potatoes and carrots
*Regular Menu Available*

## WEDNESDAY, MAY 1

## Roasted Pepper and Smoked Gouda Bisque

Roast Pork Tenderloin 13.00
Served with mushroom risotto and grilled asparagus

## Breaded Catfish 13.00

Served with white cheddar macaroni and stewed tomatoes
*Regular Menu Available*


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

## APRIL 29 - MAY 4

## THURSDAY, MAY 2

## New England Clam Chowder

Chef's Table: Lobster Rolls $\mathbf{1 5 . 0 0}$
Served with homemade old bay chips
*Gluten Free rolls available upon request
Ham Loaf w/ Apple Cider Glaze 13.00
Served with mashed potatoes and corn
*Regular Menu Available*

## FRIDAY, MAY 3 <br> KENTUCKY DERBY NIGHT AT THE CAFÉ

See Café All Day Menu for Details

# SATURDAY, MAY 4 <br> NO REGULAR MENU TAKE-OUT OR DELIVERY ONLY 

## Chicken Corn Soup

## Baked Manicotti 12.00

Cheese manicotti baked in a tomato basil sauce and topped with cheese. Served with broccoli and garlic bread

Chargrilled Cheeseburger 10.00
Angus beef patty with lettuce, tomato, onion, American cheese on a grilled kaiser roll.
Served with French fries
Lemon Pepper Haddock 12.85
Served with baked potato and peas

Side of the Week: Pea \& Cheese Salad
Desserts: Apple Pie
3.10

Vanilla Crunch Cake

# GINPUS Innos 

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

## BEVERAGES <br> 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<br>Classic Caesar sm. $3.60 \quad$ Ig. 6.70<br>Chopped romaine, parmesan cheese, croutons and Classic Caesar dressing,<br>House Salad sm. $3.60 \quad$ lg. 6.70<br>Spring mix lettuce, cucumbers, cherry tomatoes, carrots, choice of dressing<br>Add Protein To Your Salad<br>Grilled chicken 3.60<br>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 Uniguest or call ext. 5656

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

## Gampus Inn•e

## 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.
(2) Garlic \& Sage Rubbed 14.40 Pork Chop
6 oz pan-roasted center cut pork chop served with natural jus
(2) 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
Breaded chicken, spaghetti, homemade marinara, mozzarella and parmesan cheese

## SIDES <br> 2.60

Onion Rings
French Fries
Sweet Potato Fries
© Green Beans
(2) Steamed Broccoli
(3) Peas
(3) Mashed Potatoes
(2) Baked Potato
(2) Sweet Potato
(2) 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


## Fridayt May 3

Breakfast: 8:00-10:00 am
Grab ' n ' Go: 10:00-11:00 am
Lunch: 11:00-2:00 pm
Grab ' $n$ ' Go: 2:00-3:00 pm
Dinner: 4:30-6:30 pm
Grab ' $n$ ' Go selections also available during dining hours.

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

## Breakfast

Maple Infused Pancakes with 6.25 Sausage links

## Lunch

Cuban Sandwich
Shredded pork, thinly sliced ham, Swiss cheese, sliced pickles, mayo and mustard on a kaiser roll

## Chicken BLT Salad

Romaine lettuce, grilled chicken, bacon, tomato, croutons and thousand island dressing

## Dinner "Kentucky Derby"

## Fried Green Tomatoes

With a mustard and paprika dipping sauce

## Kentucky Hot Brown

## Sandwich

Roasted turkey, tomatoes, bacon and creamy mornay sauce on white bread

## Southern Fried Chicken

Served with Kentucky country green beans, pimento cheese grits and fresh baked biscuit

## Caramel Chocolate

WEEKLY SPECIALS APRIL 29 - MAY 4

Breakfast Special
Breakfast Burger 6.75 - Sausage patty, egg, American cheese, spiced ketchup on a potato roll. Served with Fruit Lunch Specials
Black Bean Burger 8.75 - Black bean burger, avocado, fresh corn relish and roasted tomato aioli on a grilled kaiser roll
Apple Pecan Salad 8.00 - Spring mix lettuce, apples, toasted pecans, goat cheese, bacon, and apple cider vinaigrette
© Soup of the Day: Beef and Rice
Breakfast Special
Chipped Beef Gravy over Toast 6.95

## Lunch Specials

Chicken Melt 8.50 - Breaded chicken breast with pepper jack cheese, tomato, red onion, and ranch on Texas toast and grilled
Sante Fe Shrimp Salad 9.00 - Spring mix lettuce, shrimp, avocado, pico de gallo, tortilla strips, and Sante Fe dressing
Soup of the Day: Italian Wedding

## Breakfast Special

Steak, Egg ,and Cheddar Cheese Omelet with Toast 6.95
Lunch Specials
Chili Dog 8.00 - Grilled beef frank with chili and cheese sauce. Served with fries
Chef Salad 8.25 - Spring mix lettuce with turkey, ham, cheddar, hardboiled egg, cherry tomatoes, red onion, and ranch dressing
©Soup of the Day: Roasted Pepper and Smoked Gouda Bisque
Breakfast Special
Grilled Canadian Bacon, Egg, Swiss Cheese on Texas Toast with Fruit 6.75 Lunch Specials
Roast Beef Sandwich 8.75 - Thinly sliced roast beef with cheese sauce on Brioche roll
Pineapple Cashew Chicken Salad 8.25 - Spring mix lettuce with grilled chicken breast, pineapple, cashews, roasted red peppers, and a pineapple vinaigrette
©Soup of the Day: New England Clam Chowder
Breakfast Special
Maple Infused Pancakes with Sausage links 6.25
Lunch Specials
Cuban Sandwich 8.75 - Shredded pork, thinly sliced ham, Swiss cheese, sliced pickles, mayo, and mustard on a kaiser roll
Chicken BLT Salad 8.25 - Romaine lettuce, grilled chicken, bacon, tomato, croutons, and thousand island dressing
Soup of the Day: Cream of Spinach
Breakfast Special
Vegetable Omelet (spinach, tomato, mushroom, cheddar) with Toast 6.95
Lunch Specials
Monaco Grill 8.50 - Roast turkey, ham, Swiss cheese, spinach, tomato, and honey
mustard dressing on grilled rye bread
Turkey Apricot Salad 8.25 - Mixed greens, turkey, dried apricots, toasted almonds,
feta cheese, and apricot vinaigrette
(Soup of the Day: Chicken Corn

## Breakfast Special

Vegetable Omelet (spinach, tomato, mushroom, cheddar) with Toast 6.95
Lunch Specials
Monaco Grill 8.50 - Roast turkey, ham, Swiss cheese, spinach, tomato, and honey mustard dressing on grilled rye bread
Turkey Apricot Salad 8.25 - Mixed greens, turkey, dried apricots, toasted almonds,
Soup of the Day: Chicken Corn

COFFEE OF
THE WEEK
Toasted Hazelnut

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SMOOTHIE OF
WEEK
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Orange Dreamsicle
Vanilla Yogurt, Orange Juice, and Peaches

SIDE OF THE
WEEK
Pea \& Cheese Salad
Peas, hardboiled eggs, red onion, cheddar cheese, \& mayo

PIZZA \&
HEARTH OVEN SPECIALS

Four Cheese Pizza 10.00
Pizza Sauce, provolone, cheddar, mozzarella, and parmesan cheeses

Cheesy Potato Casserole 7.00
Sliced potatoes, cheddar cheese, green onions, chives, bacon, and broccoli

DESSERTS
Apple Pie

Vanilla Crunch Cake

BAKERY
Cranberry Muffin
Orange Coffee Cake
2.80

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

EVERYDAY MENU MONDAY - SATURDAY 8:00-10:00AM \& 11:00AM-2:00PM
BREAKFAST

TWO EGGS ANY STYLE
EGG SANDWICH
4.10
4.10

EGG \& MEAT SANDWICH
4.80

EGG OMELETTE 5.65 (add .60 for each additional filling)
2 BACON SLICES/2 SAUSAGE LINKS 1.60

## LUNCH Sened dalily tom 11:00t 2 200

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, Egg 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 $\$ 1.60$

Served daily until 10:00. Eggs served with your choice of toast.

## SIDES

HOMEMADE SOUP Cup 3.75 |Bowl 5.40
FRENCH FRIES, SWEET POTATO FRIES, ONION RINGS
FRUIT SALAD, APPLESAUCE, COLESLAW

## BEVERAGES

REGULAR COFFEE, FLAVORED COFFEE OF THE WEEK, DECAF, ICED TEA, FOUNTAIN DRINKS
FRESHLY GROUND AND SPECIALTY COFFEES HOT COCOA
TOAST White / Wheat / Rye / Sourdough ..... 65
GLUTEN-FREE BREAD ..... 1.25
ENGLISH MUFFIN ..... 1.30
BAGEL W. CREAM CHEESE ..... 2.40
HOME FRIES/HASH BROWNS ..... 1.55
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 ..... 5.55
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.CHEESE PIZZA9.85
PEPPERONI / SAUSAGE PIZZA ..... 10.35
FLATBREAD PIZZA (Cheese or Meat) ..... 8.00
BAKERY

| MUFFIN | 1.80 |
| :--- | :---: |
| CINNAMON BUN | 3.10 |
| SCONE | 3.10 |
| COOKIE | 1.50 each $\mid 3$ for 3.70 |
| PIE | 3.10 |
| CAKE | 4.10 |
| FEATURED ITEMS | $1.45-2.95$ |
| From Cross Keys Village Bakery |  |

