

# 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, UPMC

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!

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### **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.

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## **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!

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### **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.**