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# The Journey Through Retirement

Nikki Bull, Ext. 5294 Life Enrichment Specialist

Jill Kaylor will be leading a discussion on the growing impact of the Silver Tsunami, sharing statistics about the increasing number of retirees in the coming years. We will discuss the common stages of retirement and the emotions that accompany the transition, from excitement and relief to challenges like loneliness and loss of identity.

#### **Event Details:**

Date: Tuesday, March 25

Time: 11:00 am Location: Theater

Sign up in Uniguest or Harmony Ridge Lobby

# Welcome to our new Villagers!

- William & Paula Shoemaker moved from Gettysburg to 26 Peace Circle. William's phone number is 717-451-6549 and Paula's number is 717-873-7894.
- John & Betty Horsham moved from Reisterstown, MD to 996 Bridgewater Drive. John's phone number is 410-833-1444 and Betty's is 410-812-1679.
- William & Regina Dignan moved from Hanover to HRW apartment 363. Their phone number is 717-624-5161.



# Village News

# Favorite Hymns for Lent Pastor Linda Titzell, Ext. 5580

We don't necessarily think of Lent as a time to sing. But there are many hymns of Lent that can carry us through this lovely, spiritually rich season. Here is musical inspiration for this transformative time.

- 1) "Come Thou Fount of Every Blessing" What great reminder that God's grace is there to carry us through whatever trials we face.

  The verse that moves me the most: "Let thy goodness like a fetter bind my wandering heart to thee." May I be the Lord's prisoner forever.
- 2) "Dear Lord and Father of Mankind" American poet John Greenleaf Whittier understood how necessary it is to turn to God, asking for forgiveness. Prayer is at the heart of that process. "Drop thy still dews of quietness, Till all our strivings cease..." What a perfect prayer for Lent.
- 3) "Take My Life, and Let it Be" The words of a Lent hymn, like this one, stick in your soul. Like Jesus said, "You shall love the Lord your God with all your heart, with all your soul and with all your mind" (Matthew 22:37).
- 4) "Be Still, My Soul" Lent is a great time to practice contemplative prayer. Our minds can be noisy with distractions. But when we give all those worries and concerns over to the Lord, we can be still: "Be still my soul thy best, thy heavenly friend..."
- 5) "Amazing Grace" Everybody's favorite hymn. During our Lenten journey, it feels especially appropriate. "Through many dangers, toils and snares, I have already come. Tis grace that brought me safe thus far, And grace will lead me home." Those toils that Jesus endured in the wilderness, that we honor at Lent, can only be endured through God's grace. May it be with you.

(excerpts Guidepost article by Rick Hamlin)





# Thursday Guesswork Time Change Kimberly Korge, Ext. 5272 Memory Support Education Coord.

Thursday Guesswork is moving to a new time. Same location and the same smiling faces of Kim and Monte, plus the same belly-laughing good time. Beginning on Thursday, March 27, and going forward, Thursday Guesswork will be meeting at 1:00 pm in the Encore Room. Wednesday Guesswork will continue to meet at 11:00 am.

Not sure what Guesswork is? Stop by on the fourth Wednesday or Thursday of the month and check it out!



ANNUAL FIRE EXTINGUISHER INSPECTIONS

Maintenance Department, Ext. 5291

To ensure proper operation in the event of an emergency, Cross Keys Village conducts an annual inspection of every CKV-issued fire extinguisher on campus. We will be conducting inspections of fire extinguishers for the Harmony Ridge Apartments, Hearthside, Cottages, and Country & Garden Homes during the week of Monday, March 24, through Friday, March 28. In order to inspect all fire extinguishers in these locations, we ask for your assistance.

All Cottage, Country & Garden Home Villagers, please set your fire extinguisher outside on your front porch by 7:00 am on Monday, March 24. You may place your fire extinguisher back in your residence on Friday, March 28. In some cases, you may receive a loaner fire extinguisher if yours is due for further testing this year. Do not bring your extinguishers to the Harmony Ridge building. BFPE will be checking them at your residence again this year. If you need assistance with bringing your fire extinguisher to your front porch, please contact the Maintenance Office at ext. 5291.

All Harmony Ridge Apartment & Hearthside Villagers, please set your fire extinguisher outside your door in the hallway by 7:00 am on Monday, March 24. You may place your fire extinguisher back in your apartment on Friday, March 28. In some cases, you may receive a loaner fire extinguisher if yours is due for further testing this year. If you need assistance with bringing your fire extinguisher out into the hallway, please contact the Maintenance Office at ext. 5291.

# **Upcoming Activities**

SUN MAR 16 Sunday Movie Matinee:
"Angels & Demons"
Charlie Herr, Ext. 5725
Villager Movie Group

2:00 - 4:30 pm No sign-up necessary **Theater** 

Angels & Demons is a mystery thriller film directed by Ron Howard and written by Akiva Goldsman and David Koepp, based on Dan Brown's 2000 novel of the same title. The movie stars Tom Hanks and Ewan MacGregor.

The Catholic Church mourns the sudden death of Pope Pius XVI and prepares for the papal conclave to elect his successor in Vatican City. Father Patrick McKenna, the Camerlengo, temporarily controls the Vatican during the sede vacante period. Meanwhile at the CERN nuclear laboratory, scientists Father Silvano Bentivoglio and Dr. Vittoria Vetra create three canisters of antimatter. As Vetra goes to evaluate the experiment, she discovers that Silvano has been murdered, and one canister stolen. A kidnapper sends the Vatican a warning, claiming he will murder each of the conclave cardinals, one every hour until midnight, when the stolen antimatter, hidden in a secret location, will explode and destroy the city.

Rated PG-13, with subtitles



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 Pastor Gary Hamrick of Cornerstone Chapel, Leesburg, VA. Meeting together and watching the programs will deepen your understanding of God's Word and foster good fellowship. Our next program will be on Genesis 29:31-30:43.

MAR 19 Miniature Military
Gaming for Beginners
Ed Duffy, Ext. 5879

6:00 - 8:00 pm No sign up necessary **Creative Arts Room** 

Join us for a fun and interesting opportunity to play a miniature military game. All playing pieces will be provided; all you need to bring is your interest in having fun. An excellent opportunity for gaming enthusiasts, hobbyists, and history buffs.

Chairs will be available so that you can play this two-hour game standing or sitting.

With just a few minutes of orientation, you can command a rifle squad of American or Wehrmacht soldiers using 1/56" figures.

MON MAR 31 Virtual Library Series: Rodgers & Hammerstein Part 3

Nikki Bull, Ext. 5294 Life Enrichment Specialist

10:30 am Encore Room Sign up in Uniguest or Harmony Ridge Lobby

A three-part series on the history of Rodgers and Hammerstein highlighting the duo's significant contributions to American musical theater, including Broadway shows like Oklahoma, Carousel, South Pacific, The King and I, and The Sound of Music. We will explore the early career of lyricist Oscar Hammerstein II, his successful collaboration with composer Jerome Kern (Showboat, All The Things You Are, The Song Is You, etc.), and the successes and struggles of his years prior to teaming up with Richard Rodgers to write OKLAHOMA! This presentation is made possible thanks to Tewksbury Library (Massachusetts), in collaboration with Groton Public Library (New York).

The Virtual Library Series will showcase different library systems in each presentation. It's an online learning experience where you can connect with content and instructors from anywhere, using digital tools.

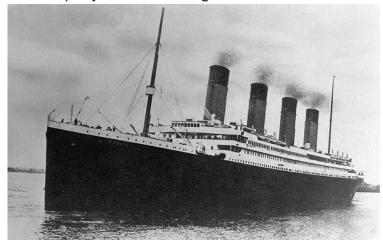
# **Upcoming Activities**

TUES
APR
1

Titanic Miniseries:
Part 4
Nikki Bull, Ext. 5294
Life Enrichment Specialist

3:00 - 4:40 pm Theater Sign up in Uniquest or Harmony Ridge Lobby

Mark's situation seems to get better still when J.P. Morgan arrives from New York. When told the reason why his chief metallurgist has been fired, Morgan has him immediately reinstated. Mark starts looking for a viable alternative to the double hull, an alternative he finds in higher bulkheads. Meanwhile, general elections are in sight. Home Rule for Ireland is at stake. On the ship front, Mark's proposition to erect higher bulkheads to defend Titanic is crushed by Bruce Ismay, the chairman of White Star Line, the company Titanic is being built for.



APR 2

# Needle Felting Classes

Monte Leister, Ext. 5293
Life Enrichment Specialist

Sign up in Uniquest or Harmony Ridge Lobby

Villager artist Pam Wisor will be leading classes in the art of needle felting. Needle felting is the process of intentionally tangling and matting fibers with a special barbed or slotted felting needle. This process allows you to create two- and three-dimensional shapes, combining different colors and textures. All supplies will be provided. Sign up for one of these two identical sessions.

SAT APR 5

# Sola Flowers Workshop Nikki Bull, Ext. 5294 Life Enrichment Specialist

3:00 - 5:00 pm

Sign up at Residential Living Desk Garden Room Cost: \$20, payable to Sarah's Sola Dreams

Sola flowers are eco-friendly and sustainable alternatives to cut flowers. They are made from the renewable wood of a marshy plant called Shola. The tuber from the root of a tapioca plant is also used to make sola flowers. Sola wood flowers are incredibly light and soft and can easily take on the appearance of an authentic flower. They look like real flowers and last a lifetime.

Hosted by Life Enrichment in partnership with Sarah's Sola Dreams, all materials will be provided for this workshop. There is a \$20 charge for the workshop. Checks (made payable to Sarah's Sola Dreams) can be turned into the Residential Living desk. An example of the finished project can be found in the Harmony Ridge Lobby.

SUN APR 6 Hanover Symphony
Orchestra Concert
Deb Diddlemeyer, Ext. 5884

Depart: Campus Inn at 2:15 pm Deadline: Friday, March 28 Sign up Harmony Ridge Lobby

Cost: \$17 through the Eichelberger Box Office
Come celebrate the final concert of our 29th season,
"The Great American Songbook" with the Hanover
Symphony Orchestra. Enjoy great American music
and the composers who wrote them such as Foster,
Irving Berlin, Gershwin, Mancini and Bacharach.
The HSO, under the direction of Larry Kuntz, is a
volunteer orchestra made up of folks from all walks
of life including talented senior high students from
the area.

The CKV bus is available to transport you, but you will need to buy your tickets ahead of time. Tickets may be purchased online or at the box office at the Eichelberger Center. All seats are reserved. If you need help purchasing your tickets, call Deb Diddlemeyer at ext. 5884 for assistance.

# **Upcoming Activities**

THUR
APR
17

# Lunch Out at the Dobbin House

Jackie Boisvert, Ext. 5865 CKV Sojourners

Depart: Campus Inn at 11:00 am Deadline: Thursday, April 10 Sign up Harmony Ridge Lobby

Join us for lunch at Gettysburg's oldest and most historic home, Dobbin House. Built in 1776, it is one of the area's oldest historic buildings. Jacqueline White, the owner of the Dobbin House, will share with us the history of the Inn over the years.

We have reserved the Banquet Room and will order off the menu.



FRI APR 18

A Holy Invitation
Pastor Linda Titzell, Ext. 5580

1:00 pm No sign up necessary **Nicarry Meetinghouse** 

You are invited to the Love Feast and Communion service of The Faith Community on Good Friday in the Nicarry Meetinghouse. If you have any questions, call Pastor Linda at ext. 5580.

FRI APR 25

# Amish of Newburg Shopping Adventure Betsy Liou, Ext. 5144 CKV Sojourners

Depart: Union Sq/Campus Inn at 9:00 am Deadline: Friday, April 18 Sign up Harmony Ridge Lobby Cost: \$1 for bus driver's lunch

Spring has sprung so it is time for our trip to the Amish businesses of Franklin and Cumberland Counties. Our stops along the way:

- 1. Mister Ed's Elephant Museum and Candy Emporium.
- Lurgan's Greenhouse for a huge selection of plants for your home or garden. Lurgan's is a cash only business so bring your cash or checkbook.
- 3. Lunch at the Country Store Cafe for good Amish cooking.
- 4. BB's Grocery Outlet.

Please bring \$1 to help pay for the driver's lunch. This trip will have us back on campus by 5:00 pm. Our next "Amish of Newburg" trip will be in September for Lurgan's Greenhouse customer appreciation day. Bus seating is limited to 20 people.

MAY 13

# On-Campus Veterinary Services Jenn Knight, Ext. 5223 Director of Village Health

8:00 am - 4:00 pm Call 717-632-4757 for appointment

Clearview Animal Hospital is returning to the campus. Services offered include comprehensive wellness exams, routine vaccinations, heartworm/Lyme testing, collection of various samples for testing, flea/tick/heartworm prevention, nail trims, and anal gland expression.

To schedule an in-home appointment, call 717-632-4757.



# Services offered include:

- comprehensive wellness exams
- routine vaccinations
- heartworm/Lyme testing
- collection of various samples for testing
- flea/tick/heartworm prevention
- nail trims
- anal gland expression

Note: Major diagnostics and grooming are not available via this on-site veterinary clinic. Necessary medical samples may be taken during the exam and assessed upon return to the hospital.

# TUESDAY, MAY 13

8:00 am - 4:00 pm

Contact Clearview Animal Hospital at 717-632-4757 for appointment.





# **Activities Calendar**

# **Shopping Trips**

**TUES** MAR

Giant & Aldi

9:00 am

Sign up by 3/16, Harmony Ridge

TUES MAR

Weis Market

9:00 am

Sign up by 3/24, Harmony Ridge

THUR MAR

Giant & Aldi

9:00 am

Sign up by 3/26, Harmony Ridge

TUES **APR** 

Weis Market

9:00 am

Sign up by 3/31, Harmony Ridge

# **Events**

FRI MAR **Mission Point Open House** 

9:00 am - 1:00 pm

Mission Point (CK@Home Entrance)

**Decades Concert Series: 1950s** 

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

New England/Canada Cruise **Information Meeting** 

6:30 pm

**Encore Room** 

Sign up Uniquest or Harmony Ridge Lobby

SUN **MAR**  **Sunday Movie Matinee:** "Angels & Demons"

2:00 - 4:30 pm

Theater

MON MAR

**COVID-19 Vaccine Clinic** 

8:00 - 11:00 am

Nicarry Meetinghouse

Call ext. 5256 for appointment

**Good News Group** 

10:30 am

Theater

**Leprechaun Hunt Group Walk** 

1:00 - 1:45 pm

Wellness Lobby

Mid-Winter Musical Series: "Jesus

**Christ Superstar**"

Piano Prelude: 1:00 pm

1:30 - 3:17 pm

Theater

St. Patrick's Day Zumba

2:00 pm

Wellness Studio

Sign up Uniquest or Harmony Ridge Lobby

TUES MAR

Reflection-Inward

9:30 am

Presto Room

Sign up Uniguest or Harmony Ridge Lobby

**Illustration Basics in Colored Pencil** 

10:00 am - 12:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

**Travel Tours** 

11:00 am

Theater

Village Diversity Group: Coping wtih Hearing Impairment

12:00 - 1:30 pm

**Encore Room** 

Sign up Uniquest or Harmony Ridge Lobby

**Illustration Basics in Colored Pencil** 

1:00 - 3:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

**Titanic Miniseries: Episode 2** 

3:00 - 4:40 pm

Theater

# **Activities Calendar**

WED MAR 19 **Needle Felting Demonstration** 

11:00 am

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

**Needle Felting Demonstration** 

1:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

**Miniature Military Games** 

6:00 - 8:00 pm

Creative Arts Room

THUR MAR

Songwriting 101: Part 3 of 3

11:00 am

Theater

Sign up Uniquest or Harmony Ridge Lobby

FRI MAR 21

The Chosen

11:00 am

Theater

Throwback Gym Class Games

11:00 am - 12:00 pm

Wellness Studio

Art Exhibit Opening: "Framed"

12:00 - 2:00 pm

Avenue of the Arts

SAT MAR

The Friends of CKV Spring Meeting

10:00 am

Nicarry Meetinghouse

Call ext. 4456 to RSVP

SUN MAR Sunday Movie Matinee:

"Doctor Zhivago"

2:00 - 5:20 pm

Theater

MON MAR

**Secret Histories of World War II:** 

Part 1

2:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

**Solomon Eichner Piano Concert** 

7:00 pm

Theater

Sign up Uniguest or Harmony Ridge Lobby

**TUES** MAR

The Journey Through Retirement

**Presentation** 

11:00 am

Theater

Sign up Uniquest or Harmony Ridge Lobby

Pysanky Ukranian Egg Class

1:00 - 4:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

Titanic Miniseries: Part 3

3:00 - 4:40 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

WED MAR Pysanky Ukranian Egg Class

1:00 - 4:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

THUR MAR

Pysanky Ukranian Egg Class

1:00 - 4:00 pm

Art Education Studio

Sign up Uniguest or Harmony Ridge Lobby

FRI MAR **Hearing Screening for Villagers** 

9:00 - 11:00 am

Presto Room

Sign up Harmony Ridge Lobby

**Earring Making Class** 

11:00 am - 12:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

Play Ball! Blue Ridge Baseball **League Presentation** 

11:00 am

Theater

Sign up Uniquest or Harmony Ridge Lobby

**Earring Making Class** 

1:00 - 2:00 pm

Art Education Studio

Sign up Uniguest or Harmony Ridge Lobby

# **Activities Calendar**

MAR 31

# Flower & Burlap Hoop Hanging Decoration Class

10:00 am - 12:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

# Virtual Library Series: Rodgers & Hammerstein Part 3

10:30 am Encore Room Sign up Uniguest or Harmony Ridge Lobby

# Flower & Burlap Hoop Hanging Decoration Class

1:00 - 3:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

APR 1

#### Titanic Miniseries: Part 4

3:00 - 4:40 pm Theater Sign up Uniguest or Harmony Ridge Lobby

APR 2

# Needle Felting Class

10:00 am - 12:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

## **Needle Felting Class**

1:00 - 3:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

APR 4

#### **Decades Concert Series: 1960s**

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

## Hanover HS Musical Bus Trip

Depart Campus Inn at 6:30 pm Cost: \$7, payable to LEC Sign up Residential Living Desk by 4/1

APR 6

# Hanover Symphony Orchestra Concert Bus Trip

Depart Campus Inn at 2:15 pm Cost: \$17 through Eichelberger box office Sign up Harmony Ridge Lobby TUES
APR
8

# **Gettysburg Community Concert Association Bus Trip**

Depart Campus Inn at 6:45 pm Cost: \$20 at the door Sign up Harmony Ridge Lobby by 4/1

WED APR **9** 

#### Figure & Character Drawing

10:00 am - 12:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

THUR APR 17

#### **Lunch Out at Dobbin House**

Depart Campus Inn at 11:00 am Sign up Harmony Ridge Lobby by 4/10

APR 18

#### **Love Feast & Communion Service**

1:00 pm Nicarry Meetinghouse

APR **25** 

#### Amish of Newburg Shopping

Depart Union Sq/Campus Inn 9:00 am Sign up Harmony Ridge Lobby by 4/18 Cost: \$1 for driver's lunch

FRI MAY 2

#### **Majestic Theater 360 Allstars**

Depart Union Sq/Campus Inn at 6:15 pm Cost: \$45, payable to LEC Sign up Residential Living Desk by 3/31

SAT MAY 17

#### Canadian Island Bus Trip

May 17 - 23 Depart Union Sq at 8:00 am

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

# Channel 25 Programming

# Monday, March 17

9:30am Chairobics w/Madi

10:00am Sauerkraut & Weenies – Hillbilly Kitchen 11:00am How to Paint a Night Owl w/Acrylic 12:00pm How It's Made: Kitchen Items

1:00pm Chairobics w/Madi

2:00pm The Mystery of Feathered Dinosaurs

## Tuesday, March 18

9:30am Tai Chi w/Brittany

10:00am First Flights w/Neil Armstrong 11:00am Brain Man: The Boy Genius 12:00pm Lost Tombs of Notre Dame

1:00pm Tai Chi w/Brittany 2:00pm **Ancient Earth Mysteries** 

# Wednesday, March 19

9:30am PurEnergy w/Madi

10:00am Unreal Wonders of Planet Earth 11:30am The Last Survivors – The Holocaust 12:30pm He Created a Hummingbird Paradise

2:00pm Church Service (replay)

## Saturday, March 22

8:30am The Amazing Harpy Eagle

10:00am Castor Oil Secrets w/Barbara O'Neill 11:30am The Lost Age of Ediacaran Creatures

March 17 - 23, 2025

1:30pm Secrets of the Colosseum

The Dog Whisperer - Cesar Millan 3:30pm

4:00pm Curiosity Quest - Pizza

6:00pm The Snows of Kilimaniaro – 1952 G. Peck

8:00pm Journey Live in Houston 1981

## Sunday, March 23

8:00am Cornerstone Chapel

10:00am Church Service Broadcast from the Nicarry

11:30am Brethren Voices

2:30pm Psalms, Hymns & Spiritual Songs – Anna

**James** 

4:30pm Church Service (replay) from March 16

6:00pm The Bible – The Kingdom 8:00pm The Petersens Live

1:00pm PurEnergy w/Madi

## Thursday, March 20

9:30am Fitness Fusion w/Madi 10:00am The Dawn of Mammals

11:30am When Georgia Howled: Sherman on the March

New Findings of the James Webb Telescope 12:30pm

1:00pm Fitness Fusion w/Madi 2:00pm American Restoration

# Friday, March 21

9:30am PurEnergy w/Brittany 10:30am Weaving the Future

12:00pm Eleanor Roosevelt Documentary

1:00pm PurEnergy w/Brittany

2:00pm The Legends of El Dorado: City of Gold 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 Cindy Hockensmith, Communications Coord. at Ext. 5416 or email c.hockensmith@crosskeysvillage.org

# weekly specials march 17 - 22

breakfast 8:00 - 10:00 am		soup	lunch 11:00 am - 2:00 pm
Cranberry Waffles 6.95 Served with sausage links or bacon	mon	Cheeseburger	Waldorf Salad 8.00 Spring mix, apples, grapes, walnuts, diced celery, blue cheese, and balsamic dressing
Without sausage links or bacon 5.35	tues	<ul><li>Carrot Ginger</li><li>Bisque Garnished</li><li>with Fried Onions</li></ul>	Fried Fish Sandwich 9.00 Lettuce and tartar sauce on a brioche roll
Veggie Bowl 7.00 Scrambled eggs, zucchini, yellow squash, mushrooms, tomatoes, and	wed	Chicken Corn	Turkey Pesto Wrap 8.00 With Boursin cheese, roasted red peppers, and spring mix lettuce Rainbow Salad 8.00
shredded cheese. Served over tater tots	thur	Beef Peperonata (Beef and Bell Pepper Soup)	Farro, cucumbers, tomatoes, onions, kidney beans, carrots, and yellow peppers with a beet vinaigrette
Quiche 6.95	fri	Chicken Tortilla	Oyster Po Boy 8.75 Lettuce, tomato, onion, and mayo on a sub roll
With spinach, ham, and Swiss cheese. Served with fresh fruit	sat	French Onion	Southwest Chicken Salad 8.25 Spring mix with diced tomato, black bean salsa, cheddar cheese, tortilla strips, and Santa Fe dressing
coffee		smoothie	side

# hearth oven

Pumpkin Spice

# bakery

Pineapple Cranberry

Almond milk, vanilla yogurt,

honey, pineapples, and cranberry

# desserts

Creamy Yogurt Dressing

Crab Pizza 12.00

Apple Muffin 1.80

Pecan Pie 3.10

Chili with Cornbread 6.00

Peach Coffee Cake 2.80

Tiramisu 4.10



Friday, March 21

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 Uniquest or call ext. 5678. Reservations required for dine-in service for parties of 5 or more. Call ext. 5678 for reservation.



## **Breakfast**

Spinach Quiche	6.95
with ham and Swiss cheese.	
Served with fresh fruit	

# Lunch

Oyster Po Boy	8.75
Lettuce, tomato, onion, and	
mayo on a sub roll	

# Southwest Chicken Salad 8.25 Spring mix with diced tomato, black bean salsa, cheddar cheese, tortilla strips, and Santa Fe dressing

# **Chicken Tortilla Soup**

# Dinner "Rib Night"

Kansas City BBQ Pork Baby	15.00
Back Ribs	
Served with macaroni &	
cheese, coleslaw, and	
asparagus	

Smoked Beet Short Ribs	
Served with macaroni &	15.00
cheese, coleslaw, and	
asparaaus	

Sticky Asian Beef Ribs	
Served with jasmine rice and baby bok choy	15.00
,	

Crap Cake Sanawich	
Maryland style crab on a	15.00
brioche roll served with French	
fries and coleslaw	



mon - sat 8:00 - 3:00

# hearth oven pizza

gluten-free dough available +0.85

Cheese Pizza 9.85
Pepperoni / Sausage Pizza 10.35
Flatbread (Cheese or Meat) 8.00

sandwiches
gluten-free bread available +0.85

# breakfast

served daily until 10:00 am

One Egg Any Style (served with choice of toast)	2.95	Burger (Beef / Turkey / Garden / Spicy Black Bean)8.50	
Two Eggs Any Style (served with choice of toast)	4.10	Vegetarian Wrap	6.95
Egg Sandwich	4.10		7.65
Egg & Meat Sandwich	4.80	Turkey, Ham, Corned Beef, Tuna Salad Chicken Salad, Egg Salad, Classic BLT	
Egg Omelette (add .60 for each additional filling)	5.65	Grilled Cheese	5.55
Two Bacon Strips/Two Sausage Links	1.60	Hot Dog	5.55
Pancakes (2)	3.50	Gourmet Grilled Cheese	7.45
Toast (White / Wheat / Rye / Sourdough)	.65	Tuna Melt	7.75
Gluten-Free Bread	1.25	Grilled Chicken Deluxe	7.75
English Muffin	1.30	Reuben / Rachel	8.00
Bagel & Cream Cheese	2.40	Philly Cheesesteak	8.00
Home Fries / Hash Browns	1.55	Served with your choice of side. Add 1.60 for cup of	of soup.

# bakery

Muffin		1.80	Garden Salad	5.75
Cinnamon Bun / Scone / F	Pie	3.10	Classic Chef	8.25
Cookie	1.50 ea	3 for 3.70	Grilled Chicken Caesar	
Cake		4.10	Grilled Chicken Salad	

# beverages

Coffee / Iced Tea / Fountain Drinks	1.80
Specialty Coffee / Hot Cocoa	2.50 - 3.40

# sides

salads

Homemade Soup	cup 3.75	bowl 5.40
French Fries, Sweet Poto	ato Fries,	2.60
Onion Rings, Fruit Salad,	<b>Applesauce</b>	e, Coleslaw

To preorder, use online ordering on Uniguest. Reservations required for parties of 5 or more. Call ext. 5678 to make reservations or preorder by phone.

Breakfast 8:00 - 10:00 am, Lunch 11:00 am - 2:00 pm Grab 'n' Go 10:00 - 11:00 am and 2:00 - 3:00 pm

# **CAMPUS**Inn

# Music Night

featuring

Dan & Emily Davis

Butternut Squash and Apple Soup

Chicken Fried Steak 13.00
Topped with white gravy and served with hash browns

and Brussel sprouts

Swedish Meatballs 13.00

Over egg noodles. Served with honey glazed carrots

Tuesday, March 25

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, MARCH 17

#### Closed

# TUESDAY, MARCH 18 CHEF'S TABLE FEATURING ALYSSA

Carrot Ginger Bisque Garnished with Fried Onions

Vegetarian Bean Tacos 12.00 SUPERFOODS

Two corn tortillas with house made beans topped with lettuce, tomato, red onion, queso fresco, and corn salsa. Served with yellow rice and mango relish

Chicken Marsala 12.35
Grilled chicken with a mushroom marsala sauce over rice, with a side of peas

\*Regular Menu Available\*

#### WEDNESDAY, MARCH 19

Chicken Corn Soup

# **Crab Stuffed Flounder with Pesto Cream Sauce 16.50**

Served with oven roasted potatoes and zucchini and yellow squash sauté (Gluten Free available)

Teriyaki Chicken 12.35

Grilled teriyaki chicken breast topped with peach teriyaki sauce. Served with jasmine rice and sugar snap peas

\*Regular Menu Available\*

denotes gluten avoided denotes vegetarian

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

## MARCH 17 - 22

THURSDAY, MARCH 20 COMFORT FOODS BUFFET 15.00 Reservations Suggested. Please call 5656

🗽 🚱 Classic Garden Salad

Shepherd's Pie Hog Maw

Vegetarian Option Available (Please Call) (Vegetable Souffle – Spinach, peppers, onions, and mushrooms with a tomato cream sauce)

Rice Pilaf
Potato Puffs
Green Bean Casserole

Golden Beets

Assorted Pies and Dinner Rolls
\*No Regular Menu\*

# FRIDAY, MARCH 21 "RIB NIGHT" AT THE CAFÉ

#### Refer to Café All Day For Menu Details

#### SATURDAY, MARCH 22 NO REGULAR MENU

French Onion Soup

#### **Potato Crusted Grouper 13.50**

Served with spaghetti squash with roasted red peppers and asparagus tips

#### Open Face Roast Beef Sandwich 11.00

Texas toast topped with roast beef and gravy. Served with French fries

Stuffed Portobello Mushroom 11.50

Portobello mushroom with sundried tomatoes, spinach, lentils, and fresh mozzarella cheese over polenta

Side of the Week: Carrot Raisin Salad with a

Creamy Yogurt Dressing

Desserts: Pecan Pie 3.10

Tiramisu 4.10

To Place A Carry Out Order Or To Preorder, Use Online Ordering Through Uniguest Or Call Ext. 5656



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 Uniguest 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** 

13.25

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 (6 oz.)

14.50

Fresh Atlantic salmon grilled to order

Fried Shrimp (6)

14.90

Breaded fried shrimp

Fresh Catch of the Day (6 oz) 11.50

#### **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.

**Angel Hair Pasta with Marinara** 

Angel hair pasta, homemade marinara and parmesan cheese

Angel Hair Pasta with Meat Sauce 11.25

Angel hair pasta, homemade meat sauce and parmesan cheese

Chicken Parmesan

11.25

9.00

Breaded chicken, angel hair pasta, 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
- Cinnamon Apples
- Harvard Beets

Macaroni & Cheese

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

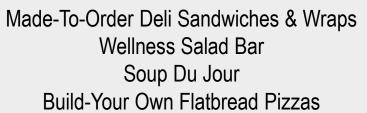


# WEEKLY MENU March 17<sup>th</sup> – 21<sup>st</sup>



#### **BREAKFAST**

Scrambled Eggs
Assorted Breakfast Meats
Home Fries
Hot Grab & Go Breakfast Sandwiches
Oatmeal Bar
LUNCH



# FEATURE OF THE WEEK

Crispy Chicken Sandwich Deluxe with French Fries.

# CHEF SPECIAL OF THE WEEK M/W/F

Quinoa/Barley Mediterranean Grain Bowl

# FLATBREAD SPECIAL OF THE WEEK

Reuben

(Corned Beef, Sauerkraut, Swiss Cheese)

# SOUP DU JOUR

Monday Maryland Crab
Tuesday Turkey Rice Soup
Wednesday Pepper Pot Soup
Thursday Broccoli & Cheese
Friday Tomato Bisque



# FROM THE BAKERY

Chef Mark's Homemade Desserts & Pastries



#### **OPEN MONDAY THROUGH FRIDAY**

**BREAKFAST** served from 7:30 to 10:00 am **LUNCH** served from 10:30 am to 1:30 pm