

CONTENTS

Village News	3
Birthdays & Anniv	6
Upcoming Activities	7
Activities Calendar	11
Weekly Activities	. 14
Monthly Activities	. 15
Channel 25 Schedule	. 16
Dining Menus	. 17

Birthdays & Anniversaries now included in the electronic Village Voice!

Welcome to our new Villagers!

 Daniel & Susan Frymyer Smith moved from Hanover to 11 Peace Circle. Dan's phone number is 717-873-9077 and Susie's number is 717-870-4692.

Spring Wellness Break Wellness Team, Ext 5410

As the winter season wraps up, our winter Wellness classes will also come to an end on Friday, March 28. But don't worry, we're just taking a short two-week break before kicking off a fresh season of Wellness on Monday, April 14! Be sure to grab your new Wellness schedule on Thursday, April 10.

Can't wait that long? Stay active and energized with us during Spring Village Vitality Week, running from April 7 to 11. Don't miss out on the fun—come join us!

Village News

Sub & Meat Sale Teresa Richards, 717-624-6697 The Friends of CKV

Our sub, pretzel sandwich, and meat sale will take place from March 21 through April 4. R&K Subs and pretzel sandwiches are \$8.25 each. The new Seltzer brand meat items are factory-packaged jerky, beef sticks, and bologna products. The Seltzer products are \$10 per package.

Due to the additional products, we ask that you use the new order forms to make your selections. Checks should be made out to "The Friends of CKV." Please return your order form and payment to Teresa and Tom Richards, 257 Coventry Court, by April 4.

Delivery and pick-up will be Thursday, April 17, between 12:00 and 1:00 pm in the Garden Room.



Spring into Action: Outdoor Sports are Open! Jenn Vintigni, Ext. 5303 Director of Wellness

Spring is finally here, bringing warmer days and plenty of sunshine! At Wellness, we're thrilled to announce that our outdoor sports facilities are officially open for the season.

This spring, we encourage you to step outside, soak up the fresh air, and enjoy a variety of fun activities, including horseshoes, bocce, cornhole, putt-putt, and more! Whether you're looking for friendly competition or just a relaxing way to spend time outdoors, there's something for everyone.

Mark your calendars—nightly putt-putt kicks off on May 1! Gather your friends and family and make the most of the beautiful evenings ahead.

Get ready to embrace the season, stay active, and most importantly, have fun! See you outside!



Lifespring Day Services Jenn Holcomb, Ext. 5235 Chief Clinical Integration Officer

We are excited to share more about Lifespring, our day services program on campus, which officially opened on March 3. We would like to clarify who may enroll in this program and emphasize to the community that Lifespring Day Services is open to all who may benefit—not just those diagnosed with Alzheimer's disease or other related dementias.

While some participants in the program may have memory-related conditions, a diagnosis of Alzheimer's or dementia is not a requirement for enrollment. Instead, each applicant goes through a screening process to ensure that Lifespring is the right fit for them as well as for those already attending. If your loved one does not have a dementia diagnosis but could still benefit from the program, our team will be open and transparent about what to expect regarding daily interactions and activities.

Lifespring Day Services is designed to support caregivers while enhancing the well-being of those who attend. The program offers:

- · Nutritious meals and snacks
- Physical activities to enhance strength, balance, and emotional well-being
- · Help with walking and transferring
- Support managing depression and loss
- · Assistance with toileting and bathing
- Grooming assistance
- Medication administration
- Health monitoring and care planning

Participants can attend full or partial days, offering flexibility to fit each family's needs. If you or a loved one could benefit from Lifespring Day Services, we encourage you to explore what our program has to offer.

For more information or to schedule a visit, please reach out to our team. We look forward to welcoming more members of our community into this enriching and supportive program.



Village News

Update on Meals-to-Go Cheryl Ditzler, Ext. 5281 RL Dining Operations Manager

We heard your requests, and we're thrilled to announce that starting the weekend of March 28, our Meals to Go will be available to purchase on Friday during lunch and dinner service and regular café hours on Saturday and Monday.



Medical Suite Opening Jennifer Knight, Ext. 5223 Director of Cross Keys @ Home

Cross Keys @ Home is excited to announce that we have an official opening date for the medical suite in Mission Point. Dr. Chan will begin seeing Villagers on Tuesday, March 25, and Onsite Dermatology will begin on Tuesday, April 1.

Providers will still contact you directly to schedule your appointments. It is up to you to arrange transportation if needed. Campus shuttle services are still available from 8:00 am until 3:00 pm. Please call ext. 5202 to make shuttle arrangements. CKV Transportation Services provides transportation on campus for those in wheelchairs or scooters or outside of shuttle hours by calling ext. 5297.

As providers give exact dates, I will continue to send information to you. If you have any upcoming appointments with Dr. Paris, Dr. Banks, Dr. Hartman, or Dr. Snyder, you may want to verify if they are seeing you here at the medical suite or at their location. We are still working on the details for these providers since they book ten weeks out.

If you have any questions, feel free to call me at ext. 5223. I am happy to talk with you!



More Bible Verses for Lent Pastor Linda Titzell, Ext. 5580

Lent is a season of reflection, spiritual growth, sacrifice, and generosity. These encouraging Bible verses can help guide you through the 40 days of Lent and lead you to consider the meaning of this sacred season as you integrate the Bible's teachings into your life.

Joel 2:12-13 - "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Isaiah 58:6-7 - Is this not the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house...

Mark 1:12-13 - At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

1 Peter 5:6 - Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.

Daniel 9:3 - Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

Psalms 42:1-2 - As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

John 16:33 - In this world you will have trouble. But take heart! I have overcome the world.





As the weather gets warmer, more people tend to take to the sidewalk and streets to get around campus. While walking is a great way to enjoy the beauty of our campus and get some exercise for both Villagers and pets, we want to keep everyone safe. Please keep in mind the expectations outlined on page 40 of the Villager Handbook.

- Sidewalks may be used for walking, jogging, biking, and driving scooters, electric wheelchairs, golf carts, and GEM cars.
- Bicyclists and golf cart/GEM car operators should yield to those who are walking or using scooters or wheelchairs, as well as stop at all stop signs.
- If you are in an area that does not have sidewalks, stay to the side of the road. Golf carts/GEM cars and bikes should move in the same direction as the traffic flow. Those 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 brightcolored clothing. Additionally, bikes should have reflectors on them, scooters and wheelchairs should have a bright flag, and golf carts/GEM cars are required to use their headlights.

- Those driving vehicles, including golf carts and GEM cars, on campus should always obey the 15 mph speed limits and yield to those crossing in crosswalks as well as stop at all stop signs. Yielding to pedestrians is a Pennsylvania traffic law. You will notice signs posted throughout campus with this reminder.
- Pedestrians should always 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.

Apríl 2025

Happy Birthday

- 01 Josie Foertschbeck
- 01 Claire Lewis
- 01 Toby Stewart
- 02 Glenna Hughner
- 02 Randy Levin
- 03 Martha Sandifer
- 04 Dick Wisor
- 05 Linda Grasmick
- 05 Frank Ruth
- 06 Jim Schuman*
- 07 Becky Albrecht
- 07 Bob DuBois
- 07 Mary Stover**
- 08 Lory Jones*
- 09 Jackie Boisvert
- 09 Joanne Lee
- 09 Bill Lewis
- 10 Millie Baker
- 10 John Luckenbill
- 10 Sandy Miller
- 10 Carol Replogle
- 11 Marion Matthews*
- 11 Charlotte Parrish
- 11 Don Schmitt
- 11 Larry Unrue
- 11 Rita Weaver**
- 12 Kay Gebhart*
- 12 Sylvia Malehorn
- 12 Lois Reed*
- 13 Karla Kramer
- 13 David Mikos
- 13 Dru Warner
- 14 Margaret Blocher**
- 14 Fred Goehle
- 14 Larry Stough
- 15 Donna Hikes
- 15 Brad Nicholas
- 15 Carolyn Strout
- 16 Shirley Bortner**

- 16 Mack Carpenter
- 16 Julianne Fasnacht
- 16 Joan Harding
- 16 Louise Little
- 16 Esther Swope**
- 16 Pam Vingsness**
- 17 Carol Marymont
- 18 Linda Sipe
- 20 Betty Klauk
- 21 Patricia DeLuca**
- 21 Mel Rill
- 21 Lois Snyder
- 21 Roger Stockholm
- 22 Roger Grothen
- 22 Deb Runton
- 22 Sherman Grove
- 23 Bill Stelger
- 26 Mike Evans
- 26 Sally Myers
- 27 Randy Carlson
- 27 Patricia Hoff**
- 27 Kathy Kleponis
- 27 Shirley Merson
- 27 Sylvia Spyker**
- 27 Naomi Wolff**
- 28 Joan Hegge
- 29 Vonnie Harbold***
- 29 Cass Hertz
- 30 Tina Ellsworth
- 30 Jim Keffer
- 30 Lynn Titzel

- 12 Marian & Richard Stevens 50 Years
- 13 Leonard & Nancy Bankert
 - 29 Years
- 13 Dorothy & Bill Gibbs
 - 68 Years
- 15 Dean & Eleanor Detweiler
 - 53 Years
- 15 Harold & Marie Welk
 - 64 Years
- 16 Carolyn & Wayne Fanus
 - 43 Years
- 17 Linda & Rick Eby
 - 49 Years
- 20 Gail & Mike Merlo
 - 51 Years
- 21 Ruth & Bill King
 - 7 Years
- 22 Jeannie & Bob Kelley
 - 58 Years
- 25 Carolyn & Clay Evans
 - 66 Years
- 26 Shirley & Wayne Merson
 - 56 Years
- 28 Cindy & John Mayer
 - 46 Years
- 28 Linda & Lynn Titzell
 - 57 Years
- 29 Ernie & Pauline Brummer
 - 64 Years
- 30 Chip Conley & Jan
- Rovecamp
- 31 Years

ANNIVERSARIES

- 03 Dianne & John Feeser
 - 21 Years
- 06 Mary Ellen & Bob Berwager
 - 62 Years
- 08 Paula & Bill Shoemaker
 - 53 Years
- 11 Bob & Leah Peters
 - 33 Years
- 12 Barb & Charles Dutrow
 - 56 Years

Note:

- *Mission Point
- ** Mission Point PC
- ***Brookside

sun MAR 23 Sunday Movie Matinee:
"Doctor Zhivago"
Charlie Herr, Ext. 5725
Villager Movie Group

2:00 - 5:20 pm No sign-up necessary **Theater**

Doctor Zhivago is an epic historical romance film directed by David Lean with a screenplay by Robert Bolt, based on the 1957 novel by Boris Pasternak. The story is set in Russia during World War I and the Russian Civil War. The film stars Omar Sharif in the title role as Yuri Zhivago, a married physician and poet whose life is altered by the Russian Revolution and subsequent civil war, and Julie Christie as his lover, Lara Antipova. Geraldine Chaplin, Tom Courtenay, Rod Steiger, Alec Guinness, Ralph Richardson, Siobhán McKenna, and Rita Tushingham play supporting roles.

Contemporary critics were critical of its length at over three hours and claimed that it trivialized history but acknowledged the intensity of the love story and the film's treatment of human themes. There is an intermission.

Rated PG-13; with subtitles.

MON MAR 24

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.

WED APR 2

Men's Interfaith
Fellowship Breakfast
Lynn Titzell, 717-319-6969

7:30 am Garden Room Sign up in Uniguest or Harmony Ridge Lobby

Please join us for the April Men's Interfaith Fellowship Breakfast. The host for the April breakfast is Lynn Titzell. Chaplain Dave Braithwaite is our guest speaker and will share how, for almost 40 years, Carlisle Truck Stop Ministry, Inc. has met the needs of thousands of truckers, travelers, transients, and employees who use and work at the truck stops and businesses along US Route 11, east of Carlisle, PA.

Plan to attend and bring someone with you. Advance sign-up is essential. This is a great opportunity for fellowship and good food! Dining Services will provide attendees with a warm and hearty selection of breakfast items. Note: First-time attendees will receive a complimentary breakfast!

FRI APR 4 Pop-Up Zumba Wellness Team, Ext. 5410

2:00 pm No sign up necessary **Wellness Studio**

Get ready to dance, sweat, and have a blast! Join us for an energizing session filled with fun moves, great music, and an amazing community vibe—no experience needed! Don't miss out—mark your calendar and bring a friend for a workout that feels like a party.

MON APR 14

South Western HS Performance Nikki Bull, Ext. 5294 Life Enrichment Specialist

1:00 pm Theater Sign up in Uniquest or Harmony Ridge Lobby
South Western High School's show choir,
Singchronicity, will be joined by their jazz band in a performance in our theater that is certain to have you dancing in your seat!

TUES
APR
15

Reflection-Inward
Holly Fetting, Ext. 5544
Director of Life Enrichment

9:30 am Presto Room Sign up in Uniguest or Harmony Ridge Lobby

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.

APR 15

Travel Tours: "Sicily"
Karen & Joe Richard, Ext. 5261

11:00 am No sign up necessary **Theater**

Sicily is both the largest region of the modern state of Italy and the largest island in the Mediterranean Sea. At times the island has been at the heart of great civilizations; at other times it has been nothing more than a colonial backwater.

Join us on our trip to Sicily. We stayed with local Sicilians and saw Sicily through their eyes. Visit Palermo, Taormina, Erice, Cefalù, and other interesting places. Visit a vineyard to sample some of their wines and tour a cheese factory. We ate with the local people and saw how they prepare the local food. Every night we had a sit-down dinner with our hosts and people from their neighborhood. The neighbors spoke no English, and we spoke no Sicilian, so the dinners were very interesting!

APR 15

The Final Voyage: Lincoln's Funeral Train Nikki Bull, Ext. 5294

Life Enrichment Specialist
2:00 pm Theater
Sign up in Uniquest or Harmony Ridge Lobby

On the anniversary of President Lincoln's death, we welcome Ernie Heffner's return to CKV with his presentation on President Lincoln's funeral train. Between April 21st and May 4th, 1865, the train carrying Abraham Lincoln's body journeyed from Washington D.C. to Springfield, Illinois, where the president would be buried. It also carried his son, Willie, who had died at the White House in 1862 of typhoid fever. The train would travel 1600 miles and visit 180 cities across seven states. The journey was a mammoth effort coordinated by Lincoln's Secretary of War, Edwin Stanton, who insisted that the train take a path that would allow the most people to see it.



MON APR 21

Sacred Heart Church Tour

Louise Lawrence, Ext. 5334 Charlotte Glessner, Ext. 5623

Depart: Union Sq/Campus Inn at 1:30 pm Deadline: Friday, April 16 Sign up Harmony Ridge Lobby

Join us as we take a tour of the Sacred Heart Church. The chapel dates to the late 1700's and recently the church completed a large restoration, enhancing the beauty and history of the chapel.



MON APR 28 Mystery Dinner Nikki Bull, Ext. 5294 Life Enrichment Specialist

Campus Inn

4:15 - 7:30 pm Sign up in Harmony Ridge Lobby

Ahoy, adventure seekers! Set sail for an unforgettable evening with our "Mystery on the High Seas" dinner event. Join us for a night of intrigue and excitement as you and your fellow guests become part of an interactive mystery. Navigate through clues, engage in lively discussions, and work together to unravel the secrets hidden aboard our luxurious ship.

With a delicious multi-course meal including a cocktail hour with shrimp cocktails, a multiple entree dinner buffet including chicken piccata, grilled salmon, vegetable stir fry, potatoes, and veggies, and table service provided by our amazing dining team, this is an experience you won't want to miss. The cost for this wonderful night out is \$25 per person and will be charged to your dining account after the event. Don your finest nautical attire and prepare for a thrilling voyage where everyone plays a role in solving the mystery. Anchors aweigh!

SUN MAY 18

Susquehanna Chorale Spring Concert

Janet Roarabaugh, Ext. 5296 CKV Sojourners

Depart: Campus Inn at 2:45 pm Deadline: Tuesday, April 15 Sign up Residential Living Desk Cost: \$33, payable to LEC

The Susquehanna Chorale is a 40-voice auditioned choir that is one of the premier vocal ensembles in the mid-Atlantic region and beyond. They are noted for their velvet blend, passionate expression, and artistic excellence. Their mission is to enrich lives and communities through song, reflecting the beauty of human experience and creating an extraordinary musical experience for the listener.

Their spring concert, "My Spirit Sang All Day," is a varied and wonderful collection of pieces that sparkle on their own but transform into extraordinary art when individual voices come together. These are songs of the heart and soul expressing faith, love, and exultation. The first half focuses on sacred selections. The second half ranges from the sublime to just plain rollicking fun.

After the concert at Messiah University, we will stop at Baker's Diner in Dillsburg, where we can order from the menu at our own expense.



SUN MAY 25

Trip to Cornerstone Chapel Larry Gladfelter, Ext. 6683

Pick-up: Union Sq/Campus Inn at 9:15 am Deadline: Saturday, May 10 Sign up in Harmony Ridge Lobby

The Good News Group will be hosting a trip to Cornerstone Chapel in Leesburg, VA.

We will be attending the 12:00 pm worship service led by Pastor Gary Hamrick, the founder of Cornerstone Chapel. The Church will be providing a homecoming picnic for us from 1:30 to 3:30 pm. We'll be leaving the Church at 3:30 pm and arrive back at Cross Keys at approximately 5:00 pm.

There will be no charge for this trip, and space is very limited. We will have a waiting list if necessary.



Reminders

FRI MAR 21 Art Exhibit Opening: "Framed"

Monte Leister, Ext. 5293 Life Enrichment Specialist

12:00 - 2:00 pm No sign-up necessary Avenue of the Arts

Take a stroll through the Avenue of the Arts as we unveil our next exhibit, "Framed." Participating artists have chosen a frame from our large selection of donated frames to use in or around their artwork. Nickolas DiSanto, aka the One-Man Band, will be providing musical entertainment to complement the exhibit.

MON MAR 24 Secret Histories of World War II: Part 1 Nikki Bull, Ext. 5294

Life Enrichment Specialist

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

The private and professional life of a Polish Countess who was Britain's first and longest serving female secret agent in World War II will be discussed. Krystyna was awarded prestigious British and French medals for courage conducting espionage and sabotage operations in Nazioccupied Poland and France. Some other British female secret agents in France will be included in the talk. Hosted by Villager David Peters.

Activities Calendar

Shopping Trips

TUES
MAR
25

Weis Market

9:00 am

Sign up by 3/24, Harmony Ridge

MAR 27

Giant & Aldi

9:00 am

Sign up by 3/26, Harmony Ridge

TUES
APR
1

Weis Market

9:00 am

Sign up by 3/31, Harmony Ridge

APR 3

Giant & Aldi

9:00 am

Sign up by 4/2, Harmony Ridge

Events

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

MAR 22

The Friends of CKV Spring Meeting

10:00 am

Nicarry Meetinghouse

Call ext. 4456 to RSVP

MAR 23

Sunday Movie Matinee:

"Doctor Zhivago"

2:00 - 5:20 pm Theater

MON MAR 24

Good News Group

10:30 am

Theater

Secret Histories of World War II:

Part '

2:00 pm

Theater

Sign up Uniguest or Harmony Ridge Lobby

Solomon Eichner Piano Concert

7:00 pm

Theater

Sign up Uniquest or Harmony Ridge Lobby

MAR 25

The Journey Through Retirement

Presentation 11:00 am

T1.00 an

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

MAR 26 Pysanky Ukranian Egg Class

1:00 - 4:00 pm

Art Education Studio

Sign up Uniquest or Harmony Ridge Lobby

THUR
MAR
27

Pysanky Ukranian Egg Class

1:00 - 4:00 pm

Art Education Studio

Sign up Uniguest or Harmony Ridge Lobby

Activities Calendar

FRI MAR 28

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 Uniguest or Harmony Ridge Lobby

Play Ball! Blue Ridge Baseball League Presentation

11:00 am Theater Sign up Uniguest or Harmony Ridge Lobby

Earring Making Class

1:00 - 2:00 pm Art Education Studio Sign up Uniguest or Harmony Ridge Lobby

SUN MAR 30 Delone High School Musical Bus Trip: "Oklahoma!"

Depart Campus Inn/Union Sq at 1:00 pm Cost: \$8, tickets purchased online Sign up Harmony Ridge Lobby by 3/23

MON 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 WED APR Men's Fellowship Breakfast

7:30 am Garden Room

Sign up Uniquest or Harmony Ridge Lobby

Needle Felting Class

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

Sign up Uniquest or Harmony Ridge Lobby

Needle Felting Class

1:00 - 3:00 pm Art Education Studio

Sign up Uniguest or Harmony Ridge Lobby

FRI APR

4

Decades Concert Series: 1960s

2:00 pm Theater

Sign up Uniguest or Harmony Ridge Lobby

Pop-Up Zumba

2:00 pm

Wellness Studio

Sign up Uniquest 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

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 Figure & Character Drawing

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

Activities Calendar

MON APR

South Western HS Concert

1:00 pm Theater

Sign up Uniquest or Harmony Ridge Lobby

APR 15

Reflection-Inward

9:30 am Presto Room

Sign up Uniguest or Harmony Ridge Lobby

Travel Tours: Sicily

11:00 am Theater

The Final Voyage: Lincoln's

Funeral Train

2:00 pm Theater

Sign up Uniquest or Harmony Ridge Lobby

APR 17

Lunch Out at Dobbin House

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

Friends of CKV Sub Sale Pick-Up

12:00 - 1:00 pm Garden Room

APR 18

Love Feast & Communion Service

1:00 pm Nicarry Meetinghouse

APR 21

Sacred Heart Church Tour

Depart Union Sq/Campus Inn 1:30 pm Sign up Harmony Ridge Lobby by 4/16

FRI 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 MON APR **Longwood Gardens Bus Trip**

Depart Union Sq/Campus Inn 8:45 am Sign up Residential Living Desk by 3/21 Cost: \$26, payable to LEC

Mystery Dinner

4:15 - 7:30 pm Campus Inn

Sign up Harmony Ridge Lobby

FRI MAY 2

Majestic Theater 360 Allstars

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

MAY 17

Canadian Island Bus Trip

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

MAY 18

Susquehanna Chorale Bus Trip

Depart Campus Inn at 2:45 pm Sign up Residential Living Desk by 4/15 Cost: \$33, payable to LEC

MAY 25

Cornerstone Chapel Bus Trip

Depart Union Sq/Campus Inn 9:15 am Sign up Harmony Ridge Lobby by 5/10

JUNE 11

Dutch Apple Dinner Theater Bus

Trip: "We Will Rock You"

Depart Union Sq/Campus Inn at 10:30 am Contact Dixie at ext. 5693 to sign up

JUNE 17

Castles of New York Bus Trip

June 17 - 20

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.

Weekly Activities

MONDAYS

9:00 am Cancelled Stamp Group

Creative Arts Room

10:30 am Good News Group

Theater

1:00 pm Village Choir Rehearsal

Nicarry

TUESDAYS

9:00 am Line Dancing

Wellness Studio

9:30 am CKV Ringers Rehearsal

Ensemble Room

10:00 am Open Studio Tuesday Group

Art Education Studio

10:00 am Pottery Wheel Work Group

Art Education Studio

11:00 am Beginner CKV Ringers

Ensemble Room

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 Rehearsal

Theater

3:00 pm Faith & Life Sharing

Ensemble Room

3:00 pm Ukulele Ensemble Rehearsal

Theater

6:00 pm Cards - Pinochle

Ensemble Room

THURSDAYS

9:00 am 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

3:00 pm Rosary Circle

Ensemble 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	Ensemble Room	Ken Zaveckas
Care Partner's Haven Support Group	2nd Friday	1:30 pm	Lifespring Center	Kim Korge
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
Guesswork	4th Wed. & Thurs	11:00 am	Encore Room	Kim Korge
Hearing Screenings	4th 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	Betsy Liou
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	Erin Nelson
Reflection - Inward	3rd Tuesday	9:30 am	Presto Room	Holly Fetting
Sew Blessed Quilters	2nd Friday	9:00 am	Creative Arts Room	Gloria Davidson
Sunday Movie Matinees	2nd & 4th Sunday	2:00 pm	Theater	Mike Merlo
Train Committee	2nd Friday, Bimonthly	10:30 am	Ensemble Room	Don Parrish
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
Women's Fellowship	2nd Wednesday	8:00 am	Garden Room	Kathy Lundari
Woodshop Members	3rd Thursday, Quarterly	9:00 am	Ensemble Room	Don Forrest
Writing Group	3rd Friday	10:00 am	Presto Room	Gail Ensor

Channel 25 Programming

March 24 - 30, 2025

Monday, March 24

9:30am Tai Chi w/Brittany 10:00am Chicken Pesto Pasta w/Chef Jean-Pierre 11:00am How to Draw an Octopus

12:00pm Jay Leno's Garage – McLaren W1

1:00pm Tai Chi w/Brittany

2:00pm Uncovering the Secrets of NYC

7:00pm Solomon Eichner Piano Concert – Broadcast

from Theater

Tuesday, March 25

9:30am PurEnegy w/Madi

10:00am How It's Made: Shoes, Shoes & More Shoes

11:00am The Journey Through Retirement

Presentation - Broadcast from Theater

12:00pm Inca Island in the Sky 1:00pm PurEnergy w/Madi 2:00pm The Kalash People

Wednesday, March 26

9:30am Chairobics w/Madi 10:00am Wonders of Peru

11:30am Mayflower Pilgrims Documentary12:30pm How America's Largest Buffet Survived

1:00pm Chairobics w/Madi 2:00pm Church Service (replay)

Thursday, March 27

9:30am Fitness Fusion w/Madi

10:00am 14 Entrepreneurs Who Built Food Empires 12:00pm Inside the Most Expensive Mansions

1:00pm Fitness Fusion w/Madi

2:00pm The Greatest Amphibian Stories

Friday, March 28

9:30am Chairobics w/Brittany 10:30am The Patty Duke Show

11:00am Play Ball! Blue Ridge Baseball League

Presentation – Broadcast from Theater

12:00pm How Coffee Is Made 1:00pm Chairobics w/Brittany

1:30pm Focus & the Secret to High Performance

Saturday, March 29

8:30am A Vibrant Celebration of Spring's Magic

10:00am Uncovering the Secrets of Avebury Stone Circle

11:30am The Gilded Age

1:30pm The Coca Cola History 3:30pm American Restoration

4:30pm 2,000 y.o. Coin Reveals an Iron Age Mystery

6:00pm The Man Who Went to Heaven movie 8:00pm America – Sound Stage Live 2008

Sunday, March 30

8:00am Jonathan Cahn

10:00am Church Service Broadcast from the Nicarry

11:30am The Hidden History of Iraq

2:30pm Adriatic Albania w/Bettany Hughes
4:30pm Church Service (replay) from March 23

6:00pm The Bible – Survival 8:00pm The Bee Gees 1997

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 24 - 29

breakfast lunch soup 11:00 am - 2:00 pm Falafel Bite Salad 8.00 Chicken Rice mon Romaine, cucumbers, olives, tomatoes, roasted peppers, Mapple Cinnamon feta, w/lemon tzatziki dressina Baked Oatmeal with Honey Drizzle Shrimp Salad Wrap 8.75 🌭 🚱 Butternut Squash tues 5.50 Lettuce, tomato, onion, and and Apple cucumber w/lemon vinaigrette in a flour tortilla Turkey Cranberry Melt 8.50 White Bean wed Quiche with fresh Cranberry chutney and Swiss Chicken Chili mozzarella cheese. cheese in grilled naan bread sundried tomatoes. and fresh basil. Strawberry Chicken Salad 8.25 thur Hamburger Served with fresh Spring mix, walnuts, red onion, Vegetable fruit 6.95 blue cheese, & balsamic dressina Loaded Denver Chili Stuffed Potato Skins 8.00 fri Lobster Bisque Bowl Mark's Steak House Chili, Egas with onions, cheddar, green onions, peppers, ham, and sour cream sausage, and cheddar cheese. Chicken Sliders (3) 9.00 № ② Vegetarian Lentil sat Served over tater Topped w/lettuce, tomato, & tots 7.00 pickles served with chips coffee smoothie side

French Vanilla

Nutella Peanut Butter Almond milk, vanilla yogurt, bananas, peanut butter, and Nutella

Chickpea Feta Artichoke Salad

hearth oven

Buffalo Chicken Pizza 10.50

Spinach Artichoke Dip 7.50

bakery

Raspberry Muffin 1.80

Orange Coffee Cake 2.80

desserts

Cherry Cobbler 3.10

Triple Chocolate Cake 4.10



Friday, March 28

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

Loaded Denver Bowl 7.00
Eggs with onions, peppers, ham, sausage, and cheddar cheese.
Served over tater tots

Lunch

Chili Stuffed Potato Skins 8.00 Mark's Steak House Chili, cheddar, green onions and sour cream

Chicken Sliders (3)
Topped with lettuce, tomato, and 9.00
pickles served with chips

Soup: Lobster Bisque 🚱

Dinner "MLB Opening Day"

Bacon Cheddar Burger 12.00
Topped with onion straws on a pretzel roll. Served w/French fries

Bacon Wrapped Jumbo Hot
Dog 9.00
Served w/onion rings

Seafood Nachos
Topped with shredded lettuce,
diced tomatoes, diced cucumbers,
cilantro, & a creamy sweet Thai
chili dressing





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	e e e e e e e e e e e e e e e e e e e	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 Potato Fries, 2.60 Onion Rings, Fruit Salad, Applesauce, 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

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





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 24

CLOSED

TUESDAY, MARCH 25
MUSIC NIGHT featuring
DAN & EMILY DAVIS
Reservations required. Call ext. 5656

> Butternut Squash and Apple Soup

Chicken Fried Steak 13.00

Topped with white gravy and served with hash browns and Brussels sprouts

Swedish Meatballs 13.00

Served over egg noodles with a side of honey glazed carrots

Regular menu available

WEDNESDAY, MARCH 26

- White Bean Chicken Chili
- Marinated Flat Iron Steak 14.00
 Topped with Bearnaise sauce (Tarragon Hollandaise). Served with roasted red potatoes and broccolini

PA Dutch Slippery Pot Pie 11.00

Regular menu available



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

MARCH 24 - 29

THURSDAY, MARCH 27

- Hamburger Vegetable Soup
- Salisbury Steak with Gravy 13.00
 Served with scalloped potatoes and green beans

Chili Lime Trout 13.50

Pan seared trout with chili lime rub. Served with couscous and sugar snap peas

Regular menu available

FRIDAY, MARCH 28 "MLB OPENING DAY" AT THE CAFÉ

See Café All Day Menu for Details

SATURDAY, MARCH 29 NO REGULAR MENU

- **Vegetarian Lentil Soup**
 - Cider Braised Pork Chop 13.25
 Served with whipped potatoes and roasted carrots

Shrimp Scampi 12.00

Shrimp scampi over capellini pasta. Served with garlic bread (gluten free available)

Rachel 8.00

Turkey with coleslaw, Swiss cheese, and thousand island dressing on rye bread. Served with chips and pickle (no extra side)

Side of the Week: Chickpea Feta Artichoke Salad

Desserts: Cherry Cobbler 3.10

Triple Chocolate Cake 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 Uniquest 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

6oz 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

denotes gluten avoided denotes vegetarian

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 🦫

9.00

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

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
- Name of the 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



WEEKLY MENU March 24th-28th

BREAKFAST

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

LUNCH

Made-To-Order Deli Sandwiches & Wraps
Wellness Salad Bar
Build-Your Own Flatbread Pizzas

FLATBREAD OF THE WEEK

Spicy Shrimp & Pineapple

FEATURE OF THE WEEK

Chicken Quesadilla

CHEF'S SPECIAL M/W/F

Carved Hot Turkey

SOUP DU JOUR

Monday Chicken Tortellini
Tuesday Garden Vegetable
Wednesday Cream of Broccoli
Thursday Italian Wedding
Friday White Chicken Chili

FROM THE BAKERY

Chef Mark's Homemade Desserts & Pastries

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

OPEN MONDAY THROUGH FRIDAY

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