

April 2024

INDEPENDENT LIVING NEWSLETTER



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IL Committee

A flat-lay photograph of white daisies and green leaves on a light orange background. The daisies are scattered across the frame, some fully open and some as buds. The leaves are small and green, also scattered. The text "HELLO Spring" is centered in the middle of the image.

HELLO
Spring

Presidential Ponderings - April 2024

The last few months I have been talking (in my newsletter columns) about the inevitability and necessity for change. I noted the mantra (“Change is Good”) that I proclaimed in 2004 when I assumed the Presidency of Londonderry Village. Well, it is now time for another change. As most of you already know, I have recently informed the Londonderry Village Board of my intention to retire in January of 2025.

There will be plenty of time during 2024 for me to reflect on the twenty years that I spent as your President. For now, I would just like to share with you my thoughts on “what comes next” concerning your next leader. For several years, I have been in conversation with our Board of Directors regarding my eventual retirement. They, in turn, have been in conversation with a consulting agency that specializes in conducting Executive Search Processes in the senior care field.

Several months ago, LV Board members Steve Tilley and Sandy Pintarch met with my Department Head Team to discuss their mutual thoughts and concerns about this upcoming transition. I was not present for that discussion, but I am told that there was a mutual desire to maintain the current ‘corporate culture’ that we all enjoy. The Board has also begun internal conversations about what type of person (e.g., skillsets, experiences, personality, etc.) they would ideally like to have in their next Executive. It may be hard to find, but I know the Board will be looking for someone with either Green House experience or, at least, a passion and familiarity with the Green House model.

It is customary, in these circumstances, for the current CEO to “stay out” of the selection process for the next Leader. I am happy to do that, or to help in any way the Board so desires. It is the Board’s primary responsibility, however, to select the next Leader, and I will certainly not interfere with that responsibility.

It has been a singular privilege for me to have been your President these many years. Like my predecessors before me, my goal has always been to leave this place in a little better shape than when I arrived. I remain eternally grateful for the support that I have received from the residents, staff and Board. I look forward to all of the things that we can still accomplish together in 2024. Blessings.

*Thanks for Listening,
Jeff Shireman, President*



Campus Information

Activities Locator



Bell Tones - Theater Room

Billiards - Game Room

BINGO - Fellowship Hall / Di Matteo Worship Center

Caregiver Support Group - Theater Room

Chaplain's Independent Living Bible Study - Fellowship Hall

Conversations with Friends - Di Matteo Worship Center

Friday Game Day - Theater Room

Friday Movies - Di Matteo Worship Center

Games of Choice - Atrium

Gleaners - Fellowship Hall

Grief Support Group - Theater Room

Hand Bell Choir - Di Matteo Worship Center

Health, Safety & Prevention - Di Matteo Worship Center

Ladies Afternoon Tea - Atrium (next to the Café)

LV Book Club - Village Art Center

Men's Bible Study - Fellowship Hall

Bridge, Hand & Foot, Pinochle, & Wii Bowling - Studio

TED Talks - Theater Room

Veterans Club - Village Art Center

Village Harmony - Di Matteo Worship Center

Walking Group - Meet at Snell CC fountain

What's New with Jeff - Di Matteo Worship Center

Textile Group, Cards & Crafts, Mixed Art with Cindy,

Sally Ann's Mixed Arts - Village Art Center

Trips leave from Snell Community Center



Campus Information

The "Village Insider" with Francis: Monday April 15th

The "Village Insider" lead by Francis Glynn, Environmental Services Director will be held on Monday April 15th in the DiMatteo Worship Center from 1 to 2pm. At this meeting Karen Reed, Director of Dining Services, will discuss our dining services team. Questions, call Mary Lee at Ext. 3186.

Alert: Village Insider will be on Channel 4, YouTube & recorded on Touchtown.
We encourage audience participation for discussion and questions.

KEEPING YOU
Informed

Newsletter Reservations

A friendly reminder when filling out reservation slips, please be sure to include your name (first & last) and all the needed information on each slip.

If money is required, please place all monies into a sealed envelope. **Please cut all slips apart.**

Please place all reservation slips and envelopes into the IL Reservation Box located on the wall across from the Snell Community Center Receptionist desk.

You are expected to attend the event if you signed up.

If you receive a telephone call, from either Trudy or Mary Lee, it is because the event has been filled. You will be placed on stand by for a possible opening.

There is a listing of all resident trip reservations in the binder located at the Snell Community Center.

Thank you for your cooperation.

"Everybody Has A Story"

Take time to check out the stories in the books in the Snell Community Center or the library.

Jay and Carolyn B's story is the most recent story available to read.

People are waiting to read your story.

Copies of all stories are available for you to read at home.

For information contact Jack or Pearle B.



Massage Therapy at Londonderry Village

Discover the health benefits of Massage therapy available at our LV Health Clinic. Crystal (Crys) Bashore is a Licensed Massage Therapist available by appointment weekly on Tuesdays. She is extremely flexible in accommodating schedules. Crys can be reached by either telephone 717-644-1169 email at simplyhands2@gmail.com

Resident Rates:

60 minutes \$68

30 minutes \$34

15 minutes \$17

Gift Certificates are available at any reception desk

Campus Information

ATTENTION TO EVERYONE!!!

It is time to make the effort to

THANK OUR VOLUNTEERS

During Recognition Week April 15th - 19th

The official week of **April 15th - 19th** is the time to give **appreciation to our volunteers**. Please take the time to let your volunteer friends know that they are appreciated!

Volunteers shine more brightly when they realize how special they are to other's lives. Share your thanks through a conversation with a volunteer, a hand shake, a big smile, or a short message on a note card.

We are asking **ALL OUR RESIDENTS and STAFF** to help us out by taking extra time in your day, during this one week to notice your volunteers with a **Greeting of Gratitude**. We could not accomplish all the wonderful events at Londonderry Village without the benefit of **ALL** our volunteers.

There will be **premade Thank you Notes** located at each IL Reception Desk and the Café Computer area. **Take** the note card(s) to deliver to a volunteer friend(s). You can hand deliver or place in their IL Mail Boxes. **Let's spread the word** on how much we **value** their efforts.

Volunteers freely give from their hearts to accomplish amazing results!

**Be a presenter of praise to a
VOLUNTEER!**



Campus Information

Bike Parking

When parking your bikes in the Snell Community Center parking lot, please park all 2 wheeled bikes IN the bike rack, and all 3 wheeled bikes BESIDE the bike rack. As the weather warms up, hopefully we will see more bikes out and about. Happy riding!



ALL VOLUNTEERS

If you would like to become a volunteer, or if you are volunteering anywhere on campus, but have not completed a volunteer application, please see Trudy Kern, Resident Services Coordinator. We need to have a completed application for all volunteers to record your volunteer hours. Questions, Call Trudy at Ext. 3048

LV Volunteer Recognition: Thursday April 18th

The reservation deadline has passed but we have placed an extension until April 4th. Please make your reservation for a wonderful luncheon and entertainment by Brenten Megee. Brenten is a professional vocalist that will fill your hearts with inspiration. Our Dining Services team will be preparing a delightful meal for all to enjoy. A special meal with gratitude and thanks for ALL that our volunteers do through their service to the village life for the residents! **Salad:** Caprese (Romaine Lettuce, Cherry Tomatoes, Mozzarella, Basil Balsamic Vinaigrette) **Entree:** Chicken Piccata w/Lemon Herb Rice, Roasted Broccoli and Cauliflower and **Dessert:** Almond Ricotta Cake.

We are also collecting the TB Screening forms that must be completed by all our volunteer each year. Drop off your signed paperwork off at any receptionist desk. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Need a LV Bus Tour of Campus?

Resident, Jack B. would like to invite you to an LV Bus Tour and walking tour of the Londonderry Village Campus. Have you lived on campus but had never traveled around the village seeing places such as the Wood Shop, the Shearer Family Playground, seen the Green Houses up close? Come join us for a bus tour throughout the village. We will also take a walk through the main building learning where all the activity rooms are located. If you need assistance walking, we will be happy to make



accommodations. It is all about experiencing your surroundings. The tours will be approximately an hour in length, twice a month beginning at 1:00 PM every 1st and 3rd Friday of the month. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Campus Information

Redner's Save-A-Tape Program

When checking out at Redner's, please be sure to use your Redner's Rewards card. We cannot use the Redner's receipts unless your Rewards card is presented at the time of check out. Receipts from 2021-2024 can only be accepted. **The sentence underneath the barcode saying the Save-A-Tape total must be visible.** Please see the examples



Redner's Market Receipt

110 Northside Commons
Palmyra, PA 17078
Phone: 717-838-2062

Today you saved \$5.29
Thank you for shopping with us!



→ → → >JEN0W562DLZ21B ← ← ←

Today's 1% Save-A-Tape Total \$20.56
3/01/24 12:05:02
Store# 0060 POS# 04
Account: XXXXXX1234

CALLING ALL CRAFTERS

Do you have a craft idea you would like to share with others? Now's your chance to teach it to a small group here at LV. If anyone would be interested in holding a craft activity during a Friday morning Craft Group, please contact Trudy at ext. 3048.



Interested Scrabble or Cribbage Players?



If you enjoy playing Scrabble or Cribbage and would be interested in playing regularly, please contact Trudy at Ext. 3048.



Campus Information

Save the Date

Mother's Day Celebration

Butterfly Release

& Garden Tea Party

Saturday, May 18, 2024

Invitations coming to your mailbox soon.

A butterfly will appear
When a visitor from
Heaven is near....

Guided Nature Walk

Saturday, April 20th 10AM – 12:30 PM

Join us for a casual 2 mile stroll through nature on a paved path at Wildwood Park in Harrisburg. The walk will be guided by a local naturalist and scientist, Jeff Butt. Rob from the Wellness Center will be attending.
Pack sunscreen, water, and snacks.

Transportation is provided:
Please meet in front of DiMatteo Worship Center at 9:45 AM
The van will depart at 10 AM!

Questions for Rob?
Call #3210 or Stop by the Wellness Center.
SIGN UP is required! (15 person cap)
Rain date TBD

Campus Information

Financial Stewardship Seminar with Everence Foundation

**Tuesday, May 14, 2024
9 AM - 10 AM
Fellowship Hall**



Join Elyse Kauffman, Everence Charitable Consultant, for a conversation regarding financial stewardship. Elyse will discuss opportunities to utilize resources – now and later - to support Londonderry Village, your church, and/or other favorite charities.

An overview of creative and smarter ways to be generous including utilizing qualified charitable distributions, donor advised funds (DAF), Charitable Gift Annuities (CGAs), and bequests will be reviewed. Additionally – a new opportunity to give through Everence, from your Required Minimum Distribution (RMD), called Donor Designated Funds, will be shared.

To sign up complete and submit the registration form in the April newsletter.
If you would like to send questions for Elyse ahead of time, please contact Londonderry Village's Director of Development, Lisa Thomas (ext. 3060).



Elyse Kauffman is the Everence Charitable Consultant based out of Central Penn. In addition to more than 15 years of experience with nonprofit organizations, she has served this role at Everence for the past three years. Elyse has a background in several areas, including understanding the needs of donors, charitable organizations, families, and nonprofit organizations.

Campus Information

April Quiz Questions Focus on Easter, Baseball & Tax Time



April questions for the LV Community Quiz focus on Easter, the start of the Major League Baseball season and April 15 tax day. We'll also have our regular features, including a special guest, a Fitness Minute with Mary and Rob and Pun Fun with Gabriele.

The April Quiz is scheduled for Thursday, April 25th at 2pm in the Di Matteo Worship Center.

REMEMBER NO RESERVATIONS ARE NEEDED AND ALL ARE WELCOME!!!

If you're interested in becoming a contestant call Bill or Gabriele M.

Be sure to join us on April 25th for the Londonderry Village Community Quiz!

GreatJob!

Caring Cupboard Food Drive

We are pleased to announce that the food drive for the Caring Cupboard during the month of February was a HUGE success. LV donated almost 595 pounds of food! (594.50 to be exact) Another example of the caring community Londonderry Village continues to be! The Caring Cupboard is very grateful for this food which helps so many local families in need. Thanks to each and every one of you who donated...and a **special thanks to IL residents Ed and Carol Gregorich**, who facilitated this entire outreach project. They came up with the idea, sorted the food, and hauled it to the Caring Cupboard. "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." ~ Mother Teresa

Birthday Wishes List

If having a birthday is not special enough, wouldn't it be fun to know who else is celebrating a birthday on the same day? Upon a resident suggestion, we will be compiling a list of IL Resident birthdays. The current birthday list for each month will be printed each month in the newsletter beginning in the New Year. If you would like your name on that list and share your birthday, please fill out the slip in the back of the newsletter with your name and birthday.

Questions, call Trudy at Ext. 3048



Campus Information

Game and Tech Night: April 22nd

Join us for Game and Tech Night with the Palmyra High School National Honor Society students. We meet the 4th Monday of each month in the Cafe from 6:00-7:30PM. If you enjoy playing board games with a lively group of young people, this is the evening for you. If you need assistance with your phone, iPad, tablet or lap top, bring them along and a student will assist you. Come join the fun! No reservations needed. Questions, call Trudy at Ext. 3048.

The Village Harmony & LV Hand Bell Choir: Spring Concert Sunday April 28th at 3:00 PM

The residents from our Village Harmony Chorus and the LV Hand Bell Choir are very excited to announce the "Spring Concert" date. Sunday, April 28 at 3:00 pm our DiMatteo Worship Center will be filled with music. The Director Karen Umberger, has been very busy preparing both the vocalists and the bell ringers. It is quite an undertaking that requires a lot of practice for each resident group. Please mark your calendars to join us for a spectacular spring inspirational concert for Sunday, April 28 at 3:00 pm in the Di Matteo Worship Center. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.



Volunteer Training Meeting:

If you were unable to attend the Volunteer Training Meeting that was held March 21st, please stop in to read the manual while you are in the building. Bring your spouse or a friend along, as there are 2 manuals that can be read at the same time. The manuals are in Trudy's office (Resident Services Coordinator) and you may read it in the Theater Room. It should take no longer than 30 minutes. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048

**ALL VOLUNTEERS NEED TO READ THIS MANUAL,
NOT JUST VOLUNTEERS WHO WORK WITH HEALTHCARE,
IT IS A STATE REQUIREMENT.**

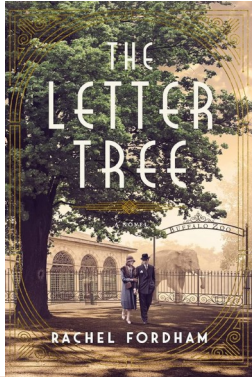


Display Cabinet
March/April
Ramona D.
"Unique Tools"

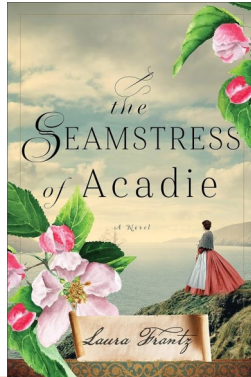


Campus Information

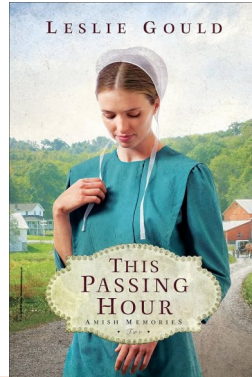
What's New at The Stoneback Library



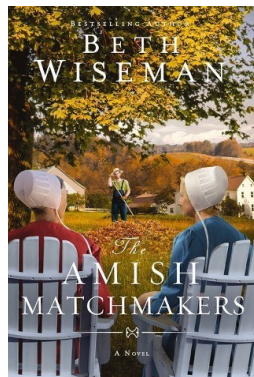
The Letter Tree
Rachel Fordham



The Seamstress of Acadie
Laura Frantz



The Passing Hour
Memories Series #2
Leslie Gould Amish



Beth Wiseman
The Amish Matchmakers



Katie Powner
Where The Blue Sky Begins



The Palmyra public Library services are open!

Stop to browse for a good book to read!

Hours: Monday through Wednesday 10am to 5pm

Thursday and Friday 10am to 5pm

Saturday 9am to 4pm



Campus Information

**IF YOU HAVE TROUBLE READING THE
IL MONTHLY NEWSLETTER DUE TO POOR
EYE SIGHT, PLEASE CONTACT
Mary Lee at 3186 or Trudy at 3048.
We will arrange a volunteer to
read the newsletter to you.**

**THE MONTHLY NEWSLETTER
INFORMATION MUST BE TURNED IN
PRIOR TO THE 15TH OF EACH MONTH.
THANK YOU :)**

**High-Rise Apartment
Elevators
Safety Guideline Policy
In order to prevent
accidents,
Residents with
scooters or pets
travel alone on the
elevators.**

Cafe Coffee with Friends

Monday-Friday 7AM-11AM

“Coffee NO Charge”

"Friendship-will charge your heart"

Looking for morning inspiration?

Come to the Cafe, meet with friends,
talk about the day ahead and enjoy
simple times of good connections.

Hershey LTC Pharmacy

Hours:

Monday - Friday

9AM - 5PM

717-832-2050

The Café at Stoneback Library

Monday through Friday

Breakfast 7am - 10am

Lunch 11am - 1pm

Saturday and Sunday

Lunch 11am - 1pm

Redner's Save-A-Tape Program

When checking out at Redners, **please be
sure to use your Redner's Rewards card.**

We cannot use the Redner's receipts
unless your Rewards card is presented at
the time of check out.

Thank you



Art Gallery Wall Display

Art Gallery Wall Display

If you are one of the many talented artists here at LV, it's time to display one of your master pieces for all to enjoy. Art work should be a personal piece of art hand made by the RESIDENT ARTIST. The art hanging system is specially designed to securely hold the art treasure (s) you have saved in your home.

The drop off of new art will be:

**Wednesday, April 24th from 9:00-11:00 AM
in the Fellowship Hall.**

Our volunteers and staff will help hang the pictures for display.

The procedure is as follows:

1. Bring framed art work or other hand-able art work.
2. Have a registration form signed and completed.

Questions: Call Trudy at Ext. 3048



Registration Art Work Form

Name _____ Phone _____

Address _____

Name of Art Work _____

Not for sale ☐ For sale ☐ Price \$ _____

Artist Signature _____

Art work is freely shared for display by LV residents. The LV administration is not responsible for the art work hung on the walls viewed by the general public.

REMEMBER TO BRING THIS FORM
ALONG WITH YOUR ARTWORK ON Wednesday April 24th

Wellness Way

Wellness Center News

The Fitness Center hours are changing!

Starting Wednesday February 14th we will now have extended hours during the week and on weekends.

New hours for the Fitness Center will be **5:00AM to 9:00PM every day** including weekends and holidays.

We will continue to staff the Fitness Center from 7:00am-3:00pm Monday thru Friday.

EXTENDED HOURS WILL BE UNSTAFFED.

In order to use the Fitness Center during unstaffed hours you must first go through an orientation session with Mary, Rob, or Lauren to show proper usage of the Fitness Center machines. Once you have gone through the orientation, we will add your name to swipe card system and you will be able to use the Fitness Center during the extended hours.

If you want to continue to work with a trainer, please continue to come during staffed hours or see Rob or Lauren for an appointment time.

****PLEASE REMEMBER YOU MUST HAVE A SIGNED PHYSICIANS CONSENT FORM AND WAIVER BEFORE USING THE WELLNESS CENTER****

**Please note, this DOES NOT include the pool.
The pool will maintain its current schedule.**

"Get ready to elevate your fitness game with Morning Mobility, the rebranded version of the beloved workout class formerly known as IL Fit. Still offering the same dynamic blend of cardio, strength training, and flexibility exercises, Morning Mobility promises to kick start your day and leave you feeling energized and empowered. Join us Monday and Wednesdays at 10 AM for a revitalizing workout experience that will help you achieve your health and wellness goals, all under our new and improved name."

Wellness Way



Grip Strength Program

"Be a valued participant in a long-term research study that measures grip strength as a method to determine fall risk among the older adult population. According to the CDC, every second of every day, an older adult falls - that's about 36 million falls a year, and it's a leading cause of injury and injury related death in older people. Simply call **EXT: 3210** or stop into the fitness center to schedule an appointment with Rob. The assessment only takes 5 minutes to conduct and will provide an opportunity for participants to learn ways they can improve their balance and limit their own risk of experiencing a fall."

Zumba Gold

****please note dates changes for this month****

Zumba Gold® will be on **Monday April 15th** and **Monday April 22nd** at 10:45am in the Studio. Zumba Gold® modifies traditional Zumba moves with lower intensity, lower impact, and smoother transitions. It utilizes an engaging blend of Latin and International-style music along with a bit of catchy pop & focuses on elements of cardio, balance, range of motion and coordination. Camaraderie, fun, and fitness all rolled into one. Come join us! Questions? Call Mary in the Wellness Center at Ext. 3211.

Seated Yoga

The class will focus on the fundamentals of guided and gentle movement. Classes will be Wed. April 10th & Wed. April 24th at 9:00am in the Studio. If you have any questions, please call Mary in the Wellness Center at Ext. 3211

****ATTENTION****

The **POOL** will be **CLOSED** and **NO TRAINER** on duty **Monday April 1st**. However, the **SWIPE CARD ACCESS** will be available for the Fitness Center. If you have any questions call Mary at Ext. 3211

Wellness Way

April 2024

Wellness Center Class Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No trainer on duty for Easter Holiday! (POOL CLOSED)	2 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit	3 9 AM Wet N Well 10 AM Morning Mobility	4 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	5 8:30 AM Raise the Barre 9 AM Wet N Well	6
7	8 9 AM Wet N Well 10 AM Morning Mobility	9 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit	10 9 AM Wet N Well 9 AM Seated Yoga 10 AM Balance Builders	11 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	12 9 AM Wet N Well	13
14	15 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba	16 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit	17 9 AM Wet N Well 10 AM Morning Mobility	18 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	19 9 AM Wet N Well	20
21	22 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba	23 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit	24 9 AM Wet N Well 9 AM Seated Yoga NO Balance Builders!	25 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	26 9 AM Wet N Well	27
28	29 9 AM Wet N Well 10 AM Morning Mobility	30 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit	Please note the temporary date changes to Zumba this month.			



= Meet in the pool



= Meet near water fountain in Snell



= Meet in the studio

Village Convenience Store

VILLAGE CONVENIENCE STORE - APRIL



HOURS: 10 AM to 12:30 PM - MON through FRI.

April springs eternal.

Have you checked out our selection of toiletries? We have shampoo and body wash for both men and women. Also bars of soaps and foaming hand soaps, deodorant, shaving cream, toothpaste and mouthwash just to mention a few of our items.

We have also started carrying Half and Half cream to add a little something extra to your morning coffee. We are continuing to have small bags of celery, cauliflower, carrots and broccoli for your purchase, because we all know we are not able to use a whole stalk of celery or head of cauliflower.

The Shoppers Delight \$10 gift certificate winners for the month of January:

Feb. 2nd - Barb B.

Feb. 9th - Gayle K.

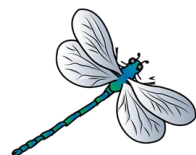
Feb. 16th - June H.

Feb. 25th - Bonnie H.

Remember April showers bring May flowers.

Until next month.

THE TEAM



Estate/Barn Sale News March 2024

Did you know that this is the 25th anniversary of the recorded Barn/Estate Sale?

With recorded sales of over 1 million dollars.

Important reminders:

1. **April 16th** will be the **last day** for pickups and drop offs. NO exceptions. This includes leaving items in the trash room or leaving them out for recycling to pick up.
2. If you have items for the sale, you must call or get them to the barn on a Tuesday on or before April 16th. Items must be dropped off at the furniture barn on Tuesdays only between 9-11am. You **must** drive around the bottom of the barn to get to the furniture barn and exit the same way. The top drive will be blocked off for safety concerns.
3. **Volunteers are needed in every department!**
4. **Contact any committee member listed below.**
5. **Let them know if you are interested in a certain department or if you are flexible and will help where needed.**
6. **Let them know what your availability or limitations are.**

COMITTEE MEMBERS ARE AS FOLLOWS

Ivan Hanson – Director of the sale 717-813-3418

Larry Kish - Furniture and schedule Pick-ups 717-641-3759

Dirk Dixon - Electronics 717-982-1191

Betz England - Assistant Treasurer 717-460-6957

Millie Kish - scheduler for pick-ups and Jewelry 717-641-3759

Carol Meyer / China and fine glass wear 717-269-6312

Please only call Monday-Friday 9-4

Note: Please NO shopping or visiting on Tuesday.

ONLY the Furniture Barn will be open for prospective buyers 9-11am.

Tuesdays are for actively working volunteers only. If you *need* anything you **must schedule an appointment.**

If you do not have an appointment, you will be asked to leave and schedule one.

THOUGHT FOR THE MONTH

Keep your words soft and sweet, someday you may have to eat them.

The jewelry committee would like to thank you for your many wonderful donations. As you know, we accept all types of jewelry and jewelry boxes. Jewelry is always in high demand by our customers during the Estate/Barn sale. Please continue to give your jewelry to any receptionist, Carroll Foore or Millie Kish.



Speakers • Talks • Groups



Caregiver Support Group: Thursday April 11th at 2PM

Caregiver support group is for anyone seeking support as you are caring for a loved one at home. Learning to share concerns, fears, sadness in life changes and other feeling with friends traveling in similar situations can be very beneficial in your own personal health. This group is learning educational understanding on many different topics. The meetings are set in a relaxing atmosphere of talking through challenges and discovering some peace in camaraderie. The April topic will be "A New Look at Alzheimer's Research" by Dr. Permuter in a video format. If you have friends that are from outside of the LV community that would be interested in attending please invite them to this meeting. The support group is open to any community friends. Please sign up for our room seating arrangements. Questions call Mary Lee at 3186.



Wednesday April 10th & 24th

Join us in the Theater Room Wednesday, April 10th & 24th at 2:00 PM to be enlightened by the chosen topics. If you have a topic you would like to know more about, share with others, or spark interest, submit your topic suggestions to Trudy Ext. 3048.

Topics for the month:

April 10th: How to hack your brain when you're in pain. The bias behind your undiagnosed chronic pain. All it takes is 10 mindful minutes.

April 24th: Why we should embrace aging as an adventure. How to live to be 100. Top 10 tips to keep your brain young.

Health, Safety, & Prevention NO MEETING IN APRIL

We will NOT be holding our HSP meeting in April.

Our next active meeting will be on Tuesday May 7 at 1:00 pm with our dynamic Wellness Center Team. Rob and Mary will be instructing everyone on Healthy Living through exercise and diet! Come to learn and take along new ideas to improve aging well and safely for many years ahead. You can mark you calendars now for May 7at 1:00 pm in the Di Matteo Worship Center Chapel. Looking forward to seeing a great turn out! Questions, call Mary Lee at 3186.



Genealogy Help Available

Interested in researching your family history, but don't know how to get started? Already started your genealogical journey, but don't know where to go from here? Resident Dale G. is willing to work one-on-one with you in this journey. Please call Dale if you are interested in working one-on-one with him on your genealogical Journey.

Speakers • Talks • Groups

What's New w/Jeff

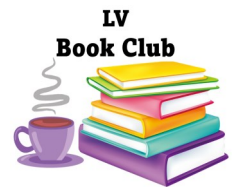
LV YouTube, LV Channel 4, or join us in the Di Matteo Worship Center/Fellowship Hall for updates & announcements of what's happening on campus

Thursday April 4th at 1:00 PM

Copies of Jeff's remarks will be available at receptionist desks and at the IL mailboxes.

LV Book Club: Monday April 22nd

The book club will meet Monday, April 22nd at 3:00 PM in the Village Art Center. The March book is, "The Litigators," by John Grissom. If you need a copy of the book, please contact Donna F.



Bell Tones: April 4th

We hope everyone enjoyed our participation in the Easter concert on Wed. March 27th. You can be a part of our group. We can always use ringers, men and women. Everyone is invited to participate. You do not need to read music as our bells and music are color coded. Come on out and join in the fun and help to make some great music. The Bell Tones will be practicing in the Theatre Room on Thursday April 4th at 3:30 PM. The practice for Thursday April 20th is cancelled due to the Volunteer Luncheon that day at 1:00 PM. Have questions please call Bonnie P.



NEW Grief Support Group Tuesday April 23rd

If you are wrestling with grief over the loss of a loved one and want some extra help, there will be a 6-week grief support group beginning Tuesday, April 23rd. The six weeks will cover topics including: understanding loss and what it looks like; working through processes of grief; misconceptions about grief; caring for your whole self; ways of remembering a loved one; and finding meaning through grief. These one-hour sessions will include times of reflection and support, as well as tools for self-care. Sessions will take place in the Theater Room on Tuesdays from 3-4 PM on April 23rd, April 30th, May 7th, May 14th, May 21st, and May 28th.

If you would like to be part of this support group or if you have questions, please contact Chaplain Liz at Ext. 3504 or by email at lbidgood-enders@londonderryvillage.org. Please RSVP by April 14th

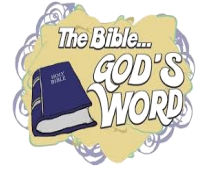
Conversations with Friends: Monday April 1st

Conversations with Friends meets the 1st Monday of the month at 1:00 in the Di Matteo Worship Center. The next meeting will be Monday, April 1st. No reservations necessary. There will be NO Conversations in May. Questions, call Trudy Ext. 3048.



Speakers • Talks • Groups

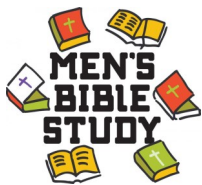
Gleaners Women's Bible Study



Monday April 8th at 10:30 AM

Monday April 22nd at 10:30 AM

WOMEN'S BIBLE STUDY ~ GLEANERS ~ will complete the 2023-2024 study season in April. Classes are on Monday, April 8th at 10:30 AM and we will meet again Monday April 22nd at 10:30 AM. The 2nd and 4th Mondays of each month are the dates for Gleaners to gather to pray, sing and study together. 1 Peter chapters four and five are the sections for our April studies. These two chapters center on one of the themes of study of 1 Peter. This theme is surrender and submission. Often when this theme is studied it is the submission of a wife to her husband. This is one example; but as we study, we will discover submission is for all true believers. We will continue to use some of the Bible study 'tools' that help us have "JOY OF DISCOVERY" in Bible study. In case you may wonder about these "tools", COME AND SEE how identifying and defining key words and the use of cross references of Scripture helps to discover "What does God say in His Word"? We meet in the Fellowship Hall. Do you have questions about class? Call or email class leader, Ramona D.



Men's Bible Study: Every Friday

Men's Bible Study meets every Friday at 10:00 AM in the Fellowship Hall. All men invited to attend this study led by Herb Steffy. No reservations needed. Questions: Call Bob F.

Ladies Afternoon Tea: May 6th & 20th

Ladies Afternoon Tea will be held Monday, May 6th & Monday May 20th at 2:30 PM in the Atrium. The reservation slip is in this newsletter. You are welcome to bring your own beverage if you prefer something other than tea. You will receive your invitation in your IL mailbox. Consider joining us for a time of conversations, tea and dessert. Questions, call Trudy at Ext. 3048



Miracle Ear:

Appointments can be made for the 2nd and 4th Wednesday of each month in the Health Clinic.

April 10th - 1 PM to 4 PM

April 24th - 8 AM to 12 PM

Call Ashley for an appointment at 717-270-8822 or stop in and see us.

We offer the following FREE services to Residents:

- Hearing Aid Cleanings
- Hearing Aid Adjustments
- Hearing Screenings
- Video Ear Inspections

Touchtown Volunteer: Dale G.

Would you like to use the LV Touchtown system, but you're not sure how to access the site? Resident, Dale G. will be happy to guide you on how to use this communication system available from your personal computer or smart phone. Give Dale a call to arrange an appointment.



Trips & Excursions

Walmart Shopping:

First Tuesday of Every Month

The bus will leave from the Snell Community Center Entrance at:

8:00 AM - 9:00 AM - 10:00 AM

JBT Bank: Every Wednesday

Every Wednesday the LV Bus will be available to take residents to do their banking at the JBT bank Branch located at Northside Commons.

The bus will leave Snell CC at 2:30 PM.

No reservations needed.

Questions: Call Trudy at ext. 3048

Friday Grocery Shopping

The weekly IL Resident grocery shopping trips leave from the Snell Community Center, however, if you request being picked up at the Wheaton Entrance, (or from a specific IL unit for residents that are no longer driving), it is your responsibility to call Jane Quairola at Ext. 3051 for a reservation.

WEEKLY GROCERY BUS SCHEDULE

Weis.....8:00 AM every Friday
Redner's.....8:30 AM every Friday
Giant & Karn's..10:00 AM every Friday

40 Diners:

Friday April 12th

Friday April 12th the LV Bus will travel to The Heidelberg Family Restaurant. The bus will depart Snell CC at 12:15 PM. Please arrive 15 minutes early for check-in and boarding.

Reservations required.

Questions or cancellations, please call Cynthia R.



HOB:

Tuesday April 23rd

Tuesday April 23rd the LV Bus will travel to The Blue Bird Inn. The bus will depart Snell CC at 12:30PM. Please arrive 15 minutes early for check-in and boarding. Reservations required. Questions or cancellations, please call Cynthia R.



Third Tuesday Shopping Trip: Tuesday April 16th

On Tuesday, April 16th, the LV Bus will travel to Good's Store and JOY Bookstore. Reservations are required. The bus will depart Snell CC at 9:30 AM. Questions, call Trudy ext. 3048



The Veterans Club: Friday April 19th Trip to Gettysburg

The Veterans Club will be taking the LV Bus to Gettysburg, Friday, April 19th. This quaint town is filled with stories to tell. Discover how Gettysburg captures the imagination, stirs the soul, and continues to draw visitors from around the world to its hallowed ground and beautiful countryside. The bus will depart Snell CC at 9:00 AM. Spouses are invited to attend. Please call Chuck T. to reserve your spot.

Trips & Excursions

Hershey Women's Connection: Buffet Luncheon Wednesday April 10th 2024

12:00 PM to 2:00 PM - \$22.00 (pay at the door)



128 Hillcrest Road, Hershey

Menu

Chicken salad with croissant, Italian Wedding soup, crackers
raw veggies, dessert, coffee and tea.

A gluten free meal is available upon request

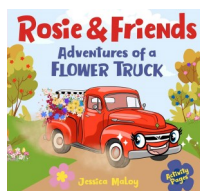
(just ☒ the gluten free box on the reservation slip)

Reservations Due by Thursday April 4th

Respond with the reservation slip in this Newsletter

Cancellations MUST be made by noon the Monday prior to the luncheon.

Reservations NOT kept must be paid, if you must cancel please call Barb Best.



LV Bus will leave Snell CC promptly at 11:15 AM

Questions: Call Barb B.

Program

Feature: Jessica Maloy, "Rosie the Red Flower Truck"
greenhouse owner from Palmyra, PA. BYOB (Build your own bouquet)

Speaker & Music: Nancy Williams from New Bremen, OH shares
"You are Priceless and Can Live Above Any Circumstance"!



Bible Fellowship Luncheon May 1st

Senior Adult Bible Fellowship Luncheon will be held Wednesday, May 1st at Hershey Free Church. The bus will leave Snell CC at 10:00 AM. The presenter will be from Hope Within (medical non-profit ministry.) Reservations are required, sign up in this newsletter. Questions, call Trudy at Ext. 3048.

If you signed up for the April 3rd luncheon, the bus will leave Snell CC at 10:00 AM.

The guest speaker will be Jeanine Speck.

Trips & Excursions

Founders Hall Tour: April 9th **REMINDER**

This trip is full, this is just a reminder that we will be headed to Milton Hershey School's iconic Founders Hall Tuesday April 9th. The first trip LV Busses will be leaving the Snell Community Center at 9:45am and the second trip LV Busses will be leaving the Snell Community Center at 1:15pm. The tour will last approximately 1 hour. Questions call Trudy at Ext. 3048.

Sight & Sound: "Daniel"

April 25th - 11:00 AM Performance **REMINDER**

This trip sold out. This is a reminder that we will be heading to the Sight & Sound Theater to watch Daniel at the 11:00 am show. We will be stopping for a late lunch on our way home. We will be stopping at The Hershey Bistro before returning to Londonderry Village. The LV Bus will be leaving the Snell Community Center at 8:45 am. We are needing to arrive early to Sight & Sound for check in. If you have any questions please call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Hollywood Casino: Tuesday April 16th

The LV Bus will travel to Hollywood Casino Tuesday, April 16th. The bus will depart Snell CC at 11:00 AM and will return by 3:30 PM. Lunch will be on your own at the Casino as there are several different options. Reservations are required, questions call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

HOLLYWOOD
Casino



Programs in the Di Matteo Worship Center

Chaplain's Independent Living Bible Study

Chaplain Ken will be leading a weekly Bible Study on the Book of Ezra for Independent Living Residents. The Study will meet on Tuesdays at 1PM in the Fellowship Hall. No reservations needed. Questions call Chaplain Ken at Ext. 3054



Jim Correnti Piano Recital: Tuesday April 2nd

Join us as we enjoy the piano music of Jim Correnti Tuesday, April 2nd at 2:00 PM in the DiMatteo Worship Center. He is a phenomenal pianist from the Philadelphia area and performs for us when he is in town. No reservations necessary, questions call Trudy at Ext. 3048

Servant Stage: I'll Fly Away: Thursday April 11th

Please mark you calendars for a wonderful evening of talented entertainment. The terrific cast from I'll Fly Away is back by popular demand for a limited tour! This is a Free- Will-Offering! I'll Fly Away features a live folk band, stunning vocalists, and beautiful renditions of some of the most famous and inspirational songs ever written! With toe-tapping arrangements of old-time favorites, classic hymns, and more, this original tribute to Gospel and Bluegrass music is sure to be a treat for the ears and a balm for the soul! The doors will open around 6:30 pm for a 7:00 pm show. The location is our Di Matteo Worship Center. This is a Free-Will-Offering event! Remind your neighbors that the program will not be on Channel 4. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Annville Cleona Kids Chorus: Monday April 15th

The students from Annville Cleona Elementary Kids Chorus are returning to Londonderry Village. This year there will be 50 students performing. This is always a wonderful group with a dynamic concert! the theme is "Movie Mania" with a variety of songs you will recognize. The concert will be in the Di Matteo Worship Center. The show is at 6:30 pm to 7:30 pm. The community family members will be attending along with our residents. There is no sign up for the performance. Questions, call Mary Lee at Ext. 3186.

Shared Ride Presentation: Wednesday April 17th

Lebanon Transit will offer a presentation on their Shared Ride programs. The program helps local residents enjoy the benefits of alternative transportation. LT's Shared Ride Van Service can take you anywhere in Lebanon County, with no set stops or routes. You give us the address and we'll get you there, from businesses to a friend's house and beyond. Service runs Monday through Saturday. Reduced fares are available for qualifying Seniors (age 65+) and Persons with a Disability (PWD), ages 18-64. All are invited to listen to the presentation, Wednesday, April 17th at 2:00 PM in the Di Matteo Worship Center. No reservations needed. If interested in registering for a shared ride service after the presentation, please bring along a form of ID. Questions, call Trudy at Ext. 3048

April 2024

Sunday	Monday	Tuesday	Wednesday
	April 1 8am Layser's Greenhouse 1pm Conversations with Friends 2:30pm Ladies Afternoon Tea 3pm Open Wii Bowling 6pm Billiards *Pool Closed & No Trainer on duty*	April 2 8am Trash 8am Blood Sugar 8, 9, & 10am Walmart Trips 1pm Chaplain IL Bible Study 2pm Jim Correnti Piano 6pm Evening Pinochle	10am Bible Fellowship 2pm Hand & Foot 2:30pm Jonestown 7pm Evening Worship (Palmyra First Church)
April 7 10am Chapel Service (Linda Sprandel)	April 8 8am Layser's Greenhouse 10:30am Gleaners 11am Rosary (DiMatteo Worship Center) 1:30pm ILC Quarterly Meeting 3pm Open Wii Bowling 6pm Billiards	April 9 8am Trash 8am Blood Sugar 9:45am 1st Founders Hall Tour 11:30am Textile Group 1pm Chaplain IL Bible Study 1:15pm 2nd Founders Hall Tour 5:30pm Chef's Table 6pm Evening Pinochle 7pm Shuffleboard	11:15am Hershey 1-4pm Miracle 2pm Hand & Foot 2pm TED Talk 2:30pm Jonestown 7pm Evening Worship (Myerstown Church)
April 14 10am Chapel Service (Chaplain Ken)	April 15 8am Layser's Greenhouse 1pm Village Insider 3pm Open Wii Bowling 6pm Billiards 6:30pm Annville Kids Chorus	April 16 8am Trash 8am Blood Sugar 9:30am 3rd Tuesday Shopping 11am Hollywood Casino 1pm Chaplain IL Bible Study 2pm Buddy Society Dinner 6pm Evening Pinochle 7pm Shuffleboard	2pm Hand & Foot 2pm Shared Ride 2:30pm Jonestown 7pm Evening Worship (Annville Church)
April 21 10am Chapel Service (Chaplain Ken) 2:30pm Rockingham Male Chorus	April 22 8am Layser's Greenhouse 10:30am Gleaners 2:00pm Mick Cochran 3pm Open Wii Bowling 3pm Book Club 6pm Billiards 6pm Game & Tech Night	April 23 8am Trash 8am Blood Sugar 10am Communion (DiMatteo Worship Center) 12:30pm HOB 1pm Chaplain IL Bible Study 3pm Grief Support Group 6pm Evening Pinochle 7pm Shuffleboard	8am to 12pm Market 9am Art Gallery 2pm Hand & Foot 2pm TED Talk 2:30pm Jonestown 7pm Evening Worship (Harrisburg First Church)
April 28 10am Chapel Service (Linda Sprandel) 3pm LV Spring Concert	April 29 8am Layser's Greenhouse 2:30pm Ladies Afternoon Tea 3pm Open Wii Bowling 6pm Billiards	April 30 8am Trash 8am Blood Sugar 1pm Chaplain IL Bible Study 3pm Grief Support Group 6pm Evening Pinochle 7pm Shuffleboard	

Programs in the Di Matteo Worship Center

Mick Cochran Music Program: Monday April 22nd

We are welcoming Mick Cochran back to LV, as he has been entertaining us with his music for many years. All are invited Monday, April 22nd at 2:00 PM in the Di Matteo Worship Center. No reservations necessary. Questions, call Trudy at Ext. 3048

Rockingham Male Chorus: Sunday April 21st

The Rockingham Male Chorus of the Shenandoah Valley of Virginia is a group of volunteer musicians from a variety of backgrounds, careers and denominations who welcome the opportunity to travel and sing the gospel of Christ. "The Singing Men" as they are known, travel hundreds of miles on an annual basis giving 20-30 concerts covering an area from Pennsylvania to Florida. The members of the Rockingham Male Chorus enjoy good fellowship and a strong camaraderie as well as a common sense of mission. They love to share the Word in their concerts and welcome the opportunity to greet and fellowship with their audiences in Christ's name. We are fortunate to have the chorus stop at Londonderry Village on their journey to Chambersburg for an evening program. This is a free-will-offering concert. The performance will be held in the Di Matteo Worship Center at 2:30 pm on Sunday, April 21st. There is no sign up for this event, Everyone is welcome to attend a wonderful afternoon of music for all!

Roger Lents Vocalist Spring Recital: Saturday April 27th

The talented students of the Roger Lentz Studio school of voice and piano will be presenting their Spring Concert. This is a great program to attend if you have nothing planned on your schedule. The students certainly enjoy performing in front of a large audience. Come enjoy at 2:00 pm in the DiMatteo Worship chapel. All are welcome! No sign up is necessary.

Student Violin Recital: Sunday May 5th

All invited for a violin recital, Sunday, May 5th at 2:00 PM in the Di Matteo Worship Center. All the student violinists study under the leadership of professional violinist, Ashley Butters. No reservations needed. Question, call Trudy at Ext. 3048



Special Announcements



Hoping you thoroughly enjoy your Special Day,
surrounded by all of your Wonderful Friends and Family!

April Happy Birthday Wishes

Wendy C. April 1

Jack B. April 6

Lu H. April 12

Jo Anne H. April 16

Dorothy E. April 22

Daryl G. April 22

Judy M. April 23

Miriam S. April 25

Denise T. April 27

Nila W. April 30

New March 2024 Happy Birthday Wishes

David F. March 4

Daniel L. March 14

If you would like to add your birthday to the list, please fill out the sign-up slip in this Newsletter.



In Loving Memory



As part of a caring community, we grieve losses and want to stay connected. Each month, we include names of those who are gone from us physically, but whose lives we want to remember in thoughts and prayers.

Due to newsletter deadlines, dates span the 16th of one month through the 15th of the next month.

We extend our sympathy to the family of:

Rufina Marquette, who died February 19, 2024

Robert "Bob" Schaeffer, who died February 23, 2024

William "Bill" Cook, who died March 3, 2024

Arlene Brubaker, who died March 4, 2024

Elizabeth "Betty" Zeiger, who died March 12, 2024



*We begin to remember not just
that you died, but that you lived --
-- And that your life gave us
memories too beautiful to forget.*

Common Good April 2024



*"This is the day which the
Lord has made. Let us
rejoice and be glad in it."
Psalm 118.24*

Sunday Chapel

4/07 = Linda Sprandel
4/14 = Chaplain Ken
4/21 = Chaplain Ken
4/28 = Linda Sprandel

*10:00 am attend in person in the
DiMatteo Worship Center
or tune in on LV Channel 4*

Wednesday Evening Worship

*7:00 pm attend in person in the
DiMatteo Worship Center
or tune in on LV Channel 4*

*April 3: Palmyra First UMC
April 10: Myerstown Church of the Brethren
April 17: Annville Church of the Brethren
April 24: Harrisburg First COB*

Monday,
April 8th
@ 11:00 am

*Recitation of The Rosary
in the DiMatteo Worship Center*

Thursday,
April 11th
@ 10:30 am

*Catholic Mass
in the DiMatteo Worship Center*

Tuesday,
April 23rd
@ 10:00 am

*Communion with Palm Lutheran Church
in the DiMatteo Worship Center*

Friday Movies



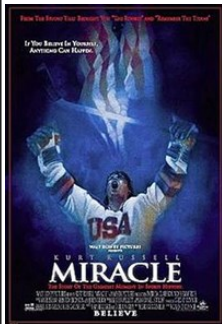
Join us in the DiMatteo Worship Center. If you have any questions call Trudy at Ext. 3048



The Hill - April 5th at 3:00 PM *Based on a True Story

A true story about a head-strong, controlling, pastor father and a son who has different ideas about what he wants to do in life besides being a pastor which his father told him this is exactly what he will be as an adult. But Rickey Hill's path became to be a professional baseball career instead of being a preacher. This is a story about conflict between father and son which becomes the main part of the movie. And, how the son obeys his father doing what he really wants to do.

Released 2023 - 2 hrs. 7 min - PG

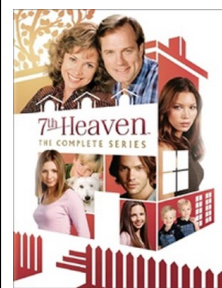


Walt Disney's Miracle (on ice) - April 12th at 6:30 PM

***Based on an Incredible True Story**

Considering that Miracle depicts one of the most memorable sporting events in history; the U.S. hockey team's historic 1980 gold-medal victory over the Soviet Union; it's no surprise that nearly 4,000 young men turned out at auditions. But producers were no doubt taken aback when they learned the identity of one of the actors at the cattle call: Billy Schneider, the son of original team member Buzz Schneider who ended up getting cast as his dad. "It was something special,"

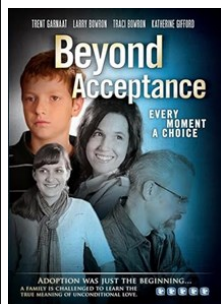
Released in 2004 - 2 hrs. 16 min. - Rated PG - 13



7th Heaven - April 19th at 3:00 PM Prior 1st season episodes 3 & 4 TV shows

Protestant minister Eric Camden and his wife Annie have always had their hands full caring for seven children, not to mention the friends, sweethearts, spouses, and other visitors that continually come and go in their home.

Released in 1996 - 1.5 hrs. - Not Rated



Beyond Acceptance - April 26th at 6:30 PM

When Aaron Border and his wife, Stacy, chose to become foster parents, they had no idea how that decision would completely change their lives. Evans, abandoned as an infant and rejected by so many, had lost hope of ever being wanted. The Border family is shocked to face Evans anger and fear of rejection. The upheaval of their once tranquil family cause them to wonder if they are up to the challenge. As each new obstacle confronts them, their future becomes fraught with questions. Are they cut out to be foster parents? Will Evans ever be able to trust? Is he really beyond acceptance?

Released in 2012 - 1 hr. 35 min. - Received 5 Dove Awards



Village Art Center



Community Puzzle Tables

Several puzzle tables are set up in the Village Art Center. Stop by to work on a puzzle, the door is open to sit and work.

Textile Group: Tuesday April 9th at 11:30AM

Have you been looking for a particular fabric to complete a project? Or you want to make a sweater for your cat and need some bulky yarn? Or your project calls for crochet hook size that you do not have and don't want to buy?

The Art Room (next to the IL mailboxes) has so many donations that you can look through for what you need. Most of the donations are in the tall white cabinets on the wall opposite the windows. Please feel free to look for what you need!

And did you know that there are items for sale in the Art Room? The display case next to the windows behind the puzzle tables holds all kinds of hand-made items for sale. Need a greeting card for your friend? Or do you need a new dishcloth or scrubbie? Each item in the cabinet is labeled with the suggested donation. You can place your donation in the small locked box on the top of the cabinet. The donations go directly to benefit the Good Samaritan Fund. If you are looking for a particular item, you can contact anyone in the Textile Group or Lynn D.

Healthy Puzzle Working With Friends

All our puzzle working friends! Please check your floors before you are finished admiring your puzzle. There may be a stray piece on the floor. We are losing one piece on a regular basis. Why one piece, you ask? I have no idea, but it has become quite common. If there is a missing piece be sure the area is circled on the front of the box. We have a collection of lost pieces that never seem to be the missing piece. Another one of life's little mysteries! Keep working on your healthy brain exercises by doing a puzzle a week. It really does make a difference! See you at the puzzle pick up and drop off. We are in search for more 300 piece puzzles for my happy "Thrift Shopping Friends"!

CALLING ALL CRAFTERS

Do you have a craft idea you would like to share with others? Now's your chance to teach it to a small group here at LV. If anyone would be interested in holding a craft activity during a Friday morning Craft Group, please contact Trudy at Ext. 3048.

Mixed Art with Cindy Friday April 5th & 19th

Mixed Art with Cindy meets the 1st & 3rd Friday of each month at 5:30PM in the Village Art Center. Reservations requested, sign up in this news letter. Questions, call Trudy at Ext. 3048



Sally Ann's Mixed Arts Every Friday

Sally Ann's art class meets every Friday at 3:30 PM in the Village Art Center. Sign up in this newsletter. Question, call Trudy Ext. 3048



Fun & Games

Game Day Friday April 5th & 19th

Join us **every 1st & 3rd Friday of each month at 1:30 PM in the Theater Room**. We play a selected board game, and more importantly, have a lot of fun! No reservations needed.
Questions: Call Trudy at Ext. 3048

Games of Choice:

Every Saturday

Join us for an afternoon of game playing of your choice **every Saturday in the Atrium from 1-3 PM**. Feel free to bring your own game if you would like.
Questions: Call Becky H.



Billiards:

Every Monday & Thursday

Every Monday and Thursday 6:00 PM in the Billiards & Game Room Pick-up style games.

Hand & Foot Card Players:

Every Wednesday

Hand & Foot **every Wednesday at 2:00 PM in the studio**.

Questions, contact Betty F.



Evening Pinochle:

Every Tuesday

Every Tuesday 6:00 - 8:00 PM in the Studio - Pick-up style games.
(Please arrive about 15 minutes early)



Golfers

A group of Londonderry residents play on Thursdays, from late April through September, weather permitting, at different courses each week. If you are interested in playing with them, please call Jim W.



BINGO:

Friday April 26th

BINGO will be played **Friday April 26th at 1:30 PM in the Fellowship Hall**. Come & join the fun! Questions, call Trudy at Ext. 3048. Reservations are required



Bridge:

Every Friday

Every Friday 2 to 4 PM in the Studio.
(Please arrive about 1:45 PM)
Welcoming New Players!
Call ahead for table seating.
Call Jay B. with any questions



Wii Bowling:

Every Monday

Wii Bowling is held **every Monday in the Studio**. Games begin at 3:00 PM & the group is always looking for new players. Please call Judy C. with questions or if you'd like to learn how to play!



LV Auxiliary News

Annual Londonderry Village Auxiliary Sub & Sandwich Fundraiser

The deadline for orders: **Friday, April 12, 2024**

Pick-up at Stoneback Pavilion: **Saturday, April 27 11:00 -12:30**



Subs \$7.00

Pretzel Sandwiches \$6.00



Please put completed forms & payment in the IL Reservation Box in the Snell Reception Area

Additional order forms can be found at the Snell CC Desk

Your Name: _____ Phone: _____

Address: _____

Please indicate if this is pick-up or delivery: Pick-up ☐ Delivery ☐

Delivery by another person ☐ Provide Person's Name: _____

Please indicate method of payment: Cash _____ Check* _____

I do not wish to purchase food, please accept my donation: Donation Amt. _____

Please indicate method of payment: Cash _____ Check* _____

**Make checks payable to Londonderry Village Auxiliary*

LV Auxiliary News

Subs

All subs come w/ individual packs of Lettuce, Tomatoes) and contain a condiment packet

		With Onions	No Onions	Onions and Peppers
		# Ordered	# Ordered	# Ordered
(NEW)	Spicy Italian	n/a	n/a	
<i>(Hot Capicola, Pepperoni, Hard Salami, Provolone Cheese)</i>				
	Italian			
<i>(Cooked Ham, Cooked Salami, Hard Salami, Provolone Cheese)</i>				
	Ham			n/a
<i>(w/ white American Cheese)</i>				
	Turkey			n/a
<i>(w/ white American Cheese)</i>				
	Roast Beef			n/a
<i>(w/ white American Cheese)</i>				
	American			n/a
<i>(Cooked Ham, Cooked Salami, Bologna, White American Cheese)</i>				

Subs on a Whole Grain
Roll

Turkey		n/a	n/a
<i>(w/ white American Cheese)</i>			
All Cheese		n/a	n/a
<i>(Provolone and White American Cheeses)</i>			

Pretzel

Sandwiches

(Condiment packet w/ each sandwich)

# Ordered		
(NEW)		
	Chicken Breast	<i>(Sliced Chicken Breast and Pepper Jack Cheese)</i>
	Italian	<i>(Cooked Ham, Cooked & Hard Salami, Provolone Cheese)</i>
	Ham and Cheese	<i>(w/ white American Cheese)</i>
	Ham and Swiss	<i>(w/ Swiss Cheese)</i>
	Turkey and Cheese	<i>(w/ white American Cheese)</i>
	Roast Beef and Cheese	<i>(w/ white American Cheese)</i>
	Sweet Bologna and Cheese	<i>(w/ white American Cheese)</i>
	All Cheese	<i>(Provolone and White American Cheeses)</i>
	Chicken Salad	<i>(no Cheese)</i>
	Egg Salad	<i>(no Cheese)</i>
	Tuna Salad	<i>(no Cheese)</i>

LV Auxiliary News

Village Boutique

Hours: Monday, Wed, Friday & Sat. 1pm to 4pm

HAPPY SPRING!! Spring has Sprung at the Boutique! Come in and shop for the end of the winter season. For the month of April, **EVERYTHING** in the Boutique will be \$1.00. You heard right! All coats tops, men's shirts, shoes, scarves, purses: **EVERYTHING** is \$1.00! Come to the Boutique and get the end of the season bargains before "Spring springs on you"!! Our Spring line will be out the first week of May.

DATES TO REMEMBER

Handbells on **APRIL 28** at 3pm in DiMatteo

Sub/sandwich sale---pick up on April 27; orders in by April 12

Pizza sale--pick up on May 4; orders in by April 23

Roast Beef Take-out Dinner--pick up on Aug 10; orders in by Aug 3

Breakfast--Sept. 14; reservations in by Aug 23

Bazaar--Oct. 26

Nut sale--sale starts Nov. 16 with pick up; orders in by Oct. 2

Next quarterly meeting is **MAY 4** at 9:30 in DiMatteo; pizza pick up will be after the meeting.

THERE WILL BE DONUTS!



SPECIAL PROJECT FOR 2024

Below is a clip off to use for your donation to the 2024 Project. Clip it, put it and your cash or check in an envelope marked "Auxiliary Project" and drop it in the Reservations Box inside the Snell CC. You may donate without the clip-off by putting your cash or check in an envelope marked "Auxiliary Project" and dropping it in the Reservations Box inside Snell.

THANKS IN ADVANCE FOR YOUR GENEROSITY!!

Auxiliary 2024 Annual Project Donor Form

Name: _____

Address: _____

Donation Amount \$ _____



LV Auxiliary News



Londonderry Village Annual Geranium Sale 2024

Geranium Sale benefits the Londonderry Village Auxiliary

The geraniums are 4.5" - \$3.00ea

**Pick-up is at the Pavilion on May 10th
12 PM to 2 PM**



Make checks payable to LV-AUX

Place orders in the Snell CC IL Reservation Box

Geranium Order Form

Deadline: Friday April 27th

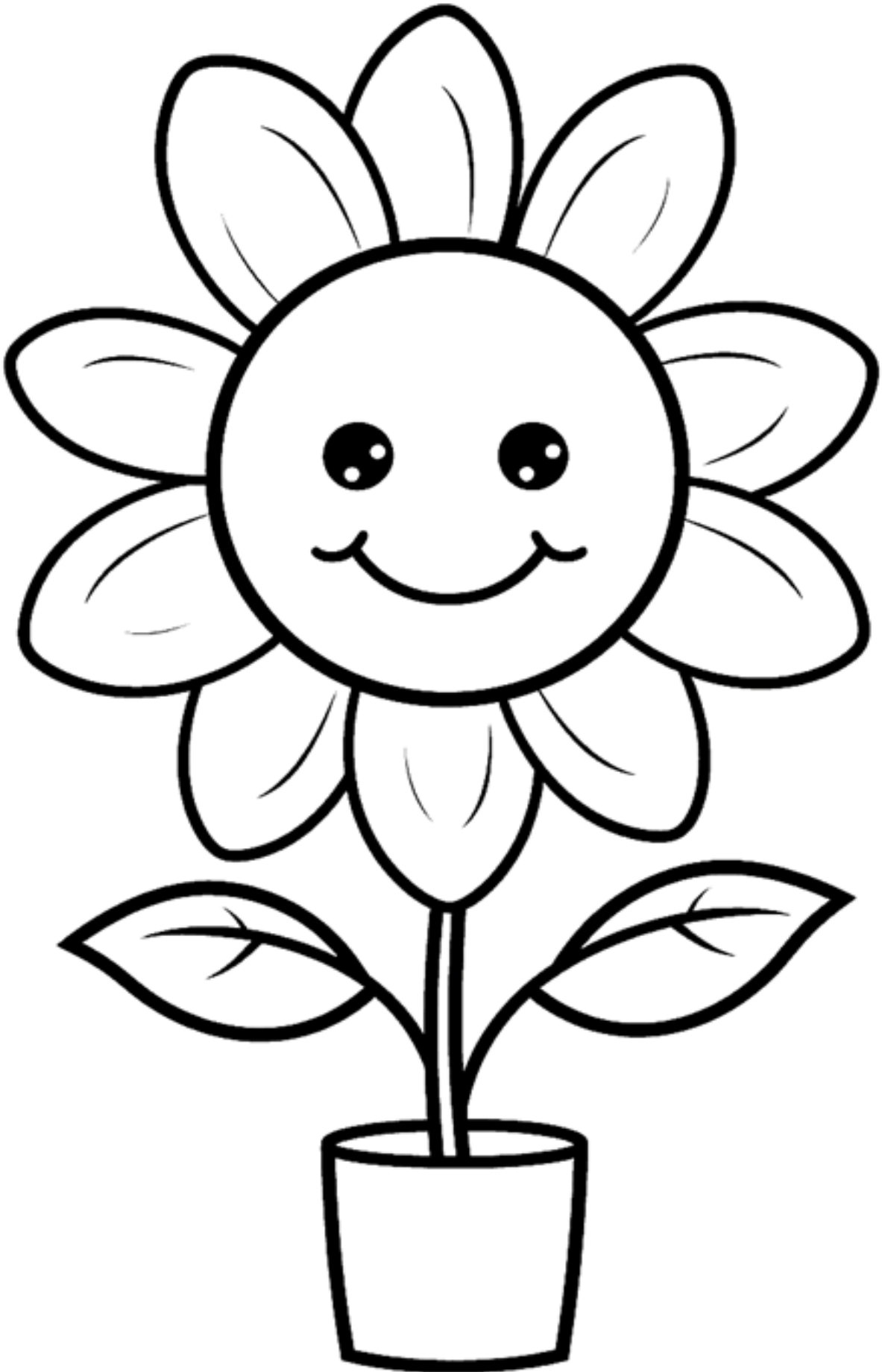
Name: _____ **Phone:** _____

COLOR	RED	WHITE	PINK	SALMON	WHITE SPLASH	PINK SPLASH	@ \$3.00 EACH	TOTAL
# OF EACH							X's \$3.00	

Make checks payable to LV-AUX

Place orders in the Snell CC IL Reservation Box





LV Auxiliary News

Londonderry Village Auxiliary Pizza Sale 2024



Pizza is from the Village Café

(Premade, just needs to be reheated.)

Cheese Pizza \$5.00

Pepperoni Pizza \$5.00

Pick-up in the Theater room

May 4th from 10:30am until 11:30am.

Deadline is April 23rd



Londonderry Village Auxiliary Pizza Order Form – 2024 Deadline: April 23rd

Name _____ Phone _____

of Cheese Pizzas _____ # of Pepperoni Pizzas _____

Total # Pizzas _____ Total Enclosed \$ _____

Make checks payable to LV Aux.

Pick-up in the Theater room May 4th from 10:30am until 11:30am.



Spring Word Search



Solve the following puzzle by finding all the hidden words!

B	L	H	C	T	H	B	U	D	S
Y	C	Y	N	L	N	L	F	C	N
U	U	M	U	Y	M	O	L	B	T
L	S	L	K	L	L	O	O	N	I
T	U	L	I	P	O	M	W	B	B
C	N	R	N	Y	N	T	E	U	Y
H	H	A	S	R	B	R	R	N	B
U	L	I	R	U	E	E	R	N	I
C	T	N	C	F	I	E	D	Y	R
A	N	D	U	K	B	I	B	D	D

BIRD
TULIP
FLOWER

CHICK
RAIN
BUNNY
BUDS

TREE
BLOOM
SUN



IL Committee Notes

INDEPENDENT LIVING COMMUNITY NOTES - APRIL 2024



April Fool's Day

I'm sure that about everyone has been fooled on April Fool's Day at some time, even though they may have tried to avoid it. I know I have been a victim at times. It was common for others to plan jokes and hoaxes on unsuspecting friends and family. It provided for lots of I gotcha's and belly laughs. No one is sure how April Fool's Day got started. Some feel it started in Europe in the 1500's and spread to many countries. Thankfully we only have to endure it for one day a year.

ILC Quarterly Meeting

The ILC Quarterly Meeting is scheduled for Monday April 8, 2024 at 1:30 pm in the Worship Center. We will meet the new residents who have joined the Londonderry Village community since early January. The staff will be giving reports as well as the ILC standing committees.

Spring Is Here

The temperatures are getting warmer. Which means we can get outside gardening and cleaning up the winter debris. It is also an opportunity to get involved in some outdoor games. Golf nearby, pickle ball, walking, running, bicycling and more. The Londonderry Village campus offers many forms of outdoor activities. Shearer Play park provides areas with different activities and walking and swings for you and the family. On campus there is Bocce ball, shuffle board, cornhole, putting green, quates, pickleball, water volley ball and walking.

Some of these areas are underutilized. Neighbors and other residents may want to form teams or support tournaments. Hopefully we can get more of our residents taking part in some of these fun games. It is good for our health to be outdoors and socializing.

Also, if you have a dog there are plans to provide a dog park where the dogs (not you) can run.

April 15, 2024 - Tax Day

The first Tax Day for federal income tax was introduced by Abraham Lincoln in 1861 to help fund the Civil War. The first official Tax Day was on March 1, 1913 after the 16th amendment was adopted which granted Congress the legal authority to tax all income. Since 1955 Tax Day was moved to April 15 each year.

Solar Eclipse

There will be a total solar eclipse on Monday April 8, 2024 in the Erie area. There will be a partial eclipse of about 90 % at about 3:21 pm in our area. The next time there will be a total eclipse in the US is 2044.



Dick Hann, ILC Chair

Dining Services News

Season's Restaurant Monthly Chef's Table

Tuesday April 9th at 5:30pm

\$29.95 per person

Reservations Required, Limited Seating Available

First Course

Chilled Lobster Crostini with Brown Butter Aioli

Second Course

Smoked Duck Breast garnished with Cherry Orange Sauce

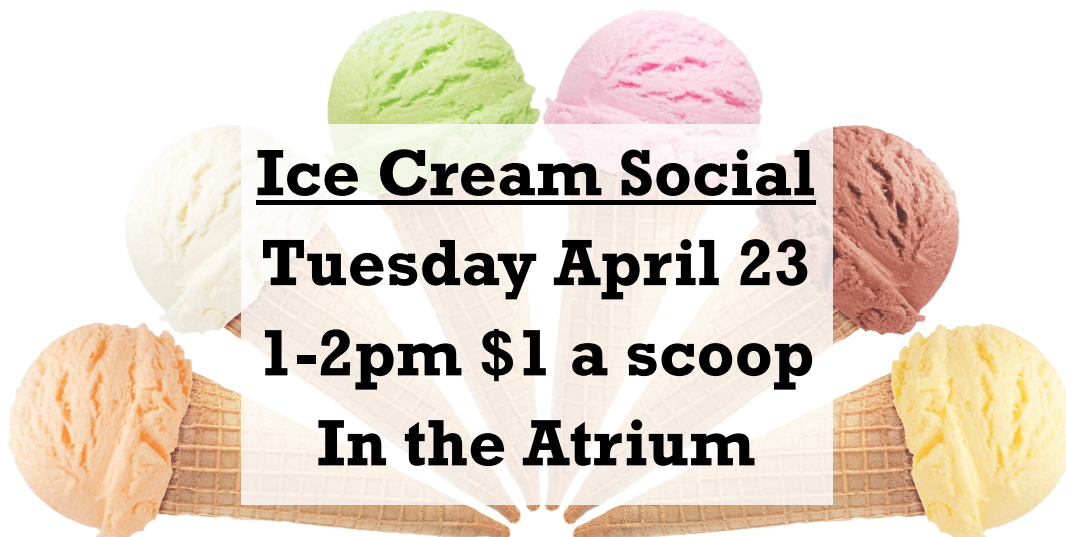
Polenta Cake

Sautéed Arugula and Leeks

Third Course

Coconut Key Lime Pie

To reserve your seat or for more information call Ext. 3612



Ice Cream Social

Tuesday April 23

1-2pm \$1 a scoop

In the Atrium



Reservation Slips Check List ☒

- ☒ Enter your "First and Last" name on the slip.
- ☒ Make separate checks for EACH activity or event.
- ☒ Make ALL checks for ACTIVITIES & EVENTS payable to LV-ILC.
- ☒ Make ALL LV Auxiliary checks payable to LV Auxiliary.
- ☒ Make ALL Splinter's Woodshop checks payable to Splinter's Woodshop.
- ☒ Drop ALL reservation slips in IL Reservation Box

Birthday Wishes Sign-Up Slip (pg. 11)

DL: ASAP

Name _____ Birthday _____



HOB - Tuesday April 23rd at 12:15pm - (pg. 24)

DL: ASAP

(The Blue Bird Inn - bus leaves at 12:30pm)

Name _____ Phone _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

40 Diners - Friday April 12th at 12pm - (pg. 24)

DL: ASAP

(The Heidelberg Family Restaurant - the bus leaves at 12:15pm)

Name _____ Phone _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

BINGO - Friday April 26th at 1:30pm - (pg. 36)

DL: ASAP

Name _____ Phone _____

LV Bus Tour of Campus April 5th & 19th at 1PM (pg. 7)

DL ASAP

Name _____ Phone Number _____

☐ Friday April 5th ☐ Friday April 19th



Caregiver Support Group - Thursday April 11th at 2PM (pg. 21)

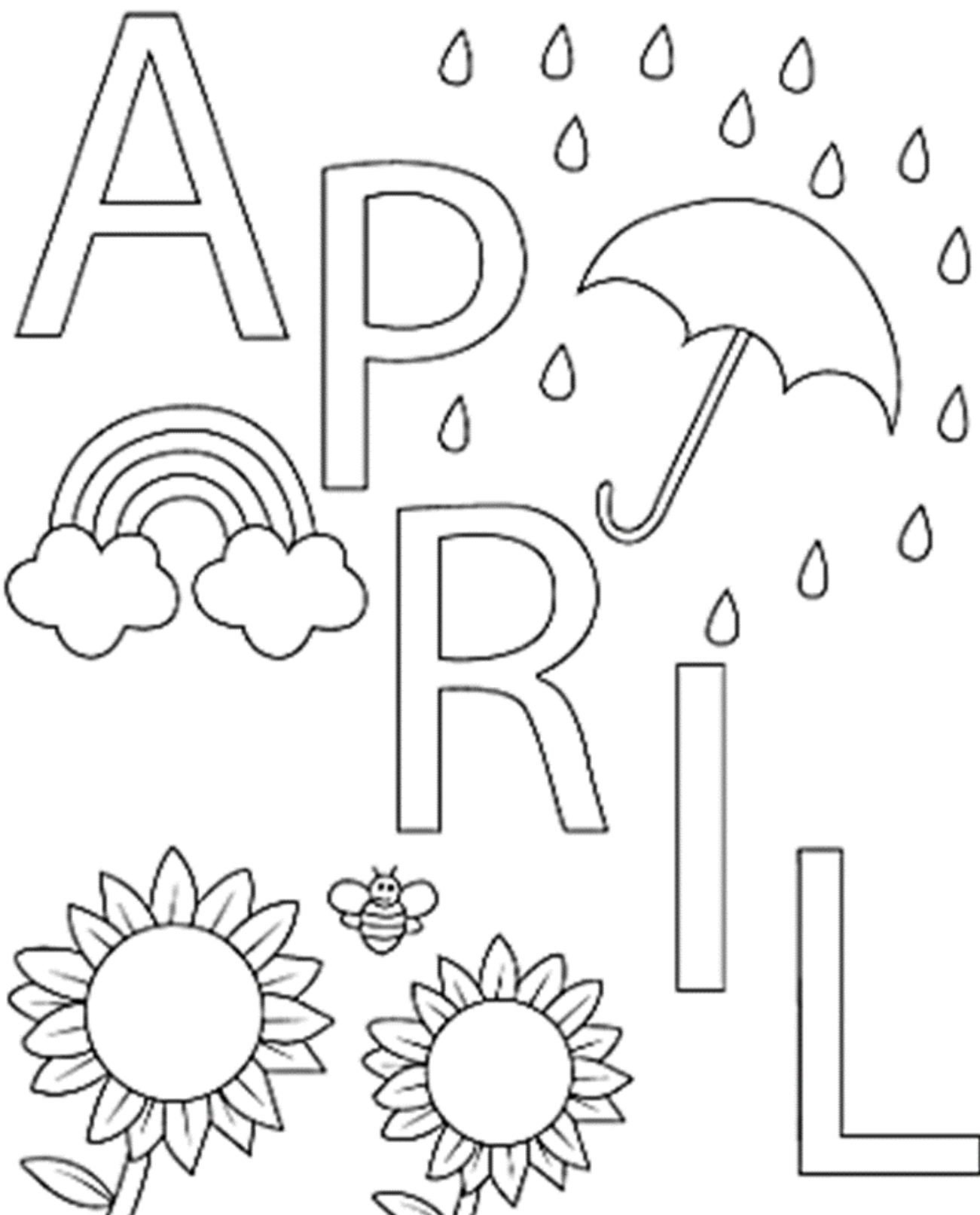


DL April 10

(Theater Room)

Name _____ Phone Number _____

Welcome April





Reservation Slips Check List ☒

- ☒ Enter your "First and Last" name on the slip.
- ☒ Make separate checks for EACH activity or event.
- ☒ Make ALL checks for ACTIVITIES & EVENTS payable to LV-ILC.
- ☒ Make ALL LV Auxiliary checks payable to LV Auxiliary.
- ☒ Make ALL Splinter's Woodshop checks payable to Splinter's Woodshop.
- ☒ Drop ALL reservation slips in IL Reservation Box

Mixed Art w/Cindy - April 5th & 19th at 5:30pm - (pg. 35)

DL: ASAP

Name _____ Phone _____

☐ April 5th ☐ April 19th

Sally Ann's Mixed Arts - Friday April 5th, 12th, 19th & 26th at 3:30pm - (pg. 35)

DL: ASAP

Name _____ Phone _____

☐ April 5th ☐ April 12th ☐ April 19th ☐ April 26th

Ladies Afternoon Tea - Monday May 6th & 20th - (pg. 23)

DL: ASAP

Name _____ Phone number _____

☐ May 6th ☐ May 20th

3rd Tuesday Shopping - Tuesday April 16th at 9:30am - (pg. 24)

DL: ASAP

(Good's Store & JOY Book Store - the bus leaves at 9:30am)

Name _____ Phone number _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

Hershey Women's Connection - Wed. April 10th at Noon - (pg. 25)

DL: April 4th

(Hershey Italian Lodge - bus leaves at 11:15am)

Name _____ Phone number _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker ☐ Gluten Free



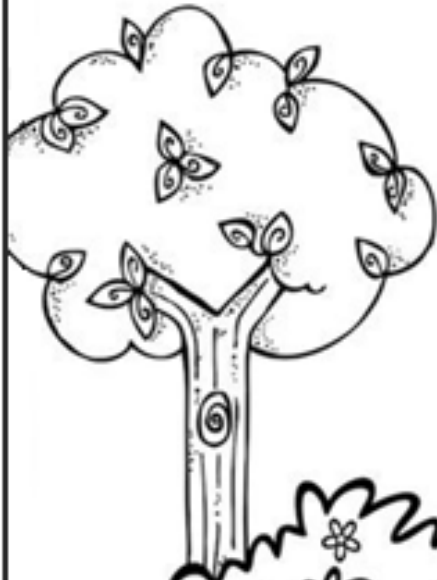
Spring

The wind told the grass
And the grass told the trees.

The trees told the bushes
And the bushes told the bees.

The bees told the robin
And the robin sang out clear,

"Wake up!
Wake up!
Spring is here!"





Reservation Slips Check List ☒

- ☒ Enter your "First and Last" name on the slip.
- ☒ Make separate checks for EACH activity or event.
- ☒ Make ALL checks for ACTIVITIES & EVENTS payable to LV-ILC.
- ☒ Make ALL LV Auxiliary checks payable to LV Auxiliary.
- ☒ Make ALL Splinter's Woodshop checks payable to Splinter's Woodshop.
- ☒ Drop ALL reservation slips in IL Reservation Box

Bible Fellowship Luncheon - Wednesday May 1st at 10:00am - (pg. 25)

DL: ASAP

(Hershey Free Church - bus leaves at 10am)

Name _____ Phone number _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

Guided Nature Walk Saturday April 20th at 10:00am - (pg. 9)

DL: ASAP

(Wildwood Park - bus leaves at 10am)

Name _____ Phone _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

Hollywood Casino Trip Tuesday April 16th at 11am - (pg. 26)

DL: ASAP

Name _____ Phone number _____

☐ Bus ☐ Car ☐ Rollator ☐ Walker

HOLLYWOOD
Casino

Creative Ways to Give: Everence Seminar Tuesday May 14th at 9am (pg.10) RSVP DL: May 8

Name (s) _____ Phone _____

I will be bringing a guest who is not a resident (e.g. family member, friend, etc.)
at Londonderry Village: ☐ Yes ☐ No



Welcome
Spring

Trash Recycle Page

Londonderry Village Trash

We have a great group of dedicated residents who pick up trash at the duplexes and cottages every Tuesday and Friday in all kinds of weather all year around including holidays.

(Apartments work differently for trash pickup since they have a common area for trash)

There are two teams starting at 8 AM and within an hour all of the duplex and cottage trash is picked up and taken to the barn and put in the big containers. It sure beats having the large trash trucks on our streets any time of the day.

There are six residents that regularly make up the trash teams, along with some substitutes. They can always use substitutes to fill in when necessary. If you would like to join the trash detail as a regular or as a substitute, contact El Foore at 717 574-3002. Thank you trash teams for your service to Londonderry Village.

Recycle

One important function that our residents are committed to is recycling. There are six residents that pickup recyclables every Thursday from the duplexes and cottages, including holidays. An exception would be newspapers and cardboard during wet weather. Can you imagine handling wet newspaper and cardboard? Mushy & slimy. In wet weather, hold newspaper & cardboard to a future dry Thursday.

(Apartments work differently for all recyclables since they have a common area to put recyclables)

Ivan Hanson administers our recyclable program. He keeps us up to date on what can be recycled. They can always use additional resident help on Thursdays for pick up and sorting recyclables. If you have an interest and want to help, even if it is only once in a while, contact Ivan Hanson at 717 813- 3418. If you can't commit full time, you may want to be a substitute helper.

We like to recycle as much as possible to keep items out of landfills. We also receive some funds for recyclables that go to the Good Samaritan Fund. Thanks to the dedicated recyclable teams for your service to Londonderry Village. If you have any questions about what items are recyclable, contact Ivan.

Your IL trash men are like postal workers – through wind, rain, snow and all kinds of weather we will pick up trash. We even include holidays in our schedule. One reminder please tie your bags shut.

Thanks, your trash men!



Village Voice



Senior Citizen Fashion



You're right in thinking that I should be the last person to comment on fashion of any kind. My wardrobe is heavy on T-Shirts and shorts but here it goes.

Many but not all of our older generation get confused about how they should dress and present one's self. Here at the Village folks dress in a manner that is a reflection of the activities that is on their agenda for the day. Case in point is are they going to the exercise room, going shopping, or heading to our convenience store for some goodies.

There are some clothing combinations that just don't work for senior citizens. I'm sure I can a big amen from you on the following list of combinations that seniors should avoid...

Spiked hair with bald spots, pierced tongue and dentures, shorts or short skirts with support hose and finally in line skates with a walker.



Maybe it would be a good idea to keep these guidelines in mind the next time you go on a shopping trip for your wardrobe. I don't mind getting older but my body is taking it badly!

Bye for now...

El Foore



Insurance Review

2024 Insurance Review

As we enter April 2024 and the glorious Easter season, we continue to pray for country, our leaders - internationally, nationally, state & local...but specifically for their salvation!

As we approach April 15th (April 18th tax filing deadline) please be sure you have all your tax documents needed to file State & Federal tax return, if applicable. Also, on insurance coverage, I have had a few questions about why folks are paying out amounts for either their health care or prescription drug coverage that they did not pay at the latter part of 2023. Please remember at the start of the New Year - and possibly new plan for some folks - it will involve a deductible reset, whether on your Medicare Supplement plan (Part B has a new deductible for 2024 of \$240 that Medicare will not cover their 80% until you pay the deductible) or your Prescription Drug plan - typically for brand name or specialty medications, which varies from \$100 up to \$500+ depending upon your plan.

If you have any questions on insurances, Medicare or other financial issues, please call or visit me in the Theater Room in the Community Center Friday mornings. Please call first to confirm that I am available.



Mike Landis, Insurance Counselor
Theater Room - Fridays 9am to Noon
(717) 949-6534 or (717) 471-5862 for an appointment
mlandis@balsins.com



Safety, Security, & Transportation

Happy Spring

May your days blossom with happiness & good health.

From your Safety, Security & Transportation Teams,

*Andy, Alicia, Dennis, Jane, Jennifer, Jeremy, Julia,
Marc, Roger, Shari, Shawn & Wayde*

IL ANNOUNCED and PLANNED Fire Drill Schedule

The Safety and Security Department will be hosting **ANNOUNCED and PLANNED** Fire Drills for all residents in 100 Cottage Drive, 200 Cottage Drive and Wheaton Apartments. This drill will assist residents with the proper way to evacuate in case of an Emergency and the need to leave in a safe and orderly manner.

Security Officers and Londonderry Village staff will assist with the drill on each floor to make this evacuation operate in a safe and timely manner. At the conclusion of the drill residents will be provided with a blueprint of the fire plan escape route to place on their refrigerator for future use and review. Any questions by the residents at the completion of the drill will be answered to provide information for a safe evacuation.

THE SCHEDULE FOR THE PLANNED DRILLS ARE AS FOLLOWS:

Monday May 13th	100 Cottage Drive Residents	ALL THREE FLOORS	Time of Drill 1:00PM
Monday May 20th	200 Cottage Drive Residents	ALL THREE FLOORS	Time of Drill 1:00PM
Wednesday May 22nd	Wheaton Apartments	ALL THREE FLOORS	Time of Drill 1:00PM



Congratulations to Officer Julia Reist for receiving the Manheim Township Fire and Rescue Dept 2023 Volunteer of the Year award! Julia not only serves the campus of Londonderry Village as a Security Officer, she also serves as a volunteer firefighter and Pennsylvania Licensed EMT for Manheim

Township. Her dedication to the campus of Londonderry Village and the community is outstanding and dedicated. As her supervisor of Security, I am honored to work with Julia on a daily basis. Congratulations Julia on a job well done. Always stay safe. Andrew C. Bacha, Supervisor of Security



Café Menu - April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter Brunch	1 Pork and Sauerkraut Mashed Potatoes Bacon Cabbage Soup	2 Ham Balls with Sweet/Sour Glaze Buttered Corn Green Beans Italian Sausage with Orzo	3 Beef Taco Salad Classic Beef Chili	4 Lemon Pepper Chicken Thigh Fingerling Potatoes Cabbage Southwest Vegetable Soup	5 Meatloaf w/Gravy Mashed Potatoes Lima Beans New England Clam Chowder	6 Stuffed Herb Chicken Buttered Noodles Carrots Herb Butter Sauce Chef's Choice
7 Roast Turkey w/Gravy Lemon Orzo Grilled Asparagus Chef's Choice	8 Parmesan Crusted Pork Loin Baked Sweet Potato Broccoli Loaded Baked Potato	9 Cheddar Pierogies Butter Braised Cabbage Green Beans Chicken and Rice	10 Brown Sugar Glazed Ham Peas Cauliflower au Gratin Shrimp Corn Chowder	11 Rotisserie Chicken 1/4 Herb Rice Baby Carrots Ham and Bean	12 Potato Crusted Cod Macaroni and Cheese Stewed Tomatoes Broccoli and Cheese	13 Vegetable Lasagna Green Beans Chef's Choice
14 Brunch	15 Crab Cake Fries Cole Slaw Cream of Asparagus	16 Chicken Fried Steak w/ Country Gravy Broccoli Mashed Potatoes Chicken Florentine	17 Roast Turkey w/Gravy Bread Stuffing Green Beans Chicken Corn Chowder	18 Roast Beef w/Gravy Herb Rice Peas Potato Leek	19 Pork and Sauerkraut Mashed Potatoes White Chicken Chili	20 Hamloaf Scalloped Potatoes Asparagus Chef's Choice
21 Cheese Manicotti w/Meat Sauce Zucchini Garlic Roll Chef's Choice	22 Chicken Cordon Bleu Lemon Herb Risotto Brussel Sprouts Tomato Bisque	23 Meatloaf w/Gravy Baked Potato Baby Carrots Stuffed Pepper	24 Potato Crusted Cod Macaroni and Cheese Stewed Tomatoes Garden Vegetable	25 Honey Mustard Grilled Pork Loin Sweet Potato Wedges Broccoli Corn Chowder	26 Chicken Croquettes w/ Gravy Buttered Noodles Garlic Green Beans Chicken Supreme	27 Tortilla Tilapia Roasted Potatoes Succotash Chef's Choice
28 Beef Stew Cornbread Peas Chef's Choice	29 Pork and Sauerkraut Mashed Potatoes Bacon Cabbage Soup	30 Ham Balls with Sweet/Sour Glaze Buttered Corn Green Beans Italian Sausage with Orzo				