

OCTOBER 2024

INDEPENDENT LIVING NEWSLETTER

Table of Contents

IL Committee Info...	2
Pres. Ponderings.....	3
Activities Locator.....	4
Campus Information	
5,6,7,8,9,10,11,12,13,14, 15,16,17	
Wellness Way....	18,19,20
Village Conv. Store...	21
Estate/Barn Sale News...	22
Speakers/Talks/Groups	
23,24,25,26	
Trips/Excursions	27,28,29,32,33
Calendar...Center	
Programs in the	
Di Matteo...	34,35,36
Dates to Remember	
(Christmas Activities)...	37
Special Announcements...	41
In Loving Memory...	42
Common Good...	43
Friday Movies...	44
Village Art Center...	45
Fun & Games...	46
LV Aux. News...	47
Dining Services...	48,49
Lunch N Learn..	50
Coloring Page..	51
IL Comm. Notes...	52
Reservation Slips..	53,55,57
Trash Recycle Page....	54
Village Voice...	56
Insurance Review....	58
Safety/Security/ Transportation..	59



Presidential Ponderings - October 2024

For the last forty years or so, retirement communities like Londonderry Village have struggled with issues related to “keeping our residents safe”. We have not been able to fully define “what is safety”, nor have we been able to settle on whether or not folks really want to be safe! Those of us with health care backgrounds often tend to come to this issue with a certain amount of paternalism...we want the best for our residents, we believe in the dictum of “doing no harm”, and we also seek absolute safety as a way to prevent costly lawsuits.

Forty years ago, it was not only legal to put a physical restraint on a nursing home resident...it was also the “gold standard” for care. Nursing homes tied folks to their wheelchairs to prevent them from trying to get up and walk (where they might fall and injure themselves). It was how we kept our residents “safe”. It wasn’t until the 1990’s that it became abundantly clear that restraints caused more harm than good.

For many years retirement communities screened their applicants for safety concerns. If an applicant had conditions which made it difficult to independently evacuate their living unit in a fire, in many cases their applications were denied. It has only been in the last 20 years or so that communities have come to realize that they were inadvertently discriminating against folks with disabilities. The more enlightened approach, today, is to allow folks to make their own decisions about safety risks.

We still have many safety-related issues to consider. Many of them are related to level of care transfers. When is a resident not safe in their home, and in need of a transfer to a higher level of care? What if they can’t manage their medications properly? What if they are too weak to prepare meals or clean their homes? What if they become hoarders? What if their cognition declines to the point where they forget to bathe on a regular basis, or they get lost while walking around the campus? What if they are unaware of their own incontinence? What if they frequently press their Emergency Response button because they need help walking to the bathroom?

Going forward, we need to re-evaluate our safety policies because all of the scenarios I just listed are happening here. We will seek to design policies that allow residents to assume reasonable risks, but which also provide clear guidelines for when care level transfers are absolutely needed so that residents get the care they both need and deserve.



*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

Community Quiz - Di Matteo Worship Center

Conversations with Friends - Fellowship Hall

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 October 21st at 1:00 PM

The "Village Insider" lead by Francis Glynn, Environmental Services Director will be held in the DiMatteo Worship Center October 21st from 1pm to 2pm. 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.

Seasons Restaurant

You are invited to celebrate your birthday at Season's Restaurant. Please make a reservation by calling Seasons at Ext. 3612 and specify that it is for a resident's birthday. Please allow at least a 2 day notice to allow the Staff enough time to prepare the complimentary cake. What better way to spend your special day?!



Need a LV Bus Tour of Campus?

Resident, Jack Brake, 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, 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. We will meet at the Snell CC entrance and the tours will be approximately an hour in length, **once a month beginning at 1:00 PM the 1st Friday of each month.** Reservations are required, sign up slip in this newsletter. 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

Retirement Cards

Retirement cards are available in the Village Art Center for .25. Make your selection any time of the day and drop the money in the box on top of the glass display case. There will be several LV employees retiring in the near future.



Take time to read about our friends here at LV

"Everybody Has A Story"

Take time to check out the stories in the books in the Snell Community Center or the library. People are waiting to hear your story. Copies of all stories are available for you to read at home. For more information contact Jack or Pearle Brake.

Email: jackbrake@hotmail.com

Text or phone: 206-430-3767



Campus Information

There is a \$25 charge for no show appointments. Please text, email or call ahead with cancellations.

Massage Therapy

Discover the health benefits of Massage therapy available at our LV Health Clinic. Crystal (Crys) Bashore is a Licensed Massage Therapist available weekly on Tuesdays. Cindy Rohland is also a Licensed Massage Therapist available weekly on Fridays. Both are extremely flexible in accommodating schedules. Cindy and Crys incorporate a combination of massage techniques for the benefit of both relaxation and pain relief.

Crys can be reached by either

Phone: 717-644-1169 or Email: simplyhands2@gmail.com

Cindy can be reached by either

Phone: 570-850-3106 or Email: crohland11@yahoo.com

Resident Rates:

60 Minutes \$68

30 Minutes \$34

15 Minutes \$15

Gift Certificates are available at any reception desk.

Foot Reflexology

11AM - 3PM

BY APPOINTMENT ONLY

Call: Crystal Deller at 717-507-4323 and please leave a message of your requested appointment time.

Crystal will call you back to confirm.

Location:

Health Clinic Massage
& Reflexology Room
(next to the Salon)

Reflexology Service Rates:

1 Hour - \$68

1/2 Hour - \$34

15 Minutes - \$17



Campus Information

ATTENTION ALL BAKERS

Desserts are needed for the Fall Harvest & Christmas Bazaar.

Any of the following homemade items would be appreciated:

**cakes • pies • whoopie pies • brownies
pumpkin rolls • candy • muffins • bread**

Please bring your baked goods to the Di Matteo Worship Center
Friday, October 25th between 1:00-3:00 PM.

**If your recipe includes nuts or peanut butter,
please include that information.**

Questions: Call Marilyn Oellig at 717-395-2948

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



ATTENTION ALL LV PENN STATE FANS:

The Penn State Football t-shirt sale has ended. We have a few XL sizes remaining.

1 for \$10 or 2 for \$15. See Sandra at Snell CC reception desk if interested in purchasing.



ReNewed Hearing Solutions: October 7th & 21st

We are welcoming Heather Sollenberger to our LV Health Clinic on the 1st and 3rd Mondays between 10:00am and 12:00pm each month. Heather will make appointments for hearing testing and consultations by calling her office at 717-298-6170. Please say you are a resident at Londonderry Village. Need your hearing aid cleaned stop-in to meet Heather.

Walk-ins are welcomed!



Campus Information

Covenant Home Care News

We are happy to introduce Jenny Eaglewood, Supervisor for Londonderry campus. Jenny will be working Monday-Friday from 7:00am to 3:00pm. Jenny will be assisting residents when scheduled for care, taking blood pressures, and providing time to learn about the Covenant services. Stop by her office located by the IL Mail Boxes. Planning ahead by having your name in the Covenant system would be very helpful in cases when a need arises. There is only a charge for services when they occur. Here is an example of when it would be very helpful to be already in the service system. You suddenly need a hospital visit for an unscheduled surgery, who can stay with my spouse while I am away? Call Covenant to fill the request. They already have all your personal information and know about your spouse's needs. A real stress reliever! Please call Kyle Miller, Administrator at 610-930-8426 for a free personal consultation or any questions you may have.



Election Protocol at the Village

With the Presidential Election approaching November 5th, it's always good to have a reminder about our campus rules for placing of signage. Our rule is there are no posters or signage to be placed on any parts of the campus grounds. This includes bulletin boards and doors visible to the general public. The day of the election, polling signs, candidates and greeters may greet you in front of the Snell Community Center. Thank you for following our Village rules.

ELECTION DAY



USE CAUTION WHEN WALKING ON CAMPUS!

When walking outside on campus, please be mindful where you step. During the summer months, fallen fruits or seed pods (ie: round spiky balls) may be hidden in the grass or under sticks or leaves. As the fall months approach, slippery leaves may cause walking hazards. Please continue to walk on campus, but be mindful of each step! If you are not comfortable walking, please utilize LV's Golf Cart Transportation to transport you to and from your destination. Call Jane in Transportation for further details: ext. 3051



Watch your Speed!

Please take your TIME traveling on our campus. The speed limited is posted at 15 for a reason. Yes, it does feel slow compared to everyday driving. Enjoy the calm feeling! This does include all cars, scooters or other vehicles. We have many walkers using our streets that would appreciate your understanding. Keep our beautiful village safe!



Campus Information



WHEN: Tuesday, October 1, 2024 at 9:30 AM

WHERE: The lawn area South of Stoneback Pavilion

WHY: Celebration of the beauty of God's earth and all of its creatures.

Bring your pet, or a picture of your pet, to be blessed by our Chaplain

Fall and Winter Season Reminders!



The fall and winter seasons can bring more cause to be attentive to our healthy living. If you contract any type of illness please be mindful of the people around you. We all need to keep isolated for a period of time when necessary. Also, please inform staff, such as housekeepers and maintenance, so they are prepared before entering or possibly reschedule the appointment. Let's work at not spreading a virus as much as possible throughout the months ahead.



Attention IL Residents

4 Free COVID-19 tests will be offered to every household starting the End of September

**These tests can be ordered online starting the End of September
Please visit [COVIDtests.gov](https://www.cdc.gov/covid19/testing)**



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:

**Monday October 21st 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 MONDAY OCTOBER 21st**

Campus Information

Please welcome Amanda Wright Londonderry Village's Independent Coordinator



Hello! My name is Amanda Wright and I am an LPN. I graduated from nursing school in February 2019. Since graduation, I have worked in assisted living, substance abuse detox and long-term care. I have worked at Londonderry Village since May 2022, and you may have seen me in Leffler Care or the Greenhouses! I am married and have two daughters who are 8 and 11 years old. They keep us very busy with softball, soccer and cheerleading! We are huge fans of Penn State Football and attend as many games as we can. In my free time

I enjoy reading and spending time with my family. I am very excited to officially start my new role here and meet everyone.

Veterans Day Parade at Londonderry Village: Saturday November 9th at 9AM

LV Veterans Club has planned their annual Veterans Day Parade Saturday, November 9th kicking off at 9:00am followed by a program at 10:30am in the DiMatteo worship Center. There will be a light reception held in the Snell CC Living Room for friends to enjoy following the program.

Please mark your calendars!

You've gotten new eyeglasses, now what to do with the old pair?

Did you know there are boxes for the Lions Eyeglass Recycling Center in the LV Cafe? The Lions Club send collected eyeglasses to an official Lions Eyeglass Recycling Center (LERC) for processing. There, the glasses are sorted to determine those that are usable or unusable, processed, & placed in inventory for distribution to optical missions around the world. Place your used, unwanted glasses in one of the boxes in the Cafe, near the copier and computers. 🧐

Thank you for helping this worthy cause.

GAME & TECH NIGHT HAS RETURNED: Monday October 28th

Join us for Game & Tech Nights with the Palmyra High School National Honor Society students. The group will meet every 4th Monday in the Cafe from 6:00-7:30 PM. If you enjoy playing board games with a lively group of young people, this is the evening for you. Or if you need assistance with your phone, iPad, tablet or lap top, bring them along and a student will try to assist you. Come join the fun on Monday, October 28th at 6:00 PM! No reservations needed. Questions call Trudy at Ext. 3048.

Campus Information

PLEASE NOTE Date Change for October Quiz

To set up for the Auxiliary Bazaar, the October Quiz will be held at 2pm on the fourth **Wednesday** in October --- **WEDNESDAY, OCTOBER 23**.

October Quiz questions will focus on Columbus Day, Halloween and the World Series. We'll also have our regular features, including Special Guests El Foore and Alex Castle, a Fitness Minute with Mary, Rob and Lauren, and Pun Fun with Gabriele.

The October Quiz is scheduled for Wednesday, October 23 at 2pm in the DiMatteo Worship Center.

**REMEMBER, EVERYONE IS WELCOME TO ATTEND &
NO RESERVATIONS ARE NEEDED.**

Please join us for the Londonderry Village Community Quiz!



The FREE on campus only taxi service's hours are:
Monday through Friday - 8:30am to 3:30pm

Residents have been using this on campus service to visit other residents, tour our campus, go to the fitness center, attend programs & events, go to physical therapy and **MUCH MORE!**

Volunteer drivers have been trained & certified in golf cart transport & may be reached at **717-497-2492** during the above listed times.

We are always looking for More Volunteers!!

Please call Jane Quairola at Ext. 3051 with any questions.



Londonderry Village Transportation Department

The Transportation Department hours of operation are Monday through Friday 8:00am to 4:00pm. The department currently has three transport vans that will accommodate wheelchairs measuring up to 30 inches wide. Power scooters and wheelchairs may also be accommodated for transport. Independent Living residents needing medical transport should be scheduled through the Transportation Coordinator. Please call ext. 3051 for convenient days & times before scheduling your appointment to ensure transportation is available. When requesting transport for non-medical reasons, the office will do our best to schedule those trips when time is available. If you have any questions, feel free to contact Jane Quairola, Transportation Coordinator, at ext. 3051.

For the safety of all golf cart volunteers & residents, the golf cart must stay on campus. It may not be taken off campus since it is not a licensed vehicle.



Thank you,
Andy Bacha, Safety Supervisor
Jane Quairola, Transportation Coordinator

Campus Information



Wishing you a night full of frights and a bag full of delights,

The Housekeeping & Laundry Department

Gift Certificate Shopping for the Holiday Season!

The Holidays are approaching in a couple of months! It is time to share some new ideas for your Christmas list. Why not think out of the box! Remember a gift certificate can be set at any cash amount and used toward any service you would like at Londonderry Village.

Here are some Gift Certificates ideas to consider!



Massage Therapy and Reflexology

What a wonderful gift for healthy living to receive a Therapeutic Massage or Reflexology experience. All are held in the IL Health Clinic by appointment.

Hair Care Salon

Sheri Bear is the IL Hair Stylists
Tanya Detweiler is the Salon Hair stylist in the Health Care

Cafe and Seasons Restaurant

Select the dinning room you would enjoy!

The Village Convenience Store

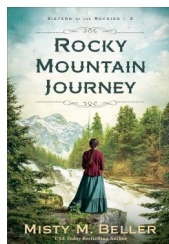
Stop by at any Receptionist Desk to receive your gift certificates.

Campus Information

What's New at The Stoneback Library

Auxiliary Library request

Sign and date the check-out book card located inside on the book cover.
Then place the card in the labeled card box.



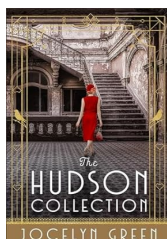
Rocky Mountain Journey
Sisters of the Rockies Series #3
Misty M. Beller



Unforgiven
Shelley Shepard Gray



Hidden in the Night
Missing in Alaska Series #3
Elizabeth Goddard



The Hudson Collection
On Central Park Series #2
Jocelyn Green



The Sisters of Sugarcreek
Cathy Liggett



In This Moment
Timeless Series #2
Gabrielle Meyer

What's New at The Stoneback Library Palmyra Public Library Satellite Shelves

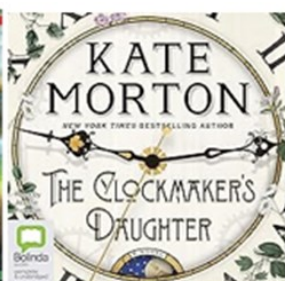
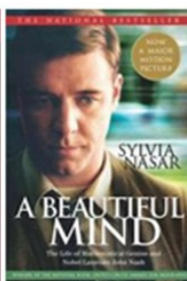
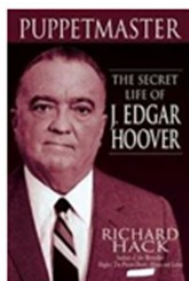


A Lebanon County Library System card is needed to borrow these books.

Our library volunteers can help you obtain a card.

Below is a sample of titles now available.

Hard Backs



DVD's



Large Print



Our volunteers can also help you order books from the larger Lebanon County Library System as well as the PA Power Library which provides access to over 1,500 Pennsylvania libraries.

The Stoneback Library is open 1:00 pm to 3:00 pm on Monday, Wednesday, and Friday.

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

Seasons Restaurant

Wednesdays & Fridays

4pm - 7pm

The Café at Stoneback Library

Monday through Friday

Breakfast 7am - 10am

Lunch 11am - 1pm

Saturday and Sunday

Lunch 11am - 1pm

Campus Information

Helpful Tips from The Groundskeeping Department

Fall is finally here! With the arrival of fall, colder weather is right around the corner and that means it's soon time to remember to disconnect your garden hoses. If you have any garden hoses connected to your spigots, be sure to disconnect them before the first frost of the year which can happen starting in October. Disconnecting your garden hose prevents the spigots from freezing and bursting during the cold months and causing water to flood your basement. If you need any assistance with disconnecting your hoses, please contact the Groundskeeping department at ext. 3704 OR by submitting a work order.

You've probably seen these tree bags around campus this year. They have been a huge help to the Grounds Department in keeping our campus trees watered during the hot, dry summers and helping to save time while watering over 200 trees every week. The purpose of these bags is to slowly release water through the bottom to allow the soil to soak with water rather than run off from hand watering. These bags are not only used for brand new tree plantings around campus, but also other, younger trees that may not have a well-established root system to reach their own water.



“In your travels around campus, be sure to check out the bush trimming at 16 Lafiya Drive. You will see this topiary by John G. Another very creative resident living here at LV.



October – Wellness Center Class Calendar - 2024


Wellness Way

CLASS INTENSITIV

LOW

MODERATE

HIGH

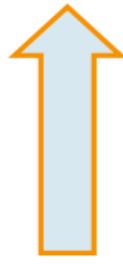
Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>1 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit</p>	<p>2 9 AM Wet N Well 9AM Seated Yoga 10 AM Morning Mobility</p>	<p>3 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball</p>	<p>4 9 AM Wet N Well 9 AM Ex-Press</p>
<p>14 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove</p>	<p>8 <u>ALL CLASSES CANCELED!</u> <u>POOL CLOSED!</u></p>	<p>9 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>10 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball</p>	<p>11 9 AM Wet N Well 9 AM Ex-Press 10 AM Balance Builders</p>
<p>21 9 AM Wet N Well 10 AM Morning Mobility 10:46 AM Zumba</p>	<p>15 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit</p>	<p>16 9 AM Wet N Well 9AM Seated Yoga 10 AM Morning Mobility</p>	<p>17 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball</p>	<p>18 9 AM Wet N Well 9 AM Ex-Press</p>
<p>28 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove</p>	<p>22 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit</p>	<p>23 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>24 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball</p>	<p>25 9 AM Wet N Well 9 AM Ex-Press</p>
<p>7 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove</p>	<p>29 9 AM Soothing Sensations 10 AM Move & Improve 1 PM Walking Fit</p>	<p>30 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>31 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball</p>	

✓ An up-to-date Annual Physicians Clearance Form is required for all participants in Wellness Center activities.

✓ Stop in or call to schedule, cancel, or reschedule 1 on 1 personal training appointments with either Rob, Lauren, or Mary.

✓ Contact the wellness office for more information about the fitness classes and events (717) 838-5406 EXT: 3211

See reverse for class descriptions



Wellness Way

Class Descriptions:

ON LAND

IN WATER

Move & Improve - A class designed to increase range of motion, balance, muscular strength and cardiovascular endurance. It is set up in a circuit style interval training without choreography. Requires independent ambulation.

Morning Mobility – A class that includes sitting and standing exercises. A mild, cardio workout that includes strength, balance, endurance, and flexibility.

Seated Yoga - The class will focus on the fundamentals of guided and gentle movement.

Zumba Gold - Zumba Gold® is a dance fitness class that 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 and focuses on elements of cardio, balance, range of motion, and coordination.

Balance Builders – A low impact class designed to help you improve balance and stability with a combination of strength training, balance training, posture exercises, and stretching.

Groove – This low-impact class, held either seated or standing, is designed to elevate your mood and enhance your fitness with rhythmic exercises and dance-inspired movements. Perfect for beginners, there's no choreography to follow—just join in and have fun!"

Walking Fit – Join us for a refreshing half-hour walk around campus, starting near the convenience store in Snell. It's a great way to stay active and socialize!

Ex-Press – This is a 45 minute full body weight workout. This moderate intensity class is perfect for those who want to build and maintain muscle mass while having fun. Requires independent ambulation.

Soothing Sensations – Recommended for beginners, this is a mild 45-minute class where you work at your own pace with exercises designed to strengthen and stretch the muscles and work the joints in their full range of motion.

Wet n' Well – This water aerobics class includes a warm up, 30 minutes of aerobic exercises, toning and firming, stretching and a cool down. This is a moderate to advance program for aerobic endurance, flexibility, and strength training.

Water Volleyball - This group focuses on learning, laughing, fun, and friendship while getting a great workout.

Contact the wellness office for more information about the fitness classes and events (717) 838-5406 EXT: 3211

Wellness Way



Zumba Gold

Zumba Gold® will be on Monday October 21st 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 Wednesday October 2nd & 16th at 9:00am in the Studio. If you have any questions, please call Mary in the Wellness Center at Ext. 3211

GROOVE!

Monday October 14th & 28th at 10:45 in the Studio

Groove classes incorporates cardio, strength, endurance, coordination, balance, agility and flexibility for a well-rounded workout. There are NO fancy steps or choreography to memorize we unite in simple yet effective movements connected to make-you-wanna-dance music to help you Groove yourself fit. With great music, everyone participates in a simple movement or rhythm to get you to dance in your own unique way. While exploring a variety of styles and genres, you will enjoy and feel good in your body, every step along the way. **THIS CLASS CAN BE DONE STANDING OR SEATED.** Questions? Call Mary at Ext. 3211



Village Convenience Store



VILLAGE CONVENIENCE STORE - OCTOBER

HOURS: 10 AM to 12:30 PM - Monday through Friday

October is crisp days and cool nights. Brilliant changing leaf colors, autumn skies and pumpkin pies.

Fall also makes us think of apples! Come into our store and check out the many varieties of fresh, crisp, juicy apples.

On Tuesday October 1st and Thursday October 17th we will be having **SPECIAL BAKE DAYS**. Our overseers will be baking their favorite cake, muffin, cookie recipe for your purchase. Be sure to come in and check out the many delicious tasting desserts.

Were you aware of the different flavors of Jello's and puddings that we carry. Some of the flavors we have are cherry, black cherry, lime, strawberry in regular and sugar free. Also vanilla, butterscotch and chocolate puddings in instant and sugar free. We also carry lemon, butterscotch, chocolate and tapioca Snack Packs already made.

I hope all of you are getting used to the cash register that we are now using for your purchases. I want to give **THANKS** to all our Overseers and Clerks for not only putting in a lot of time and effort in training but willing to learn. I also want to give a **GREAT BIG THANKS** to Lynn Duffy. She not only procured the register for us, but put in a lot of her time in training and assistance to help make the transition go smoothly. We have a wonderful team!

SHOPPERS DELIGHT Once again, thanks to an anonymous donor, the Village Convenience store will be giving out a weekly \$10.00 gift certificate.

- A. Shop any day Monday - Friday during the week.
- B. When checking out you will be handed a raffle ticket to complete and drop in the drawing bag. One slip per day.
- C. Every Friday at 12:30 pm a name will be drawn and you will be called.
- D. The WINNERS'S name will be posted on the door.

Until next month.

THE TEAM



Estate/Barn Sale News

ESTATE/BARN SALE NEWS

(Ivan Hanson, Director of the Sale)

Donations (drop offs clarified)

Resident drop offs

Will be accepted Tuesdays ONLY between 9 and 10 AM. Place items in the small trailer next to the furniture barn. Enter through lower driveway between large white barn and trash dumpsters. The Upper drive will be blocked off.

DO NOT PUT ITEMS OUTSIDE THE BARN ANY TIME. They risk rain damaged.

Resident items to be picked up

Small items (Place in shopping bag or small box)

- Apartment Residents: Clearly mark "Barn Sale" on your bag or box and put it in the Recycling Room
- Cottage & Duplex Residents: Clearly mark "Barn Sale" and place it out with your recycling on Thursday

Large or multiple items

- Call Millie Kish at 717-641-3759 to schedule Tuesday pick-ups

Purchases (revised hours)

Furniture Barn (open for walk-ins 9-11 AM only)

Other Departments (appointments required 9-10:30 AM only)

(Items include kitchen and small appliances, china and glassware, lamps, puzzles, crafts, sewing, pictures, knick-knacks, medical, (including rollators, walkers, wheelchairs) electronics, TV's, extension cords, power strips, vacuums, shovels, brooms, etc. If we have it, we will accommodate you.

Appointment contacts are:

Millie Kish	Pickups Scheduler & Jewelry	717-641-3759
Carol Meyer	China & Fine Glass Wear	717-838-3170
Dirk Dixon	Electronics	717-982-1191
Larry Kish	Furniture	717-641-3759

(Calls accepted Monday thru Friday 9 am to 6 pm.)



Speakers • Talks • Groups

Caregiver Support Group: "Adapting to Change" Thursday October 17th at 2PM

We are happy to have Jonathon Wolfgang returning from Hospice of Central PA along with Jeanne McCormick presenting a program on Adapting to Change. Learning to approach each new day as a changed day. This is a challenge every caregiver is accustomed to living. Let's learn some productive tips on ways to embrace the joy found in each new day. We meet in the Theater Room at 2:00 pm every third Thursday of the month (except Nov.) Reservations are requested for seating purposes. Looking ahead: **NO meeting on November 14th.** On December 12th we will have Carl Martin with Your Neighborhood Connection.



Wednesday October 9th at 2PM

Join us in the Theater Room Wed. October 9th at 2:00pm to be enlightened by the chosen topics. The group will only meet once this month due to a scheduling conflict. 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.

Topic for the month:

Why change is so scary & how to unlock its potential. A NASA astronaut's lessons on fear, confidence & preparing for space flight. How boredom can lead to your most brilliant ideas.

Health, Safety, & Prevention Tuesday October 1st at 1PM

The next HSP will be on Tuesday, October 1st we will have Sarah Ford from Symbria Rehabilitation speaking from 1:00pm to 1:30pm on the services available to all our residents. Then from 1:30pm to 2:00pm you will meet all the staff. Meet the therapists and ask questions. The PT Team is here to help! We will be in the DiMatteo Worship Center Chapel area. We are making a change in our HSP Meetings. There will no longer be a monthly HSP meeting. We will schedule different meetings through out the year as we find times and presenters. We will work hard to keep everyone learning new ways to live healthy life styles here at the village. Send ideas and questions to Mary Lee at Ext. 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 & ILC Quarterly Meeting

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

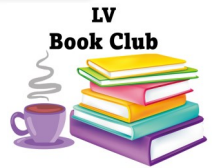
Monday October 14th at 1:30 PM

At this meeting PSH will do education on RSV, Flu and COVID-19 and their Vaccines.

Copies of Jeff's remarks will be available at receptionist desks.

LV Book Club: Monday October 28th at 3PM

The book club will meet Monday, October 28th at 3:00 PM in the Village Art Center. The October book is "Carnegie's Maid," by Marie Benedict. If you need a copy of the book, please contact Donna F.



Conversations with Friends: NO OCTOBER MEETING

Conversations with Friends will **NOT** meet in the month of **October, November or December** due to scheduling conflicts. The group will reconvene in the New Year Monday, January 6th. Questions, Call Cynthia R.

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 Good 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.



Ladies Afternoon Tea: Monday Nov. 4th at 1:30PM

Ladies Afternoon Tea will be held Monday, November 4th at 1:30 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 conversation, tea and dessert and the opportunity to meet someone new. Questions: Call Trudy ext. 3048



Speakers • Talks • Groups

Chaplain's Independent Living Bible Study

Chaplain Ken will be leading a weekly Bible Study on the Book of Revelation for Independent Living Residents. The Study will meet on Tuesdays at 1PM in the Fellowship Hall.



Gleaners Women's Bible Study

Monday October 14th at 10:25 AM

Monday October 28th at 10:25 AM

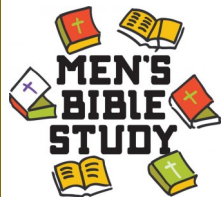
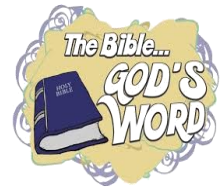
WOMEN'S BIBLE STUDY ~ Gleaners Bible Study has started but you can join us anytime. Classes are scheduled for the 2nd and the 4th Monday of each month.

You will need: Your Bible, the 3 ring notebook with information about the class (provided for you first time you attend), a teachable heart (The Holy Spirit is our teacher).

Classes center on the first 11 chapters of the Old Testament book of Genesis. There are many "FIRSTS" in these chapters. The focus of the study is on these "firsts"

Looking forward to seeing you.

Questions? Contact 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 S.

No reservations needed. Questions: Call Bob F.

The group will meet in the Atrium October 25th due to the Fall Bazaar.

Music Appreciation Hour:

Wednesday October 23rd at 11:15AM

The Music Appreciation Hour has decided to move to the Di Matteo Worship Chapel at 11:15 am. The sound system makes a wonderful addition to the musical enjoyment. The residents gather to listen and share! The relaxation of listening to beautiful music is a healthy hour in our month. Each resident is bringing a CD, You Tube composer, DVD or any idea on different styles of music.

Residents share life experiences in reflections after listening to each song. We learn facts that are shared about instruments and composers. Music is a very important part of our lives. We have fun discussing the period of time the music was popular. We can describe the trends and fashions.

Come the join our group. We are are trying hard to stimulate our brains with healthy living and turn off the TVs. Ask a neighbor to join you as you give the group a try. An hour of calm in a busy day!

Questions, call Mary Lee at Ext. 3186.

Speakers • Talks • Groups

Bell Tones: October 3rd, 17th & 31st

For October we will be meeting three times, the **first, third and fifth** Thursdays. Please make a note and write these dates on your calendar. We will be meeting in the Theater Room at 3:30 pm on these dates. We are always looking for more ringers. Everyone is invited to participate. You do not stand to play, we are seated the entire time. Men you are also invited to join us. Come on out and join in the fun and help to make some great music. Any questions please call Bonnie P.



The Village Harmony: Every Wednesday

The Village Harmony meets every Wednesday at 10:00 AM in the DiMatteo Worship Center. New members welcome anytime. This chorus is for both men and women vocalists. Bring along a new friend to join our group of residents, who inspire through their voices with beautiful harmonies, while creating terrific friendships! Questions, call the Choir Director Karen Umberger at 717-314-3584.



LV's Traditional Hand Bell Choir: Every Friday

The hand bell choir practices every Friday at 11:00 AM in The DiMatteo Worship Center. New member are welcome anytime. The choir is for both men and women ringers. Bring along a new friend to join our group of residents, while creating terrific friendships and having lots of fun! Questions: Call the choir director Karen Umberger at 717-314-3584.

There will be no practice Oct. 28th due to the Fall Bazaar.



Veterans Club: Saturday October 19th

The Veterans Club will meet Saturday, October 19th at 10:00 AM in the DiMatteo Worship Center. During the meeting we will be watching a military themed movie. Please reserve your spot by calling Chuck T.



"Letters to Beverly" Pen Pal Program

We will once again participate in the Palmyra High School Pen Pal Program entitled, "Letters to Beverly." All interested residents will be paired with a member of Palmyra's Key Club. Correspondences will be made by letter, once or twice a month. Your written letters will be given to Trudy and return letters will be in your IL mailboxes. This program will begin late fall and will run through May. If interested in being a part of this program, please fill out a reservation slip by October 10th. You will receive more information in your IL mailbox by the end of October. Questions: Call Trudy at Ext. 3048.



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

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 Quairoli at Ext. 3051 for a reservation.

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.

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 October 11th

On Friday, October 11th, the LV Bus will be going to Perkin's Restaurant and Bakery. Reservations are required. Please arrive 15 minutes early for check-in and boarding. The bus will depart at 12:30 PM. Questions or cancellations call Cynthia



HOB:

Tuesday October 22nd

On Tuesday, October 22nd, the LV Bus will be going to Country Meadows Restaurant. Reservations are required. Please arrive 15 minutes early for check-in and boarding. The bus will depart Snell CC at 12:30 PM. Questions or cancellations call Cynthia R.



Third Tuesday Shopping Trip: Tuesday Oct. 15th

On Tuesday, October 15th the LV Bus will travel to the Hershey Tanger Outlets. Reservations are required. Please arrive 15 minutes early for check-in and boarding. The bus will depart Snell CC at **9:45 AM**. Questions call Trudy ext. 3048.



Trips & Excursions

Hershey Area Women's Connection "Surviving Life's Suprises" Buffet Luncheon Wednesday October 9, 2024

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



128 Hillcrest Road, Hershey

Menu

Italian Meatballs, stuffed shells with marinara sauce,
mixed green salad, 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 October 3rd

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.

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

Questions: Call Barb B.

Program

Music Feature: *Vocalist, Vanessa Williams from Cleona, PA*

Speaker: *Lisa Haley from West Salem, OH. Lisa is a young mother who compares her rafting accident to life struggles. She is also an author and a musician.*



Trips & Excursions

Hershey Symphony Attendees Notice of ticket price increase!

The discounted Hershey Symphony Orchestra rate has increased to \$19.00 a ticket. If you have already sent your check in for the October 26 performance of Tony Bennett Concert please make ONLY the adjustment to be added to your check. Please bring one dollar to Sandra Barnes, the receptionist, at the Snell CC desk. Thank you for your understanding.

Hershey Symphony Orchestra: Saturday, October 26th at 7:30 pm

The October Hershey Symphony Orchestra, at the Hershey Theater, will present this spectacular tribute to the legendary Tony Bennett! This performance will take you on a journey through his chart-topping hits and heartfelt ballads. Experience the magic of classics brought to life by our full orchestra, dynamic band, and world-class vocalists. Don't miss this exclusive world premiere concert, a special ticketed event beyond a five-concert subscription, designed to celebrate the timeless artistry of Tony Bennett. The discounted Tickets at \$18.00 for residents and their family members. If you are driving by car please stop with Trudy Kern to pick up your tickets. Reservations are required for tickets and a seat on the bus. The LV Bus will be leaving from the Snell CC entrance at 6:30 pm. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Derry Presbyterian Church: Concert Pianist Thomas Pandolfi October 6

The "Arts Alive" series has acclaimed concert pianist Thomas Pandolfi to mark his fourth Hershey appearance by performing on Sunday, October 6 at 4:00 pm the sanctuary at Derry Presbyterian Church. "A standout among today's young pianists" (Asheville Citizen Times), Pandolfi will play works by Chopin including "Revolutionary" Etude and Polonaise in A Major, Op 40, No. 1, Debussy's "Clair de Lune, and Gershwin's "Rhapsody in Blue." Mr. Pandolfi has just been appointed as Dean of Piano Department and Professor of Piano at Midwest University. A graduate of The Juilliard School, Pandolfi earned both his Bachelor's and Master's degrees as a scholarship student. There will be a free-will offering taken at the performance. We will be leaving from the Snell CC entrance at 3:00 pm. Reservation is needed for a seat on the LV bus. Questions: Call Mary Lee at 3186 or Trudy at 3048.



October 2024

Sunday	Monday	Tuesday	Wednesday
		<p align="center">October 01</p> 8am Trash 8am Blood Sugar 8, 9 & 10am Walmart Trips 9:30 Blessing of the Animals 1pm Bible Study with Chaplain Ken 1pm HSP 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard	<p align="center">October 02</p> 10am Bible Fellowship Luncheon 10am The Village Harmony 1:30pm Hand & Foot Card Game 2:30pm Jonestown Bank 7pm Evening Worship (Ridgeway Community COB)
<p align="center">October 06</p> 10am Chapel Service (Chaplain Ken) 3pm Arts Alive	<p align="center">October 07</p> 10am ReNewed Hearing Solutions 3pm Open Wii Bowling 6pm Billiards	<p align="center">October 08</p> 8am Trash 8am Blood Sugar 11:30am Textile Group 1pm Bible Study with Chaplain Ken 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard	<p align="center">October 09</p> 10am The Village Harmony 11:15am Hershey Women's Connection 1:30pm Hand & Foot Card Game 2pm TED Talk 2:30pm Jonestown Bank 2:30pm Music with Pat Maue 7pm Evening Worship (Hanoverdale COB)
<p align="center">October 13</p> 10am Chapel Service (Linda Sprandel)	<p align="center">October 14</p> 10:25am Gleaners 11am Rosary (DiMatteo Worship Center) 1:30pm WNWJ & ILC Quarterly Meeting 3pm Open Wii Bowling 6pm Billiards	<p align="center">October 15</p> 8am Trash 8am Blood Sugar 9:30am 3rd Tuesday Shopping 1pm Bible Study with Chaplain Ken 2pm Scrabble 5pm Chef's Table 6pm Evening Pinochle 7pm Shuffleboard	<p align="center">October 16</p> 10am The Village Harmony 1:30pm Hand & Foot Card Game 2pm Food & Dining Roundtable 2pm Arlene Wagner's Vacation Trip 2:30pm Jonestown Bank 7pm Evening Worship (Palmyra COB)
<p align="center">October 20</p> 10am Chapel Service (Chaplain Ken)	<p align="center">October 21</p> 9 to 11am Art Gallery Wall Drop Off 11am Perfect Harmony 10am ReNewed Hearing Solutions 1pm Village Insider 3pm Open Wii Bowling 6pm Billiards	<p align="center">October 22</p> 8am Trash 8am Blood Sugar 10am Communion w/Palm Lutheran Church 12:30pm HOB 1pm Bible Study with Chaplain Ken 1pm Ice Cream Social 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard 1pm Apple Dumpling Pick-up (Theater Room)	<p align="center">October 23</p> 10am The Village Harmony 11:15am Music Appreciation Hour 1:30pm Hand & Foot Card Game 2pm Community Quiz 2:30pm Jonestown Bank 7pm Evening Worship (Grace Point)
<p align="center">October 27</p> 10am Chapel Service (Linda Sprandel)	<p align="center">October 28</p> 10:25am Gleaners 3pm Book Club 3pm Open Wii Bowling 1:30pm Ladies Afternoon Tea 6pm Billiards 6pm Game & Tech Night	<p align="center">October 29</p> 8am Trash 8am Blood Sugar 1pm Bible Study with Chaplain Ken 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard 7pm Youth Mennonite Chorus	<p align="center">October 30</p> 10am The Village Harmony 1:30pm Hand & Foot Card Game 2pm UNTP Presentation 2:30pm Jonestown Bank 7pm Evening Worship (Harrisburg First COB)

October 2024

Wednesday	Thursday	Friday	Saturday
October 02	<p style="text-align: center;">October 03</p> <p>8am Recycling 3:30pm Bell Tones 6pm Billiards</p>	<p style="text-align: center;">October 04</p> <p>8am Trash 8, 8:30 & 10am Grocery Trips 10am Men's Bible Study 11am The Hand Bell Choir 1pm LV Campus Tour 1:30pm Game Day 2pm Bridge 3pm Movie (Mamma Mia) 3:30pm Sally Ann's Mixed Arts</p>	<p style="text-align: center;">October 05</p> <p>1pm Games of Choice (Atrium) Penn State Watch Party (DiMatteo Worship Center)</p>
October 09	<p style="text-align: center;">October 10</p> <p>8am Recycling 8:30am UNTO 2pm Caregiver Support Group 6pm Billiards</p>	<p style="text-align: center;">October 11</p> <p>8am Trash 8, 8:30 & 10am Grocery Trips 10am Men's Bible Study 11am The Hand Bell Choir 12:30pm 40 Diners 2pm Bridge 3:30pm Sally Ann's Mixed Arts 5:30pm Mixed Art w/Cindy 6:30pm Movie (Remember The Titans)</p>	<p style="text-align: center;">October 12</p> <p>1pm Games of Choice (Atrium) Penn State Watch Party (DiMatteo Worship Center)</p>
October 16	<p style="text-align: center;">October 17</p> <p>8am Recycling 10:30am Roman Catholic Mass (The Chapel) 2pm Music with Mick Cochran 3:30 Bell Tones 6pm Billiards</p>	<p style="text-align: center;">October 18</p> <p>8am Trash 8, 8:30 & 10am Grocery Trips 10am Men's Bible Study 11am The Hand Bell Choir 1:30pm Game Day 2pm Bridge 3pm Movie (August Rush) 3:30pm Sally Ann's Mixed Arts</p>	<p style="text-align: center;">October 19</p> <p>1pm Games of Choice (Atrium) 10am The Veteran's Club (The DiMatteo Worship Center) 10am Cornwall Iron Furnace</p>
October 23	<p style="text-align: center;">October 24</p> <p>8am Recycling 6pm Billiards</p>	<p style="text-align: center;">October 25</p> <p>8am Trash 8, 8:30 & 10am Grocery Trips 10am Men's Bible Study 3:30pm Sally Ann's Mixed Arts 5:30pm Mixed Art w/Cindy</p>	<p style="text-align: center;">October 26</p> <p>1pm Games of Choice (Atrium) Fall & Christmas Bazaar 6:30pm Hershey Symphony Orchestra (Tony Bennett)</p>
October 30	<p style="text-align: center;">October 31</p> <p>8am Recycling 3:30 Bell Tones 6pm Billiards</p>		

Trips & Excursions

REMINDER FOR THOSE WHO SIGNED UP Perfect Harmony - Inspiration! October 21st

The bus trip to The Barn at Paradise Station in Lancaster County will be Monday, October 21st. The bus departure time has changed to **11:00 AM** and will return approximately 4:30 PM. There will be **NO LUNCH STOP**. You will be provided with snacks you may eat before or after the show. Questions: Call Trudy at Ext. 3048

UNTO A Cru Ministry: Thursday October 10th *DATE CHANGE*

LV will be taking a bus to UNTO Global Logistics Center every 3rd Thursday of each month, however, there has been a date change just for October. The trip for this month will be Thursday, OCTOBER 10th. By engaging with UNTO, generous individuals and organizations provide necessary funds and material resources that help people around the world. The LV Bus will depart Snell CC at 8:30 AM and will return approximately 12:30 PM. The bus is full, however, if you would like to be placed on a wait list in the event of a cancellation or if you would like to drive on your own, please contact Trudy at ext. 3048.

Cornwall Iron Furnace: Saturday October 19th

Come along on the LV Bus to visit the only surviving intact charcoal cold-blast furnace in the Western Hemisphere, a testament to the once great iron industry that flourished in South-Central Pennsylvania and our nation. Sign up to explore the extensive archives and collections. Cost is \$7.00 The bus will leave Snell CC at 10:00 AM for an 11:00 AM tour. We will stop for lunch on the way home at the Hide Away Restaurant in Mt. Gretna, at your own expense. Questions: Call Trudy at Ext. 3048



Trips & Excursions

Thanksgiving Dinner at Church of the Brethren Banquet Facility: November 14th

Our annual Londonderry Village Thanksgiving dinner will be held Thursday, November 14 at the Middle Creek Church of the Brethren Banquet Facility. Come and enjoy this traditional dinner with all the trimmings, served family style. Listen to the impressive upbeat sounds of the "Vintage Brass Band". This is an afternoon of wonderful fellowship and music accompany a delicious meal. Doors open at 11:30 am with the meal served at 12 noon. Several tables will be reserved for those arriving on the LV Buses. Both buses will leave the Snell CC entrance promptly at 10:45 am. Due to the popularity of this event, we are asking people planning to drive to consider taking along some passengers. Residents driving by car with a resident friend will be notified. There will be NO take out meals. This event is limited to residents of LV only. Tickets for the meal at \$19.00 each. Please note if you need a seat for a wheelchair. The registration will only be in this newsletter. If you have any questions please call Trudy at 3048. The deadline is October 31. **Mark your calendars!**

Bible Fellowship Luncheon: Wednesday November 6th

Senior Adult Bible Fellowship will take place Wednesday, November 6th at the Hershey Free Church. The bus will leave Snell CC at 10:00 AM. The program topic has not yet been released. Please sign up in this newsletter. Questions: Call Trudy ext. 3048

If you signed up for the October 2nd program, the LV Bus will leave Snell CC at 10:00 AM.

Arts Alive: Silver, Wood & Ivory Sunday Nov. 3rd at 4PM

Derry Presbyterian Church Arts Alive series has a wonderfully talented duo of women musicians performing an variety of instruments with original arrangements on flute, Celtic harp and piano. Two Women, 19 Flute and Recorders, Piano, Celtic Harp, Keyboard, and a Whole Lot of Friendship. This is a Free-Will-Offering event. The LV Bus will be leaving the Snell CC entrance at 3:00 pm. Reservations for the bus ride are required. Questions: call Mary Lee at 3186 or Trudy at 3048.



Programs in the Di Matteo Worship Center

Arlene Wagner's Vacation Trip Memory Presentation: Wednesday October 16th at 2pm

THIS IS A REPEAT OF ARLENE'S PRESENTATION FROM MARCH 2024 FOR ANYONE WHO MISSED IT.

Resident Arlene Wagner, will share her experiences traveling in Russia and Eastern Europe. Arlene and her late husband Wilmer have captured this amazing trip with photography. Come see the impressive churches and country side. The framed art work will be displayed on the art gallery wall following the presentation. Mark your calendars! Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.



How many of you have dreamed of taking a trip through Eastern Europe? The sights of Eastern Europe are quite different from the Western Countries of German, France & England. The architecture of Prague Czech Republic can easily make Paris turn it's head.

Proud Poland, now free of Soviet rule is a joy to visit. The only place large enough to hold the crowd for a mass celebrated by her favorite Pope was Blonia Park, a meadow outside the town limits of Krakow. (John Paul II). Pope John Paul was the Bishop of Krakow during the Soviet rule. He needed a new church, which was forbidden to built but somehow managed to get one built. (despite the Soviet)

Russia with its various colorations of villages each spectacular in high end exquisite crafts that just dazzled your eyes and mind. ~ Arlene W.

Looking ahead to December...

Mark your calendars now for the 2024 IL Holiday Dinner on Tuesday, December 10th at 1:00 pm in the DiMatteo Worship Center. We will be having the reservation sign ups in the November Newsletter along with a delightful menu and guest entertainment. This is annual event for fellowship with our friends living in the village. This is always a festive event!

Lebanon County Youth Chorus: Tuesday, October 29th

All are invited for an evening of music with the Lebanon County Youth Chorus. The A cappella Mennonite youth chorus will entertain us with beautiful harmony, Tuesday, October 29th at 7:00 PM in The Di Matteo Worship Center. No reservations needed. Questions: Call Trudy ext. 3048

Programs in the Di Matteo Worship Center



Penn State Football Watch Parties:



Saturday October 5th & Saturday October 12th

Saturday November 2nd & Saturday November 9th

Are you ready for some Penn State Football? All are invited to the LV Pavilion to watch the game and cheer on the Penn State Nittany Lions. The **October game dates** are Saturday October 5th and Saturday October 12th. The **November game dates** are Saturday November 2nd and Saturday November 9th. Please RSVP in this newsletter. Questions, call Ed or Carol G. Game times have not yet been released. Look for game times on Channel 3 and bulletin boards in the near future.

Mark Your Calendars now!

Planning for the holiday entertainment!

"Christmas in Perfect Harmony" is coming on Monday, November 25 at 7:00 pm in the Di Matteo Worship Center. This original and nostalgic experience is sure to be an unforgettable part of your holiday season and become a new tradition! Half-part musical theater nostalgia, half-part worship concert, Perfect Harmony sings stunning original arrangements of favorite holiday classics in (of course) three-part PERFECT HARMONY. Complete with beautiful costumes! Songs highlighted include It's Beginning to Look a Lot Like Christmas, Jingle Bells, a tribute to White Christmas, an incredibly delightful retro Christmas medley, Have Yourself a Merry Little Christmas, Do You Hear What I Hear?, I Heard the Bells on Christmas Day, a Christmas carols sing-a-long, the telling of the Christmas story, and O Holy Night. No reservation is needed. The doors will open at 6:30 pm for a 7:00 pm show! This is a very talented group of vocalist that will inspire and bring Christmas joy to your hearts. We are fortunate that they are bringing this stage performance to our facility. Questions: call Mary Lee at 3186 or Trudy at 3048.

Music with Mick Cochran: Thursday, October 17th

Mick Cochran will be returning to LV Thursday, October 17th at 2:00 PM in The DiMatteo Worship Center. He plays the keyboard while singing old time favorites, bringing back many nostalgic memories. No reservations needed. Questions: Call Trudy ext. 3048

Music with Pat Maue: Wednesday, October 9th

Pat's program will help preserve the classic Nashville sound that have shaped country music as a staple of Americana. He will play the Simpler Times Country, Western, and Gospel where you will all be encouraged to sing along to the songs that bring back sweet memories and nostalgia traditional country & Western music. Join us Wednesday, October 9th at **2:30 PM** in the Di Matteo Worship Center. No reservations needed. Questions: Call Trudy ext. 3048

Programs in the Di Matteo Worship Center

Taylor Marie's Shopping & Ladies "Fall" Fashion Show Thursday November 21st

Taylor Marie will return to Londonderry Village, as you have requested, for another "Ladies Shopping" day of fun! The date is Thursday, November 21 from 10:00 am to 2:30 pm. We will be holding our Fashion Show at 1:00 pm in the Di Matteo Worship Center. You will need to sign up for the Fashion show to have a seat at the tables and enjoy cookies and your choice of Hot Tea. This is always a delightful afternoon of conversation and smiles with your friends at LV.

The fashions are on sale for a walk-in shopping experience with many name brand styles. You are able to try on items in our fitting room. Invite a family member to join you and assist you in making a perfect selection. The convenience is wonderful! There are plenty of different sizes and even a 50% off section! they take cash, check or credit card!

We are in need of 10 "Volunteer Models" to display the new looks especially in time for the Christmas season. Please call Trudy Kern to be a volunteer. This is an important part making it an enjoyable event!

UNTO: Wednesday October 30th at 2PM

A spokesperson from UNTO Global Logistics Center will be coming to LV to give a presentation on Wed. Oct. 30th at 2pm in the DiMatteo Worship Center. Volunteers travel to the Logistics Center each month to participate in humanitarian project. During this program we will learn about project opportunities we can work on here at LV. If you have a desire to help improve the lives of people living in the toughest places on earth, please come to hear how you can help make a difference. All are invited to attend no reservations needed. Questions call Trudy at Ext. 3048



Dates to Remember - Christmas Activities 2024

Monday, November 11: Servant Stage, "Christmas Crooners" at 7:00 PM, in the *DiMatteo Worship Center*
Pay-What-You-Will Event

Wednesday, November 20: "I Heard the Bells" Evening Movie from 1:00 PM to 4:00 PM
in the *DiMatteo Worship Center*

Thursday, November 21: Fall Fashion Show Christmas Gift Ideas at 1:00 PM in the *DiMatteo Worship Center*
Open Shopping from 10 AM to 2:30 PM in *Fellowship Hall*

Monday, November 25: "Christmas in Harmony" at 7:00 PM in the *DiMatteo Worship Center*

Tuesday, November 26: Church Service "Spring Creek", Joined by "Guest Hand Bell Quartet" performers from
Palmyra Church of the Brethren at 7:00 PM in the *DiMatteo Worship Center*

Sunday, December 1: Village Harmony Chorale Concert, LV Traditional Hand Bell Choir, Director, Karen Umberger
at 3:00 PM in the *DiMatteo Worship Center*

Monday, December 2: Tree Lighting with Vocalist, "Sweet Life", Caroling, Cookies and Hot Chocolate
Two locations- 6:00 PM at *Snell CC Living Room* and 7:00 PM at *Wheaton Lobby*

Tuesday, December 3: "Cadence Singers" Carols for Christmas at 7:00 PM in the *DiMatteo Worship Center*

Saturday, December 7: Lebanon County Youth Chorus at 2:00 PM in the *DiMatteo Worship Center*

Sunday, December 8: LV Bus Trip, Derry Presbyterian Church Christmas Concert at 1:30 PM

Tuesday, December 10: IL Christmas Dinner Celebration at 1:00 PM, Ticketed Event in the *DiMatteo Worship Center*

Thursday, December 12: Hershey Symphony Orchestra, Holiday Spectacular Show, Ticketed Event, Good Samaritan
Fund at 7:00 PM in the *DiMatteo Worship Center*

Friday, December 13: LV Bus Trip, American Music Theater, "Joy To The World" Christmas Show and Lunch,
Ticketed Event

Saturday, December 14: Roger Lentz Christmas Vocal Recital at 2:00 PM, in the *DiMatteo Worship Center*

Saturday, December 14: LV Bus Trip, Hershey Symphony Orchestra, "Holiday Spectacular" at 2:00 PM, Ticketed Event

Monday, December 16: Resident Musical: Piano and Organ Concert at 2:00 PM in the *DiMatteo Worship Center*

Wednesday, December 18: Resident Musical: Piano, Organ, and Bell Tones at 2:00 PM in the *DiMatteo Worship Center*

Thursday, December 19: Making Spirits Bright Luminary Event from 5:00 PM to 6:30 PM in the *Shearer Family Park*

Friday, December 20: LV Communion Christmas Service at 2:00 PM in the *DiMatteo Worship Center*

Monday, December 23: Walk Around Staff Christmas Carolers on *Campus*

Friday, December 27: Bingo Christmas Treat at 1:30 PM in the *DiMatteo Worship Center*

Saturday, December 28: Bryan Herber, Pianist at 2:00 PM in the *DiMatteo Worship Center*

Monday, December 30: "New Years Dance with a Twist", from 6:30 PM to 8:30 PM, Countdown begins at 8:29 PM!

Londonderry Village's Fall and Christmas Bazaar

October 26, 2024 8am to 1pm in the DiMatteo Worship Center



LV Boutique will be open 9 to 4

Featuring:

Sandy's Antiques
Art by Barbara James
LV Wood Shop Creations
P & H Treasure Bay
Raffle Baskets
Rebecca's Crochet & Knit Items
Textiles by LV Women
Boutique Items
Sandy's Felt Crafts
Christmas CD's
Christmas Books
White Elephant Table
Baked Goods Table
Arlene's Jewelry & Fashions
Just a Little Bling
Peggy & Wanda's Crafts
Hitz Ceramics

Cookies by the pound



Christmas Shop



Apple Dumplings



Food Stand

Hot Dogs, BBQ, Soup

Nuts



LV Auxiliary Holiday Nut & Snack Sale



Stock up on nuts and snack mixes for the holidays!

Nuts and snack mixes are available in 1-pound bags with orders due on **Saturday, October 19, 2024**. Orders will be available for pick-up on **Saturday, November 16, 2024**, from 10:00 AM to 12:00 noon at the Stoneback Pavilion. Please complete the order form below and return with your cash or check (payable to LV Auxiliary) to the IL Reservation Box.

Choices	Quantity	Cost	Total
Peanuts, salted	_____	\$4.00	_____
Peanuts, unsalted	_____	\$4.00	_____
Cashews, salted	_____	\$10.00	_____
Cashews, unsalted	_____	\$10.00	_____
Mixed Nuts, salted	_____	\$10.00	_____
Mixed Nuts, unsalted	_____	\$10.00	_____
Honey Crunch Snack Mix (Contains peanut butter chips, almonds, peanuts, chocolate gems, sesame mix, yogurt peanuts.)	_____	\$7.00	_____
Cabin Crunch Snack Mix (Contains chocolate & peanut M&M's, raisins, sesame sticks, pretzel balls, tree nuts, peanuts.)	_____	\$8.00	_____
Total Amount Enclosed			_____

Name _____ Phone _____





BY THE POUND AT THE BAZAAR!

The annual "Cookie Walk" with cookies by the pound will take place this year again at Londonderry Village's Bazaar October 26th.

We encourage you to bake some of your wonderful homemade cookies!

Bring your cookies to the Studio on Friday October 25th in the afternoon or in the evening until 6:30pm.

Mark your containers with your name and the kind of cookie.

IF YOUR RECIPE INCLUDES NUTS OR PEANUT BUTTER, PLEASE INCLUDE THAT INFORMATION.

On Saturday October 26th, plan to shop early for the best selection!

The door will open at 8:00am sharp.

Fill a box (or several) for just \$6.00 per pound!



Special Announcements



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

October Happy Birthday Wishes

Gloria Blantz, October 3

Anita Ramsey, October 6

Carole Sipe, October 7

Mary Ann Stuck, October 9

Jack Bogrette, October 10

Betz England, October 14

Joan Engle, October 15

Shirley Breckenmaker, October 21

Donna Farling, October 24

Bonnie Parks, October 24

Marty Duke, October 24

Jim Warnock, October 24

Suzanne Colver, October 25

Edward Muska, October 27

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

Thank You...

A huge THANK YOU to the Caring Neighbors at Londonderry Village for prayers, get well cards, emails and food (Ed jokes but he can make more than tea and wheat toast....haha!) during my recovery from knee replacement surgery! As they say it takes a Village and we're blessed to be a part of this Village!! ~ Mary Jane and Ed S.

Lu and Ivan H. thank all those who sent cards and prayers for Lu during her recent recovery in Leffler Care. Belated thanks from Ivan for the birthday greetings in July. We live in a gracious and caring community.

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:

Gladys Slichter, who died on August 17, 2024

Ruth Dugan, who died on August 23, 2024

Betty J. Rauch, who died on August 28, 2024

Mary Haldeman, who died on August 31, 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 October 2024



*“Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.”
Psalm 62.8*

Sunday Chapel

10/06 = Chaplain Ken
10/13 = Linda Sprandel
10/20 = Chaplain Ken
10/27 = 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
October 02: Ridgeway Community COB
October 09: Hanoverdale COB
October 16: Palmyra COB
October 23: Grace Point
October 30: Harrisburg First COB*

Monday, October 14th @ 11:00 am

Recitation of The Rosary
in the DiMatteo Worship Center

Tuesday, October 22nd @ 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

MAMMA MIA! - October 4th at 3:00PM

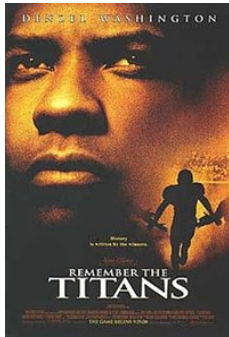


Sophie wants to have a perfect wedding but she doesn't know which of three men is her real father. A light-hearted, funny with twisting, changing situations movie. The setting is Greece with beautiful scenery. Sophie secretly invites all three men to her wedding thinking that an interview separately with each one will point her to her real father. Of course, a real surprise ending! Fourteen songs throughout the movie such as Dancing Queen, Mamma Mia, When All is said and done, etc.

Released 2008 - 1hr. 49 min. - Rated PG-13 - Closed Caption

Remember the Titans - Friday October 11th at 6:30PM

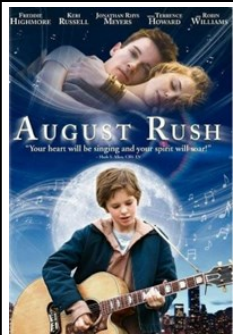
Loosely Based on a True Story on segregation 1971



Remember the Titans is, like Rudy before it, a football movie that will be fondly remembered by anyone who sees it. Set in Alexandria, Virginia, in 1971, the fact based story begins with the integration of black and white students at T. C. Williams High School. This effort to improve race relations is most keenly felt on the school's football team, the Titans, and bigoted tempers flare when a black head coach (Washington) is appointed and his victorious predecessor (Will Patton) reluctantly stays on as his assistant. It's affirmative action at its most potentially volatile, complicated by the mandate that the coach will be fired if he loses a single game in the Titans' 13-game season. The players represent a hotbed of racial tension, but as the team struggles toward unity and gridiron glory, Remember the Titans builds on several subplots and character dynamics to become an inspirational drama of Rocky-like proportions.

Released 2000 - 1 hr. 54 min. - Rated PG - Closed Caption

August Rush - October 18th at 3:00PM



A musically gifted orphan, Evan, runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater. A great musical movie of how a gifted musical child can develop under adverse conditions. A warm, loving movie that will be always be remembered.

Released 2007 - 1 Hr. 53 Min. - Rated PG - Closed Caption

NO MOVIE ON FRIDAY OCTOBER 25th

Enjoy the Fall & Christmas Bazaar on Saturday, October 26th!

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 Oct. 8th at 11:30 AM

The Textile Group meets the 2nd Tuesday of each month at 11:30 AM in the Village Art Center. All interested sewers, quilters, knitters, crocheters please join us! We work on different projects throughout the year, which will be donated to local charities. No reservations needed. Questions, call Lynn D.

Sally Ann's Mixed Arts Every Friday

Sally Ann's art class will reconvene Friday, September 6th. The class will meet every Friday at 3:30 PM in the Village Art Center. Reservations requested, sign up in this newsletter. Questions, call Trudy at ext. 3048.



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 October 11th & 25th

Mixed Art with Cindy will be switching meeting dates to the **2nd & 4th Friday of each month**. The group will meet at 5:30 PM in the Village Art Center. Reservations requested, sign up in this newsletter. Questions, call Trudy at ext. 3048.



Fun & Games

Game Day Friday Oct. 4th & 18th

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



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 1:30 PM in the studio**.
Questions, contact Pat C.



Evening Pinochle:

Every Tuesday

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



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 Trudy at Ext. 3048

BINGO:

NO OCTOBER BINGO

There will be **NO BINGO** during the month of October due to Fall Harvest & Christmas Bazaar preparations. The next BINGO will be November 22nd.



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



Shuffleboard:

Every Tuesday at 7pm

Shuffleboard is played every Tuesday at 7:00 PM in the Game Room. Chairs are available should you wish to just sit and watch and perhaps meet someone new. No reservations needed. All are invited. Questions, call Suzanne C.



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!

SCRABBLE:

Every Tuesday



CALLING ALL SCRABBLE PLAYERS! Join us in the studio every Tuesday at 2:00 PM for a game of Scrabble. Questions, call Trudy at Ext. 3048



LV Auxiliary News

Village Boutique

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

The Village Boutique is ready for fall. Our fall and winter clothes are waiting for you to come in and browse and purchase. We have a "men's special" rack with JEANS and slacks for \$3.00 each!! Stop by the Boutique and look around and chat with our friendly clerks.

2024 Donations & Purchases

The Londonderry Village Auxiliary has been able to make a number of purchases and donations in 2024 for the benefit of residents thanks to your support of fundraisers and monetary donations. Here is a listing of what we have been able to do this year:

- ★ Made a \$25,000 donation for items in the new memory unit.
- ★ Purchased a new treadmill for the fitness center.
- ★ Paid for the refurbishment of the handbell choir bells.
- ★ Purchased 2 portable AED's for the safety and security area.
- ★ Paid for a used gas grill for the food area of the Estate Sale.
- ★ Purchased 2 blanket/towel warming units for assisted living areas.

Thanks to all who helped make the above list possible and remember, we are all part of the Auxiliary!

DATES TO REMEMBER

Apple Dumpling Pick-up - October 12 in the Theater Room

Bazaar - October 26 in the Community Center

Nut Sale - October 19 Orders are due. Pick-up is November 16 in the Stoneback Pavilion

The Soup Tasting Event

The Soup Tasting Event was held on September 5. Many thanks to Karen Reed and the food service staff for their assistance. Thanks also to our soup makers - Louise C., Shirley G., Donna F., Ruthann C., Kate S., and Susan M. Participants were asked to vote for their favorite soup and the winner was Cheeseburger Soup prepared by Kate S. Congratulations to her! Her soup will be featured in the food area at the Bazaar on October 26. The recipe for the Cheeseburger Soup will be in the November Newsletter.

Please consider a donation to the Auxiliary using the form below.

Auxiliary 2024 Annual Project Donor Form

Name: _____

Address: _____

Donation Amount \$ _____

Dining Services News

Seasons Restaurant Chef's Table

Tuesday October 15th at 5:00pm

\$29.99 per person

Reservations Required

Limited Seating Available

Please call Ext. 3612 for reservations

First Course:

Balsamic Fig Chutney,
Boursin Cheese spread with Crusty House-Baked Bread

Second Course:

Hassenpfeffer (Rabbit Stew)
Mirepoix Root Vegetable Puree (Turnip, Parsnip, Celery Root)

Dessert

Pan Fried Sweet Potato Cake with
Brown Sugar Crumble, Vanilla Creme, Meringue Shards

Italian Week In Seasons



October 30, 31, & November 1

4pm - 7pm

Seasons Restaurant will feature a special

Italian Themed Menu

Menu Coming Soon

Dining Services News



Please join us
Wednesday October 16th
at 2:00PM in the Atrium for
The Food and Dining Roundtable!

We will meet to share concerns,
address issues and engage in the
community as it pertains
to food and dining.

The meeting is open to all
who wish to attend.

This meeting occurs every third
Wednesday of the month.

We hope to see you there!

Ice Cream Social
Tuesday October 22nd
1-2pm \$1 a scoop
In the Atrium

An advertisement for an ice cream social. It features a central graphic of several scoops of ice cream in cones. The scoops are in various colors: green, pink, white, brown, orange, and yellow. The text is overlaid on the graphic.

Lunch N' Learn Topic Discussion


On Tuesday, October 1st, at 11:00am in Fellowship Hall, Olivia Harris, Development Assistant, will host a discussion to gather your ideas for the 2025 Lunch N' Learn Program. We'd love for you to join us and share your ideas!

Lunch N' Learn

DON'T FORGET!

Starting in January 2025, we're excited to bring back our well-loved "Lunch 'n Learn," a monthly event where residents can come together to explore new topics, stay informed, and engage their interests. This program aims to create an environment to learn and engage in thoughtful conversations. All residents & community members are invited to attend! To prepare for this coming year's sessions, we are seeking volunteers to help brainstorm topic ideas. We also need volunteers to help manage event logistics, including greeting guests at the door and ensuring everything runs smoothly. Volunteers are NOT running the event but helping with logistical jobs.


Questions? Call Olivia Harris 7178385406 ext. 3052

 **Volunteer Sign Up Slip**

Name: _____

Phone Number: _____

Email: _____

 **Topics I would be interested in...**

Topic(s): _____

I know someone that could present:

Name: _____

Phone Number: _____



IL Committee Notes

INDEPENDENT LIVING COMMUNITY NOTES - OCTOBER 2024

Antique Auto Show

The fall meet of the Hershey Region Antique Auto Show is scheduled for Tuesday October 8 to Friday October 11. The Antique Auto show by the Hershey Region held its first meet in Hershey in 1955. By 1965 over 35,000 people attended. It now draws many thousands more people from all over the world. The Flea market has over 10,000 vendors and there are over 2,000 show cars. The show involves the area along Hershey Park Drive, the Giant Center and the Hershey Park area. If you are not part of the show or visiting it is best to avoid the area on Hershey Park Drive during this time.

Columbus Day

October 12, 1492 - After a 33-day voyage Cristopher Columbus made his first landfall in the Bahamas. He named it El Salvador. He was seeking a western sea route from Europe to Asia. This voyage started the colonization of the Americas by Spain. The first Columbus Day was celebrated on October 12, 1792 but did not become a Federal Holiday until 1971.

Fall,2024

This time of year, is when the color of leaves begins to display their magnificent colors. When the green is gone, we find reds, orange, and yellows replacing the green. Weather conditions have an influence on how much color we see. October is usually the peak color for our area.

October Events in History

1775 - The US Navy was born. 1886 - the Statue of Liberty was dedicated. 1908 - Henry Ford's Model T went on sale 1915 - First Transatlantic radio voice sent from Virginia to Paris. 1927 - The first talkie movie "The Jazz Singer ". 1929 - The Stock market crash. 1957 - The Russian Sputnik was launched into space. 1962 - The Cuban Bay of Pigs Missile Crisis. 1990 - East and West Germany United. 1941 - Mt. Rushmore National Memorial completed after 14 years of work

Halloween

October 31 is the official date of Halloween. The origins of Halloween go back to the Gaelic people of modern-day England, Scotland and Ireland. Oktoberfest has been held in Munich Germany since 1810. There are the usual Halloween activities, parades, candy corn, pumpkin carving, scary movies, witches, ghosts and sometimes weird costumes, etc. In the US it is best known as trick or treat time. Children go door to door dressed in their costumes to ask for treats (or tricks) and come home with a bag of treats. I can remember when there were some who played tricks even though they got treats. Can you remember some of the tricks such as soaping, throwing kernels of corn, overturning flower pots, etc. I'd better stop I don't want to give you any ideas although you can think of some on your own. Of course, I never did any of those things.

Notable Quote

Life is an opportunity Benefit from it. Life is beauty Admire it. Life is a dream Realize it.

- - Mother Teresa

Dick Hann, ILC Chair



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. 8)

DL: ASAP

Name _____ Birthday _____



40 Diners - Friday October 11th at 12:30pm - (pg. 27)

DL: ASAP

(Perkin's Restaurant & Bakery)

Name _____ Phone _____

Bus Car Rollator Walker

HOB - Tuesday October 22nd at 12:30pm - (pg. 27)

DL: ASAP

(Country Meadows Restaurant)

Name _____ Phone _____

Bus Car Rollator Walker

LV Bus Tour of Campus - Friday October 4th at 1PM (pg. 5)



DL: ASAP

Name _____ Phone Number _____

Caregiver Support Group - Thursday October 10th at 2PM (pg. 23)



DL: ASAP

(Theater Room)

Name _____ Phone Number _____

Derry Church Concert Pianist Thomas Pandolfi - Sunday October 6th at 3pm

(pg. 29)

DL: October 4

Name _____ Phone _____

Bus Car Rollator Walker

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!

If you would like to Volunteer for Thursday recycling please contact Ivan at 717-813-3418.

FOX RUN RESIDENTS:

Put your recycling outside your garage door on Thursday by 8 AM.

Trash on Tuesday and Friday at the same place and time.

Check your recycle sheet for more details. Thanks, Ivan





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 - Friday October 11th & 25th at 5:30pm - (pg. 45) DL: ASAP

Name _____ Phone _____

October 11th October 25th

Sally Ann's Mixed Arts - Friday Oct. 4th, 11th, 18th & 25th at 3:30pm - (pg. 45) DL: ASAP

Name _____ Phone _____

October 4th October 11th October 18th October 25th

Ladies Afternoon Tea - Monday November 4th at 1:30pm - (pg. 24) DL: ASAP

Name _____ Phone number _____

3rd Tuesday Shopping - Tuesday October 15th at 9:45am - (pg. 27) DL: ASAP
(Hershey Tanger Outlets)

Name _____ Phone number _____

Bus Car Rollator Walker

Hershey Women's Connection - Wed. October 9th at Noon - (pg. 28) DL: October 3
(Hershey Italian Lodge - bus leaves at 11:15am)

Name _____ Phone number _____

Bus Car Rollator Walker Gluten Free

Thanksgiving Dinner at Church of the Brethren: Thur. Nov. 14th at 10:45AM (pg.33)

DL: October 31

Cost \$19 Cash _____ Check# _____ (Payable to LV - ILC)

Name _____ Phone Number _____

Bus Car Rollator Walker



Village Voice

Shorts

While sorting recycling one of the men said, “since you wear shorts most of the time you should write a Village Voice article about them, so here it goes.

Shorts owe much of their contemporary origins to the military. Possibly the earliest example (188’s) of modern-day shorts is the uniform of the heavily respected Nepalese army. Much like our khaki shorts of today, but four generous pockets and a distinctive cummerbund waist band with buckles and adjustable straps. The British East India company defeated the Gurkha soldiers in the Anglo-Nepalese War (November, 1 1814 – March, 4 1816) but upon surrendering the British had such respect for the bravery and ability of the Gurkha Soldiers, that part of the treaty stipulated that Britian could employ it’s soldiers to fight along side of a Gurkha soldier wearing shorts that stands guard in front of the British Empire.

In Bermuda during World War 1 the owner of a single tea shop on the island named Nathaniel Coxtton took khaki trousers to a local tailor who cut them just above the knee. Rear Admiral Mason Berridge adopted the style for his fellow officers and named them Bermuda Shorts. Soon officers of the British army serving in tropical settings adopted the smart looking summer uniforms. By the 1920’s the shorts had become the standard business attire of the local Bermuda businessmen.

In the 1950’s the unspoken rule of the etiquette, in the United States was that men should not wear shorts in public. A town in PA banned them in 1938. To this day the pro-golf’s PGA forbids players from wearing shorts during competitive play.

The 60’s brought hippies, Woodstock and cut off jean shorts, but the 70’s brought polyester and 007 James Bond played by Sean Connery sport legend’s like basketball’s Dr. J, Larry Bird, tennis stars like Bjorn Born and John McEnroe all could be seen wearing the top seventies fashion item.

During the 80’s cargo shorts, my favorite, started showing up in military surplus stores. Eventually they trickled down to street fashion subculture. They peaked during the 90’s and became something of a way of life for backyard barbeques and college campuses.

Around 2015 the New York Times, The Washington Post all published stories with tales from wives calling cargo shorts a running gag for lazy guys who peaked in high school and now drank energy drinks, had terrible credit scores and spent a lot of time taking a lot of selfies. When it all died down cargo shorts became the single worst item a man could wear.

So there you have it my friend, a brief history of shorts - your welcome!

In closing; don’t dim your light to make others comfortable.

Bye for now ~ El F.



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 Wed. November 6th at 10:00am (pg. 33)

DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

Penn State Football Watch Parties (pg.35)



Name _____ Phone Number _____

SATURDAY October 5th

SATURDAY October 12th

SATURDAY November 2nd

SATURDAY November 9th

Game times have not yet been released.

Look for game times on Ch 3 and bulletin boards in the near future.

Cornwall Iron Furnace: Saturday October 19th at 10AM (pg. 32)

DL: ASAP

Cost \$7 Cash _____ Check# _____ (Payable to LV -ILC)

Name _____ Phone Number _____

Bus Car Rollator Walker

Arts Alive Sunday November 3rd at 4pm - (pg. 33)

DL: October 4

Name _____ Phone _____

Bus Car Rollator Walker

Insurance Review

Medicare Part C & D for 2025

“Medicare Advantage” and “Prescription Drug” Coverage

If you are satisfied with your current Medicare Health Plan (“**Medicare Advantage—Part C**” or “**Medicare Drug—Part D**” or **Medicare Supplement—“Medigap” plan**), you will **not** have to take any action during the current Medicare Open Enrollment Period running from October 15th until to December 7th 2024. Those who want to enroll for the first time in Parts C or D or those who want to make a change to their current plan may sign up for a plan during the Fall “Annual Election Period” from **October 15 to December 7, 2024** for a January 1, 2025 effective date.

Remember when changing or signing up for a new Part C or D plan, participation is voluntary just like Medicare Parts A & B. You may select from **Medicare Advantage plans (Part C)**, including HMO’s, PPO’s, and Private Fee for Service plans, or stand-alone **Medicare Part D** Drug Plans (PDP’s) to go with your current Medicare Supplement plan. There are a few factors to consider when searching and comparing plans: **Medicare Advantage (Part C):**

- You become the full responsibility of the insurance company and are no longer enrolled in Medicare (though you still have to pay the Part B premium); insurance companies are subsidized by Medicare to write these plans;
- Plans include coverage similar to Medicare plus supplemental benefits and include drug coverage and other add-ons (vision, hearing, gyms membership, etc) to entice participation in their plans;
- Plans and details are not out for 2025 yet but I expect as many as 80 Medicare Advantage plans available like in 2024. In 2024, monthly premiums range from \$0 to \$295. Higher premiums do NOT mean better coverage for you! Rates and plans are available at www.medicare.gov!
- Health plan deductibles ranged from \$0-10,000+ for in-network services and can increase substantially for out-of-network services (if covered at all);
- Drug plan deductibles range from \$0-590 with co-pays over \$100 per covered script

or up to XX% of retail costs of covered drugs (if on the company formulary at all);

- These plans provide comprehensive coverage with low initial up-front premiums and small co-pays for office visits but can have substantial out-of-pocket costs for major medical in-network expenses (lab work, tests, hospital, etc...\$6,000 to \$13,000+ maximum);
- HMO plans usually require you to use all network providers for covered services; PPO’s encourage network use but allow out-of-network use with additional co-pays or out-of-pocket expenses.

Medicare Drug Plans (Part D):

- **Cost**—2024 monthly premiums range from \$0.50 to over \$195.10. I expect changes for 2025 as Medicare caps your out-of-pocket costs as \$2,000 annually for prescriptions;
- **Coverage**—covered drugs (check each company’s formulary) cost \$0-100+ co-pay or up to XX%+ of retail cost per script;
- **Convenience**—be sure your local pharmacist is participating with your selected plan; local advice is invaluable;
- “Donut Hole” expenses go away for 2025 with the new catastrophic \$2,000 cap on prescriptions!

I will provide any help or additional information on **Medicare Advantage (Part C), Medicare Part D, or Medigap** plans and help to find a plan that best suits your needs. 2025 plans and rates are available at www.medicare.gov. Call me before December 7th for more information or to schedule an appointment. Get all the information to help you decide upon a plan and coverage specific to your needs. My suggestion—***Be cautious and get advice as all plans and networks are NOT created equal!***

P.S.—I recommend everyone review their coverage if not annually then at least every 2-3 years with projected plan changes and your possible medication changes. Call me before making a final insurance coverage decision!



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

REMINDERS

DAYLIGHT SAVINGS TIME

Only 34 days until we turn back our clocks.

SAFETY

*Always walk on campus against traffic
and wear a reflective vest or carry a flashlight for added visibility.*

HAPPY HALLOWEN
FROM SECURITY AND TRANSPORTATION

Andy, Alicia, Dennis,
Jane, Jennifer, Jeremy, Julia,
Marc, Roger, Shari, Shawn, and Wayae

Be Safe Everyone.



