

# January 2025

## INDEPENDENT LIVING NEWSLETTER

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## Retired Administrators Living at LV



Retired Administrators at LV; Jeff Shireman, Miles Daub, Dick Hann, Franklin Shearer, Jack Bogrette, Jeff Davis, Jack Bishop (not shown)

For many years the group listed would meet with other retired administrators from Hershey Foods, Herco, Milton Hershey School and others at the Hershey Lodge every other Thursday for breakfast. As more members moved to Londonderry Village this group decided to meet every other Wednesday at 11:30 a.m. in the Cafe atrium. Our discussions vary each time we meet. We call ourselves TOOG. Ask one of the group if you want to know what that stands for. Jeff Shireman was invited to meet with the group to thank him for his many years of service to Londonderry Village.

### A quick reminder from Amanda Wright, Independent Living Nurse Coordinator

Just a reminder, please let me know if you are currently on continuous oxygen or get put on it so that in the event of an emergency/power outage we can attempt to assist you.

# 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 January 20th at 1PM

The "Village Insider" lead by Francis Glynn, Environmental Services Director will be held Monday January 20th at 1PM.

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 can not use the Redner's receipts unless your Rewards card is presented at the time of check out. PLEASE DO NOT CUT ANY PORTION OF THE RECEIPT. THE ENTIRE RECEIPT IS NEEDED. We have been receiving so many receipts that do not have the needed information. Feel free to black out your payment method if you prefer. Thank you for saving your receipts!

## Greeting Cards in the Village Art Center

The holidays are fast approaching...stop in the Village Art Center & purchase your Christmas cards for only .25 a card. There are also retirement cards available for our LV employees who are retiring. Make your selection any time of the day and drop the money in the box on top of the glass display case.



## "Everybody Has A Story"

Take time to check out the stories in the Snell Community Center or the Library. Take a moment to sit down and read the unique stories of our fellow friends. Copies of all stories are available for you to read at home. Please contact Jack or Pearle Brake.

Email: [jackbrake@hotmail.com](mailto:jackbrake@hotmail.com)

Text or phone: 206-430-3767



## The House of Time

In the past few years the Village Voice has inspired me to post a memory of my high school years. The following poem was written at age 16. The House of Time In the dusk and early dawn the house stood tall and lean. Like a Ghost it had passed through the night to haunt the country green. Its roof was covered with ivy and the over hanging trees. The windows were scattered here and there from storms and pranksters' schemes. It's rooms were dark and musty as though they ailed the seas. The wood was dark and rotted the nails all covered with rust, but still it stands as a token to the years that fly as dust. Miles Daub Let us be mindful as we enter the New Year of friends and families.

## LV's Manicure Services!



Appointments available Mondays & Wednesdays,  
call Aubrey at 717-304-4449 to schedule!

# 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 \$72**

**30 Minutes \$36**

**15 Minutes \$18**

*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:**

**15 Minutes - \$18**

**1/2 Hour - \$36**

**1 Hour - \$72**

# Campus Information



**Londonderry Village**

A COMMUNITY ROOTED IN BRETHERN VALUES



## January 30, 2025 @ 12:00PM Fellowship Hall

Deadline to order lunch: January 23, 2025

Join Adam Montpetit, Workplace Banking Relationship Manager, for an informative presentation on fraud and identity theft. In this session, Adam will cover the latest trends in financial scams, common tactics used by fraudsters, and practical steps you can take to protect yourself and your finances. Learn how to recognize warning signs, safeguard your personal information, and respond effectively if you become a target. Don't miss this opportunity to stay informed and secure your financial well-being.



Guests may order a bagged lunch for \$8.00, bring their own, or simply attend to hear the speaker. Reservations are required for each session. Residents can sign up by calling (717) 838-5406 ext. 3052, handing in the slip below, on our website, or by scanning the QR code on the right. Lunch orders must be placed at least one week in advance by calling the same number.



### January 30th Lunch N' Learn Reservation Slip

Lunches include sandwich of your choice, chips, pickle, cookie, and a drink.

Name: \_\_\_\_\_

- I would like to purchase a boxed lunch for \$8.00
- Ham & Cheese     Turkey & Cheese     Chicken Ceasar Wrap
- I am bringing my own lunch

Please pay cash or check and include payment with your reservation slip if you are buying lunch. Checks made payable to Londonderry Village- Lunch N Learn- 1200 Grubb Road, Palmyra PA 17078

Please note in memo: Lunch N Learn Meal



# Campus Information



**Londonderry Village**

A COMMUNITY ROOTED IN BRETHREN VALUES



## Upcoming Presenter: Kelly Mantoan February 6, 2025

Kelly Mantoan is the founder of Accepting the Gift, a ministry for Catholic special needs parents. She is also the author of *Better Than OK: Finding Joy as a Special Needs Parent*, which was published by Our Sunday Visitor Press in 2021. She is a mother of five and her two youngest sons are diagnosed with Spinal Muscular Atrophy and are physically disabled. She reluctantly became a spokesperson for special needs parents after posts about her unique family on her website 'This Ain't the Lyceum', led to a flood of emails from other parents looking for support. Today, she feels blessed to be able to empower and advocate for special needs parents through her ministry, writing, and speaking opportunities around the country.



**Join Kelly Mantoan, founder of Accepting the Gift and author of *Better Than OK*, as she shares her story as a mother of children with Spinal Muscular Atrophy. Kelly will discuss how her experiences led to creating a ministry for parents of children with disabilities and how her book and resources help families find support and advocate for their children in their churches and communities.**

Kelly will have signed copies of her book, *Better than Ok*, for purchase. Signed copies cost \$15.00/ each. Kelly accepts payment by check, cash, venmo, or paypal. Kelly may have free materials available for attendees interested. You can also purchase her book on amazon at a lower cost and bring to the event for signing.



# Campus Information

At **ReNewed Hearing Solutions** we know hearing well is vital to your quality of life. **We are here to help.**



## Our next visit will be...

**Where:** Londonderry Village

*Formally Lebanon Valley Brethren Home*

**When:** 1st & 3rd Mondays of Every Month

**Time:** 10:00 AM - 12:00 PM

*If you cannot make it during our visit, please feel free to call us to schedule your personal in-home appointment!*

## As a resident you receive:

- Free in home hearing evaluations by appointment
- Free otoscopic exams
- Free hearing aid cleaning
- We service and clean any hearing aid regardless of where it was purchased or what brand it is



**Meet your local hearing professional:**  
**Heather Sollenberger, Hearing Instrument Specialist**

## Hours:

1st and 3rd Monday of each month  
10:00am to 12:00pm  
In the LV Health Clinic

**ReNewed Hearing Solutions**  
112 E. Main St. • Hummelstown, PA 17036  
**(717) 298-6170 • [www.RenewedHearingSolutions.com](http://www.RenewedHearingSolutions.com)**



# Campus Information

## 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



## Game & Tech Night: January 27th at 6PM

Join us for Game & Tech Night with the Palmyra High School National Honor Society students. We meet the 4th Monday of each month in the Cafe from 6:00-7:30 PM. If you enjoy playing board games with a lively group of young people, this is the evening for you. If you need assistance with your phone, iPad, tablet or lap top, bring them along and a student will try to assist you. Come join the fun Monday, January 27th! No reservations needed. Questions: Call Trudy ext. 3048

## Volunteer Request from our IL Friends! "Friendly Visitor Program" is back!

We are hoping to create a group of friends that might be available to give one hour of their time to chat with another resident in the village. We have needs for a "Friendly Visitor" in a variety of different locations. See where you could fit in? There is no requirement of your time. It can be a visit once a month! We simply have residents and elders wanting to talk with friends. It can be mornings, afternoons and evenings! Boredom is one of the plagues in life. A visitor for one hour can fill a persons day with happiness. Learning something new to stimulate the mind is so healthy. The sound of a voice engaging with a friend is like gold! Taking time to let someone talk about anything with no judgment is a shining gold star! Here is a list of opportunities for a "Friendly Visitor" 1) Green House elders: Elders would enjoy sitting one to one talking about anything and everything. 2) Leffler Care. There are residents wanting to take a roll over to the IL side of campus and back chatting all the way. 3) PC Unit. We have individuals needing a reason to sit in the lounge to talk and laugh! No TV just a friend who cares. 4) Independent Living needs a friend to still with a spouse while the other spouse does the grocery shopping. Residents like to talk and sometimes take a walk. We have "Conversation Packets" in the Resident Services Offices. These give topic ideas and pictures to easily stimulate conversations. Please try to make a New Years resolution to take one day in a month to visit someone. I guarantee it will fill your life with joy! Each small service provides an amazing impact on another person's life. Sign up slip is in the back. We will match your interest to a residents in our Health Care and IL areas. Questions: call Mary Lee at 3186 or Trudy at 3048.

# Campus Information

## The Quiz is Back!

### Community Quiz: Thursday January 23rd at 2PM

The Community Quiz is back in January to start another season of interesting trivia questions, entertaining special guests, informative commercials and a few laughs.

The January Quiz will feature a performance by Ken Phillips; and Quiz questions will focus on New Years, Winter, snow and the Super Bowl. We'll also have our regular features, including a Fitness Minute with Mary, Rob and Lauren, and Pun Fun with Gabriele.

**The January Quiz is scheduled for Thursday, January 23 at 2pm in the DiMatteo Center. Remember, everyone is welcome to attend and 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

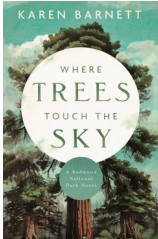
# Campus Information

## 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.



Where Trees Touch the Sky  
National Parks Novels #2  
Karen Barnett



A Lady's Guide to Marvels  
and Misadventure  
Angela Bell



It's All Relative  
Rachel Magee



Amish Memories #3 By  
Evening's Light  
Leslie Gould



Eden Hill  
Bill Higgs



Matters of the Heart  
An Amish Calling Novel #2  
Kelly Irvin



The Protector  
A Mifflin County Mystery #1  
Wanda Brunstetter

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

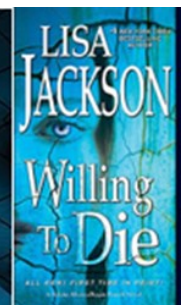
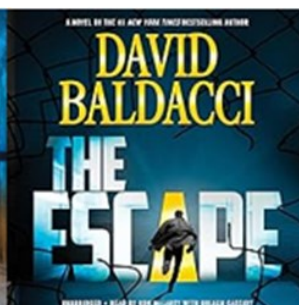
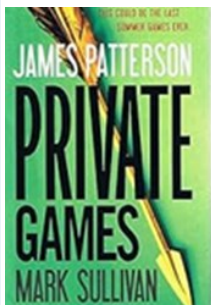


A Lebanon County Library System card is needed to borrow these books.

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**

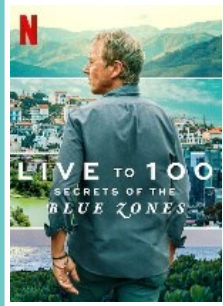
Breakfast 7am - 10am

Lunch 11am - 1pm

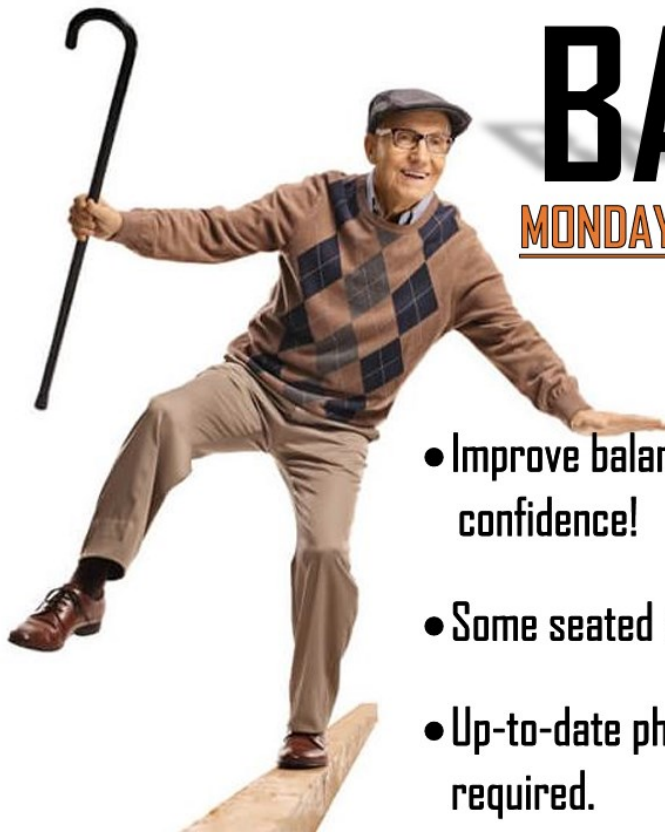
**Saturday and Sunday**

Lunch 11am - 1pm

# Wellness Way



The "Blue Zones" docuseries, titled "Live to 100: Secrets of the Blue Zones" on Netflix, follows author Dan Buettner as he travels the globe to explore regions known as "Blue Zones" - areas where people live exceptionally long lives, investigating their diets, lifestyles, and community practices to uncover the secrets behind their longevity; highlighting key factors like a plant-based diet, regular physical activity, strong social connections, and a sense of purpose in life.



## BALANCE

MONDAY'S AT 1:30 PM IN THE STUDIO

- Improve balance, coordination and confidence!
- Some seated exercises and some standing.
- Up-to-date physicians' clearance form is required.

Please join us every Thursday for water volleyball in the pool at 1:45 It's all about learning and laughing, fun and friendship. All skill levels welcome!



**No trainer on Duty and pool closed January 1<sup>st</sup>**

# JANUARY - Wellness Center Class Calendar - 2025

# Wellness Way



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SEE REVERSE SIDE FOR CLASS DESCRIPTIONS</b></p>	<p></p>	<p><b>NO TRAINER ON DUTY, NO CLASS AND POOL CLOSED. <u>Happy New Year!</u></b></p>		
<p>3 9 AM Wet N Well 10 AM Tai Chi</p>	<p>2 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	<p>1 9 AM Wet N Well 9 AM Seated Yoga 10 AM Morning Mobility</p>	<p>10 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	<p>17 9 AM Wet N Well 10 AM Tai Chi</p>
<p>6 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba 1:30 PM Balance</p>	<p>7 9 AM Soothing Sensations 10 AM Move &amp; Improve 1 PM Line Dancing</p>	<p>8 9 AM Wet N Well 9 AM Seated Yoga 10 AM Morning Mobility</p>	<p>9 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	<p>24 9 AM Wet N Well 10 AM Tai Chi</p>
<p>13 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove 1:30 PM Balance</p>	<p>14 9 AM Soothing Sensations 10 AM Move &amp; Improve 1 PM Line Dancing</p>	<p>15 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>16 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	<p>31 9 AM Wet N Well 10 AM Tai Chi</p>
<p>20 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba 1:30 PM Balance</p>	<p>21 9 AM Soothing Sensations 10 AM Move &amp; Improve 1 PM Line Dancing</p>	<p>22 9 AM Wet N Well 9 AM Seated Yoga 10 AM Morning Mobility</p>	<p>23 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	<p>30 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>
<p>27 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove 1:30 PM Balance</p>	<p>28 9 AM Soothing Sensations 10 AM Move &amp; Improve 1 PM Line Dancing</p>	<p>29 9 AM Wet N Well 10 AM Morning Mobility</p>	<p>30 9 AM Soothing Sensations 10 AM Move &amp; Improve 2 PM Water Volleyball</p>	

**LINE DANCING SATURDAYS AT 10 AM IN THE STUDIO FOR THE MONTH OF JANUARY ONLY \*\*EXCEPT\*\* ON JANUARY 18TH, CLASS WILL BE AT 9AM**

**CLASS INTENSITIV**  
 LOW  
 MODERATE  
 HIGH



# Wellness Way

## Class Descriptions: **ON LAND**—meet in studio **IN WATER**—meet in pool

**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!"

**Balance** – This beginner-friendly class focuses on foundational balance exercises and movements designed to enhance stability and confidence for seniors.

**Tai Chi** – Follow along with a soothing Tai Chi video that promotes relaxation, balance, and flexibility through gentle, guided movements tailored to all fitness levels. Can be done sitting on standing.

**Line Dancing** - Join our lively line dancing class for seniors, where you'll enjoy fun, music-filled sessions that improve mobility, coordination, and social connections while learning easy-to-follow dance steps!

**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 warmup, 30 minutes of aerobic exercises, toning and firming, stretching and a cool down. This is a moderate to advanced program for aerobic endurance, flexibility, and strength training.

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

- ✓ 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**

# Wellness Way

## Zumba Gold

Zumba Gold® will be on Monday January 6th & 20th 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 January 8th & 22nd at 9:00am in the Studio. If you have any questions, please call Mary in the Wellness Center at Ext. 3211

## GROOVE!

### Monday January 13th & 27th 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

## Line Dancing Classes COMING SOON!

A new fitness class is starting in January. Join us for a special FOUR WEEK line dancing class. Line dancing is a fun way to exercise. The movements are great for increasing brain memory, heart health, coordination, and balance. The class will start by teaching very basic steps with a variety of different country music genres. No partner is needed for this exercise. Get ready to have a blast, meet new friends, and dance your way to fitness and fun! No prior dance experience required however you must be able to walk without an assistive device to attend this class. You must have an up-to-date Physicians Consent Form and Release to participate in this class. Classes will be every Saturday at 10:00am and every Tuesday at 1:00pm in January in the Studio. (Saturday dates are January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>. Tuesday dates are January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>) Sign up in the Wellness Center. Questions, call Mary in the Wellness Center at x3211.



# Village Convenience Store

## VILLAGE CONVENIENCE STORE - JANUARY

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

January – is the perfect time to reset-recharge and renew your focus for the New Year. Make plans instead of resolutions.

In case you haven't noticed, winter has arrived. What could be better than a nice bowl of steaming hot soup and crackers. Have you checked out our varieties of soups, Campbells, Healthy Request, Hanover and Progresso. We have quite a variety of each kind of soup. We also have all kinds of teas, coffee, K-cups, variety of instant hot chocolates (milk chocolate, sugar free and some with marshmallows). This would also be a good time to try our regular and instant oatmeals to help warm you on these cold winter days.

Now perhaps you have been thinking, how could I get to meet and know some of our residents? We have the perfect opportunity for you. Help to volunteer in our Convenience Store as an Overseer, Cashier or perhaps a Bagger. We are currently looking to add residents to a substitute list. Maybe you don't want to work in the store but would still like to help out, we are also in need of someone to go one day a week to pick up bananas for the store or shop when items are needed for the store. We welcome men as well as women. I am sure any of our residents who are helping in the store would be more than happy to talk to you about the opportunities available. You can also call Bonnie P. or Carroll F. to talk about this great opportunity.

Now for some good news regarding our Shoppers Delight Gift certificates.

The following resident's names have been drawn for the November weekly gift certificate of \$10.00 (5 - \$2.00).

*Congratulations!*

Week of:

Nov. 1<sup>st</sup> - Pat H.

Nov. 8<sup>th</sup> - Annie M.

Nov. 15<sup>th</sup> - Estyle H.

Nov. 22<sup>nd</sup> - Charlie L.

Nov. 29<sup>th</sup> – Toni O.

Until next month. Stay Warm!

THE TEAM

# Estate/Barn Sale News



## From THE ESTATE/BARN SALE Crew

(Ivan Hanson, Director of the Sale, 717-813-3418)

### \*\*\*DONATIONS\*\*\*

#### >When You Move Out of Your Residence, We Offer a Free Service

Did you know when you move out of your residence, we have a boxing crew that will box everything you want to donate to the yard sale? We promise to get it safely to the Sale! Call Millie Kish (717-641-3759) to arrange.

#### >Resident Items to Be Picked Up

Small items (Place in shopping bag or small box)

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

Large or multiple items call to schedule pickup (Tuesday pickups only)

- Call Millie Kish (717-641-3759) no later than the preceding Saturday

#### >Resident Drop Offs

Accepted Tuesdays ONLY between 9 and 10 AM. Place items in the small trailer next to the furniture barn. Enter through the 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 damage.

### \*\*\*PURCHASES\*\*\*

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

#### >Other Departments (open by appointment 9-10 AM)

- For appointments, call Millie Kish (717-641-3759) Monday thru Friday 9 am to 6 pm
- Items available include kitchen and small appliances, china and glassware, lamps, puzzles, crafts, pictures, knick-knacks, medical (including rollators, walkers, and wheelchairs), electronics, TV's, extension cords, power strips, vacuums, shovels, brooms. If we have it, we will accommodate you.

#### \*\*\*\*\* A WINTER SEASON NOTE \*\*\*\*\*

The Barn Will Be Closed if Temperature Below Freezing, Rain or Snow

# Speakers • Talks • Groups



## Caregiver Support Group: January 9th at 2PM Aging is a Family Affair

Are you caring for a family member with dementia or another health concern on a daily basis? Come join a group of friends that share support for each other through education and friendship. Karen Pastrana, from Accent Care, will be joining us as the presenter. Her topic will be covering the Caregiver burnout and the importance of respite care. The date is Thursday, January 9 in the Theatre room at 2:00 pm. Questions, call Mary Lee at Ext. 3186.



### Wednesday January 22nd

Join us in the Theater Room Wednesday, Jan. 22nd at 2:00 PM to be enlightened by the chosen topics. We will now only be meeting once a month, on the 4th Wednesday. 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. No reservations needed.

Topic for the month: What you don't know about hearing aids. Why I celebrate New Year Sept. 1. How to use 1 paper towel.

### Health, Safety, & Prevention No Meeting in January

We are searching for new speakers and idea for our HSP meetings. Check back in February for more information of some new educational topics. Send in your wants and ideas calling to Mary Lee at 3186.

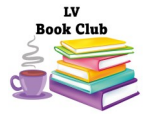
### Genealogy Help Available

Interested in researching your family history, but don't know how to get started? Already started your genealogical journey, but don't know where to go from here? Resident Dale G. is willing to work one-on-one with you in this journey. Please call Dale if you are interested in working one-on-one with him on your genealogical Journey at 717-641-3435.

# Speakers • Talks • Groups

## LV Book Club: Monday January 27th at 2PM

The book club will meet Monday, January 27th at 2:00 PM in the Village Art Center. The January book is, "Lady Clementine," by Marie Benedict. If you need a copy of the book, please contact Donna Farling at 717-421-7949



## Conversations with Friends: Monday Jan. 6th at 1PM

Conversations with Friends meets the 1st Monday of each month at 1:00 PM in the Fellowship Hall. The next meeting will be Monday, January 6th. All ladies and gentlemen are invited to attend. No reservations needed. Questions, call Cynthia Rhoad 717-462-9055.



## Touchtown Volunteer: Dale Good

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 at 717-641-3435 to arrange an appointment.



## Ladies Afternoon Tea: Monday Feb. 3rd or 24th

Ladies Afternoon Tea will be held Monday, February 3rd or 24th at 1:30 PM. Please select the date that works best for you or indicate if either date will work. You will receive your invitation in your IL mailbox indicating which date you should attend. Consider joining us for a time of conversation, tea and dessert and the opportunity to meet someone new. Please feel free to bring something other than tea to drink. Questions: Call Trudy ext. 3048



## The Veterans Club: Saturday January 18th

The American Legion Post 72 Auxiliary will be hosting a breakfast for the LV Veterans Club Saturday, January 18th. The LV Bus will depart Snell CC at 8:30 AM. Please call Chuck T. to reserve your spot.

# 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

Londonderry Village Women's Bible Study (GLEANERS) will meet in January the following dates:

**JANUARY 13th at 10:25 am (2nd Monday)**

**JANUARY 27th at 10:25 am (4th Monday)**

The study of the Book of Genesis will continue with Chapter 5. We will see God as the One who chooses to reach out to mankind as we are led to gain understanding of "Walking with God" All women are invited to begin the New Year in our study. Have 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 Steffy. No reservations needed. Questions: Call Bob Fike 717-919-7171.

## Grief Support Group

Finding our way through grief can be a complex and lonely path. Grief is a heavy load to carry, even for the strongest of shoulders. To help our elders who are wrestling with grief, the Chaplains will be offering a 6-week grief support group beginning Monday, February 3. The six weeks will cover topics including: understanding your grief; working through processes of grief; caring for yourself in grief; ways of remembering a loved one; and finding meaning through grief. These one-hour sessions will include times of reflection and support, as well as providing tools for self-care. Sessions will take place in the Theater Room from 2-3 PM on February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>. If you would like to be part of this support group or if you have questions, please contact Chaplain Ken on Ext. 3054 or by email at [kphillips@londonderryvillage.org](mailto:kphillips@londonderryvillage.org). Please RSVP by February 2<sup>nd</sup>.

# Speakers • Talks • Groups

## Bell Tones: No January Practice

The Bell Tones will not be practicing the month of January.

We will be meeting the first Thursday in February 2025. Watch the February Newsletter for more information.

I want to thank all our Bell Tone ringers for doing such a great job this past year and especially during our Christmas program in December. You are a great group and I enjoy working with all of you.

If you would like to join us all are invited to participate. You do not need to read music as our bells and music are color coded. Come out and join in the fun and help to make some great music.

Any questions please call Bonnie P.



## The Village Harmony: Wednesday January 15th

The Village Harmony will begin practicing again every Wednesday, with the first rehearsal beginning Wednesday January 15th at 10:00 AM in the Di Matteo Worship Center. New members welcome anytime. The chorus is for both women and men vocalists. Come join the fun! 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 Karen Umberger at 717-314-3584.

## LV's Traditional Hand Bell Choir: Friday Jan. 17th at 11 AM

The Hand Bell Choir will begin practices again Friday, January 17th at 11:00 AM in the Di Matteo Worship Center. New Ringers welcome! Please consider joining our group of ringers. The Choir is for both women and men ringers. Questions: Call the Choir Director Karen Umberger at 717-314-3584.



## Music Appreciation Hour: Wednesday Jan. 22nd 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 made popular. We can describe the trends and fashions. Come join the group. We are trying hard to stimulate our brains with healthy living while turning 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.



# 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: Thursday Jan. 2nd

### Wed. Jan. 8th, 15th, 22nd & 29th

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 January 10th

The LV Bus will travel to Mia's Mexican Bistro for lunch Friday, January 10th. The bus will leave Snell CC at 12:45 PM. Please arrive 15 minutes early for check-in and boarding.

Reservations required. Please call Cynthia R. for reservations or cancellations



## HOB:

### Tuesday January 28th

The LV Bus will travel to Hoss's Steak and Sea House for lunch Tuesday, January 28th. The bus will leave Snell CC at 12:45 PM. Please arrive 15 minutes early for check-in and boarding.

Reservations required. Please call Cynthia R. for reservations or cancellations.



## Third Tuesday Shopping Trip: Tuesday Jan. 21st

On Tuesday, January 21st the LV Bus will travel to Target and Lowes in Lebanon. The bus will depart Snell CC at 9:30 AM. Reservations required. Questions: Call Trudy ext. 3048

# Trips & Excursions

HERSHEY AREA WOMEN'S CONNECTION  
HAS BEEN CANCELED FOR JANUARY,  
WE WILL SEE YOU IN FEBRUARY



## Ladore Lodge Seniors Vacation Trip 2025: June 23rd to June 27th

Ladore Vacation Senior Sessions are making reservations now! This year celebrates "Their 50th Anniversary Celebration. Our senior getaway program offers the 50+ crowd the opportunity to get away at a reasonable price!



In some cases, individuals may qualify for a scholarship. Each week is themed and programed, but the beauty of the getaway is that you decide what you would like to do. You can do some or all the activities on the schedule or you can do something entirely different. There are golf courses nearby. An indoor pool, lake, and pontoon boat. As part of the trip we take a stop at Wegmans Food Market for lunch, on your own, on the way to Ladore Lodge. We will arrive for a 3:00 pm check in! Residents from LV having been going for many years. If you want to see pictures please look at the Ladore lodge website. We have many residents who would be able to share more details with anyone interested in learning more. The cost: a single room (one person) is \$425 and a double room (a spouse or two friends is \$300 each) Fee covers: Room, snacks, all meals, drink and constant entertainment options. Great accommodations! The payment will not be due until the spring. In order to hold your reservation we will need a nonrefundable \$50 deposit. The deposit will secure your room for the week of June 23-27. Deadline for sign up is January 31. We will be providing transportation by LV Buses or you may drive yourself. Reservations are required, questions call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

## UNTO A Cru Ministry: Thursday January 16th

LV takes a bus to UNTO Global Logistics Center every 3rd Thursday of each month. 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 at approximately 12:30 PM. CHANGE TO THE SIGN UP PROCEDURE: PLEASE FILL OUT THE SLIP IN THE BACK OF THE NEWSLETTER EACH MONTH IF YOU WOULD LIKE TO ATTEND! Questions: Call Trudy ext. 3048



# January 2025

			<p style="text-align: right;"><b>Wednesday</b></p> <p>1:30pm Hand &amp; Foot Card 2:30pm Jonestown Bank 7pm No Evening Worship</p>
<p style="text-align: center;"><b>Sunday, January 05</b></p> <p>10am Chapel Service (Chaplain Ken)</p>	<p style="text-align: center;"><b>Monday, January 06</b></p> <p>10am to 12pm ReNewed Hearing Solutions 11am Rosary (DiMatteo Worship Center) 1pm Conversations with Friends 2pm Grief Support Group 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;"><b>Tuesday, January 07</b></p> <p>8am Trash 8am Blood Sugar 8, 9 &amp; 10am Walmart Trips 1pm Bible Study with Chaplain Ken 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: right;"><b>Wednesday</b></p> <p>1:30pm Hand &amp; Foot Card 2:30pm Jonestown Bank 7pm Evening Worship (Gravel Hill United Metho</p>
<p style="text-align: center;"><b>Sunday, January 12</b></p> <p>10am Chapel Service (Chaplain Ken)</p>	<p style="text-align: center;"><b>Monday, January 13</b></p> <p>11am Rosary 10:25am Gleaners 2pm Grief Support Group 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;"><b>Tuesday, January 14</b></p> <p>8am Trash 8am Blood Sugar 11:30am Textile Group 1pm Bible Study with Chaplain Ken 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: right;"><b>Wednesday</b></p> <p>10am The Village Harmony 1pm Ice Cream Social 1:30pm Hand &amp; Foot Card 2pm Dining Round Table 2:30pm Jonestown Bank 7pm Evening Worship (Community Bible Church</p>
<p style="text-align: center;"><b>Sunday, January 19</b></p> <p>10am Chapel Service (Linda Sprandel)</p>	<p style="text-align: center;"><b>Monday, January 20</b></p> <p>10am to 12pm ReNewed Hearing Solutions 1pm The Village Insider 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;"><b>Tuesday, January 21</b></p> <p>8am Trash 8am Blood Sugar 9:30am 3rd Tuesday Shopping 1pm Bible Study with Chaplain Ken 2pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: right;"><b>Wednesday</b></p> <p>10am The Village Harmony 11:15am Music Appreciation 1pm Special Movie (South 1:30pm Hand &amp; Foot Card 2pm TED Talk 2:30pm Jonestown Bank 7pm Evening Worship (Hershey Evangelical Free</p>
<p style="text-align: center;"><b>Sunday, January 26</b></p> <p>10am Chapel Service (Linda Sprandel)</p>	<p style="text-align: center;"><b>Monday, January 27</b></p> <p>10:25am Gleaners 2pm Book Club 3pm Open Wii Bowling 6pm Billiards 6pm Game &amp; Tech Night</p>	<p style="text-align: center;"><b>Tuesday, January 28</b></p> <p>8am Trash 8am Blood Sugar 10am Communion w/Palm Lutheran Church 12:45pm HOB 1pm Bible Study with Chaplain Ken 2:30pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: right;"><b>Wednesday</b></p> <p>10am The Village Harmony 1:30pm Hand &amp; Foot Card 2:30pm Jonestown Bank 4pm PA Dutch Days in Sea 7pm Evening Worship (Mt. Wilson Church of the</p>

<p>January 01</p> <p>Game</p>	<p><b>Thursday, January 02</b></p> <p>8am Recycling 2:30pm Jonestown Bank 6pm Billiards</p>	<p><b>Friday, January 03</b></p> <p>8am Trash 8, 8:30 &amp; 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 (Trapped, Buried Alive) 3:30pm Sally Ann Mixed Arts</p>	<p><b>Saturday, January 04</b></p> <p>1pm Games of Choice (Atrium)</p>
<p>January 08</p> <p>Game</p> <p>(odist)</p>	<p><b>Thursday, January 09</b></p> <p>8am Recycling 2pm Caregiver Support Group 6pm Billiards</p>	<p><b>Friday, January 10</b></p> <p>8am Trash 8, 8:30 &amp; 10am Grocery Trips 10am Men's Bible Study 12:45pm 40 Diners 2pm Bridge 3:30pm Sally Ann Mixed Arts 5:30pm Mixed Art w/Cindy 6:30pm Movie (The Eddy Duchin Story)</p>	<p><b>Saturday, January 11</b></p> <p>1pm Games of Choice (Atrium)</p>
<p>January 15</p> <p>Game</p> <p>(n, Palmyra)</p>	<p><b>Thursday, January 16</b></p> <p>8am Recycling 8:30am UNTO 5:15pm Winter Social 6pm Billiards</p>	<p><b>Friday, January 17</b></p> <p>8am Trash 8, 8:30 &amp; 10am Grocery Trips 10am Men's Bible Study 11am LV Handbell Chior 1:30pm Game Day 2pm Bridge 3:30pm Sally Ann Mixed Arts 3:00pm Movie (The Other Side of Heaven)</p>	<p><b>Saturday, January 18</b></p> <p>8:30am The Veteran's Club 1pm Games of Choice (Atrium)</p>
<p>January 22</p> <p>on Hour</p> <p>(Pacific)</p> <p>Game</p> <p>(Church)</p>	<p><b>Thursday, January 23</b></p> <p>8am Recycling 10:30am Catholic Mass (DiMatteo Worship Center) 2pm Community Quiz 6pm Billiards</p>	<p><b>Friday, January 24</b></p> <p>8am Trash 8, 8:30 &amp; 10am Grocery Trips 10am Teaching Kitchen 1:30pm BINGO 3:30pm Sally Ann Mixed Arts 5:30pm Mixed Art w/Cindy 6:30pm Movie (Benji Off the Leash)</p>	<p><b>Saturday, January 25</b></p> <p>1pm Games of Choice (Atrium) 2pm Clarion Wind Band</p>
<p>January 29</p> <p>Game</p> <p>sons</p> <p>(Brethren)</p>	<p><b>Thursday, January 30</b></p> <p>8am Recycling 12pm Lunch N Learn 4pm PA Dutch Days in Seasons 6pm Billiards</p>	<p><b>Friday, January 31</b></p> <p>8am Trash 8, 8:30 &amp; 10am Grocery Trips 10am Men's Bible Study 2pm Bridge 3:30pm Sally Ann Mixed Arts 4pm PA Dutch Days in Seasons</p>	

# **Trips & Excursions**

## **Bible Fellowship Luncheon: Wed. February 5th**

There will be **NO Bible Fellowship Luncheon in the month of January**. The next meeting will be Wednesday, February 5th at 10:45 AM at the Hershey Free Church. Each attendee is asked for a \$5.00 donation to cover the cost of the lunch. The topic of the meeting has not yet been announced. Please sign up in this newsletter. The LV Bus will depart from Snell CC at 10:00 AM. Reservations required. Questions: Call Trudy ext. 3048.

## **PA's 109th Annual Farm Show Trip: Mon. Jan. 6th**

It's Farm Show Time! Pennsylvania is celebrating their 109th Farm Show. The Farm Show trip will be on Monday, January 6th, 2025. The bus will depart at 8:30 AM from Snell Community Center and return at approximately 3:00 PM. Reservations are needed. Questions call Mary Lee at 3186 or Trudy at 3048.

## **Hershey Symphony Orchestra: Feb. 22nd at 7:30PM**

Hershey Symphony Orchestra: February 22 at 7:30 pm Hershey Free Church Broadways Bad Boys! Come on, admit it! The villains get all the good songs. Featuring three talented Broadway performers, Broadway's Bad Boys gives audiences a chance to spend some time with the Phantom from The Phantom of the Opera, the Beast from Beauty and the Beast, and a little Harold Hill in between. Discounted tickets are \$19.00 each for residents and family members. Note that this event will be held at Hershey Free Church. The LV bus will be leaving at 6:45 pm from the Snell Community Center entrance. Reservations are required. Fill out a slip in this newsletter. Questions: call Mary Lee at 3186 or Trudy at 3048.

## **Sight and Sound - NOAH: Thursday, April 17th 11:00AM**

Returning for one season only, the landmark production NOAH takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season! We will be taking the trip to Sight and Sound Thursday, April 17th. Discounted tickets are \$95.00 each. LV Bus will depart Snell CC at 8:30 AM for the 11:00 AM show. We will stop for dinner on the way home at the Hershey Bistro. Reservations required. There are 25 seats available. Questions: Call Trudy ext. 3048

## **Layers Greenhouse Flowers: Volunteers Needed**

We are looking forward to our Laysers' trips to the Myerstown greenhouses beginning sometime in February. The volunteers help prepare all the planting of the spring flowers. There is a wonderful camaraderie of friends. We work with our garden gloves on making a difference! The LV bus will be traveling to Laysers' on Mondays and Thursdays from February through April. The LV Bus will depart Snell CC at 8:00 AM and will return approximately 12:00 PM. Please fill out a reservation slip if interested in volunteering at Laysers' and you will be notified of the February start date. Questions: Call Trudy ext: 3048.

George Washington said....  
“I cannot tell a lie, I chopped down your *CHERRY TREE.*”

That was the beginning of....  
**CHERRY CRUMB PIES**

5” pie: \$6.00 or 9” pie: \$11.00

**ORDER PIES:** January 1st through the 31st

**PICK-UP:** February 21st  
(in the sitting area across from the Convenience Store in the CC)



**AUXILIARY’S FEBRUARY FUNDRAISER  
CHERRY CRUMB PIES**

Proceeds will fund 2025 projects which will benefit the residents.

Make your **CHECK** payable to **LV AUXILIARY** or pay with cash.  
**DROP** your **ORDER SLIP** and **PAYMENT** in the **ILC RESERVATION BOX.**  
**PICK-UP** your order in the **SITTING AREA** across from the **Convenience Store**  
on **Friday, February 21st, 1:00pm to 2:30pm.**

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**CHERRY CRUMB PIE FUNDRAISER**



\_\_\_\_\_ 5” pies @ \$5.00 = \$ \_\_\_\_\_      \_\_\_\_\_ 9” pies @ \$11.00 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

The Auxiliary thanks you for supporting their fundraisers for the LV improvements.

# Programs in the DiMatteo Worship Center

\*\*\*REMINDER\*\*\*

## January Winter Social: Thursday Jan. 16th at 5:15PM Parkside Harmony Chorus and Winter Super Social

Thursday, January 16th will be the "**Sandwich, Salad and Dessert**" Winter Super Social. This is our covered dish style social of either a salad or dessert selection of your choice. It can be a homemade recipe or a store bought selection to share with your friends.

The sandwich is provided from a pre-ordered selection you make at the time of RSVP. Our Dining Services team will be making the sandwiches.

Our entertainment is the returning outstanding musical chorus from the Parkside Harmony of Hershey. We are very fortunate the chorus members are returning with 40 extremely talented acapella voices, with multiple quartets within the group.

The meal begins at 5:30 PM in the DiMatteo Worship Center. Salads are dropped off in the Fellowship Hall when you arrive. Desserts are taken to the Theater room.

Questions Call Trudy at Ext. 3048 or Mary Lee at Ext. 3186.



## Clarion Wind Band: Saturday January 25th

Clarion Wind Band: Saturday January 25th All are invited for an afternoon of music with the Clarion Wind Band. They will perform in the Di Matteo Worship Center at 2:00 PM Saturday, January 25th. A Free-Will Offering will be taken. No reservations required. Questions: Call Trudy ext. 3048





# Special Long Movies in January

Resident Services will again help fight “cabin-fever” blues by offering longer running movies with intermission and root beer floats for an afternoon of entertainment. Just ahead, we will be looking at cold, snowy, windy, icy days in January and February.

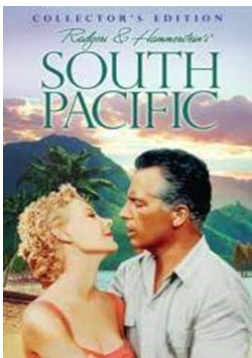
This coming year, we will be showing “**SPECIAL LONGER MOVIES**”. There will be a 15- minute intermission in the middle of each film. Root beer floats, cost \$2.00 each will be served.

**South Pacific, shown on January 22nd at 1PM - 2 hr. 37 min.**

**Flower Drum Song, on February 19th at 1PM - 2 hr. 12 min.**

Special movies are in addition to the regular movies shown on Fridays. Reservations are required for the Special Movies. Return slip with \$2.00 for a root beer float. Questions, call Trudy at x3048.

## South Pacific - January 22nd at 1:00PM \*One of the Most Powerful Musicals of all Time\*



South Pacific is a musical composed by Richard Rodgers & Oscar Hammerstein II. The work premiered in 1949 on Broadway and was an immediate hit, running for 1,925 performances. The plot is based on James A. Michener's Pulitzer Prize–winning 1947 book Tales of the South Pacific and combines elements of several of those stories. Rodgers and Hammerstein believed they could write a musical based on Michener's work that would be financially successful and, at the same time, send a strong progressive message on racism.

The plot centers on an American nurse stationed on a South Pacific Island during World War II, who falls in love with a middle-aged expatriate French plantation owner but struggles to accept his mixed-race children. A secondary romance, between a U.S. Marine lieutenant and a young Tonkinese woman, explores his fears of the social consequences should he marry his Asian sweetheart.

**Released 1958 - 2 hrs. 37 min. - Not Rated - Closed Caption**

## Flower Drum Song - February 19th at 1:00PM



In this adaptation of the 1958 Rodgers and Hammerstein Broadway musical, Chinese immigrant Mei Li (Miyoshi Umeki) is betrothed to nightclub boss Sammy Fong (Jack Soo), but he wants to marry showgirl Linda Low (Nancy Kwan). To get out of the arrangement, Sammy pawns her off to wealthy Master Wang (Benson Fong) as a fiancée for his son, Wang Ta (Victor Sen Yung). Mei Li falls in love with Wang, but he wants to pursue Linda, who takes advantage of his affections to test Sammy's love. Where does all this end? A forever song in this movie. “A hundred, million miracles”.

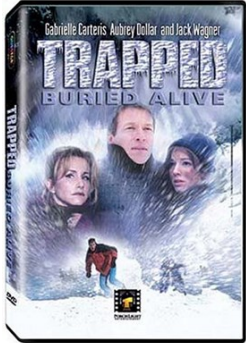
**Released 1961 - 2 hrs. 12 min. - Not Rated - Closed Caption**

# Friday Movies



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

## Trapped, Buried Alive - January 3rd at 3:00PM



We are familiar with wind-blown drifting snow, how it closes roads and makes mounds of snow. Just imagine at 11,200 feet elevation where more severe winds cause much heavier drifting building ledges of snow capable of breaking off into tons of snow and starting an avalanche (these ledges could be several football fields in length). On ski trips, I have been personally awakened by canons going off early in the AM with explosives hurling through the air to break-up snow ledges, before they go crashing down up to 5,000 vertical feet to the base of a mountain. I have stood in line at the chair lifts waiting for the OK from staff personnel setting off these explosives saying that they had blasted away all potential avalanches. This is where the movie begins. It is opening day at a ski slope for their new ski lodge. The architect and his family are on hand for the opening day. The father's daughter does not like her new step-mother. A large group of people wanting to ski the day away and enjoy the new lodge. The manager wants to get the chair lifts moving as he wants to please the skiers with a pleasant time skiing. The staff at the top of the mountain are saying it is not safe because there is still one more ledge to blast. And now begins the movie. Come and see the amazing things that take place as the day moves forward, ....

Released 2023 – 1 hr. 36 min. – Rated TV-PG – Closed Caption

## The Eddy Duchin Story - January 10th at 6:30PM \*Based on Eddy Duchin's life, highly fictionalized\*

Eddy Duchin had no formal musical training. He went from his home in Boston where he was a pharmacist and went to New York City on a mis-understanding about a job playing the piano. By good fortune he was given a job playing the piano during intermission at a hotel due to a high-society heiress. This began his road to success.



Eddy was a popular American pianist and bandleader in the 1930s and 1940s with a distinctive style that included:

- **Cross-hands:** Duchin played with a single finger on the lower notes.
- **Fortissimo phrases:** He would sometimes insert single fortissimo phrases into performances that were generally more moderate.
- **Rhythmic extra notes:** He liked to add rhythmic extra notes.
- **Key-banging:** He relied on key-banging.

Also, Eddy could listen to the band play a short piece (less than 2 minutes) and then play the music back to them. He was extremely talented. It was said that his son Peter inherited all the genes of his father. Eddy had two grand pianos in his house where Eddy and Peter could see each other as they played together at times.

Released 1956 – 2hr. 2min. – Unrated – Closed Caption

# Friday Movies



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

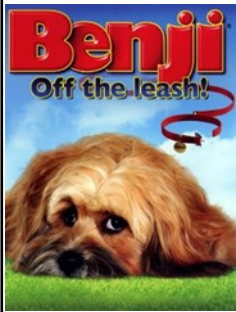
## The Other Side of Heaven – January 17<sup>th</sup> at 3:00PM \*True Story\*



Based on the autobiography *In the Eye of the Storm* by John H. Groberg. The film tells the true story of Groberg, a farm kid from Idaho Falls who served a three-year mission in the Tongan islands in the 1950s. John Groberg graduates from Brigham Young University. Throughout the film, Groberg and his fiancée, Jean, exchange letters monthly. After a long journey across the Pacific, Groberg arrives in Tonga and is sent to a group of very remote islands. He is assigned a native Tongan companion, Feki. As a new missionary, he struggles with learning the language, he studies it intensely and learns more about Tongan culture. He encounters obstacles to learn the local language; forgot to cover his feet & a rats bite his soles while asleep; a local Christian minister warns people not to listen to Groberg; survives a typhoon; and, later traveling in a boat to another island caught in a large storm & washed overboard; and more. After these difficulties good news comes his way. Come and see what all the good news really is all about.

Released 2001 – 1hr. 53 min. – Rated PG – Closed Caption

## Benji Off the Leash – January 24<sup>th</sup> at 6:30PM \* Writer-director Joe Camp, Created Original “Benji” is back



Lost and alone on the streets of a small Mississippi town, Benji struggles to save his mom from a backyard puppy mill, avoiding two dopey dogcatchers and an unwanted sidekick, Addison Mills III. Come & see Benji take on the dogcatchers!

Released 2004 – 1hr. 40 min. – Rated PG – No Closed Caption



# *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 16<sup>th</sup> of one month through the 15<sup>th</sup> of the next month.*

## *We extend our sympathy to the family of:*

*Marvin J. Shaak, who died on November 24, 2024*

*Leona G. Rufus, who died on November 27, 2024*

*Ronald L. Hollinger, who died on December 5, 2024*

*J. Norman McMichael, who died on December 6, 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 January 2025



*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."  
- 2 Corinthians 5.17*

## Sunday Chapel

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

*January 05: Chaplain Ken  
January 12: Chaplain Ken  
January 19: Linda Sprandel  
January 26: Linda Sprandel*

## Wednesday Evening Worship

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

*January 01: No Service  
January 08: Gravel Hill United Methodist  
January 15: Community Bible Church, Palmyra  
January 22: Hershey Evangelical Free Church  
January 29: Mt Wilson Church of the Brethren*

**Monday,  
January 13<sup>th</sup> @ 11:00 am**

*Recitation of The Rosary  
in the DiMatteo Worship Center*

**Thursday,  
January 23<sup>rd</sup> @ 10:30 am**

*Catholic Mass  
in the DiMatteo Worship Center*

**Tuesday,  
January 28<sup>th</sup>  
@ 10:00 am**

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

# Special Announcements



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

## January Happy Birthday Wishes

*James M. January 1*

*Anna G. January 3*

*Lois W. January 5*

*Eloise O. January 5*

*Joanne K. January 9*

*Bev S. January 9*

*Shirley S. January 11*

*Eva G. January 12*

*Carolyn M. January 12*

*Keith J. January 12*

*Lois Y. January 14*

*Jerry B. January 22*

*Bonnie H. January 23*

*Gloria K. January 24*

*Nancy K. January 25*

*Dolly D. January 27*

*Gladys C. January 28*

*Doris S. January 28*

*Jeff D. January 28*

*Ed D. January 30*

*Joyce C. January 30*

*Erlene K. January 30*

*Christine K. January 31*

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

## Missed December 2024 Birthday Wishes

Wishing Catherine K. a Happy Belated Birthday on December 19 and  
wishing Rick S. a Happy Belated Birthday on December 27!  
We hope you had a Wonderful Day and Wish You Many More to Come!

## *Special Thanks*

Thank you dear Leffler administrators, medical staff and aides, resource care givers and the whole Leffler family including the beloved residents and their family and friends, who visited on a regular basis, From the time Marvin Shaak entered Personal Care and then Leffler Care, you became our extended family. We say this in a very positive way because you became the hearts, hands and feet who cared for Marvin when we no longer could. You went the second mile in tending to his appearance, his hygiene, his nourishment, his physical comfort and his emotional well-being. Thank you to everyone who was involved with every aspect of his care. You were wonderful to him. We are deeply grateful. Thank you also to our friends and neighbors who reached out with kind words and gestures after Marvin's death. We are blessed to live in a truly "Caring Community." With profound appreciation, Dennis and Martha S.

# IL Committee Notes - January 2025

**HAPPY NEW YEAR!** Can you believe it? Another year has passed, and we are starting the last year in the first quarter of the twenty-first century!

## **LV Management Change**

We have a new President. Jeff Shireman is retiring after 20 years of dedication to LV. His guidance and leadership has been instrumental in many changes that have occurred over the years - greenhouses, Wheaton apartments and now Fox Run. Jeff, we thank you for your support of our culture and your openness to new ideas. Best wishes in your retirement!

Welcome, Alicia Titus, our new President/CEO! We look forward to getting to know her and to her getting to know us. Undoubtedly, she will bring some new ideas and changes to the role of President, which we need to support to the best we can. Of course, flexibility, respect and compassion will be needed by us as she learns our culture and we learn her management style. Knowing the friendly and generous mentality of our community, she should be able to integrate quickly into our environment.

## **ILC Leadership Changes**

There are several new Independent Living Community (ILC) officers. Dick Hann is retiring after 2 years as Chair, and four years as Vice Chair. Dick, we thank you for the considered and competent guidance you have provided, for the large amount of time and effort you have expended, for improving the ILC by revising the By-Laws and for activating the Board's Grounds Committee. THANK YOU, DICK!

The roles of ILC Chair and Vice Chair will be assumed by Jim Williams and Kirby Dubble, respectively, for two-year terms. Since we both will be learning those roles, we appreciate your patience while we grow into them. Please know that both of us are open to any suggestions and ideas you might have.

The Treasurer responsibility will also change in 2025. After almost 20 years of dedication, conscientious attention to details, and much hard work, particularly for the Estate/Yard/Barn Sale, John Grace, our Treasurer, has decided to retire (but volunteer for the Barn Sale). Betz England will assume the role of Treasurer and be assisted by Joyce Carroll as Assistant Treasurer.

Related to finances, Shirley Grosh, after many years of determined support for the ILC as Finance Committee Chairman, will retire. THANK YOU, JOHN and SHIRLEY!

## **Thank you to our staff**

As we begin a new year, we need to thank the Londonderry Village staff who gave so freely of their energies, time and talent in 2024 to help make LV a special place. May we continue to appreciate their services throughout 2025. And may we, the residents, continue to contribute to the friendliness and volunteerism that is so unique to LV.

Jim Williams, ILC Chair

# Fun & Games

## Game Day Friday Jan. 3rd & 17th

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

## Games of Choice:

### Every Saturday

Join us for an afternoon of game playing of your choice **every Saturday in the Atrium from 1-3 PM**. Feel free to bring your own game if you would like.  
Questions, call Trudy at Ext. 3048



## Billiards:

### Every Monday & Thursday

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

## BINGO:

### January 24th

BINGO will be played Friday, January 24th at 1:30 PM in the Fellowship Hall. Come & join the fun! Questions, call Trudy at Ext. 3048



## Hand & Foot Card Players:

### Every Wednesday

Hand & Foot **every Wednesday at 1:30 PM in the studio**.  
Questions, contact Pat C.



## 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

## Evening Pinochle:

### Every Tuesday

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



## 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!



## 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.

## SCRABBLE: Every Tuesday

**CALLING ALL SCRABBLE PLAYERS!** Join us in the studio every Tuesday at 2:30 PM (NOTE THE NEW TIME) for a game of Scrabble. Questions: Call Trudy ext. 3048





# 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 Jan. 14th 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 Duffy 717-525-1803

## Sally Ann's Mixed Arts Every Friday

Sally Ann's art 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"!

## Mixed Art with Cindy Friday January 10th & 24th

Mixed Art with Cindy meets 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.



# LV Auxiliary News



## AUXILIARY FUNDRAISER

Were you at the BBQ in June? Did you have the DELICIOUS Shoofly pie? Our David from the kitchen was the creator of those WET BOTTOM pies. Now you can have a pie in your home. The Auxiliary will be accepting take-out orders until Friday January 3rd until 3:00 O'clock It will be a 9" pie for \$12.00 with pick-up time in the Theater room at 1:30 to 2:30 Monday January 13th.



### Auxiliary Fundraiser - 9" Shoofly pie



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

# of Pies: \_\_\_\_\_ @ \$12.00 each Total: \$ \_\_\_\_\_



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

### Auxiliary 2024 Annual Project Donor Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_



# LV Auxiliary News

## Village Boutique

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

Happy New Year to all the wonderful residents of LV. The Boutique wishes each of you a Happy, Healthy New Year. The Boutique had a wonderful 2024 year. We made close to \$10,000.00 in sales from all of our loyal customers. We appreciate you coming into the Boutique and supporting the Good Samaritan Fund. **We are having a half price sale on all our Christmas sweaters!** Come in and purchase a sweater for next Christmas!!! HAPPY NEW YEAR!!!!

## Auxiliary Officers for 2025

Jim W. President

Bill M. Vice President

Denise B. Treasurer

Kathy R. Secretary

The Auxiliary is always looking for good ideas for fundraisers. If you have an idea that you think would be a good fundraiser, please contact one of the officers listed above and they will bring it to a Board Meeting.

Annual Project for 2025 Many thanks to those of you who supported the Auxiliary Fundraisers in 2024 and also to those donors who gave generously to support the 2024 projects. The 2025 project(s) will be selected at the February 1, 2025 Quarterly Meeting. You can look forward to the formal announcement of the Auxiliary projects in the March ILC Newsletter.

2025 Auxiliary Quarterly Meeting Dates		
FEBRUARY 1	9:00 AM	DIMATTEO WORSHIP CENTER
MAY 3	9:00 AM	DIMATTEO WORSHIP CENTER
AUGUST 2	9:00 AM	DIMATTEO WORSHIP CENTER
November 1	9:00 AM	DIMATTEO WORSHIP CENTER





**PENNSYLVANIA DUTCH DAYS  
IN SEASONS RESTAURANT**

**January 29,30 & 31**

**4pm-7pm in Seasons Restaurant**

**Special Menu will include:**

**Sauerbraten**

Braised beef roast with a gingersnap gravy

**Groff's Sausage with Sauerkraut**

**Chicken and Waffles**

Pennsylvania Dutch version of chicken gravy served  
over a fresh Belgian waffle

**Brown Buttered Noodles with Onions**

**Potato Stuffing**

**Cucumber Salad**

**Corn Pie**

**Funny Cake**

**AND MORE!**

To make reservations or for more information  
please call Seasons ext: 3612

# Dining Services News



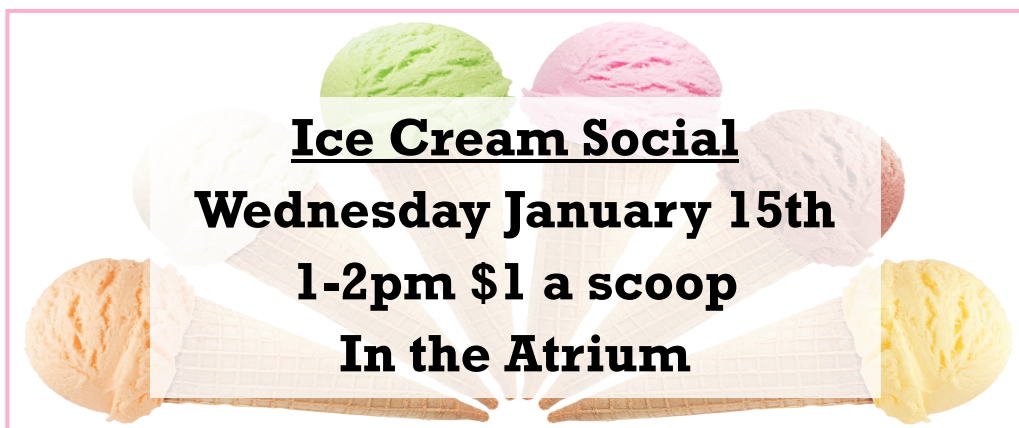
Please join us  
Wednesday January 15th  
at 2:00PM in the Atrium for  
The Food and Dining Roundtable!

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!*



# Teaching KITCHEN

## With Chef Darius

Join our chef to learn a few cooking techniques and make a winter salad with maple Dijon vinaigrette

LOCATION: Atrium

DATE: January 24, 2025

TIME: 10:00 am

Reservations are required.  
Call Sadie at ext: 3609 to reserve your spot.  
Space is limited, reserve before Jan. 17th

**LEARN COOK ENJOY**





# 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. 13)

DL: ASAP

Name \_\_\_\_\_ Birthday \_\_\_\_\_



Caregiver Support Group - Thursday January 9th at 2PM (pg. 25)  
(Theater Room)



DL: ASAP

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

## *Special Movie*

South Pacific - January 22nd at 1PM

DL: ASAP

Name \_\_\_\_\_ Phone \_\_\_\_\_

Root Beer Float \$2 \_\_\_\_\_

## *Special Movie*

Flower Drum Song - February 19th at 1PM

DL: ASAP

Name \_\_\_\_\_ Phone \_\_\_\_\_

Root Beer Float \$2 \_\_\_\_\_

UNTO - Thursday January 16th at 8:30am

DL: ASAP

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

# 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**



Mixed Art w/Cindy - Friday January 10th & 24th at 5:30pm - (pg. 41) DL: ASAP

Name \_\_\_\_\_ Phone \_\_\_\_\_

January 10th       January 24th

Ladies Afternoon Tea - Monday February 3rd or 24th at 1:30pm - (pg. 22) DL: ASAP

(Choose which date works best for you)

Name \_\_\_\_\_ Phone number \_\_\_\_\_

February 3rd       February 24th

3rd Tuesday Shopping - Tuesday January 21st at 9:30am - (pg. 25) DL: ASAP

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Bus     Car     Rollator     Walker

40 Diners - Friday January 10th at 12:45pm - (pg. 25) DL: ASAP

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Bus     Car     Rollator     Walker

HOB - Tuesday January 28th at 12:45pm - (pg. 25) DL: ASAP

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Bus     Car     Rollator     Walker

Layser's Greenhouse Flowers Volunteer Slip (pg. 30) DL: ASAP

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Sight and Sound - NOAH - Thursday April 17th (pg. 30) DL : ASAP

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

\$95.00 PP Cash \_\_\_\_\_ Check # \_\_\_\_\_ (Payable to LV-ILC)

Bus     Car     Rollator     Walker

# Village Voice

If you've been anywhere off campus I'm sure you've noticed all of the different languages that are spoken in our Central Pennsylvania area. Certainly the languages are not the traditional ones we heard growing up. Such as PA Dutch, Polish, or as I often would hear in the west end of Hershey Italian.

Why do people hold onto their languages? Well, English is a difficult language to learn. Homographs don't help, homographs are two or more words spelled the same, but not necessarily pronounced the same and having different meanings and origins. To those of us who speak English as a our "Mother Tongue" may find these quite difficult also. For fun let's give these a try:

- 1) He could not lead until he got the lead out.
- 2) The dump was so full that it had to refuse the refuse.
- 3) The farm was used to produce the produce.
- 4) A bass was painted on the bass drum.
- 5) We were too close to the door to close it.
- 6) The insurance was invalid for the invalid.
- 7) He did not object to the object.
- 8) Since there is no time like the present, he thought it was time to present the present.

Well now that I gave myself a headache, All I can say is English is quite hard!

Food for thought: You cannot unsay a cruel word.

Bye for now.

El F.

Bible Fellowship Luncheon Wednesday February 5th at 10:45am (pg. 30) DL: ASAP

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Cost \$5.00 Donation  Cash \_\_\_\_\_  Check # \_\_\_\_\_

Bus  Car  Rollator  Walker

BINGO Friday January 24th at 1:30 (pg. 40)



DL: ASAP

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Ladore Lodge Vacation Trip June 23rd - June 27th (pg. 26) DL for sign-up Jan. 31

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Deposit \$50 PP Cash \_\_\_\_\_ Check # \_\_\_\_\_ (Payable to LV-ILC)

Bus  Car  Rollator  Walker

Hershey Symphony Orchestra - February 22 at 7:30pm (pg. 30) DL: Feb. 7

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Cost \$19 each  Cash \_\_\_\_\_  Check # \_\_\_\_\_

Bus  Car  Rollator  Walker

## Friendly Visitor Program

- 1) Green House elders: Elders would enjoy sitting one to one talking about anything and everything.
- 2) Leffler Care: There are residents wanting to take a roll over to the IL side of campus and back chatting all the way.
- 3) PC Unit. We have individuals needing a reason to sit in the lounge to talk and laugh! No TV just a friend who cares.
- 4) Independent Living needs a friend to still with a spouse while the other spouse does the grocery shopping. Residents like to talk and sometimes take a walk.

Name \_\_\_\_\_ Phone number \_\_\_\_\_

# Insurance Review

## 2025 Check—List

As I write this list, we are approaching the glorious holiday celebrating the birth of our Savior, Jesus Christ! Holiday wishes to each of you for a safe, healthy and happy Christmas season...and New Year - 2025! As we end 2024, I have a Check - List for 2025:

1. As we approach the cold and flu season, remember to take precaution to protect those around you if you are feeling ill or sick...and visit the doctor as a preventive measure!
2. If you applied to change your health insurance plan for 2025 (Medicare Advantage—Part C or Medicare Prescription Drug coverage—Part D), confirm the change with your new company if you have not received a written welcome letter, a policy, an insurance card and an invoice yet. Do NOT panic if you did not get the Invoice before the end of December. Coverage will be effective 1/1/2025. Be sure you have confirmation with either a copy of your application or a welcome letter from the new company. Previous Part C or Part D plans automatically cancel upon the issuance of the new policy for 2025 coverage. If you selected automatic deductions from your Social Security benefits for plan payments, it may take 1-3 months into 2025 to get the new amount corrected on your Social Security benefit;
3. Check your January bank statement to be sure Social Security adjusted your January 2025 benefit with the annual cost-of-living increase of 2.5%! Other factors may impact that premium change including your monthly Part B premium increase to \$185.00, changes to your automatic payment of Part C or Part D plans, surcharges to those plans due to late enrollment or if your annual income is above certain levels to cause a surcharge for Parts B, C and/or D;
4. If covered by Medicare and a Medicare Supplement policy, be aware of the Part B deductible increase to \$256 for 2025 (from \$240 in 2024). If still enrolled in Medicare (not applicable to Medicare Advantage plans), it will pay your Part B covered expenses at 80% after your deductible is met for physician services, etc;
5. If covered by a Medicare Advantage plan, please be aware of the co-pays and other out-of-pocket expenses for services provided so you are not surprised by bills after the service!
6. Review your applicable auto and/or renter's insurance for coverages and deductibles. Just because you no longer own a home does not mean you do not need 'homeowner's' insurance! In today's lawsuit-happy society ("it wasn't my fault!"), personal liability is a key benefit of "homeowner's/renters" insurance plans today. See me for information and details as we have seen significant increases in ALL policies—both personal (auto, home) & commercial policies ;
7. We are NEVER too old, too tired or too busy to learn something new or take time for someone else each day! Improve yourself and encourage those around you in a positive manner!
8. Check in frequently with your neighbor and/or family member with a phone call or a visit. For those 'computer geeks,' connect electronically with friends and your family! Start a text chain with family members or friends by sharing a picture of a highlight from your week (a sunrise/sunset, a friend who visited or a picture from the past with an explanation);
9. Send a card, note or text frequently to someone with a birthday, anniversary, some get-well wishes, sympathy or simply words of encouragement;
10. Practice gratitude daily...as we taught our children and teach our grandchildren and 'greats'— words such as 'please,' 'thank you,' 'excuse me' and a smile go a long way!
11. Remember our attitude is everything so keep your focus on Him!

Blessings for each of you for a safe, healthy and happy 2025! If you have any questions on insurances, Medicare or other financial issues, please call or visit me in the Theater Room in the Community Center on Friday mornings. Please call first to confirm that I am available.



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

# Safety, Security, & Transportation



**Wishing you a Safe and  
Healthy New Year!**

**Security and Transportation**

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

# Café Menu - January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Cheese Manicotti w/Meat Sauce Zucchini Garlic Roll <i>Chef's Choice</i>	30 Swedish Meatballs Broccoli Herb Orzo <i>Tomato Bisque</i>	31 Ham, Green Beans, and Potatoes Lettuce Wedge Bacon Dressing <i>Stuffed Pepper</i>	1 Pork and Sauerkraut Mashed Potatoes <i>Mushroom Beef Barley</i>	2 Grilled Chicken Thigh Fingerling Potatoes Braised Cabbage <i>Bacon Cheeseburger Soup</i>	3 Chicken Tenders Mac and Cheese Stewed Tomatoes <i>Chicken Supreme</i>	4 Lasagna Garlic Roll Broccoli <i>Chef's Choice</i>
5 Roast Turkey w/Gravy Mashed Potato Green Peas <i>Chef's Choice</i>	6 Liver and Onion Mashed Potatoes Carrots <i>Beef Lentil</i>	7 Spaghetti with Meat Sauce Garlic Roll Green Beans <i>Italian Sausage with Orzo</i>	8 Honey Glazed Ham Creamed Corn Cauliflower au Gratin <i>Chicken Noodle</i>	9 Groffs Sausage Potato Stuffing Lima Beans <i>Butternut Squash</i>	10 Baked Swiss Steak Buttered Noodles Roasted Parsnips <i>New England Clam Chowder</i>	11 Squash Ravioli with Bechemel Roasted Cauliflower Garlic Roll <i>Chef's Choice</i>
12 <i>Chef's Choice</i> Brunch	13 Crab Cake Fries Coleslaw <i>Loaded Baked Potato</i>	14 Chicken Parmesan Broccoli Bowtie Pasta <i>Chicken and Rice</i>	15 Roast Turkey Gravy Mashed Potatoes Green Beans <i>Shrimp and Corn Chowder</i>	16 Roast Beef Gravy Baked Potato Peas <i>Ham and Bean</i>	17 Pork and Sauerkraut Mashed Potatoes <i>Broccoli and Cheese</i>	18 Stuffed Peppers with Red Sauce Roasted Cauliflower <i>Chef's Choice</i>
19 Salisbury Steak w/Gravy Mashed Potatoes Buttered Corn <i>Chef's Choice</i>	20 Chicken Cordon Bleu Scalloped Potatoes Winter Vegetable Blend <i>Cream of Asparagus</i>	21 Meatloaf Roasted Potatoes Steamed Carrots <i>Chicken Florentine</i>	22 Potato Crusted Cod Mac and Cheese Stewed Tomatoes <i>Chicken Noodle</i>	23 Breaded Pork Loin Mashed Potatoes Steamed Broccoli <i>Minestrone</i>	24 Rotisserie Chicken 1/4s Herb Rice Green Beans <i>White Chicken Chili</i>	25 Roasted Turkey Breast Mashed Sweet Potatoes Harvard Beets <i>Chef's Choice</i>
26 Chicken a La King Biscuit Asparagus <i>Chef's Choice</i>	27 Stroganoff Brussel Sprouts Egg Noodles <i>Tomato Bisque</i>	28 Ham, Green Beans, and Potatoes Lettuce Wedge Bacon Dressing <i>Stuffed Pepper</i>	29 BBQ Beef Brisket Sour Cream and Chive Mash Brussel Sprouts <i>Mushroom Beef Barley</i>	30 Grilled Chicken Thigh Fingerling Potatoes Braised Cabbage <i>Bacon Cheeseburger Soup</i>	31 Chicken Tenders Mac and Cheese Stewed Tomatoes <i>Chicken Supreme</i>	