

FEBRUARY 2025

INDEPENDENT LIVING NEWSLETTER

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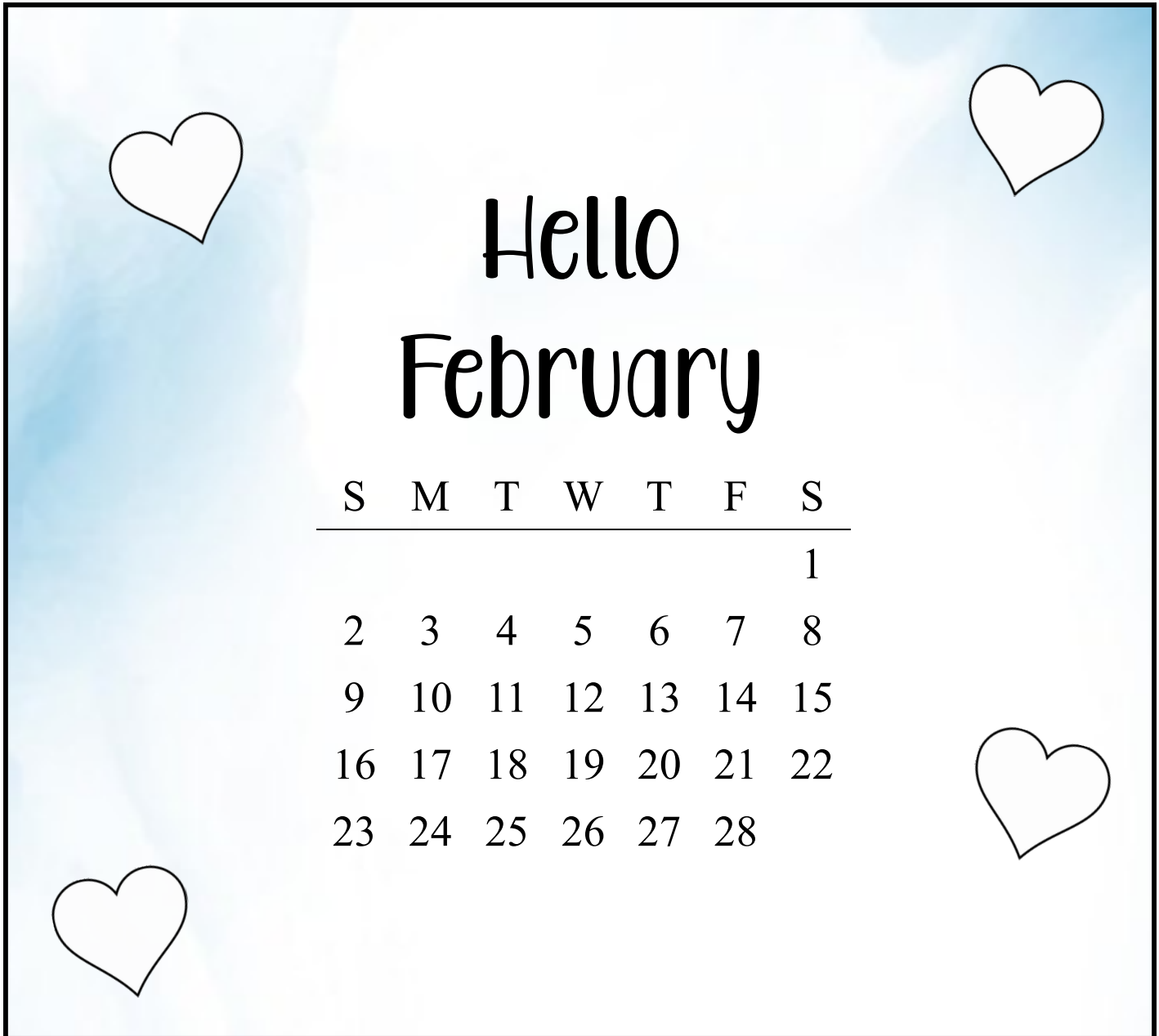
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2025 - 2026 ILC Officers & Committee Chairs

2025 IL Community Officers	
Chair	Jim Williams
Vice Chair	Kirby Dubble
Secretary	Joan Theal
Asst. Sec.	Mary Jane Stuck
Treasurer	Elizabeth (Betz) England
Asst. Treas.	Joyce Carroll


2025 IL Committee Chairs	
Necrology	Bob Fike
Nominating	Dorothy Ecklund
Programs	Cynthia Rhoad
Programs	Louise Craft
Welcoming	Susan Kline
Estate/Barn Sale	Ivan Hanson





Hello February

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	



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,

Trips leave from Snell Community Center

Campus Information

Splinter's Woodshop News

Greetings, we have started another year here at Splinter's. Yearly dues may be paid for 2025. We appreciate and thank all of the members for their support and hope to see you in the new year. We are looking for someone that does Tole painting. We have some projects coming up that would really be nice to have some Tole painting on them. If you would be interested would you please call me at 717 829 6141. We are also looking for someone that likes to do scroll sawing on projects that are ready to be cut out. If you like using the scroll saw, stop by the shop and we can show you some of the projects.

Thank you, Larry M.

At the Heart of Caring Food Drive - CARING CUPBOARD February 1st through 28th

LV will be having a food drive for the Caring Cupboard during the month of February. The Caring Cupboard is our local food bank now serving an impressive 40% of the population of Lebanon County. The Cupboard is a place where compassion and nourishment come together to make a difference. They are committed to providing support and assistance to individuals and families facing food insecurity in our community. Please consider placing a food item (s) in one of the boxes located at the IL mailboxes, Snell CC, Wheaton or Leffler entrances between the dates of February 1st through 28th. All food must be within the expiration date.

The current needs are: Rice, brown and white, Spam, Pasta, spaghetti, all types, Meal Soups (Progresso, Chunky etc.), Canned Vegetables (Corn, Mixed, etc), Canned Fruit, (Peaches, Pears, Cocktail), Ketchup, Vegetable oil, Jars of Pasta Sauce, tuna

Thanks!

Mr. Ed (Stretch) & Mrs. Carol, Thank you for your leadership and your support with the Caring Cupboard food pantry giving program, It's been with the help of the Residents of Londonderry Village that we have been able to supply food in some of the toughest months of the year.

Thanks, Michael Seno Grand Knight

Campus Information

The "Village Insider" with Francis: Monday February 17th at 1PM

The "Village Insider" lead by Francis Glynn, Environmental Services Director will be held Monday February 17th at 1PM.



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

Did you know the Village Art Center has cards for all occasions on sale at only .25 each. Make your selection any time of the day and drop the money in the box on top of the glass display case. Other items for sale are also available in the glass 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 B.



"Nurse's Note"

It's the time of year where we see an increase in illnesses. Currently, viruses such as RSV, COVID, influenza and norovirus (stomach flu) are on the rise. Please be mindful of others in our community and stay away until your symptoms have resolved and you have been fever free for at least 24 hours. If you must enter communal areas, masks are appreciated while you are sick. The IL clinic does not do testing for COVID or other viruses at this time, please contact your physician for testing and treatment. Wash your hands and stay well!

Thank you,

Amanda Wright, LPN

Independent Living Nurse Coordinator

Phone: (717) 838-5406 Ext 3184

Cell: (717) 228-7554

Fax: (717) 838-5407

Email: awright@londonderryvillage.org



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

LV's Manicure Services!

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



Campus Information

The VAC (Village Art Center) Corner



Need a small handmade gift or card at a bargain price? Check out the variety in the display cabinet at the VAC Corner, inside the Village Art Center. It is located next to the Internal ILC Mailboxes. You may stop in any time of day. If you would like to make a purchase, please drop your money in the locked box on top of the display cabinet. All proceeds benefit the Good Samaritan Fund.

Save The Date

Tuesday, April 29

2025 Buddy Society Dinner

In the DiMatteo Worship Center
& Fellowship Hall

Active members of the Buddy Society please watch your mailbox for invitations.

Campus Information



Londonderry Village

A COMMUNITY ROOTED IN BRETHERN VALUES



February 6, 2025 @ 12:00PM Fellowship Hall

Deadline to order lunch: February 1, 2025

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.

Reservations are required for each session. RSVP's can be made by calling (717) 838-5406 ext. 3052, handing in the slip below, on our website, or by scanning the QR code on the right.



You can sign up now by scanning QR Code



February 6, 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 payabel 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 BROTHERLY VALUES



Upcoming Presenter: April Miller March 20, 2025

April Miller serves North Star Initiative as the Director of Development since 2023. A wife and mother of two, she joined North Star and quickly became passionate about helping trafficked women. April brings extensive experience in event management, fundraising, and donor relations. She holds an associate degree in Paralegal studies and holds a certification as a Certified Fundraising Executive (CFRE), demonstrating her commitment to ethical and effective fundraising. Driven by faith, she uses her skills to raise awareness and combat human trafficking.

Join April as she shares about North Star Initiative and their restoration program, which helps survivors of human trafficking reintegrate into society. She will discuss the prevalence of trafficking in our local areas, how to recognize the tactics traffickers use, and how to stay vigilant. April will also address common myths and stigmas surrounding this critical issue, offering important truths and practical knowledge.

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, 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.



Get a head start
and sign up today!



Campus Information



Londonderry Village
A COMMUNITY ROOTED IN BROTHERLY VALUES



2025 Lunch N Learn Presentation Dates

January 30th- "Preventing & Identifying Fraud By Adam Montpetit

February 6th- "Accepting the Gift: Supporting Families and Finding Joy in Adversity" By Kelly Mantoan

March 20th- "North Star Initiative Restoration Program & the Prevalence of Human Trafficking in PA" By April Miller

April 17th- "Creepy, Crawly, and Completely Captivating" By Ryan the Bug Man

May 15th- "The History of Hershey and Milton Hershey" By Alicia Parks Schlossberg

June 19th- "Wings of Wonder" By Dr. Terry Weaver

July 16th- "Expand your generosity while protecting your income" By Elyse Kauffman

August 21th- "Jubilee Ministries & their Aftercare Program" By Matt Hershey

September 12th- "Exploring Creative Voices of the 1900's" By Dr. Peg Speirs

October 23rd- "Silent Voices: The Impact of Quaker Heritage" By Jordan Landis

November 17th- "Fighting Fire" By Chris Mccollough

You can find more information about each presentation by visiting our website at londonderryvillage.org/events

Lunch N Learn Presentations are held at on the dates listed above in Fellowship Hall. Registration and Lunch pick up starts at 11:30am.

Presentations begin at noon.

Campus Information

2025 Volunteer Sign Up

We are seeking volunteers to assist with Londonderry Village's Good Samaritan Fund events for 2025. If you have an interest in volunteering please sign up for one or more of the events listed below. Your completed form can be returned by dropping it in the IL Reservation Box at the Snell Community Center or you can give it to Olivia Harris at the Development Office (located across from Seasons Restaurant). **Deadline to reply is February 14.** By signing up you are expressing your interest in helping. There are a variety of ways to help before and at each event. You will be contacted with information about the event(s) you signed up for. Proceeds from the vents listed below benefit the Good Samaritan Fund. Thanks in advance for your support!

Name

Phone

*Email Address

Saturday, May 17, 2025 - Mother's Day Butterfly Release & Garden Party

I can help prior to the event I can help day of the event I can help with both

Saturday, June 21, 2025 - Summer BBQ Bash

I can help prior to the event I can help day of the event I can help with both

Please Note :

There will be a committee meeting for all who sign up to assist with the BBQ event. The first meeting will be held Wednesday, February 26th at 10 a.m. in Fellowship Hall. Additional planning meetings will be scheduled following this first meeting.

Thursday, September 18, 2025 - Cathy Snell Memorial Golf Tournament

I can help prior to the event I can help day of the event I can help with both

Tuesday, October 14, 2025 – Good Samaritan Fund Dinner

I can help prior to the event I can help day of the event I can help with both

Thursday, December 18, 2025 – Make Spirits Bright Luminary Event

I can help prior to the event I can help day of the event I can help with both

Any questions: Contact 717-838-5406, Olivia (3052) or stop by the Development Department Office.

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



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: February 24th 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, February 24th! No reservations needed. Questions: Call Trudy ext. 3048

Volunteer Request from our IL Friends!

"Friendly Visitor Program" is back!

We had a wonderful jump start of 12 volunteers kicking off this program.

We can always use more! One hour a month is all it takes.

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.

**Please attend an informational meeting Monday Feb. 3 at 10am
in the Theater Room if interested in being a friendly visitor.**

Campus Information

Don't Miss the February Quiz!

The February Quiz will feature questions about Valentine's Day, President's Day and Ground Hog Day. We'll also have our regular features, including a Fitness Minute with Mary, Rob and Lauren, and Pun Fun with Gabriele.

**The February Quiz is scheduled for Thursday, February 27th
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

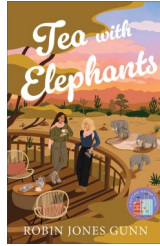
Auxiliary Library request

Sign and date the check-out book card located inside on the book cover.

Then place the card in the labeled card box.



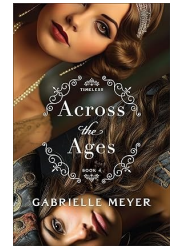
A Healing Touch
Suzanne Woods Fisher



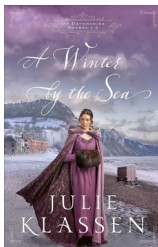
Suitcase Sister Series
#1 Tea With Elephants
Robin Jones Gunn



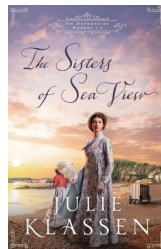
Undaunted Courage Series
#2 Over The Edge
Irene Hannon



Timeless Series
#4 Across The Ages
Gabrielle Meyer



On Devonshire Shores
#2 A Winter By The Sea
Julie Klassen



On Devonshire Shores
#1 The Sisters of Sea View
Julie Klassen



The Imposters Series
#3 An Honorable Deception
Roseanna M. White

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

FEBUARY – Wellness Center Class Calendar - 2025

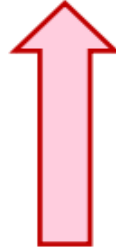
Wellness Way

CLASS INTENSITIY

LOW
MODERATE
HIGH



SEE REVERSE
FOR CLASS
DESCRIPTIONS



Monday	Tuesday	Wednesday	Thursday	Friday
3 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba 1:30 PM Balance	4 9 AM Soothing Sensations 10 AM Move & Improve	5 9 AM Wet N Well 9 AM Seated Yoga 10 AM Morning Mobility	6 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	7 9 AM Wet N Well 10 AM Floor Flex
10 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove 1:30 PM Balance	11 9 AM Soothing Sensations 10 AM Move & Improve	12 9 AM Wet N Well 10 AM Morning Mobility 1-2 PM Blue Zone Video #1 (in DiMatteo)	13 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	14 9 AM Wet N Well 10 AM Floor Flex
17 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Zumba 1:30 PM Balance	18 9 AM Soothing Sensations 10 AM Move & Improve	19 9 AM Wet N Well 10 AM Morning Mobility	20 WELLNESS OUTING 9 AM Soothing Sensations MOVE & IMPROVE CANCELED 2 PM Water Volleyball	21 9 AM Wet N Well 10 AM Floor Flex
24 9 AM Wet N Well 10 AM Morning Mobility 10:45 AM Groove 1:30 PM Balance	25 9 AM Soothing Sensations 10 AM Move & Improve	26 9 AM Wet N Well 9 AM Seated Yoga 10 AM Morning Mobility 1-2 PM Blue Zone Video #2 (in DiMatteo)	27 9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	28 9 AM Wet N Well 10 AM Floor Flex

FEBUARY WELLNESS OUTING

We are going to the Susquehanna Art Museum (SAM) on February 20th for a guided walking tour of the art exhibit. The tour leaves from Snell Community Center Entrance at 8:45 AM and will return at 12 PM. If you are interested in joining us, please sign up with Sandra the receptionist at the Snell Community Information Desk. The tour costs \$5 per person and must be paid prior to the trip.

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.

Floor Flex – Designed specifically for those who want to enhance their mobility and flexibility in a gentle, supportive environment. This slow-paced session focuses on mat-based exercises that promote relaxation, improve limberness, and help you feel more agile in your everyday movements. **This class is entirely on the floor.**

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 & Liability Waiver 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 Center for more information about the fitness classes and events (717) 838-5406 EXT: 3211

Wellness Way

Join us for a special viewing event of the critically acclaimed Netflix TV Docuseries ***"Live to 100 Secrets of the Blue Zone"***.

Dates: February 12th, February 26th, March 12th, and March 26th

Time: 1-2 PM

Location: DiMatteo Worship Center



Each episode is approximately 40 minutes long and will be followed by a brief discussion and Q&A session.

Don't miss this opportunity to explore the secrets of longevity and healthy living from the world's most fascinating Blue Zones.



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!



Wellness Way

Zumba Gold

Zumba Gold® will be on Monday February 3rd & 17th 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 February 5th & 26th at 9:00am in the Studio. If you have any questions, please call Mary in the Wellness Center at Ext. 3211

GROOVE!

Monday February 10th & 24th at 10:45 in the Studio

Groove classes incorporates cardio, strength, endurance, coordination, balance, agility & 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

Susquehanna Art Museum



Join us for the morning of Thursday, February 20th for a guided walking tour of the Susquehanna Art Museum in Harrisburg.

The tour costs \$5 per person

(Space is limited. Sign up & pay Sandra at the Snell Information Desk)

Meet at the Snell Community Entrance at 8:45 AM & we will return around 12 PM.

For questions, please contact the Wellness Center (717) 838-5406 EXT: 3211

Village Convenience Store

VILLAGE CONVENIENCE STORE - FEBRUARY

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

February the shortest month of the year, although it can seem like the longest. Cozy sweaters and hot cocoa moments.

HAPPY VALENTINES DAY! To help celebrate Valentines Day we are planning two days of special desserts featuring chocolate or cherries.

The first day will be on Tuesday, February 11th and the second day will be on Tuesday, February 18th. Come in to the store and check out the great selections of delicious chocolate or cherry goodies made by the store's overseers to help you celebrate and share with a loved one or a friend.

Now for the event I know we all have been waiting for - Tuesday, March 4th is Faschnachts Day. Not sure whether you spell them Fasnacht, Faschnauts, Faschnachts or Fastnachts, but, however you spell them they are really tasty. If you have not tried any of them you are missing out on a wonderful treat before Lent. We will be getting them from the Filling Station and we will be offering glazed and sugared. Please fill out the order form at the back of the Newsletter as they will need to be **pre-ordered and pre-paid**. The order form, with the money, is due into the Convenience Store on or before Thursday February 20th.

The Shoppers Delight \$10 gift certificate winners for the month of December.

Congratulations!

Week of:

Dec. 6th – Betty D.

Dec. 13th – Judy B.

Dec. 20th – Debbie D.

Dec. 27th – Marlene B.

Thanks to all of you, our wonderful customers, as you continue to support our store.

Until next month.

THE TEAM

Estate/Barn Sale News

ESTATE/BARN SALE NEWS

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

**A Barn Tour will be held March 11 at 10:30 AM
for potential volunteers, including all new & current residents.**

Sign-up slip at the back of this newsletter.

DONATIONS

Did You Know When You Move Out of Your Residence, We Offer a Free Service?

We have a boxing crew that will box everything you want to donate to the yard sale. We will also take usable furniture. We promise to get things 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 9-10:30 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: February 13th 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, February 13 in the Theatre room at 2:00 pm. Questions, call Mary Lee at Ext. 3186.



Wednesday February 26th

Join us in the Theater Room Wed. Feb. 26th 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 would have a topic you would like to know more about, share with others, or spark interest, submit your topic suggestions to Trudy at ext. 3048. No reservations needed.

Topics for the month: Lessons from past Presidents. Why protect National Parks? How to live before you die.

Health, Safety, & Prevention

The HSP Meeting will be pulled from the Newsletter until a program request is made.

Please take time to attend the Wellness Center Blue Zones video on aging and living well. This is an eye opening and informative video series. You will be glad you attended.

If there are any topics you wish to learn more about please send in a note with the request.

Questions: Call Mary Lee at Ext. 3186

Men's Circle in PC: Seeking volunteers!

We are in search of some men interested in taking time out of their day to simply talk with a group of men living in the PC Unit. Men enjoy talking about sports, hobbies and unusual news topics with other men. We are in need to develop time for a men's only conversation group. If you have a half hour to an hour to give once a month. Please sign up. We have conversation packets and topics already made if you need them. A man's perspective is so important for health living when living in a group setting. Call to Trudy at 3048 or Mary Lee at 3186 to discuss.

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

LV Book Club: Monday February 24th at 3PM

The book club will meet Monday, February 24th at 3:00 PM in the Village Art Center. The February book is, "The Vaster Wilds," by Lauren Groff. If you need a copy of the book, please contact Donna F.



Conversations with Friends: Monday Feb. 3rd 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, February 3rd. All ladies and gentlemen are invited to attend. No reservations needed. 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, March 10th or 31st

Ladies Afternoon Tea will be held Monday, March 10th or 31st 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 February 15th

The Veterans Club will be having their monthly meeting Saturday, February 15th at 10:00 AM in the Village Art Center. There will be conversation with our new President. Spouses are invited and snacks will be provided. Please call Chuck T. to reserve your spot.

♥ ♥ ♥ Happy Valentine's Day ♥ ♥ ♥

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.



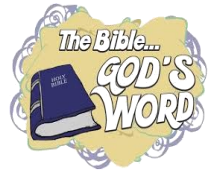
Gleaners Women's Bible Study

GLEANERS (Women's Bible Study) will meet in February on the following dates:

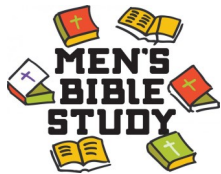
Monday February 10th at 10:25 am

Monday February 24th at 10:25 am

Meetings are held in the Fellowship Hall. The classes will continue in the study of Genesis following the judgment of the flood. All women are invited to join us. 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 S. No reservations needed. Questions, call Bob F.

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 3rd, 10th, 17th, 24th, March 3rd, 10th. 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. Please RSVP by February 2nd.

Speakers • Talks • Groups

Bell Tones: February 6th & 20th



The Bell Tones will be meeting in the Theatre Room at 3:30 pm on the first Thursday, February 6th to practice. We will also be meeting the third Thursday, February 20th at the Theatre Room at 3:20 pm and then proceed to Personal Care where we will be playing for the Personal Care residents. 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: Every Wednesday

The Village Harmony practices every Wednesday from 10:00-11:00 AM in the DiMatteo 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. Questions, call Karen Umberger at 717-314-3584.

LV's Traditional Hand Bell Choir: Every Friday

The Hand Bell Choir practices every Friday from 11:00 AM-12:00 PM in the DiMatteo Worship Center. New ringers welcome! Please consider joining our group of ringers, who inspire through music, while creating terrific friendships. The choir is for both men and women ringers. Questions, call Karen U.



The Hand Bell Choir has four openings for ringers-beginners to advanced. Experience is not Required. You do not need to read music. We can teach you what you need to know.

Music Appreciation Hour: Wed. Feb. 26th 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: 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 February 14th

The LV Bus will travel to The Hershey Bistro for lunch Friday, February 14th. Enjoy a Valentine meal with friends! The bus will leave Snell CC at 12:30 PM. Please arrive 15 minutes early for check-in and boarding. Reservations required. Please call Cynthia Rhoad for cancellations at 717-462-9055.



HOB:

Tuesday February 25th

The LV Bus will travel to Rey Azteca Mexican Restaurant for lunch Tuesday, February 25th. The bus will leave Snell CC at 12:45 PM. Please arrive 15 minutes early for check-in & boarding. Reservations required. Please call Cynthia Rhoad for cancellations at 717-462-9055.



Third Tuesday Shopping Trip: Tuesday Feb. 18th

On Tuesday, February 18th the LV Bus will travel to Hobby Lobby and/or Boscov's in Lebanon. The bus will depart Snell CC at 9:30 AM. Reservations required.

Questions: Call Trudy ext. 3048.

Trips & Excursions

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 programmed, 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 February 28. 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 February 20th

LV will be taking a bus to UNTO Global Logistics Center Thursday, February 20th. 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. 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

Hollywood Casino: Wednesday, February 19th

The LV Bus will travel to Hollywood Casino Wednesday, February 19th. The bus will depart Snell CC at 11:00 AM and will return approximately 3:00 PM. Lunch will be on your own at the Casino as there are several different options. Reservations are required, questions call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

February 2025

<p style="text-align: center;">Sunday, February 02</p> <p>10am Chapel Service (Chaplain Ken)</p>	<p style="text-align: center;">Monday, February 03</p> <p>10am to 12pm ReNewed Hearing Solutions 11 am Rosary (DiMatteo Worship Center) 1pm Conversations with Friends 1pm Ice Cream Social in the Café 2pm Grief Support Group 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;">Tuesday, February 04</p> <p>8am Trash 8am Blood Sugar 8, 9 & 10am Walmart Trips 1pm Bible Study with Chaplain Ken 2:30pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: center;">Wednesday, Feb</p> <p>10am Bible Fellowship 10am The Village Harm 1:30pm Hand & Foot Ca 2:30pm Jonestown Bank 7pm Evening Worship (Lebanon Faith Baptis</p>
<p style="text-align: center;">Sunday, February 09</p> <p>11am to 1pm Brunch in the Café 10am Chapel Service (Chaplain Ken)</p>	<p style="text-align: center;">Monday, February 10</p> <p>10:25am Gleaners 11 am Rosary 2pm Grief Support Group 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;">Tuesday, February 11</p> <p>8am Trash 8am Blood Sugar 11:30am Textile Group 1pm Bible Study with Chaplain Ken 2:30pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: center;">Wednesday, Feb</p> <p>10am The Village Harm 11:15am Hershey Wome 1:30pm Hand & Foot Ca 2pm Dining Round Tabl 2:30pm Jonestown Bank 7pm Evening Worship (Lebanon Valley Bible</p>
<p style="text-align: center;">Sunday, February 16</p> <p>10am Chapel Service (Linda Sprandel)</p>	<p style="text-align: center;">Monday, February 17</p> <p>10am to 12pm ReNewed Hearing Solutions 1pm The Village Insider 2pm Grief Support Group 3pm Open Wii Bowling 6pm Billiards</p>	<p style="text-align: center;">Tuesday, February 18</p> <p>8am Trash 8am Blood Sugar 9:30am 3rd Tuesday Shopping 1pm Bible Study with Chaplain Ken 2:30pm Scrabble 6pm Evening Pinochle 7pm Shuffleboard</p>	<p style="text-align: center;">Wednesday, Feb</p> <p>10am The Village Harm 11am Hollywood Casin 1pm Special Movie (Flo 1:30pm Hand & Foot Ca 2:30pm Jonestown Bank 7pm Evening Worship (Salem UCC)</p>
<p style="text-align: center;">Sunday, February 23</p> <p>10am Chapel Service (Linda Sprandel)</p>	<p style="text-align: center;">Monday, February 24</p> <p>10:25am Gleaners 2pm Grief Support Group 3pm LV Book Club 3pm Open Wii Bowling 6pm Billiards 6pm Game & Tech Night</p>	<p style="text-align: center;">Tuesday, February 25</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: center;">Wednesday, Feb</p> <p>10am The Village Harm 11:15am Music Appreci 1:30pm Hand & Foot Ca 2pm TED Talk 2:30pm Jonestown Bank 7pm Evening Worship (Calvary Chapel Leban</p>

Trips & Excursions

Hershey Area Women's Connection

"Music in Concert" Luncheon Buffet
Wednesday February 12th 2025

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



128 Hillcrest Road, Hershey

Menu

Stuffed shells with marinara sauce, Italian meatballs,
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 February 6th

RESPOND WITH THE RESERVATION SLIP IN YOUR MAILBOX OR 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 B.

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

Questions: Call Barb B.

Program

Music Feature: *In concert with Brenten Megee, tenor vocalist from Quarryville, PA. Brenten has been performing since age 10 and is best known for his classical, sacred, and patriotic concerts. His music has a way of touching the listener's heart.*

Speaker: *Dawn Loken from Lancaster, PA will share ideas on "Fine Tuning" our lives.*

Layers Greenhouse Flowers: Volunteers Needed

The Layers Greenhouse in Myerstown has a new owner and is ready to get started planting for the spring flowers. The LV bus will be heading out every Monday and Thursday (except the third Thursday) to work in the greenhouse planting and preparing the spring hanging baskets. Wear your garden gloves and enjoying working in the soil. We have 12 volunteers ready to go! We are always looking for a few more volunteers to be more flexible with resident schedules. It is a fun group working together to complete a job for the exchange for flowers for the Barn Sale. It is a win win for both the greenhouse and the Barn Sale. February 3 is the first day. Hours: Leaving at 8:00 am and return to LV at 12:00 noon time. We head out every Monday and Thursday during February, March, and April. Please fill out a reservation slip if you are interested. When we return we will head over to the cafe for lunch provided by LV. Questions: call Trudy at 3048. Dress in layers because the greenhouse will be cold at this time of the year.

Thank you for making a difference!

Trips & Excursions

Bible Fellowship Luncheon: Wed. Feb. 5th

Adult Bible Fellowship Luncheon will take place Wednesday, February 5th at the Hershey Free Church. Dale Forshey, Love INC., Executive Director will be the guest speaker. Love INC mobilizes churches to transform lives and communities in the name of Christ.

A \$5.00 donation will be collected **at the luncheon**. Please **do not** give the money with your reservation slip. The LV Bus will depart Snell CC at 10:00 AM. Reservations required. Sign up in this newsletter. The date for the March Bible Fellowship Luncheon will be Wednesday, March 5th. The topic has not yet been announced. Sign up in this newsletter.

Questions: Call Trudy ext. 3048

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

The Hershey Symphony Orchestra Broadway Bad Boys concert bus seats have filled. Tickets have been ordered. If any residents want to drive to the performance they may still order tickets. Please see Trudy. The discounted tickets are \$19.00. The venue is temporarily at the Hershey Free Church due to the renovations. Call Trudy at 3048 or stop in to her office.

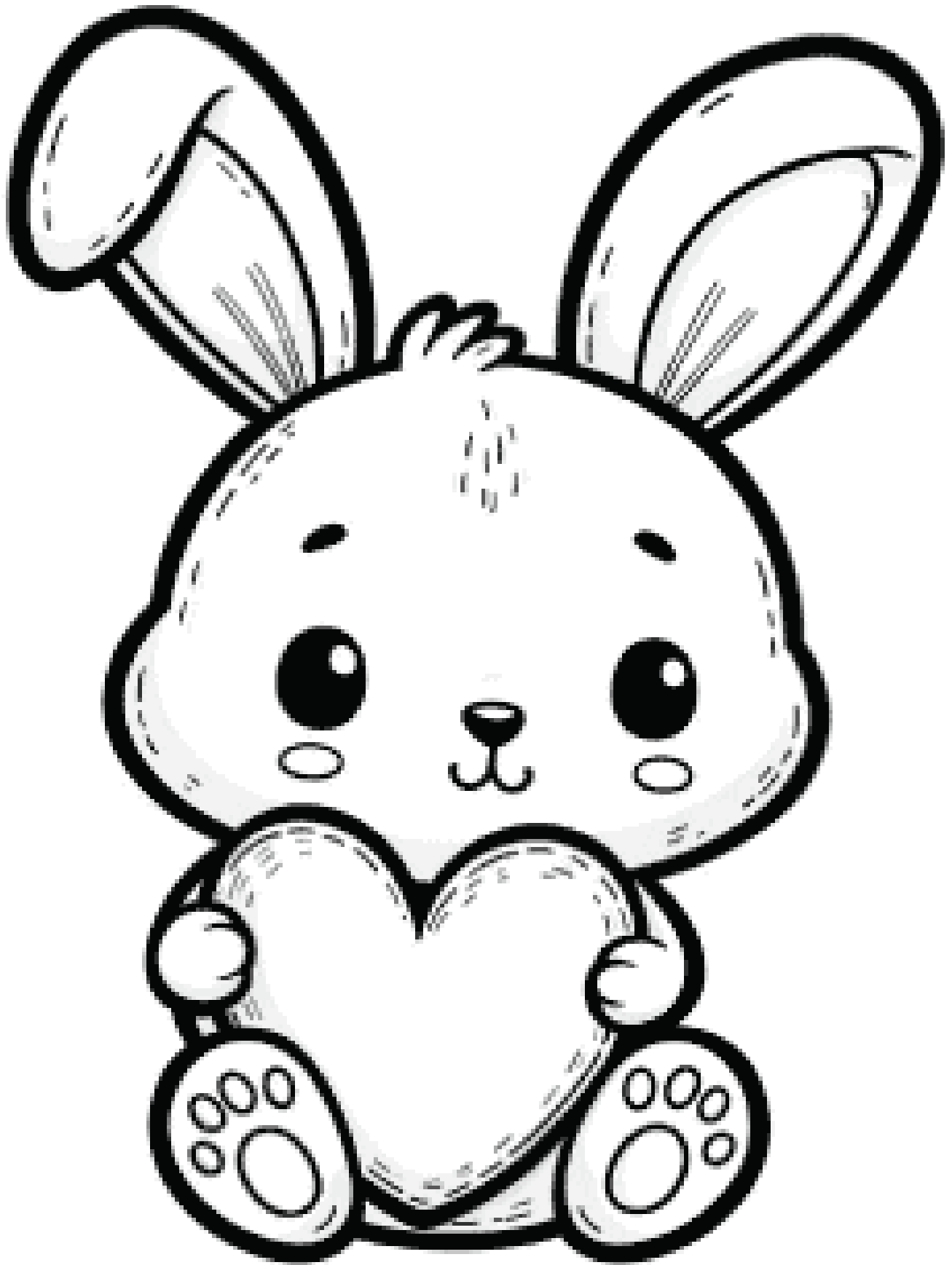
Sight and Sound - NOAH: Thursday, April 17th 11:00AM

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. Limited Tickets-seven remain. After Feb. 14 it is open for family members and friends to go along. Reservations required. There are 25 seats available. Questions: Call Trudy ext. 3048

Hershey Symphony Orchestra - Tranquility to Triumph Saturday, March 22nd

Tranquility to Triumph begins at 7:30 pm at the Hershey Free Church. The concert opens with the lively and captivating Overture to The Italian Girl in Algiers, setting the stage for an unforgettable night. International prizewinning trumpeter Kevin Gebo from "Pershing's Own" will blow you away with Arutunian's Trumpet Concerto and some light-hearted "chestnuts" showcasing the virtuosity of the instrument. We will follow with Tchaikovsky's powerful and emotive Symphony No. 5 in E Minor, which will leave you spellbound with its sweeping melodies and dramatic intensity.

Reservations are required. Discounted tickets are \$19.00 each for residents and family members. The LV Bus will be leaving at 6:45 pm from the Snell Community Center. Fill out the slip in this newsletter. Questions: call Mary Lee at 3186 or Trudy at 3048.



Programs in the DiMatteo Worship Center

LV Valentine Social: Thursday, February 13th

The Valentine Social is a dessert social, fellowship and entertainment in the Di Matteo Worship Center. This year we have “Andy Roberts Four Piece Band with a talented female vocalist”. As we already know, this will be a talented group of entertainers warming our hearts for a special evening and a delightful treat. Come out for conversation, an interactive experience and a festive evening in your red! Reservations are required. The cost for your **ticket is \$7.00 each**. Doors will open at 6:15 pm. Open seating. Final Deadline is February 4! Questions: call Mary Lee at 3186 or Trudy at 3048

Servant Stage Presents Little Women: The Broadway Musical March 14th

LITTLE WOMEN: THE BROADWAY MUSICAL is a stage adaptation of Louisa May Alcott's beloved novel, which follows the lives of the four March sisters—Jo, Meg, Beth, and Amy—as they navigate personal growth, family bonds, love, and loss during the Civil War era. With music by Jason Howland, lyrics by Mindi Dickstein, and a book by Allan Knee, the musical highlights the strength, ambition, and creativity of the sisters, particularly Jo, the aspiring writer. It combines heartwarming moments with an uplifting score, capturing the timeless themes of resilience, hope, and the pursuit of dreams. The musical play is held in the Di Matteo Worship Center on Friday, March 14 at 7:00 pm (15 minute intermission) This is a Pay-What-You-Will production. Come enjoy an energetic musical with comedy, drama and delightful creativity in their sets and design. The talent is top notch Reservations are needed for seating only. Questions please call Mary Lee at 3186 or Trudy at 3048



Women's Spiritual Retreat

Wednesday, March 19, 2025

9:30 am – 2:00 pm

Doors open at 8:45 a.m. for coffee/tea/hot chocolate

Held at South Lebanon Community Church

13 Evergreen Road, Lebanon, PA 17042 - 717-273-4832 - www.slcc.faith

All women are warmly invited to our Spiritual Retreat to enjoy good fellowship, be encouraged in your life and be a blessing to others. Invite your relatives, friends, co-workers, neighbors and others!

Guest Speaker – Lisa Hosler, President of Align Life Ministries
Theme – “Sharing Jesus With Others”

All of us care deeply about the people in our lives who don't know Jesus, but it can be difficult to know how to start those important conversations. At this retreat, Lisa Hosler will share practical ways to incorporate simple truths about Jesus into everyday conversations in a natural, loving way.

Come be inspired and equipped to share your faith with others in a meaningful and approachable way. Don't miss this chance to grow spiritually and connect with other women. We look forward to seeing you there!

Babysitting will be provided for pre-registered South Lebanon Community Church's women only

All women are encouraged to reserve this date and invite others for a day of blessing and encouragement!



Agenda for the Day

9:30 – 11:30 am – Morning Session

11:30 am – 12:30 pm – Lunch

12:30 – 2:00 pm – Afternoon Session

**Registration is due
Sunday, MARCH 2.**

We will be asking for your email address, if you're comfortable sharing it, at the women's retreat so we can stay in touch with you that way for future programs.

Friday Movies



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



Hoovey - February 7th at 3:00 PM *An Inspiring, TRUE Story*



Believing Makes It Possible, Faith Makes It Real. High school basketball star Hoovey Elliot collapses on court, diagnosed with brain tumor. Despite financial strain after surgery, Hoovey and family persevere through rehabilitation with unwavering faith. Come and see what God can do in a person's life!
Released 2015 – 1 hr. 31 min. – Rated PG – Closed Caption

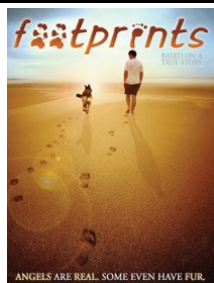
Singin' In The Rain - February 14th at 6:30 PM *A stage musical written by Betty Comden & Adolph Green*



Singin' in the Rain, American musical comedy film, released in 1952, that was considered the greatest Hollywood musical ever made. What does the rain symbolize in *Singin' in the Rain*? While a downpour might not be a conventional setting for an outpouring of love, "*Singin' in the Rain*" shows how **happiness can shine through even the darkest and dreariest of times.**

Released 1952 – 1 hr. 43 min. – Unrated – Closed Caption

Footprints – February 21st at 3:00 PM *Based on a true story*



"Footprints - **Angels are real. Some even have fur**" is based on the true story of Cadie, an abused and seemingly unadoptable German shepherd, and a lost man who crosses paths with her. Director and co-producer Huggins described it as "a story of the power of love to heal lives and transform lives."

Released 2011 – 1 hr. 41 min. – Dove Approved – No Closed Caption

God's Not Dead / A Light In Darkness – February 28th at 6:30 PM



The Rev. Dave Hill faces an unexpected setback when his beloved church burns down prompting the officials at the adjoining university to try and kick his congregation off campus. Battle lines are quickly drawn between the church and the community as the reverend now finds himself at odds with his longtime friend -- the president of the school. Facing a legal battle, Hill soon seeks help from his estranged brother -- a big-city lawyer and atheist -- in a fight to help rebuild the church.

Released 2014 – 1 hr. 44 min. – Rated PG – Closed Caption

LV Grounds Committee Members

Corey Swingholm Tracey Fisher
Jim Williams Kerby Dubble
Philip Wagner Jim Condon
Bill Martin



Just a friendly reminder; morning and afternoon rounds need to be placed on the corner of your driveway near the street in order to be picked up. No trash or food please. Thank you!

If anyone has orchids, now is the time that they are starting to bud up. The change in temperatures is what sends them into bloom mode. It will take a long time until they will be in full bloom. Last year my orchid started budding out in mid-December and I got my first of 8 blooms on March 5th. On March 25th it was in full bloom.

The wait is long, but oh so worth the beauty.

Resident Writings

Do you have a poem, a short story, a humorous event you want to tell about? This page is just what you have been waiting for. Write down your poem / event you want published and send to Sandra Barnes (sbarnes@londonderryvillage.org) and it will be shared in our monthly newsletter.

My Valentine

*Why would I give you Roses
That fade till days end
Or give a lovely greeting card
That with my Love I'd send
I would not give a Teddy Bear
With button eyes that shine
Or Pj's with tiny pink Hearts
And words that say be mine
I will not give you candy
Tied with ribbon and bow
The sweetest thing for me
Is in the Love we show
I cannot write a poem
What words would I say
To express the Love with-in us
As we travel lifes highway
I'm here with empty hands
No gifts I have to bare
There is nothing I have of value
Save this Love we share
- Larry M.*

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:

Ivah Parmer, who died on December 19, 2024

Kenneth Ramsey, who died on December 23, 2024

Dennis Axman, who died on December 24, 2024

Elmer Books, who died on December 25, 2024

Emanuel Scharpf, who died on December 26, 2024

Janet Rhoad, who died on January 1, 2025

Eva Gelston, who died on January 2, 2025

Mary Adams, who died on January 5, 2025

Barbara Schubart, who died on January 7, 2025

Doris Creswell, who died on January 8, 2025

James Floyd, who died on January 15, 2025



Common Good February 2025



“Blessed are the merciful, for they shall receive mercy.”

- Matthew 5.7

Sunday Chapel

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

*February 02: Chaplain Ken
February 09: Chaplain Ken
February 16: Linda Sprandel
February 23: Linda Sprandel*

Wednesday Evening Worship

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

*February 05: Lebanon Faith Baptist
February 12: Lebanon Valley Bible Church
February 19: Salem UCC
February 26: Calvary Chapel Lebanon*

**Monday,
February 10th @ 11:00 am**

*Recitation of The Rosary
in the DiMatteo Worship Center*

**Tuesday,
February 25th
@ 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!

February Happy Birthday Wishes

Claudia C., February 6

Diana L., February 7

Gayle K., February 7

Jim W., February 8

Judy D., February 19

Bruce H., February 20

Joanne B., February 25

Dennis B., February 27

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

Special Thanks

Splinter's woodshop would like to recognize Walter Hiester for his contributions to Splinters woodshop. Walter shared many ideas with us here at the woodshop. One, was his use of ethyl-cyanoacrylate, a fast drying (with the use of an accelerator) super glue that we have found many uses for. This gluing system has saved time and allowed the assembly of many type of projects. We are still finding ways to use this type of glue. Thanks Walter for sharing your knowledge and ideas with us. ~ Larry M.

Thank you kitchen staff! You did a wonderful job with helping us make Betty Smith's birthday party a wonderful surprise! The service was the best! Thank you Sadie and Marie and Ed too! They went over and beyond with their new service. To the Chefs and kitchen staff we commend a heart felt thank you! The food was delicious as always and presented in such a timely manner it's commendable, thank you. Also, as always David you pulled it off with a beautiful cake. We know Betty appreciated it and we love you all to pieces and thank God every day for wonderful friends like all of you! ~ Blessings Becky H. and Pat H.



IL Committee Notes - February 2025

ILC Activities

As we start another month, a short reminder of some of the many activities in February:

A special celebration is planned for Valentine's Social (see the information earlier in the newsletter). It will likely be very entertaining and enjoyable, as was the Winter Festival, providing an opportunity to socialize with some of your neighbors.

Two off-campus activities are available on Thursday, February 20 - The Wellness Center Susquehanna Art Museum tour and the Unto volunteer experience.

How about attending Hershey Symphony Orchestra "Broadways Bad Boy" concert on Saturday, February 22? This volunteer orchestra always provides a pleasant evening of entertainment. This concert and the other spring concerts will be presented at the Hershey Free Church, as the Hershey Theater is being renovated.

A valuable on-campus activity is the 'Friendly Visitor Program'. This program consists of a group of friends that could be available at least one hour a month to chat with another village resident. It could be at one of the greenhouses, or Leffler, Personal Care, or independent living. What a fulfilling experience for both the person being visited and the friendly visitor! You could visit any time of day - mornings, afternoons and evenings. You can relieve the boredom that someone might be experiencing and develop a friendship.

Grounds Committee

Have you heard that there is a Grounds Committee? If not, please look at the article earlier in this newsletter that provides more information. The Ground Committee is a sub-committee of the Board's Resident Life/Health Committee, so it has direct exposure to the Board. This committee worked very diligently throughout 2024 preparing the Policy/Guidelines that were reviewed and approved by the Board and then distributed to you a few weeks ago. This Policy/Guidelines document will be updated as needed. Your comments will provide ideas as to how the Policy statement might be enhanced. Please communicate your thoughts, ideas, and suggestions to one of the Committee members. The Committee meets monthly to address any topics that have come to the members' attention.

Thanks to everyone who attended the ILC Quarterly Meeting on January 13, 2025. Sorry it was so long, but there was a lot of information to be presented. An effort will be made to shorten future quarterly meetings. A BIG thanks to the staff members and ILC Committee members who helped prepare for, and speak, at the meeting. A Shout-Out to Sandy Barnes for her special help!

Jim W., ILC Chair

Fun & Games

Game Day Friday Feb. 7th & 21st

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 6pm to 8pm

in the Studio - Pick-up style games. (Please arrive about 15 minutes early)



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 Village Art Center every Tuesday at 2:30 PM (NOTE THE NEW TIME) for a game of Scrabble. Questions, call Trudy at Ext. 3048



BINGO:

February 28th

BINGO will be played Friday, February 28th at 1:30 PM in the Fellowship Hall. Come & join the fun! Questions, call Trudy at Ext. 3048



Games of Choice:

Saturday March 1st at 2PM

Games of Choice in the Atrium Saturday, March 1st, will have a bit of a different twist. The Young Adult Group from Grace Point Evangelical Free Church will be here ready to play games. Please consider attending and bring along a friend to play games with this energetic, lively bunch of young people. Games are provided, or bring along your favorite game. No reservations needed. Questions: Call Trudy ext. 3048.



Bridge: Every Friday

Every Friday 2 to 4 PM in the Studio.

(Please arrive about 1:45 PM)

Welcoming New Players!

Call ahead for table seating.
Call Jay B. with any questions.



Wii Bowling: Every Monday

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

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 February 11th 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 CANCELLED

Sally Ann's Mixed Arts class will no longer be meeting on Fridays at 3:30 PM in the Village Art Center. Please consider joining Mixed Art with Cindy on the 2nd & 4th Fridays at 5:30 PM.



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 February 14th & 28th

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.





Pot Pie Dinner

Our yearly ONO FIRE CO. pot pie dinner is scheduled for April 5th. There will be two sizes of pot pie and pepper cabbage. Anyone who has eaten this before can tell you how good it is. The last day to sign up is March 27th with pick up on April 5th in the Atrium.

Quart of pot pie	\$10.00
Pint of pot pie	\$ 5.00
Quart of pepper cabbage	\$ 5.00
Pint of pepper cabbage	\$ 3.00
6oz. Cup of pepper cabbage	\$ 2.00

Pot Pie Dinner Order Form

Deadline March 27th - Pick up on April 5th in the Atrium.

Name _____ Phone _____

Quart of pot pie _____ Pint of pot pie _____

Quart of pepper cabbage _____ Pint of pepper cabbage _____

6oz. Cup of pepper cabbage _____

\$ Total _____ check _____ cash _____

Make check payable to LV Auxiliary and please indicate if someone else will be picking-up order.

LV Auxiliary News

Village Boutique

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

Happy Hearts Day! Enjoy your Valentine Day with your "Special" someone by bringing them to the LV Boutique! We have something new and exciting waiting for you! We have created a "Less than Perfect" rack just for you! You are thinking - what is a "Less than Perfect" rack. It is a rack with Men's and Women's clothes that are "less than perfect". A button may be missing, or a small spot or stain may be on the shirt or the shirt may need laundered or ironed. Come in and check out our new "rack"! Also, for the month of February all Men's and Women's coats, hats, gloves, scarves and boots will be half (1/2) price. Come in and purchase a SWEET bargain for your Valentine.

Auxiliary Officers for 2025

Jim Warnock, President
Bill Moulfair, Vice President
Denise Brightbill, Treasurer
Kathy Rodkey, 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

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

Auxiliary 2025 Annual Project Donor Form

Name: _____

Address: _____

Donation Amount \$ _____



WELCOME

A New Home, New Adventure, New Memories

Be sure to say HI to our new friends.

Name-Thomas & Joanne Earhart

Name- Jean Armstrong

Name-Nancy Geesaman

Name-Robert & Pamela Shiner

Name-Paulette Walker

Name- Keith & Sharon Salter

Name-Coy (Wayne) Dorothy Hardin

Name-John & Janice Holsinger

Name-Donna Layser (Lateral)

Name-Andrew (Jack) & Beverly Sekol

Name-Shirley Moore

Name-Glenn & Darlene Stephens

Your friends at Londonderry Village are happy you have joined our caring neighborhood.

"They say you will never be lonely from the start of each day to its end if you walk life's pathway with love in your heart, and side by side with a FRIEND ".

Looking for help with folding large plastic bags for the Estate Sale.

If willing to help, call Shirley.

Dining Services News

PENNSYLVANIA DUTCH DAYS IN SEASONS RESTAURANT

January 29,30 & 31
4pm-7pm in Seasons Restaurant

Starter

Amish Chicken Corn Soup
\$3.50

Bread and Butter

Toasted slices of rye bread served with
apple butter and cottage cheese
\$4.00

Lettuce with Hot Bacon Dressing
\$4.00

Side

Al a Carte - \$1.50

Brown Buttered Noodles with Onions

Sauerkraut

Potato Stuffing

Harvard Beets

Garden Salad

Cucumber Salad

Corn Pie

Amish Macaroni Salad

Entree

Includes Choice of 2 Sides

Sauerbraten

Braised beef roast with a gingersnap gravy.
\$13.00

Local Sausage with Sauerkraut

Groff's Sausage marinated with sauerkraut and finished on the grill.
\$11.00

PA Dutch Chicken and Waffles

Fresh Belgian topped with a chicken and vegetable gravy.
\$10.00

Dessert

3.50

Funny Cake

Apple Slab Pie



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



Dining Services News

Teaching KITCHEN

With Chef Darius

Join our chef to learn a few cooking techniques and make some pho with rice noodles and garden vegetables.

LOCATION: Atrium

DATE: February 20, 2025

TIME: 10:00 am or 1:00 pm

Reservations are required. Call Sadie at ext: 3609 to reserve your spot. Space is limited, reserve Before February 13th

LEARN COOK ENJOY

Dining Services News



Please join us
Wednesday February 19th
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!

Brunch

Sunday February 9th 11am to 1pm

Valentines Chefs Table

Friday February 14th

Doors open at 4:30 Dinner at 5

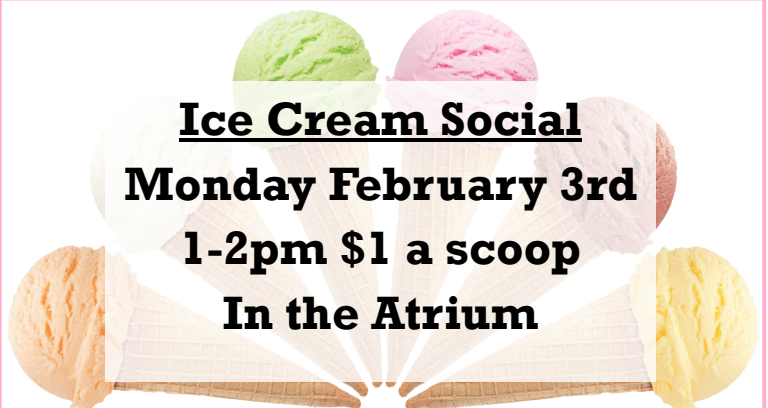
Reservations are required, Reserve by
February 7th. 3 course fine dining meal.

Ice Cream Social

Monday February 3rd

1-2pm \$1 a scoop

In the Atrium



Fastnachts



Orders are now being taken.

Please use the order slip

In the back of this Newsletter.

Deadline is Thursday February 20th.

Pick-up in the Convenience Store on

Tuesday March 4th.





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. 14)

DL: ASAP

Name _____ Birthday _____



Caregiver Support Group - Thursday February 13th at 2PM (pg. 24)
(Theater Room)



DL: ASAP

Name _____ Phone Number _____

Bible Fellowship Luncheon Wednesday February 5th at 10:00am

DL: ASAP

Name _____ Phone Number _____

Cost A \$5.00 donation will be collected at the luncheon

- Bus Car Rollator Walker

LV Valentine Social

Thursday, Feb. 13

Deadline: February 4

Name _____ Phone _____

Alternate sugar-free _____ Cash _____ Check # _____

Servant Stage Little Women March 14th at 7PM (pg. 35)

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 February 14th & 28th at 5:30pm - (pg. 44) DL: ASAP

Name _____ Phone _____

February 14th February 28th

Ladies Afternoon Tea - Monday March 10th or 24th at 1:30pm - (pg. 25) DL: ASAP

(Choose which date works best for you)

Name _____ Phone number _____

March 10th March 24th

3rd Tuesday Shopping - Tuesday February 18th at 9:30am - (pg. 28) DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

40 Diners - Friday February 14th at 12:30pm - (pg. 28) DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

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

Name _____ Phone number _____

Bus Car Rollator Walker

Sight and Sound - NOAH - Thursday April 17th (pg. 33) DL : ASAP

Name _____ Phone Number _____

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

Bus Car Rollator Walker

Hershey Women's Connection - Wed. February 12th at Noon DL: Feb. 6

Name _____ Phone number _____

Bus Car Rollator Walker Gluten Free

Village Voice

Welcome Back

Oh how things have changed! I thought you may or may not enjoy another trip with me down memory lane. This time we're going back to 1957 and some comments that were made from that era.

Here are some that you might relate to.

- “Have you seen the new cars coming out next year? It won't be long before \$5,000 will only buy a used one.”
- “I'll tell you one thing, if you keep going the way you are, it's going to be impossible to buy a weeks groceries for \$20.”
- “Did you hear the post office is thinking about charging a dime just to mail a letter?”
- “I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.”
- “If they think I'll pay \$.50 cents for a haircut, forget it!”
- “No one can afford to be sick anymore; \$35 a day in the hospital is too rich for my blood.”
- “There is no sense in going to Philadelphia or Pittsburgh anymore. It costs nearly \$15 a night to stay at a motel.”
- “Kids today are impossible, those ducktail haircuts make it impossible to stayed groomed. Next thing you know, boys will be wearing their hair as long as girls.”
- “I'm afraid the Volkswagen car is going to open the door to a whole lot of foreign businesses, we had no idea!”

By for now, El F.

Nothing's changed - "There are two theories to arguing with a woman, neither works"

BINGO Friday February 28th at 1:30 (pg. 43)



DL: ASAP

Name _____ Phone Number _____

UNTO - Thursday February 20th at 8:30am

DL: ASAP

Name _____ Phone Number _____

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 _____

Hershey Symphony Orchestra - Tranquility to Triumph

DL Feb. 28

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

Name _____ Phone Number _____

Bus Car Rollator Walker

Layser's Greenhouse Flowers Volunteer Slip (pg. 32)

DL: ASAP

Name _____ Phone Number _____

Bus Car Rollator Walker

Hollywood Casino—Wed. February 19th at 11AM (pg. 29)

DL: ASAP

Name _____ Phone Number _____

Bus Car Rollator Walker

Insurance Review

2025 Check List:

We are 30+ days into the New Year of 2025 but here is praying and hoping this finds you healthy and happy as we approach the start of the 2nd month of 2025 already! With a New Year upon us, here is a "check list" of things to-do:

- Confirm your new Social Security benefit increase—the Social Security Administration (SSA)'s annual COLA (cost of living) increase of 2.5% for 2025 should be reflected in your monthly benefit. Verify that you received the increase in your Social Security deposits. Also, the Part B premium deducted from your monthly Social Security deposit is \$185.00 for 2025;
- If you changed a Medicare Advantage ('Part C') or a Medicare Prescription drug plan ('Part D') be sure you have your new insurance cards, paid a premium and your health care provider and pharmacy have copies of any new insurance cards. Medicare Supplement cards and policy numbers generally stay the same from year-to-year so no need to update copies there;
- If you are on Medicare with a Medicare Supplement ("Medigap") policy, please be aware that Part B (physician & out-patient services) deductible increases to \$257 from \$240! You may not get covered services from Medicare Part B until that deductible is met and paid. You may have to pay your family physician that amount before Medicare pays Part B physician charges;
- Review your other insurance coverages...home, auto limits, deductibles and premiums. Premiums continue to increase (some substantially!) for all policies so look at other companies and quotes to compare. Use an independent agent to compare if possible. Unfortunately, we will continue to see increases in all insurance premiums as reinsurance companies (those who insure extremely large losses for insurance companies) will be hit with some of the losses from the California Wildfires—currently estimated at \$30 billion or more to the insurance industry!). Also, consider adding personal umbrella liability for another \$1M of coverage on top of your underlying policies (home & auto). Perhaps changes can be made with your insurance coverages to change to higher deductibles to "self-insure" or by eliminating coverage that may save premium.

If you need assistance with any insurance issues or before making any change decisions, please call me for an appointment or see me in the Theater Room on Friday mornings if available. I am generally available from 9am to noon unless I have a scheduled appointment. Please call me to confirm.



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

Convenience Store Fastnacht (Donuts) Pre-order Form

Deadline for Orders is **Thursday February 20th**, please turn them in at the Convenience Store. The choices are sugar or glazed Fastnachts (donuts) at \$1.20 each from The Filling Station. Must include check or cash with this order slip. Pick-up in Convenience Store on **Tuesday March 4th**.

Name: _____ Phone: _____

of Sugared _____ # of Glazed _____ Check # _____ Cash _____

Ladore Lodge Vacation Trip June 23rd - June 27th (pg. 29) DL for sign-up Feb. 28

Name _____ Phone Number _____

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

Bus Car Rollator Walker

Men's Circle in PC: Seeking volunteers Sign-Up Sheet

Name _____ Phone _____



Safety, Security, & Transportation

we wish you a very

♥ **HAPPY** ♥
VALENTINE'S

day

*From your Security and Transportation Team,
Andy, Julia, Dennis, Shawn, Jennifer, Shari, Marc,
Jeremy, Jane, Roger, Wayde, Alicia and Jayne*

Happy



PRESIDENTS DAY

*From your Security and Transportation Team,
Andy, Julia, Dennis, Shawn, Jennifer, Shari,
Marc, Jeremy, Jane, Roger, Wayde, and Alicia*

Café Menu - February 2025

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