

MARCH 2025

INDEPENDENT LIVING NEWSLETTER

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May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your
face, and rains fall soft upon your fields.
And until we meet again, May God hold
you in the palm of His hand. ^{pp}



an **IRISH**
Prayer

May God give you...

For every storm, a rainbow,

For every tear, a smile,

For every care, a promise,

AND A BLESSING IN EACH TRIAL.

FOR EVERY PROBLEM LIFE SENDS,

A faithful friend to share,

For every sigh, a sweet song,

And an answer for each prayer.

Campus Information

Activities Locator

Bell Tones - Theater Room

Billiards - Game Room

BINGO - Fellowship Hall / DiMatteo Worship Center

Caregiver Support Group - Theater Room

Chaplain's Independent Living Bible Study - Fellowship Hall

Community Quiz - DiMatteo Worship Center

Conversations with Friends - Fellowship Hall

Friday Game Day - Theater Room

Friday Movies - DiMatteo Worship Center

Games of Choice - Atrium (next to the Café)

Gleaners - Fellowship Hall

Grief Support Group - Theater Room

Hand Bell Choir - DiMatteo Worship Center

Health, Safety & Prevention - DiMatteo 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 - Village Art Center

TED Talks - Theater Room

Veterans Club - Village Art Center

Village Harmony - DiMatteo Worship Center

Walking Group - Meet at Snell CC fountain

Textile Group, Mixed Art with Cindy - Village Art Center

Trips leave from Snell Community Center

Campus Information

Village Art Center Supplies Available to ALL Residents!



Are you in need of any sewing materials or craft supplies? Did you know you may help yourself to any of these items in the Village Art Center? Please feel free to stop in, take a look around and explore the items that are available to you.

Spread the word to your resident friends!

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. 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.

BARTEIT HAVEN OPEN HOUSE

March 12th, 2025 | 1:00 PM - 3:00 PM | Enter through the Leffler Care Entrance

The Barteit Haven Personal Care Home is designed especially to support elders experiencing memory loss, dementia, or Alzheimer's disease live safely, maintain their routines, and enjoy a higher quality of life.

Barteit Haven offers spacious private rooms with in-suite full bathrooms, three delicious meals a day, assistance with daily care needs, and specialized programming for those with cognitive impairment.

Barteit Haven team members are trained in the *Teepa Snow Approach*™ which is a care model based on understanding the areas of the brain that are no longer working and making use of the parts of the brain that are still active so elders can protect and grow personal relationships, experience less resistance, and experience less stress.

Please contact Kaitlyn Fetter for more information:

Personal Care Home Administrator

kfetter@londonderryvillage.org

717-838-5406 extension 3181

Campus Information

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

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

KEEPING YOU
Informed

Newsletter Reservations

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

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

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

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

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

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

Thank you for your cooperation.

Seasons Restaurant

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



Need a LV Bus Tour of Campus?

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



accommodations. It is all about experiencing your surroundings. We will meet at the Snell CC entrance and the tours will be approximately an hour in length, **once a month beginning at 1:00 PM the 1st Friday of each month.** Reservations are required, sign up slip in this newsletter. Questions, call Mary Lee at Ext. 3186 or Trudy at Ext. 3048.

Campus Information

Redner's Save-A-Tape Program

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

Greeting Cards in the Village Art Center

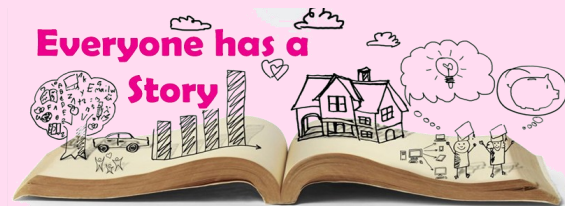
Did you know the Village Art Center has cards for all occasions on sale at only .25 each. Make your selection any time of the day and drop the money in the box on top of the glass display case. Other items for sale are also available in the glass case.



"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"

Spring is fast approaching and that means allergy season will be upon us as well. Stock up on any allergy medications you may take now. When the weather breaks let's get back outside! Go for a walk, get back in your garden, soak up the sunshine but don't forget your sunscreen. Being outdoors has a positive effect on human minds and bodies and can boost your mental well-being. Call the IL Clinic with any questions or concerns at extension 3184.

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:

15 Minutes \$18

30 Minutes \$36

60 Minutes \$72

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

30 Minutes \$36

60 Minutes \$72

LV's Manicure Services!

Appointments NOW AVAILABLE WEDNESDAYS & THURSDAYS
call Aubrey at 717-304-4449 to schedule!



Campus Information



Please come to art class with Barbara J. and

“PLAY”

PLAY stands for Prayer Laughter Art and You!

Prayer will invite The Creator to join us.

Laughter will happen naturally as we share time together.

Art skills will be taught.

You will learn.

In the class on March 13th at 1:30pm in the Village Art Center. Barbara will share some of her art background and some of her work. She would like to find out what you are interested in learning. Also, she would like you to feel free to bring along one of your own creations. In addition, you will be doing an art project to get the creative juices flowing.

She looks forward to “PLAYing” together!



Campus Information

Stamp Collecting

Several years ago the Village had a stamp collecting project that raised money for the Good Samaritan Fund. We are looking to start this project again collecting all kinds of stamps. Stamps prior to April 12, 2007 you had to lick and press onto the envelope. All these stamps need to be soaked off the envelope. After that time FOREVER STAMPS (\$-41) evolved and were self adhesive. For several months I've been collecting, doing quick sort and cut of stamps. I have several bags and now I NEED YOUR HELP in doing a final trim of a precise border of paper around each with no more than 1/8" and not less than 1/16" with perforations (perfs) intact. The next step is a final sort, packing and mailing to Mystic Stamp Company.

If you have any stamps are willing to donate, we ask that you cut or tear off the corner leaving a sizable border for further trim. DO NOT TEAR THE STAMP. You can deposit all stamps in the box marked STAMPS at the in house mailboxes next to the wall joining the Covenant office.

This final trim process can be done in your home anytime it is convenient for you. If interested in helping, fill out the reservation slip and someone will contact you. Any questions, call Turdy at Ext. 3048.

Pinewood Derby Competition



Would you have fun competing in a Pinewood Derby competition among friends, here at Londonderry Village? Remember the days and the excitement of building a pinewood derby car. There are kits to follow taking away all the work of finding just the right design. The fun is in the race. Resident, Art Munson's son has done all the work of setting up an event format which is connected to a computer. It is organized and easy to use for a fun competitive race. It is all ours if we have a group of interested friends to plan an event. Sign up as interested in participating in playing. We need individuals to build their pinewood derby cars! Then let the fun begin. Race down the track, each winner moves to the next level of competition until the final race. the sign up slip will be in the back of the newsletter. Check if the box or boxes that match your interest. Questions call Mary Lee at 3186.



Campus Information



Londonderry Village

A COMMUNITY ROOTED IN BRETHREN VALUES

LUNCH N ' LEARN

LONDONDERRY VILLAGE
1200 GRUBB ROAD
PALMYRA PA 17078

March 20, 2025 @ 12:00PM Fellowship Hall

Deadline to order lunch: March 13, 2025

April Miller serves North Star Initiative as the Director of Development since 2023. Her unique resume led her to begin fundraising for the kingdom of God in 2017. All her jobs have always had one common thread: people and relationships. She has lived in Lancaster County her entire life. 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.

In her upcoming talk, April will share valuable insights about North Star Initiative, focusing on their restoration program that helps survivors of sex trafficking reintegrate into society. She will educate guests on how to stay alert and recognize the tactics traffickers may use, while also addressing the prevalence of sex trafficking in our local areas. Additionally, April will work to dispel myths and stigmas surrounding this critical issue.



Event Information: Guests may order a bagged lunch for a small fee, bring their own, or simply attend to hear the speaker. Reservations are required for each session. Non-residents can RSVP through Eventbrite, while residents can call (717) 838-5406 ext. 3052. Lunch orders must be placed at least one week in advance by calling the same number.



March 20, Lunch N' Learn Reservation Slip

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

Name: _____

I would like to purchase a boxed lunch for \$8.00

Ham & Cheese Turkey & Cheese Chicken Ceasar Wrap

I am bringing my own lunch

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

Please note in memo: Lunch N Learn Meal

Campus Information



April 20, Lunch N' Learn Reservation Slip

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

Name: _____

I would like to purchase a boxed lunch for \$8.00

Ham & Cheese Turkey & Cheese Chicken Ceasar Wrap

I am bringing my own lunch

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

Please note in memo: Lunch N Learn Meal

Campus Information

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

Visiting Friend Program

Thank you for the great group of volunteers beginning our Visiting Friend Program again. All requests have need filled. We are always in need of more volunteers because all elders would enjoy more than one person coming to visit. If you are wanting to learn more please stop over to see Trudy! If there are any IL residents wanting to have a friend come to visit them once a month or a couple of times a month let us know in the Resident services office. We have friends who would be available to start a friendship with YOU!

AARP Smart Driver Course: April 10th & April 11th

Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver Course. LV will be offering this course Thursday, April 10th and Friday, April 11th from 8:00AM to 12:00PM in the Theater Room. You will learn helpful driving strategies and you may even qualify for a multi year discount on your auto insurance! AARP members save 20% on the cost of the course. The instructor is David Sollenberger. To register, fill out the reservation slip in the back of this newsletter. You must attend both days to receive the certificate. Please bring your current PA drivers license and your AARP ID (if you are a member). **Cost is \$20.00 for members and \$25.00 for non-members. Pay on the day of event.** Questions: Call Trudy ext. 3048

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

March Quiz is Battle of the Sexes!

The March Quiz will feature two couples; but it's the husbands versus the wives.

The special guest will be an unusual musical performance.

Quiz questions will focus on St. Patrick's Day, Spring,
and "March Madness" College basketball.

And we'll have our regular features, including a Fitness Minute
and Pun Fun with Gabriele.



**The March Quiz is scheduled for Thursday, March 27th
at 2pm in the DiMatteo Center.**

Remember, everyone is welcome to attend & no reservations are needed.

Please join us for the Londonderry Village Community Quiz!

The FREE on campus only taxi service's hours are:

Monday through Friday - 8:30am to 3:30pm

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

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

We are always looking for More Volunteers!!

Please call Jane Quairoli 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 Quairoli, 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

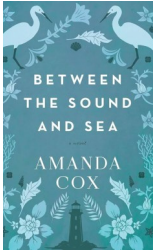
Campus Information

What's New at The Stoneback Library

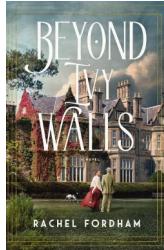
Auxiliary Library request

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

Then place the card in the labeled card box.



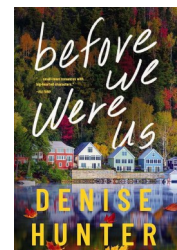
Between The Sound and Sea
Amanda Cox



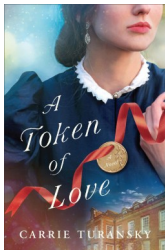
Beyond Ivy Walls
Rachel Fordham



Driftwood Tides
Gina Holmes



Before We Were Us
Denise Hunter



A Token of Love
Carrie Turansky



Hope Unburied
Treasures of the Earth Series #3
Kimberly Woodhouse



Buttermilk Sky
Jan Watson

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

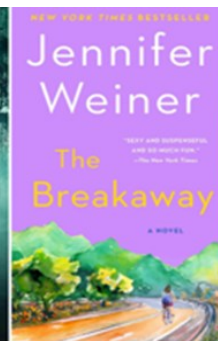
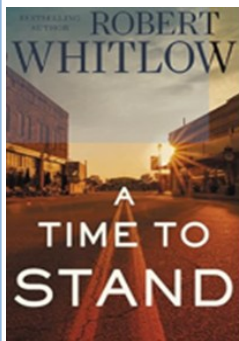


A Lebanon County Library System card is needed to borrow these books.

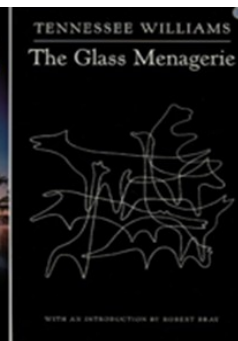
Our library volunteers can help you obtain a card.

Below is a sample of titles now available.

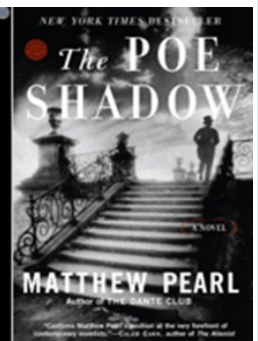
Hard Backs



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

Please submit your newsletter article no later than the 15th of each month.

You can email them to:
sbarnes@londonderryvillage.org.

Thank you!

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.

High-Rise Apartment Elevators

Safety Guideline Policy

In order to prevent accidents, Residents with scooters or pets travel alone on the elevators.

Hershey LTC Pharmacy

Monday - Friday
9am - 5pm
717-832-2050

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.

Seasons Restaurant

Wednesdays & Fridays

4pm - 7pm

The Café at Stoneback Library

Monday through Friday

Breakfast 7am - 10am

Lunch 11am - 1pm

Saturday and Sunday

Lunch 11am - 1pm

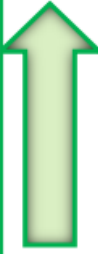
Wellness Way

MARCH – Wellness Center Class Calendar – 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Walk Across America Begins 3 9 AM Wet N Well 10:45 AM Zumba 1:30 PM Balance	9 AM Soothing Sensations 10 AM Move & Improve	9 AM Wet N Well 9 AM Seated Yoga 1-2 PM Blue Zone Video #3 (in DiMatteo)	9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	9 AM Wet N Well 10 AM Drum Fit SIGN UP REQUIRED! 11 AM Fit & Informed
9 AM Wet N Well 10:45 AM Groove 1:30 PM Balance	9 AM Soothing Sensations 10 AM Move & Improve	9 AM Wet N Well 9 AM Seated Yoga 1-2 PM Blue Zone Video #3 (in DiMatteo)	9 AM Soothing Sensations 10 AM Move & Improve	9 AM Wet N Well 10 AM Drum Fit SIGN UP REQUIRED! 11 AM Fit & Informed
9 AM Wet N Well 10:45 AM Zumba 1:30 PM Balance	9 AM Soothing Sensations 10 AM Move & Improve	9 AM Wet N Well 9 AM Seated Yoga 1-2 PM Blue Zone Video #4 (in DiMatteo)	9 AM Soothing Sensations 10 AM Move & Improve 2 PM Water Volleyball	9 AM Wet N Well 10 AM Drum Fit SIGN UP REQUIRED! 11 AM Fit & Informed
24/31 9 AM Wet N Well 10:45 AM Groove (^ only on the 24 th) 1:30 PM Balance	9 AM Soothing Sensations 10 AM Move & Improve	9 AM Wet N Well 9 AM Seated Yoga 1-2 PM Blue Zone Video #4 (in DiMatteo)	Wellness Outing NO TRAINER ON DUTY! NO CLASS! POOL CLOSED!	9 AM Wet N Well 10 AM Drum Fit SIGN UP REQUIRED! 11 AM Fit & Informed

CLASS INTENSITY
 LOW
 MODERATE
 HIGH

SEE REVERSE FOR CLASS DESCRIPTIONS



MARCH WELLNESS OUTING

We are going to the Reading Public Museum & Planetarium on Thursday March 27th for a guided tour of the museum and a private show at the planetarium. The tour leaves from Snell Community Center Entrance at 10:45 AM and will return at 3 PM. If you are interested in joining us, please sign up with Sandra the receptionist at the Snell Community Information Desk. The tour costs \$10 per person and must be paid prior to the trip. *Please come prepared for this trip by eating a big breakfast and bringing along snacks and water.*

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.

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.

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.

Drum Fit – Join our energizing 30-minute drum fitness class, where you'll experience a high-energy workout combining drumming and rhythmic movement! Suitable for all fitness levels, this dynamic class can be done seated or standing, making it perfect for everyone looking to boost their stamina, coordination, and mood through the power of music. **Sign up in the Wellness Center.**

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

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

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

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

Walk Across America: The Londonderry Village Wellness Team invites residents to participate in a collaborative walking challenge by tracking their mileage on a map **in the Wellness Center**, stop by regularly to report your miles and see our collective journey across the USA, fostering camaraderie rather than competition.

Blue Zone Video: Join us for a special viewing event of the critically acclaimed Netflix TV Docuseries "Live to 100, Secrets of the Blue Zones", March 12th, and March 26th, 1-2 PM in the **DiMatteo Worship Center**.

Fit & Informed: Enjoy insightful discussions from leading health care and wellness professionals on vital aging topics while your exercises Friday mornings 11 AM **in the Wellness Center**.

- ✓ 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

March Wellness Outing

Reading Public Museum & Planetarium

We are going on Thursday March 27th for a guided tour of the museum and a private show at the planetarium. The tour leaves from Snell Community Center Entrance at 10:45 AM and will return at 3 PM.

If you are interested in joining us, please sign up with Sandra the receptionist at the Snell Community Reception Desk.

The tour costs \$10 per person and must be paid prior to the trip.

(Please come prepared for this trip by eating a big breakfast and bringing along snacks and water.)



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

Dates: Episode #3 on **March 12th**, and Episode #4 on **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.



Wellness Way

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.

Fit and Informed

Join us weekly on Friday mornings in March from 11-11:30 AM in the Wellness Center! You will be able to watch and listen to a health and wellness podcast while you exercise. "Better Health While Aging" by Dr. Leslie Kernisan. This informative series provides valuable insights into healthy aging and support for family caregivers. Questions? Please call the Wellness Center at x3211

Drum Fit

Join us on Fridays in March in the Studio at 10AM. SIGN UP IS REQUIRED. Please sign up in the Wellness Center. If you have your own ball please let the Wellness Center staff know. Please remember you must have an up to date Physicians Consent form and release signed before participating in Wellness Center activities Questions? Please call the Wellness Center at x3211

Line Dancing

A new mini 3 week session is starting on Saturday March 29th. Class Dates will be Saturday March 29th, Saturday April 12th, and Saturday April 19th in the DiMatteo Center at 10AM Please remember you must have an up to date Physicians Consent form and release signed before participating in Wellness Center activities. Questions? Please call the Wellness Center at x3211

Walk Across America is Back!

Starting March 3rd, the Wellness Team will keep track of everyone's miles and plot it on a map that will be hanging in the Wellness Center. Stop by frequently to report your miles and see how far we have walked across the USA. This years route is all National Parks! This is not a competition but a challenge for all residents of Londonderry Village. Questions? Please call the Wellness Center at x3211

Wellness Way

Zumba Gold

Zumba Gold® will be on Monday March 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 March 12th & 26th at 9:00am in the Studio. If you have any questions, please call Mary in the Wellness Center at Ext. 3211

GROOVE!

Monday March 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

Body Rock – A New Exercise Class

A new 4 week exercise class is starting on **APRIL 1st**. Join us on Tuesday **April 1st**, Tuesday **April 8th**, Tuesday **April 15th**, and Tuesday **April 22nd** at 2PM in the Studio. This challenging Strength and Conditioning class will alternate strength training with short cardio intervals to rock your body. Strength moves with hand weights, bands, tubing and body weight will enhance strength and endurance for every muscle in your body while simple and short low-impact cardio intervals will improve your cardiovascular health. Please remember you must have an up to date Physicians Consent form and release signed before participating in Wellness Center activities. Questions? Please call the Wellness Center at x3211

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!



Village Convenience Store

VILLAGE CONVENIENCE STORE - MARCH

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

March has the first day of Spring, an Irish Holiday - St. Patrick's Day, where everyone seems to be Irish for the day, and for the sports minded don't forget the March Madness Tournament!

Come into our store and check out our special green item treats and candies to help you celebrate St. Patrick's Day.

We are also getting ready for Easter in April and will be featuring several different flavors of Easter eggs. Coconut Cream, Butter Cream, Peanut Butter and Mint just to mention a few. These are homemade by a church and everyone has thoroughly enjoyed them in the past. If you haven't tasted them before you are in for a great treat.

March can still be very cold and what sounds better on a cold day than hot dogs and sauerkraut. We sell two hot dogs packaged together and also two hamburger or hot dog buns packaged together. Also large and small cans of sauerkraut. We also have frozen breaded chicken patties. Stop in and check out our great variety of frozen items.

Reminder:

Don't forget to come into the store and pick up your pre-ordered Fastnachts on Fastnacht Day, March 4th.

Congratulations

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

Week of:

Jan. 3rd - Suzanne C.

Jan. 10th - June H.

Jan. 17th - Jean J.

Jan. 24th - Mary L.

Jan. 31st - Dorothy B.

We leave you with this Irish saying: As you slide down the banister of life may the splinters never point the wrong way!

Until next month.

THE TEAM

Estate/Barn Sale News

ESTATE/BARN SALE NEWS

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

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

*****A Barn Tour will be held March 11 at 10:30 AM**

for potential volunteers, including all new & current residents.***

Please complete the reservation slip below and place it in the IL Reservation Box

Barn Tour Tuesday March 11th at 10:30am

Name _____ Phone Number _____

Speakers • Talks • Groups

Caregiver Support Group: Thursday March 13th at 2PM



The group will be happy to have our own Chaplain Ken Phillips presenting on the topic of "The Power Perspective in Care-giving". Come learn and discuss what is influencing our perspectives on this journey of care giving. We will be meeting in the Theater room. Please sign up for seating arrangements. All are welcome to attend who are caring for a family member or spouse. questions: call Mary Lee at 3186.



Wednesday March 26th

Join us in the Theater Room Wed. March 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: St. Patrick's Day-Bet you didn't know The Power of Optimism. Power foods for the brain.

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. Dates are March 12th and March 26th at 1:00 pm in the Chapel.

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 March 24th at 3PM

The book club will meet Monday, March 24th at 3:00 PM in the Village Art Center. The March book is "Firefly Lane," by Kristin Hannah. If you need a copy of the book, please call Donna F.



Conversations with Friends: Monday March 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, March 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, April 14th or 28th

Ladies Afternoon Tea will be held Monday, April 14th or 28th at 1:30pm. 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 March 15th

The Veterans Club will be having their monthly meeting Saturday, March 15th at 10:00am in the Village Art Center. This meeting time will be spent playing the game of Battleship. Please plan to attend and enjoy the camaraderie of your fellow vets while we have fun playing games. Please call Chuck T. to reserve your spot.



Speakers • Talks • Groups

Chaplain's Independent Living Bible Study

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



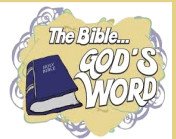
Gleaners Women's Bible Study

GLEANERS (Women's Bible Study) will not be meeting in the month of March.

We will resume regular meeting in April.

All women are invited to join us.

Have questions? Contact Ramona D.

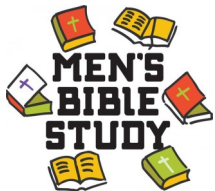


Men's Bible Study: Every Friday

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 Steffy.

No reservations needed. Questions, call Bob Fike 717-919-7171.



Grief Support Group

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

Speakers • Talks • Groups

Bell Tones: March 6th & 20th



The Bell Tones will be practicing in the Theatre Room on March 6th, the first Thursday of March at 3:30 PM and also on March 20th, the third Thursday of March at 3:30 PM. We are always looking for people to help ring the bells. Everyone is invited. You do not need to read music as our bells and music are color coded. Come on out and join in the fun and help to make some great music. Have 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 Umberger at 717-314-3584.



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: Wednesday March 26th at 11:15AM

Come join our group as we experience different forms of beautiful music. It's educational, interesting, and relaxing to be with friends. Stop in any time! Learn about the amazing talents in our world! We always meet the fourth Wednesday of each month at 11:15 am in the DiMatteo Worship Center Chapel area. Call Mary Lee at 3186 for more information.

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 March 14th

The LV Bus will travel to the Quentin Haus Friday, March 14th. 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 R. for Cancellations.



HOB:

Tuesday March 25th

The LV Bus will travel to Heisey's Diner Tuesday, March 25th. 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 R. for cancellations.



Third Tuesday Shopping Trip: On a FRIDAY this month Friday March 21st

The Third Tuesday trip this month will take place on FRIDAY, MARCH 21st. The bus will travel to Farmstead Farmers Market. The Market is not open on Tuesdays. The Market is in a restored barn, which makes the perfect backdrop to our indoor, year-round market. Owners Lloyd and Joel Umberger started Farmstead Market in 2007 with a passion for providing top quality, local produce. 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 Summer Vacation: June 23rd through 27th. The Ladore Summer Vacation Trip has sent in their reservations for the June 23-27 2025. There is a window of time that we can add additional residents if you choose to go. The trip is all inclusive for the transportation, lodging, food and entertainment for the week. A super bargain at \$425 for single room or \$300 for two in a room. Plus a \$50 non-refundable deposit. Call Mary Lee or Trudy to get more information.



UNTO A Cru Ministry: Thursday March 27th

LV will be taking a bus to UNTO Global Logistics Center Thursday, March 27th. 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 Apr. 12:30PM. 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

Suite-est Place on Earth: May 2nd at 7:30pm at Hershey Free Church

Join us for a delightful concert showcasing the talent of the Hershey Symphony and our youth orchestra, Festival Strings. Be enchanted by the whimsical charm of Ravel's Ma mère l'Oye - Mother Goose Suite, journey through the dramatic landscapes of Mendelssohn's The Hebrides ("Fingal's Cave"), and experience the American West frontier with Copland's Suite from Billy the Kid. This evening promises a magical blend of storytelling and musical brilliance, perfect for all ages! The final performance for 2025 The discounted tickets are \$19.00 each for residents and family members. The LV Buses will be leaving at 6:45 pm at the Snell CC entrance. Questions, call Trudy at 3048.

The Hunchback of Notre Dame: Lebanon High School - Sunday March 16th

The Lebanon High School students will present their spring musical, The Hunchback of Notre Dame. This is a new musical based on the Victor Hugo Novel and songs from the Disney film. LV will be taking a bus to the school Sunday, March 16th for the 3:00 PM show. Bus will depart Snell CC at 2:00PM. Tickets cost \$15.00. Reservations required. Deadline to purchase tickets is Monday, March 10th. Please sign up in this newsletter. Questions: Call Trudy ext. 3048

March 2025

<p align="center">Sunday, March 02</p> <p>10am Chapel Service (Chaplain Ken)</p> <p>11am Brunch at Seasons</p>	<p align="center">Monday, March 03</p> <p>8am Layser's</p> <p>10am to 12pm ReNewed Hearing Solutions</p> <p>1pm Conversations with Friends</p> <p>2pm Grief Support Group</p> <p>3pm Open Wii Bowling</p> <p>6pm Billiards</p>	<p align="center">Tuesday, March 04</p> <p>8am Trash</p> <p>8am Blood Sugar</p> <p>8, 9 & 10am Walmart Trips</p> <p>1pm Bible Study with Chaplain Ken</p> <p>2:30pm Scrabble</p> <p>6pm Evening Pinochle</p> <p>7pm Shuffleboard</p>	<p align="center">Wed</p> <p>10am The Vil</p> <p>10am Bible F</p> <p>1pm Ice Crea</p> <p>1:30pm Hand</p> <p>2:30pm Jones</p> <p>7pm Evening (Palmyra CC)</p>
<p align="center">Sunday, March 09</p> <p>10am Chapel Service (Linda Sprandel)</p>	<p align="center">Monday, March 10</p> <p>8am Layser's</p> <p>11am Rosary</p> <p>1:30pm Ladies Afternoon Tea</p> <p>2pm Grief Support Group</p> <p>3pm Open Wii Bowling</p> <p>6pm Billiards</p>	<p align="center">Tuesday, March 11</p> <p>8am Trash</p> <p>8am Blood Sugar</p> <p>11:00am Textile Group</p> <p>1pm Bible Study with Chaplain Ken</p> <p>2:30pm Scrabble</p> <p>6pm Evening Pinochle</p> <p>7pm Shuffleboard</p>	<p align="center">Wed</p> <p>10am The Vil</p> <p>11:15am Hers</p> <p>1pm Wellnes</p> <p>1:30pm Hand</p> <p>2:30pm Jones</p> <p>7pm Evening (Conewago C</p> <p>4pm St. Patric</p>
<p align="center">Sunday, March 16</p> <p>10am Chapel Service (Chaplain Ken)</p> <p>3pm The Hunchback of Notre Dame (Bus Trip)</p>	<p align="center">Monday, March 17</p> <p>8am Layser's</p> <p>10am to 12pm ReNewed Hearing Solutions</p> <p>10am or 1pm Teaching Kitchen</p> <p>1pm The Village Insider</p> <p>2pm Grief Support Group</p> <p>3pm Open Wii Bowling</p> <p>6pm Billiards</p>	<p align="center">Tuesday, March 18</p> <p>8am Trash</p> <p>8am Blood Sugar</p> <p>1pm Bible Study with Chaplain Ken</p> <p>2:30pm Scrabble</p> <p>6pm Evening Pinochle</p> <p>7pm Shuffleboard</p> <p>2:15pm JCM Band</p>	<p align="center">Wed</p> <p>10am The Vil</p> <p>1:30pm Hand</p> <p>2pm Dining S</p> <p>2pm Untold S</p> <p>2:30pm Jones</p> <p>7pm Evening (First ECC, I</p>
<p align="center">Sunday, March 23</p> <p>10am Chapel Service (Linda Sprandel)</p>	<p align="center">Monday, March 24</p> <p>8am Layser's</p> <p>2pm Weaving Passions</p> <p>2pm Grief Support Group</p> <p>3pm LV Book Club</p> <p>3pm Open Wii Bowling</p> <p>6pm Game & Tech Night</p> <p>6pm Billiards</p>	<p align="center">Tuesday, March 25</p> <p>8am Trash</p> <p>8am Blood Sugar</p> <p>10am Communion w/Palm Lutheran Church</p> <p>12:30pm HOB</p> <p>1pm Bible Study with Chaplain Ken</p> <p>2:30pm Scrabble</p> <p>6pm Evening Pinochle</p> <p>7pm Shuffleboard</p>	<p align="center">Wed</p> <p>10am The Vil</p> <p>11:15am Mus</p> <p>1pm Wellnes</p> <p>1:30pm Hand</p> <p>2pm TED Tal</p> <p>2:30pm Jones</p> <p>7pm Evening (Lebanon CC)</p>
<p align="center">Sunday, March 30</p> <p>10am Chapel Service (Bonnie Harris)</p>	<p align="center">Monday, March 31</p> <p>8am Layser's</p> <p>2pm Grief Support Group</p> <p>3pm Open Wii Bowling</p> <p>6pm Billiards</p>		

Trips & Excursions

Hershey Area Women's Connection

"Sew Beautiful" Luncheon Buffet

Wednesday March 12th 2025

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



128 Hillcrest Road, Hershey

Menu

Baked Mac 'n' Cheese, Italian baked chicken, 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 March 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

Feature: "A Quilt Trunk Show" with Sherry Calwell from Mount Joy, PA.

Music Feature: Soprano soloist, Jodi Loose, from Lebanon, PA

Speaker: Teresa Gardner from Canisteo, New York sharing "I will Smile Again"



Laysers Greenhouse Flowers: Volunteers Needed

The Laysers 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. **"WE ARE ALWAYS LOOKING FOR MORE VOLUNTEERS TO BE MORE FLEXIBLE WITH RESIDENT SCHEDULES."** Thank you for making a difference!

Trips & Excursions

Bible Fellowship Luncheon: Wed. March 5th

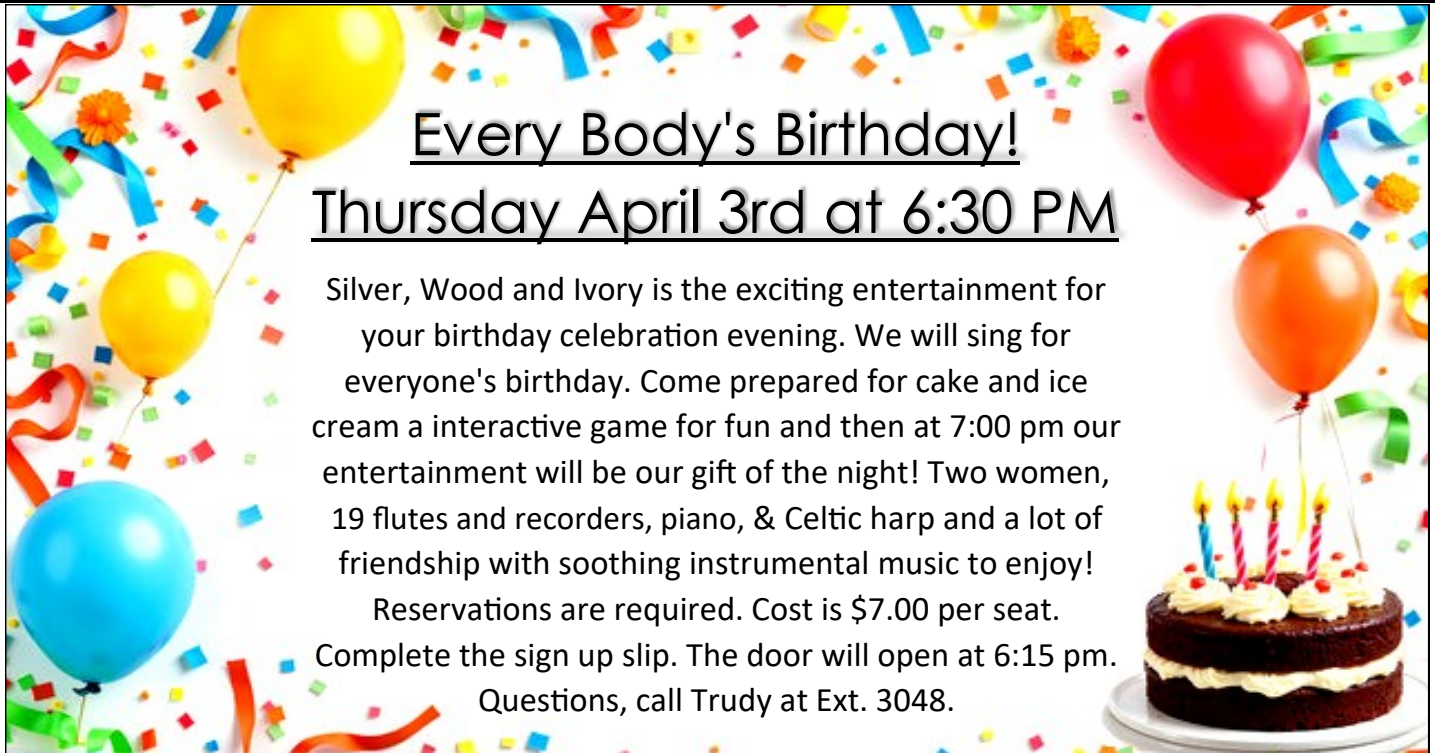
Adult Bible Fellowship Luncheon will take place Wednesday, March 5th at the Hershey Free Church. **A \$5.00 donation will be collected at the luncheon.** Please do not give the money with your reservation slip. The LV Bus will depart Snell CC at 10:00 AM. Reservations required. The date for the April luncheon will be Wednesday, April 2nd. Sign up for both March and April in this newsletter. Topics for both meetings have not yet been released. 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



Every Body's Birthday!
Thursday April 3rd at 6:30 PM

Silver, Wood and Ivory is the exciting entertainment for your birthday celebration evening. We will sing for everyone's birthday. Come prepared for cake and ice cream a interactive game for fun and then at 7:00 pm our entertainment will be our gift of the night! Two women, 19 flutes and recorders, piano, & Celtic harp and a lot of friendship with soothing instrumental music to enjoy!

Reservations are required. Cost is \$7.00 per seat. Complete the sign up slip. The door will open at 6:15 pm. Questions, call Trudy at Ext. 3048.

Family Feud: Friday, March 21st

Come on out for a friendly game of Family Feud, lead by Occasions DJ's. It is like the TV game where each team takes a turn trying to match the most popular responses to survey questions. You have to think how 100 other people will answer questions so it definitely helps stimulate the brain. We will need attendees who are willing to be on a team and attendees who would rather watch from the audience. The team participates as a group, no individuals are called upon for answers. Family Feud will be played, Friday, March 21st at 2:00 PM in the DiMatteo Worship Center. Reservations needed so the teams can be set ahead of time. Please indicate on the reservation slip if you would like to participate on a team, or if you would rather be a spectator in the audience. Questions: Call Trudy ext. 3048



JCM Band: Tuesday, March 18th

All are invited for an afternoon of 50's and 60's music with the JCM Band. They are a 3 piece band playing guitar, drums, keyboard and vocalists. Plan to join us Tuesday, March 18th at 2:15 PM in the Di Matteo Worship Center. No reservations needed. Questions: Call Trudy ext. 3048.

The Hunchback of Notre Dame: Thur. March 6th

The Lebanon High School students will present a caprise of their spring musical, The Hunchback of Notre Dame, **HERE AT LV**. All are invited Thursday, March 6th at 1:30 PM to The DiMatteo Worship Center. This is a new musical based on the Victor Hugo Novel and songs from the Disney film. Join us as we show our support for these young and talented actors and musicians. We will take the LV Bus to Lebanon High School to see the entire musical, however, this will give you a chance to preview the musical ahead of time here at LV. No reservations needed. Questions: Call Trudy ext .3048

Programs in the DiMatteo Worship Center

Servant Stage Presents Little Women: The Broadway Musical March 14th at 7pm

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 DiMatteo 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

Weaving Passions: Monday March 24th

There will be a program in the Di Matteo Worship Center, connecting the Threads of Navajo Rugs, Theo Wittman, and Mount Gretna. The program will take place Monday, March 24th at 2:00 PM. The presentation will be given by Don "Stone" Kensinger, retired educator, canoeist, stone craftsman, navajo rug collector, metal detectorist, wood splitter. He has written some books & will have autographed copies available for sale. No reservations needed, questions call Trudy ext. 3048.

"Untold Stories of Racism.. In Elizabethtown?": Wednesday March 19th at 2pm

Most of us have stories about why we live where we do. Generally the reasons lie in our own or some ancestors' decisions. Julie Ann Keith and Joan Houston will be presenting with interviews of local people, on video, to share what they have learned through discovery. We have learned by listening to stories, however, that our community of Elizabethtown was intentionally white for most of the 20th century; it didn't just happen. We'll share some of what we've learned and will welcome your stories. Our goal is not to shame our (or your) beloved community but to learn about or acknowledge our past so we can do better today. Come listen, explore, and learn living with many cultures in our local areas. This will be a discussion group setting. DiMatteo Worship Center Chapel 2:00pm Please complete a sign up slip for seating arrangements. Question: contact Mary Lee at 3186.

Lebanon Valley College Community Screening Event: Monday March 31st

The students from the LVC Doctoral Program are coming to LV to gain knowledge working with our residents. This will be their opportunity to work with the senior population for training. We are fortunate to receive helpful information all for free from PT students. Di Matteo Worship Center chapel. Stop by any time between 9:30 am to 11:30 am Have fun learning!.

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

A New Format

Short Discussion after the movie...

Did you like or dislike the movie? Why?

Samson – March 7th at 3:00PM



An excellent Christian movie. Fast moving and enjoyable. Samson is empowered by God with supernatural strength, endangers his destiny with impulsive decisions that lead to his betrayal by a wicked prince and a beautiful temptress.

Released 2018 - 1 hr. 50 min. - Rated PG-13 - Closed Caption

The Forge – March 21st at 3:00pm



From the producers of *War Room*, *Fire Proof* and *Courageous* comes another great Christian movie about a young boy who graduates from high school and sits at home playing computer games or playing basketball. No desire to do anything let alone look for a job. Isiah, the young man is challenged by his mother and a successful businessman to find a better path in life. *The Forge* is a 2024 Christian drama film. Watch how these two people shape the life of Isiah. The message of *The Forge* is discipleship. Salvation through Jesus is free, but discipleship is costly.

Released 2024 - 2hr. 3 min. - Rated PG - Closed Caption

October BABY – March 28th at 6:30pm



*** Loosely based on a True Story ***

Many Christians talk the Christian family walk. Here is a novel how one family who walked the walk, through multiple trials. This movie has a great message. If you plan to see this movie, I encourage you not to read ahead so that you can experience the full impact of this movie.

Released 2011 - 1 hr. 47 min. - Rated PG-13 - Closed Caption



Greetings from the Grounds Department!



Greetings from the grounds department! I hope everyone made it through Mother Nature's fury last month without any mishaps. My fingers are crossed that she is nicer to us this month. THINK SPRING!

You may notice a new fella following me around, his name is Brandon and he is our new groundskeeper assistant. Say hello when you see him. Nicholas is no longer in the grounds department. He has moved to the maintenance department as their new porter. Congratulate him when you see him, he will be missed for sure.

We still have two open positions if you know anyone looking for a great job at a great place. Until next month, be safe, kind and happy!



The Journey

*Who will sing the songs
Or hang a wreath upon his door
For the man who walked in silence
That feels winters chill no more*

*Who will write the poetry
Or put flowers on the grave
For the bundled up old woman
While in a paupers plot she lays*

*Will the throng be round about
The hills, will they echo the sound
Of amazing grace and it's chorus
Will their passing still the town*

*The humming of the old caretaker
The echo of the earth falling down
Putting to rest another
That walked the streets of town*

*Open your hearts and give comfort
To the feeble and the poor
One day you may need a helping hand
On your journey to evermore*

*Without a Savior you are homeless
As you wonder through life's woes
Are you better of then the silent man
Or woman with tattered clothes*

*Do you have a home of brick and wood
That brings comfort throughout the year
Rather seek a home of silver and gold
And the Savior will take you there*

*For the host of Heavenly Angels
Will rejoice to see the face
Of the Tattered dressed old woman
And that old man saved by Grace*

Larry M.

God and the Spider

During World War II, a US marine was separated from his unit on a Pacific island. The fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades.

Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed. As he waited, he prayed, **“Lord, if it be your will, please protect me. Whatever your will though, I love you and trust you. Amen.”**

After praying, he lay quietly listening to the enemy begin to draw close. He thought, “Well, I guess the Lord isn't going to help me out of this one.” Then he saw a spider begin to build a web over the front of his cave. As he watched, listening to the enemy searching for him all the while the spider layered strand after strand of web across the opening of the cave.

“Hah,” he thought. “What I need is a brick wall and what the Lord has sent me is a spider web. God does have a sense of humor.” As the enemy drew closer he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over the entrance, his cave looked as if no one had entered for quite a while.

“Lord, forgive me,” prayed the young man. “I had forgotten that in you a spider's web is stronger than a brick wall.”

We all face times of great trouble. When we do, it is so easy to forget what God can work in our lives, sometimes in the most surprising ways. And remember with God, a mere spider's web becomes a brick wall of protection.

Submitted by Lois W.

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:

Pauline Shadel, who died on January 16, 2025.

Clifford Lord, who died on February 9, 2025.



Common Good March 2025



*"The Lord is good to all, and His mercies are over all His works."
- Psalm 145.9*

Sunday Chapel

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

*March 02: Chaplain Ken
March 09: Linda Sprandel
March 16: Chaplain Ken
March 23: Linda Sprandel
March 30: Bonnie Harris*

Wednesday Evening Worship

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

*March 05: Palmyra COB
March 12: Conewago COB
March 19: First ECC, Palmyra
March 26: Lebanon COB*

**Thursday,
March 6th @ 10:30am**

*Catholic Mass
In the DiMatteo Worship Center*

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

*Recitation of The Rosary
in the Prayer Room*

**Tuesday,
March 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!

March Happy Birthday Wishes

David F. March 4

Ken R. March 6

Barb W. March 8

Ted S. March 11

Daniel L. March 14

Peter S. March 16

Joyce P. March 19

Delores (Dee) M. March 19

Cindy W. March 25

Girard G. March 25

Edith U. March 26

Lori B. March 28

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

Special Thanks

Thank you to Corey and his maintenance crew who immediately and efficiently solved a problem for me that I was not aware they were doing until I received a phone call. Appreciated so much.



IL Committee Notes - March 2025

ILC Activities

Wow, it is March already. Even with all the winter weather, time seems to be flying by.

As always, there are a lot of activities in the month of March and early April to help us stay active and enjoying the gift of life. Let me highlight a couple (that are described in other areas of this newsletter):

Servant Stage will be performing here again. This time on Friday, March 14, at 7 pm. The title of this event is LITTLE WOMEN, a Broadway musical that is a stage adaptation of Louisa May Alcott's beloved novel which follows the lives of four sisters. Servant Stage productions are entertaining and enjoyable. It is pay-what-you-want performance.

Another very enjoyable musical experience is the Hershey Symphony Orchestra concert entitled Tranquility to Triumph on March 22nd, at 7:30 pm at the Hershey Free Church temporary location while the Hershey Theater is being renovated.

On Tuesday, March 31st from 9:30 am to noon, we have a chance to help future physical therapists from the Lebanon Valley College Doctoral Program learn how to work directly with seniors. We might also learn something about ourselves. These students will help us check our balance, memory capabilities and emotional wellbeing. There is no need to make a reservation to participate - just stop by that morning when you have a chance.

A special celebration is planned for early April, on the first Thursday, April 3rd, at 6:30 pm. This event is called "Everybody's Birthday Social"! Since I am sure we all have birthdays, why not celebrate the gift of another year with your neighbors and friends?

May you have a fun and safe St. Patrick's Day! And, for those who want to prepare for Easter, Lent starts on March 5th!

Jim W. ILC Chair



Fun & Games

Game Day: Friday March 7th

Join us Friday, March 7th at 1:30 PM in the Theater Room. We play a selected board game, and more importantly, have a lot of fun! No reservations required. The group will not meet Friday, March 21st. Please plan to attend the Family Feud game that afternoon.
Questions: Call Trudy ext. 3048

BINGO: March 28th

BINGO will be played on Friday, March 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.

Saturday, March 8, 15, 22, & 29 will be the regular Games of Choice.



Billiards: Every Monday & Thursday

Join us every Monday & Thursday at 6:00 PM in the Billiards & Game Room Pick-up style games.

Hand & Foot Card Players: Every Wednesday



Join us every Wednesday at 1:30 PM in the Village Art Center.
Questions, call Pat C.



Bridge: Every Friday

Join us every Friday 2 to 4 PM in the Village Art Center (Please arrive about 1:45 PM)

Welcoming New Players!

Call ahead for table seating.

Call Jay B. with any questions

Evening Pinochle: Every Tuesday



Join us at 6 PM in the Village Art Center
Pick-up style games.
(Please arrive about 15 minutes early)

Shuffleboard: Every Tuesday



Join us 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.

COME CHECK OUT THE BRAND NEW SHUFFLEBOARD TABLE!



Wii Bowling: Every Monday

Wii Bowling is held every Monday in the Studio. Games begin at 3 PM & the group is always looking for new players. Please call Judy Cook at 717-641-4272 with questions or if you'd like to learn how to play!

SCRABBLE: Every Tuesday

Join us in the Village Art Center every Tuesday at 2:30 PM for a game of Scrabble.
Questions, call Trudy Ext. 3048



Village Art Center



Community Puzzle Tables

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

Textile Group:

Tuesday March 11th at 11:00 AM

The Textile Group meets the 2nd Tuesday of each month at 11:00 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.

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 March 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

Annual Londonderry Village Auxiliary Sub & Sandwich Fundraiser

The deadline for orders: Friday, April 16, 2025

Pick-up at Stoneback Pavilion: Sat, April 26

11:00am – 1:00pm



Subs \$7.50 Pretzel Sandwiches \$6.50



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

Additional order forms can be found at the Snell CC Desk

Your Name: _____ Phone: _____

Address: _____

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

Delivery by another person Provide Person's Name: _____

Please indicate method of payment: Cash _____ Check* _____

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

Please indicate method of payment: Cash _____ Check* _____

**Make checks payable to Londonderry Village Auxiliary*



LV Auxiliary News



Subs

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

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

Subs on a Whole Grain Roll

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

Pretzel Sandwiches

(Condiment packet w/ each sandwich)

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

LV Auxiliary News

Auxiliary Officers for 2025

Jim W. President

Bill M. Vice President

Kathy R. Secretary

Denise B. Treasurer

Please feel free to contact any of the officers with questions or ideas for Fundraisers.

ANNUAL PROJECT FOR 2025

In consultation with Londonderry Village Staff, it was decided at the February 1 Quarterly Meeting that we contribute \$15,000 over the next two years to support the construction of sidewalks and walking trails that will benefit most all residents. Obviously, the total dollar amounts needed are too large for us to do it by ourselves, but we can specify areas where we would want our money to go to these areas would recognize the Auxiliary as the main contributor to that section of the sidewalk/trail. There are several reasons that this project was chosen: first and foremost-safety as currently, most of our walking is done on the streets and while traffic is not heavy, cars and pedestrians are not a good mix; second, for people with disabilities, properly aligned curbs with ramps, pathway grading and uneven surfaces are problematic; third, when people walk more, they are healthier and that certainly improves the quality of life. There are more reasons we could list, but you can see the benefit for all residents. Plans call for the work to begin when the weather warms up and extend over a 2-3 year period

BAZAAR

We are currently looking for a person to Co-chair the annual Bazaar in October. If interested, please contact one of the officers listed above.

LV Auxiliary News

Village Boutique

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

Happy Saint Patrick's Day! Stop in and check out our "GREEN"! For the month of March all the clothes will be HALF PRICE!!. Spring is just around the corner. If you are a card player, we have card holder for your cards. One of our clerks has made several holders to sell in the Boutique. Think Spring and warm days ahead.

Dates to Remember:

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



Below is a form to be used for donations for the Special Project.

Auxiliary 2025 Annual Project Donor Form

Name: _____

Address: _____

Donation Amount \$ _____



Dining Services News

ST. PATRICK'S CELEBRATION IN SEASONS RESTAURANT

MARCH 12, 13, & 14

4PM - 7PM

Special menu will feature:

Irish Stew	Corned Beef
Roasted Rutabaga	Irish Coddle
Beer Battered Cod	Barmbrack
Guinness Chocolate Cake	Irish Champ

And More!

For any questions or to
make reservations, call
Seasons at ext:3612

Reservations are not required



Dining Services News



With Chef Darius

Join our chef to learn a few cooking techniques and make your own personal pizza.

Location: Seasons Restaurant

Date: March 17th, 2025

Time: 10am or 1pm

Reservations are required. Call Sadie at ext: 3609 with questions or to reserve your spot. Space is limited, reserve before March 11th

SUNDAY BRUNCH BUFFET Sunday March 9th

11am - 1 pm in the Atrium

All you care to eat buffet - \$14.99

Take-out option - \$14.99

Reservations not required

MENU

Scrambled Eggs

Sausage Links

Bacon & Tomato Stata

Bacon

French Toast Casserole

Shredded Potatoes

Fruit Salad

Swedish Meatballs

Egg Noodles

Winter Vegetable Blend

Donuts

Orange Cranberry Muffins



Dining Services News



Please join us
Wednesday March 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!





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. 12)

DL: ASAP

Name _____ Birthday _____



Caregiver Support Group - Thursday March 13th at 2PM (pg. 24)



DL: ASAP

(Theater Room)

Name _____ Phone Number _____

Bible Fellowship Luncheon Wednesday March 5th at 10:00am (pg. 34)

DL: ASAP

Name _____ Phone Number _____

- Bus Car Rollator Walker



Every Body's Birthday!

Date: Thursday April 3rd at 6:30PM - Deadline: March 21st

Name: _____ Phone: _____

Cost: \$7 Cash _____ Check # _____



HEALTH ALTERNATIVE _____

Suite-est Place on Earth: May 2nd at 7:30pm (pg.29)

DL April 11

Name _____ Phone Number _____

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

- Bus Car Rollator Walker

Stamp Collecting Trimming Volunteers (pg. 9)

Name _____ Phone _____

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 F. 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.

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 March 14th & 28th at 5:30pm - (pg. 44)

DL: ASAP

Name _____ Phone _____

February 14th February 28th

Ladies Afternoon Tea - Monday April 14th or 28th at 1:30pm - (pg. 25)

DL: ASAP

(Choose which date works best for you)

Name _____ Phone number _____

April 14th April 28th

3rd Tuesday Shopping - *Friday* March 21st at 9:30am - (pg. 28)

DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

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

DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

HOB - Tuesday March 25th at 12:45pm - (pg. 28)

DL: ASAP

Name _____ Phone number _____

Bus Car Rollator Walker

Hershey Women's Connection - Wed. March 12th at Noon (pg. 32)

DL: March 6

Name _____ Phone number _____

Bus Car Rollator Walker Gluten Free



Village Voice

Recently I read an article that said, folks don't tend to wave much anymore... well I beg to differ. Maybe we live in one of the few places where people still wave. It doesn't matter if you're walking, riding a bike or traveling in some sort of motorized vehicle, nine times out of ten you're going to get a wave. What a great way to begin your day with wishing the oncoming person a great day!

There was a time in the heat of the summer the only air conditioning was the open window of the car you were riding in. Whenever a vehicle was recognized, people would wave. Almost every time the people inside the other vehicle would wave back, almost!

There are various types of waves.

The one finger wave where both hands are on the wheel, one finger is raised. The technique is usually used by those folks you pass or see on a regular basis.

The two finger salute, the index and second finger is raised while the other fingers continue to grip the steering wheel.

Then there is the chin nod, where the chin is used instead of the hand.

The courtesy wavy where the right hand holds the wheel while the left hand flaps back and forth.

The thank you wave is when you raise your right hand near the rear-view mirror to thank the driver behind you for any number of kind acts.

The touch finger to your forehead cap bill and the left hand out of the window wave is reserved exclusively for good friends.

The gotcha wave is given to someone you don't know accompanied with a friendly grin.

Bye for now,
El F.

Food for thought: by the time you're eighty years old you should have learned all you need to know. The problem is remembering what you learned!

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



DL: ASAP

Name _____ Phone Number _____

UNTO - Thursday March 27th at 8:30am (pg. 29)

DL: ASAP

Name _____ Phone Number _____

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

DL: ASAP

Name _____ Phone Number _____

Bus Car Rollator Walker

Family Feud: Friday March 21st at 2:00pm (pg. 34)



DL ASAP

Name _____ Phone Number _____

Participant Team Member Spectator

Pinewood Derby Competition: (pg. 9)

DL ASAP

Name _____ Phone Number _____

Pinewood Kit Help to Plan More Info.

Untold Stories of Racism .In Elizabethtown? Wed. March 19th at 2pm (pg.35) DL March 14

Name _____ Phone Number _____

The Hunchback of Notre Dame: March 16th at 3:00pm (pg. 29)

DL March 10

(Trip going to the Lebanon High School)

Name _____ Phone Number _____

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

Bus Car Rollator Walker

AARP Smart Driver Course: April 10th & 11th 8am to 12pm (pg. 12)

DL ASAP

Name _____ Phone Number _____

Insurance Review

2025 Insurance (& Taxes) Review!

As we approach April and ‘tax season,’ we also think about more importantly the wonderful Easter season celebration! Please continue to pray for our country, our leaders—internationally, nationally and state & local...but specifically for their salvation!

With April 15th is fast approaching (tax filing deadline!), please be sure you have all your tax documents needed to file State & Federal tax return, if applicable. Be sure you have your 1099 IRS forms from your investments as well as any W-2 statements from employers for those folks still getting paid to work. And do not believe the myth that Senior Citizens stop paying taxes at or above a certain age...NOT true! Tax filing requirements are based on one’s income level, not solely on your age! For free local assistance from program volunteers, call NOW to schedule an appointment with the Lebanon County Volunteer Income Tax Assistance (VITA) program through the United Way of Lebanon County. Call the United Way of Lebanon County at 211 and ask for more information and to see if you qualify for free tax help.

The first few months of the 2025 New Year, I have had several questions regarding why folks are paying out amounts for either their health care or prescription drug coverage that they did not pay in 2024! Please remember at the start of the New Year—and possibly new plans for some folks—it will involve a deductible reset, whether on your Medicare Supplement plan (Part B has a new deductible for 2025 of \$257 that Medicare will not cover their 80% until you pay the deductible) or your Prescription Drug plan—typically for brand name or specialty medications, up to \$590 depending upon your plan. Also, with supplemental health insurance plans (namely Medicare Advantage plans and Part D prescription drug plans) come network requirements that ask/require you to use their participating providers or pharmacies for the least out-of-pocket cost...or even coverage at all! Most plans cover generic prescriptions at no or very low cost. All plans usually have an online updated listing of their providers that I can help you search out as needed. “Preferred pharmacy networks” will help keep your prescription drug out-of-pocket costs at a minimum.

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



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



May your troubles be less
and your blessings be more
and nothing but happiness
come through you door!

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

Café Menu - March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Chicken a La King Biscuit Asparagus Chef's Choice	24 Stroganoff Broccoli Egg Noodles Tomato Bisque	25 Ham, Green Beans, and Potatoes Lettuce Wedge 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 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 Corn Sweet Potato Hash New England Clam Chowder	8 Chicken Marsala Peas and Pearl Onion Egg Noodles Chef's Choice
9 Brunch Chef's Choice	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	29 Lasagna Garlic Roll Broccoli Chef's Choice
30 Roast Turkey w/Gravy Mashed Potato Green Peas Chef's Choice	31 Liver and Onion Mashed Potatoes Carrots Cream of Mushroom					