



Historic Rock Ford Mansion Tour ... page 13

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

Program offerings are listed alphabetically by category. For program listing by date, refer to Monthly Event Calendar.

Description	Date	pg
WELLNESS		
Fitness Classes		
Move!	Tues	4
Yoga	Thurs	4
Wellness Programs		
Blood Pressure Clinic	Tues	5
BeWell Kitchen	4/11, 5/9, 6/13	5
So Good		5

SPIRIT		
Study Groups & Services		
Bible Study	Fri	6
Communion Service	Sun	6
Catholic Communion Service	1st Sat	6

MIND		
Educational		
Book Club	Last Mon	7
Genealogy Group	Bi Wkly Mon	7
Great Discussions: TED Talks	2nd Mon	8
Moral behavior in animals	4/8	8
The inside story of Chat GPT's astonishing potential00	5/13	8
How to not take things personally	6/10	8
Virtual Voyager	1st Fri	8
Lisbon, Portugal	4/5	8
Venice, Italy	5/3	8
Ho Chi Minh (Saigon), Vietnam	6/7	8
Local History by Chris Boyle	Last Tues	9
Men at Ten	Last Tues	7
Technology Skills Sharing and Learning	3rd Thurs	9
Creative Arts		
Craft Corner	4th Wed	9
Flower and Garden Club	1st Wed	9
Painting 201	1st & 3rd Fri	9
Stitch Witchery	3rd Wed	9

Description	Date	pg
SOCIAL		
Cocktails & More	Bi Wkly Thurs	10
Ice Cream Social	5/6	10
Summer Carnival	6/21	10
Trivia with Friends	1st Wed	11

Recreational		
Bingo	4/22, 6/18	11
Board Game Day	1st & 3rd Mon	11
Cribbage	Wed	11
Ping Pong	Mon, Fri	11
Pinochle	Tues	11
Wii Bowling	Mon, Fri	11

Trips		
Amish Meal at Home with Samuel & Ruth Lapp	6/20	12
Baltimore Museum of Art	6/6	12
Gettysburg Diorama	5/14	12
Hershey Trolley Works Tour	4/9	13
Historic Rock Ford Mansion Tour	5/29	13
Peep® Show	4/1	14
Pride of the Susquehanna Riverboat	6/24	14

Dining		
Diners Caravan		
Avenue Ale House & Pizza Loft	6/4	14
Central Family Restaurant	4/17	14
Eagle's Nest	6/26	14
First Watch	5/7	14
Pappas Restaurant	4/25	14
Victor's Italian Restaurant	5/21	15

Buffets & Celebrations		
Birthday Dinner	4/30, 6/25	15
Father's Day Grill Night	6/14	15
Gourmet Hot Dog Special	6/5	15
Mother's Day Brunch	5/10	15
Summer Picnic	6/19	15

"Holiday" Specials		
National Grilled Cheese Day	4/12	16
National Shrimp Scampi Day	4/29	16
National Salsa Month	Week of 5/6	16
National Apple Pie Day	5/13	16
National Brisket Day	5/28	16
National Strawberry Shortcake Day	6/14	16

PROGRAM OFFERINGS

Program offerings are listed alphabetically by category. For program listing by date, refer to Monthly Event Calendar.

Description	Date	pg
Movies		
Pizza & Movie	3rd Mon	17
Enchanted April	4/15	17
Heaven is for Real	5/20	17
The Secret Life of Walter Mitty	6/17	17

Musical Entertainment		
Red Lion Felton Band	6/10	16
Sing Along with Joan	Thurs	16

Shopping		
Giant	Wed	17
Saubel's	Thurs	17
Tanger Outlets	5/23	17
Walmart	1st Fri	17

Theatre		
Dutch Apple Dinner Theatre "Ragtime"	4/23	18
Fulton Theatre "South Pacific"	5/9	18
YSO "Liszt & Rachmaninoff"	4/6	18
YSO "Shubert's Unfinished"	5/18	18

COMMUNITY		
CommUNITY Spirit		
Monthly Service Project	2nd Wed	19
Alzheimer's Fundraiser	varies	19
Community Committees & Associations	varies	19

Indicates special programming or initiative throughout all communities.



Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.



WELLNESS

Taking care of your body for physical strength and function and making positive choices to be as healthy as possible.

Fitness

ONGOING CLASSES

Move!

Looking for a less strenuous exercise program? Have fun and Move! through an interactive DVD focusing on muscle strength, range of movement and balance. A chair is used for seated exercises and standing support with optional weight use.

Tuesday
9:30 am
Clubhouse
 Cottage Shuttle available

Yoga

Yoga uses stretching, breathing, and balance exercises to promote freedom of movement and a sense of well-being. Build flexibility and grace, and feel great in the process.

Thursday
9:30 am
Clubhouse
 Cottage Shuttle available
Instructor: Kim Harkcom



WELLNESS



Wellness Programs



BLOOD PRESSURE CLINIC

Do you know your numbers? What do they mean? Stop by the Wellness Suite to have your blood pressure checked; your heart and health will thank you!

Tuesday
11:00 pm
Wellness Suite
 Cottage Shuttle available
Facilitator: Kim Chapman

Nutrition



BEWELL KITCHEN

BeWell Kitchen is a live learning workshop connecting food to health. Every month the Cura team conducts a cooking demonstration where they break down the recipe and share the steps to preparing the recipe. Afterwards, you get to sample the recipe! The features for April through June are as follows:

April 11

Earth Month: Plant Forward Eating – featuring Black Bean and Orange Quinoa Grain Bowl. Celebrate Earth Month with a plant forward packed recipe.

May 9

National Physical Fitness & Sports Month featuring Almond Coconut Date Balls. Join us to learn more about fueling up for health and fitness.

June 13

Eating in Season featuring Strawberry Mango Salad. 'Tis the season so enjoy local produce, let's kick it off with strawberries!

Clubhouse
2:00 pm
Presenter: Mark Simms
Registration Required



SO GOOD PROGRAM

So Good promotes seasonal foods that you can feel good about. This monthly program has a foundation of delicious seasonal ingredients that offer flexible ways to enhance the menu. The featured menu items for April through June are:

April 18

Asparagus
 Crispy Baked Asparagus Fries as a featured included side at dinner in the Café from 4:30 pm – 6:00 pm.



May

Spinach
 Creamy Spinach Dip with Pita Chips as a featured appetizer at dinner in the Café from 4:30 pm – 6:00 pm.



June

Blueberries
 Blueberry Spinach Salad with Blueberry Vinaigrette as the featured salad for dinner in the Café from 4:30 pm – 6:00 pm.





SPIRIT



MIND

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

Spiritual



Catholic Communion Service

A local deacon of the Catholic Church leads this service.

**1st Saturday
10:30 am**

**Zimmerman Place Gathering Room
Cottage Shuttle available**

Bible Study

Bible Study is a weekly study group leading participants through spirited discussions and offering opportunities to strengthen religious and spiritual beliefs. Topics vary and will be shared in weekly communications.

Friday • 9:00 am

Clubhouse

Cottage Shuttle available

Facilitator: Melissa Mosebrook

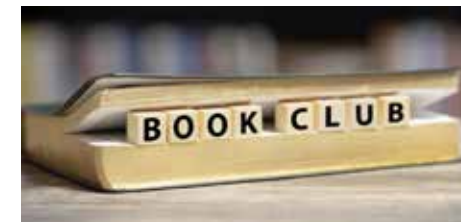
Communion Service

Join Villagers in observing faith together as a community during this weekly service. The format follows a traditional Lutheran service and is open to all denominations and all are welcome.

Sunday • 1:00 pm

**Zimmerman Place Gathering Room
Cottage Shuttle available**

Educational



Book Club

Do you love to read? This club serves as a forum where readers can meet to discuss a chosen book and share their reading experience together.

**Last Monday of the month
1:30 pm**

Clubhouse

Cottage Shuttle available

Facilitator: Carol Howie

Genealogy Group

Are you just starting your family tree, or have you run into a brick wall tracing a distant ancestor? Join others to share tips and learn new research strategies. All levels of experience are welcome!

**Bi Weekly on Monday
6:30 pm**

Clubhouse

Cottage Shuttle available

Instructor: Pamm Zimmerman



Men at Ten

Gather with our distinguished men's senior group for monthly meetings, fostering camaraderie, shared experiences, and engaging discussions on a variety of topics. Join us in a welcoming environment where wisdom is celebrated, friendships thrive, and meaningful connections are forged.

**Last Tuesday of the month
10:00 am**

Clubhouse and Off Campus

Cottage Shuttle available

Facilitator: Tom Howie



GREAT DISCUSSIONS

Nourish your mind through thought provoking topics. Participants will view a TED Talk followed by an interactive question and answer session.

2nd Monday of the month
2:00 pm
Clubhouse
Cottage Shuttle available
Presenter: April Coyle

April 8: “Moral behavior in animals”

Empathy, cooperation, fairness and reciprocity -- caring about the well-being of others seems like a very human trait. But Frans de Waal shares some surprising videos of behavioral tests, on primates and other mammals, that show how many of these moral traits all of us share.

May 13: “The inside story of Chat GPT’s astonishing potential”

In a talk from the cutting edge of technology, OpenAI cofounder Greg Brockman explores the underlying design principles of ChatGPT and demos some mind-blowing, unreleased plug-ins for the chatbot that sent shockwaves across the world.

June 10: “How to not take things personally”

Frederik Imbo studied theatre at the Royal Conservatory of Ghent and has acted in lots of television series. He founded Imboorling and now has over 15 years’ experience in stimulating and supporting people. With the aim of improving their communication skills Frederik gives presentations, workshops, training courses and personal coaching sessions to anyone prepared to make their two ears available.

VIRTUAL VOYAGER

“Virtual Voyager” unites adventurers monthly for curated virtual walking tours of diverse towns worldwide. Viewers will be immersed in sights and sounds, fostering shared passion for exploration from the comfort of their chair. Join as residents traverse the globe, discovering new cultures and landscapes with each virtual step.

1st Friday of the month
2:00 pm
Clubhouse
Cottage Shuttle available

April 5: Lisbon, Portugal

Lisbon, Portugal, epitomizes Old World charm meets vibrant modernity. Set against the Tagus River, its hilly streets wind past colorful tiled buildings, historic churches, and lively neighborhoods. From the medieval São Jorge Castle to the iconic Belém Tower, Lisbon beckons with rich history, cultural treasures and captivating energy.



May 3: Venice, Italy

Venice, Italy, a timeless city of canals, bridges, and romance. Its labyrinthine alleys lead to grand piazzas, where history and art converge. From the iconic St. Mark’s Basilica to the serenade of gondoliers, Venice enchants with its Venetian Gothic architecture, unparalleled beauty reflected in its shimmering waters.



June 3: Ho Chi Minh City (Saigon), Vietnam

Ho Chi Minh City, formerly known as Saigon, is a bustling metropolis in Vietnam. It boasts a mix of French colonial architecture, bustling markets, and vibrant street life. From historic landmarks like the Notre-Dame Cathedral to bustling districts like Bến Thành Market, it’s a city that offers a sensory overload of sights and sounds.



LOCAL HISTORY

Take a trip down memory lane and reminisce with friends during this retelling of local history.

April 30
“Baltimore Neighborhoods”

May 28
“Sports in Baltimore”

June 25
“Radio & TV in Baltimore”

3:00 pm
Clubhouse
Cottage Shuttle available
Presenter: Chris Boyle



Technology Skills Sharing & Learning

Join our technology skills class, a collaborative space where individuals bring their tablets, computers, and phones to receive personalized assistance. Our sessions focus on hands-on learning, empowering seniors to navigate the digital world with confidence. Discover the joys of technology in a supportive environment, where sharing knowledge and building skills go hand in hand.

3rd Thursday of the month
1:00 pm
Clubhouse
Cottage Shuttle available
Facilitators: Pat Smith & Mary Jane Ward

Creative Arts

CRAFT CORNER

Make new friends while creating fun and usable crafts.

Photos for illustrative purposes only.

4th Wednesday of the month
1:00 pm · Clubhouse
Registration Required
Cottage Shuttle available
Instructor: April Coyle

April 24
Stamped Tea Towels



May 22
Monogram Wood Sign



June 26
Watermelon Painted T-Shirts



FLOWER & GARDEN CLUB

Meetings will introduce a variety of topics including resident photography of flowers and gardens, how to grow and cook with herbs, planning and planting vegetable and flower gardens, and much more. All are welcome.

April 3, May 1, June 5
10:00 am · Clubhouse
Cottage Shuttle available
Presenter: Sharon Falkner



PAINTING 201

This is a technique learning class where residents will produce practical and usable pieces of painted artwork.

1st & 3rd Friday of the Month
10:00 am · Clubhouse
Cottage Shuttle available
Instructor: Various Residents

STITCH WITCHERY

Immerse yourself in the enchanting world of “Stitch Witchery,” a gathering of skilled hands creating magic through quilting, knitting, crocheting, cross-stitch, sewing, and more. Join this spirited group where the art of handwork weaves together a tapestry of creativity and camaraderie. Whether you are a seasoned artisan or a novice, everyone is welcome to share skills, stories, and the joy of bringing intricate stitches to life.

April 17, May 15, June 19
10:00 am · Clubhouse
Cottage Shuttle available



Trivia with Friends
Gather your friends for a lively and engaging trivia session! Challenge your knowledge and have a blast as a set of intriguing questions sparks friendly competition. Get ready for an afternoon of fun facts and friendly banter!

1st Wednesday of the Month:
April 3, May 1, June 5
2:00 pm
Clubhouse
Registration required
Cottage Shuttle available

Recreational



Bingo
Prizes, treats and lots of laughs!
April 22 • 1:30 pm
June 18 • 1:00 pm
Clubhouse



Board Game Day
Scrabble, Rummikub, Parcheesi, or bring your own ... Play a board game with friends and take the time to make new ones.
1st & 3rd Monday • 11:00 am
Clubhouse

Cribbage
Resident run program where players will have the opportunity to learn the game of Cribbage.
Wednesdays • 2:00 pm
Clubhouse

Ping Pong
Singles, doubles, however you choose to play the game, come get those legs moving!
Monday & Friday • 3:00 pm
Clubhouse

Pinochle
Open to residents wanting to learn how to play or “card sharks”... do not worry, they don't bite!
Tuesday • 1:00 pm
Clubhouse



Wii Bowling
This fun group utilizes Nintendo Wii to simulate the experience of bowling without the weight of a bowling ball. No experience required and can be played while seated in a chair.
Monday & Friday • 3:00 pm
Clubhouse

Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.



Ice Cream Social
Scoops and toppings served up for a fun filled gathering with friends.
Monday, May 6
1:00 pm
Clubhouse
Registration required
Cottage Shuttle available



Cocktails & More
Each month, enjoy a featured beverage (alcoholic and non-alcoholic) and hors d'oeuvres while you mingle and socialize.
Bi Weekly Thurs
4:00 pm
Clubhouse
Registration required
Cottage Shuttle available

Summer Carnival
Enjoy an evening of carnival delights with hot dogs, drinks, snow cones, games and live music.
Friday, June 21
5:30 - 7:00 pm
Clubhouse
Cottage Shuttle available

Trips



Amish Meals at Home with Samuel & Ruth Lapp (Paradise, PA)

Indulge in an authentic culinary experience by sharing an Amish meal with the Lapp family in Paradise, PA. Amidst the serene landscape, relish hearty homemade dishes crafted with traditional recipes and locally sourced ingredients. Savor the warmth of Amish hospitality while learning about their rich culture and way of life.

Thursday, June 20
Bus departs from Zimmerman Place at 10:30 am
Cost: \$25.00 + gratuity (cash only)
Registration required

Baltimore Museum of Art (Baltimore, MD)

For more than a century, the Baltimore Museum of Art has housed more than 95,000 works of art, including the world's largest collection of Henri Matisse. Don't miss the gorgeous 2.7-acre sculpture garden with works by Alexander Calder, Louise Nevelson, Auguste Rodin and other modern masters. Lunch at Gertrude's.

Thursday, June 6
Bus departs from Zimmerman Place at 9:00 am
Cost: General admission free
Registration required



Gettysburg Diorama (Gettysburg, PA)

The Gettysburg Diorama depicts the pivotal battle of Gettysburg during the American Civil War. Intricately detailed miniature soldiers and terrain recreate the battlefield, offering a vivid portrayal of the conflict's intensity and significance. The Gettysburg History Center presents the Battle of Gettysburg in a fully narrated truly unique and original light and sound experience.

Tuesday, May 14
Bus departs from Zimmerman Place at 8:30 am
Cost: \$4.50
Registration required



Hershey Trolley Works Tour (Hershey, PA)

This is a one-of-a-kind sightseeing, chocolate tasting experience. Highly knowledgeable and entertaining conductors will take riders in a covered trolley through Hershey. Journey through the inspiring life of Milton Hershey, visit the historical sites of town he created, and taste the chocolate that made him famous. Lunch at the Chocolatier Restaurant after tour.

Tuesday, April 9
Bus departs from Zimmerman Place at 8:30 am
Cost: \$19.00
Registration required

Historic Rock Ford Mansion Tour (Lancaster, PA)

Embark on a journey through time at the Rock Ford mansion in Lancaster, PA. Explore the rich history of this stately home, built in the 18th century. Admire its elegant architecture, lush gardens, and period furnishings as you uncover stories of the prominent families who once called it home. Guided Mansion tour plus self-guided Snyder Gallery included with visit.

Wednesday, May 29
Bus departs from Zimmerman Place at 9:30 am
Cost: \$12.00
Registration required



Ladew Topiary Gardens (Monkton, MD)

Ladew Topiary Gardens, located in Monkton, Maryland, is a stunning 22-acre estate renowned for its meticulously manicured hedges and topiary sculptures. Founded by Harvey S. Ladew in the 1930s, the garden features diverse plant species, formal gardens, and themed areas, offering visitors a picturesque and tranquil escape.

Tuesday, June 11
Bus departs from Zimmerman Place at 9:00 am
Cost: General Admission \$14.00, Additional \$7.00 Docent-Guided Manor House Tour
Registration required



Peep® Show (Westminster, MD)

A display of marshmallow masterpieces! Hundreds of wacky marshmallow masterpieces created by local artists, families, businesses, and community groups will be on display at the Town Mall of Westminster. Visitors can purchase vote chips to vote for your favorite Peeps® creation or vote online during the event. All proceeds will benefit the Carroll County Arts Council.

Monday, April 1
Bus departs from Zimmerman Place at 9:30 am
Cost: Free
Registration required



Pride of the Susquehanna Riverboat (Harrisburg, PA)

The Pride of the Susquehanna Riverboat is an iconic symbol of Harrisburg, Pennsylvania, offering leisurely cruises along the majestic Susquehanna River. This historic paddlewheel riverboat combines nostalgia with modern amenities, featuring scenic views, narrated history, providing an immersive experience for visitors.

Monday, June 24
Bus departs from Zimmerman Place at 2:30 pm
Cost: \$10.00
Registration required

Dining

DINERS CARAVAN

There is nothing quite like sitting with friends and having great conversations over a delicious meal. Diners Caravan lets you explore various restaurants in the area and beyond. Cost will vary by restaurant and is the responsibility of the diner.

Avenue Ale House & Pizza Loft (York, PA)

Tuesday, June 4
Bus departs from Zimmerman Place at 11:30 am
Registration required

Central Family Restaurant (York, PA)

Wednesday, April 17
Bus departs from Zimmerman Place at 11:00 am
Registration required

First Watch (Hunt, Valley)

Tuesday, May 7
Bus departs from Zimmerman Place at 11:00 am
Registration required

Eagle's Nest (York, PA)

Wednesday, June 26
Bus departs from Zimmerman Place at 4:00 pm
Registration required

Pappas Restaurant (Parkville, MD)

Thursday, April 25
Bus departs from Zimmerman Place at 4:00 pm
Registration required

Victor's Italian Restaurant (York, PA)

Tuesday, May 21
Bus departs from Zimmerman Place at 4:00 pm
Registration required

Buffets & Celebrations



BIRTHDAY DINNER

Birthdays! A great reason to gather and celebrate the goodness of life. Join every other month for a birthday celebration with a menu of fried chicken, vegetables, mashed potatoes with gravy, birthday cake and ice cream. Residents will be treated to a free meal on their respective birthday month.

Tuesday, April 30 & June 25
5:00 pm
Clubhouse
Cost: \$9.20
Registration required
Cottage Shuttle available



Gourmet Hot Dog Special

Enjoy gourmet Hot Dogs with featured toppings including chili, cheese, onions, and relish.

Wednesday, June 5
11:30 am - 1:00 pm
Clubhouse
Registration required
Cost: \$3.25
Cottage Shuttle available



Father's Day Grill Night

Dads are invited to a sizzling evening full of great food and cold drinks to celebrate Father's Day.

Friday, June 14
5:00 pm
Clubhouse
Registration required
Cost: TBD
Cottage Shuttle available



Mother's Day Brunch

Join for a Mother's Day brunch celebration filled with delicious food to honor all the remarkable, nurturing moms out there.

Friday, May 10
10:00 am
Clubhouse
Registration required
Cost: TBD
Cottage Shuttle available

Summer Picnic

We cannot think of a better way to welcome summer! Enjoy an afternoon picnic featuring Burgers and Hot Dogs on the Grill with Macaroni Salad, Coleslaw, Baked Beans, Watermelon, and Iced Tea.

Wednesday, June 19
12:00 pm - 2:00 pm
Clubhouse
Registration required
Cost: \$9.75
Cottage Shuttle available



Movie Time

“Holiday” Specials

Join the culinary team each month as they celebrate these off-the-wall nationally recognized days with some tasty entrées. All entrées served at the Clubhouse Café during lunch and dinner, unless indicated otherwise. Cost varies by item.

National Grilled Cheese Day

Enjoy Five Cheese Grilled Cheese served with a Bowl of Tomato Soup.

Friday, April 12

11:30 am - 1:00 pm

Clubhouse

Registration required

Cost: \$4.25

Cottage Shuttle available

National Shrimp Scampi Day

Enjoy fresh Spinach Salad, Shrimp Scampi over Pasta, and Cheesecake

Monday, April 29

4:30 pm - 6:00 pm

Clubhouse

Registration required

Cost: \$9.75

Cottage Shuttle available

National Salsa Month

Enjoy Fresh Salsa and Chips this week at the Café

Week of May 6

Café for Lunch

\$2.00

National Apple Pie Day Celebration

There's nothing like a homemade slice of Apple Pie! We will serve a variety of Apple Pie as our daily special.

Monday, May 13

Café Special, Served All Day!

\$2.50

National Brisket Day

Enjoy Smoked Beef Brisket with Roasted Potatoes and Grilled Vegetables, plus a Dessert Surprise

Tuesday, May 28

Café from 4:30 pm – 6:00 pm

\$11.75



National Strawberry Shortcake Day

A seasonal favorite, enjoy a Strawberry Shortcake as our featured dessert all day

Friday, June 14

Café, Daily Special

\$2.50

Entertainment



Red Lion Felton Band

Established in 1892, the band has been an integral part of the Red Lion and Felton communities. The Red Lion Felton Band includes musicians from various walks of life, including seasoned professionals, amateurs, and students performing patriotic tunes and marches.

Monday, June 10

6:30 pm

Clubhouse

Cottage Shuttle available

Sing Along with Joan

Joan Slater leads this fun-filled gathering of residents singing tunes that will be back memories of yesteryear.

Thursdays

1:00 pm

Zimmerman Place

Cottage Shuttle available

Movies

PIZZA & MOVIE

3rd Monday of the month

5:00 pm

Clubhouse

Cost: \$5.00

Registration required

Cottage Shuttle available

April 15 – “Enchanted April” (1991)

In this award-winning movie adaptation of the beloved novel, two proper Englishwomen, determined to get away from their drab lives and inattentive husbands, find paradise and adventure in the serene countryside of the Italian Riviera. Rated PG



May 20 – “Heaven is for Real” (2014)

Small-town businessman, pastor and volunteer firefighter Todd Burpo (Greg Kinnear) and his wife, Sonja (Kelly Reilly), are struggling to make ends meet during a tough year. After their young son, Colton (Connor Corum), undergoes emergency surgery, Todd and Sonja are overjoyed at the child's miraculous recovery. However, the Burpos are unprepared for what happens next. Colton says that he went to heaven and back, and tells his parents things that he couldn't possibly know. Rated PG



June 17 – “The Secret Life of Walter Mitty” (2013)

“The Secret Life of Walter Mitty”, starring Ben Stiller and Kristen Wigg, follows an ordinary man who escapes his mundane life through vivid daydreams. When he embarks on a real-life adventure to find a missing photograph, he discovers courage and purpose he never knew he had. Rated PG



Shopping



Giant

Wednesdays

8:30 am

Transportation will pick residents up at cottage

Saubel's

Thursdays

9:15 am

Transportation will pick residents up at cottage

Tanger Outlets (Lancaster, PA)

Enjoy a day of shopping at the Tanger Outlets featuring a variety of brand-name & designer outlet stores.



Thursday, May 23

9:00 am

Transportation will pick residents up at cottage

Registration required

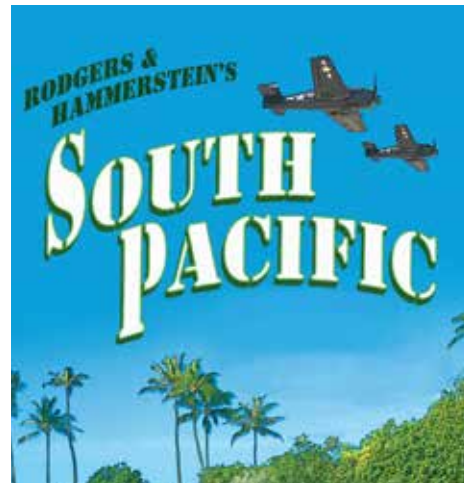
Walmart

1st Friday

9:15 am

Transportation will pick residents up at cottage

Theatre



“South Pacific”

On a South Pacific island during World War II, Ensign Nellie Forbush, a spunky nurse from Arkansas, falls in love with French planter Emile de Becque but she refuses Emile’s proposal of marriage, unable to overcome the prejudices with which she was raised. Meanwhile, Lt. Joe Cable falls in love with a Tonkinese girl named Liat, but he too denies himself a future due to the same fears that haunt Nellie. When Emile accompanies Joe on a dangerous mission, Nellie chooses to embrace a future with Emile, thus conquering her prejudices.

Thursday, May 9
Fulton Theatre (Lancaster, PA)
Cost: \$48.00
Bus departs from Zimmerman Place at 12:15 pm
Registration required

“Ragtime the Musical”

Set in early twentieth-century New York, three diverse American family tales are woven together. United by their courage, compassion, and belief in the promise of the future, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair. Dinner will be buffet style at the theatre.

Tuesday, April 23
Dutch Apple Dinner Theatre (Lancaster, PA)
Cost: \$72.00
Bus departs from Zimmerman Place at 5:15 pm
Registration required



York Symphony Orchestra “Liszt & Rachmaninoff”

This Liszt and Rachmaninoff concert commemorates composers who created symphonic poems from thought provoking paintings. As well, the YSO is a proud to perform the world premiere of William Popp’s “The Galleries.”

Saturday, April 6
Appell Center (York, PA)
Cost: \$11.00
Bus departs from Zimmerman Place at 6:15 pm
Registration required



York Symphony Orchestra “Shubert’s Unfinished”

Our season concludes with Schubert’s seminal “Unfinished Symphony” and Mendelssohn’s “Symphony cantata Hymn of Praise.” Schubert composed the first two movements of his 8th symphony before his untimely death at age 31. Perhaps one of music’s greatest unanswered questions is why the work remained “Unfinished.”

Saturday, May 18
Appell Center (York, PA)
Cost: \$11.00
Bus departs from Zimmerman Place at 6:15 pm
Registration required



“The best way to find yourself, is to lose yourself in the service to others.”
 — Mahatma Gandhi

CommUNITY Spirit

SERVING THE GREATER COMMUNITY

- Service Projects**
 2nd Wednesday of the month
1:00 pm • Clubhouse
Registration required • Cottage Shuttle available
- April 10: SYC Pantry Food Donations**
- May 8: Youth Development Center Donations**
- June 12: BBQ for Building & Grounds Staff**

SERVING OUR COMMUNITY ALZHEIMER’S ASSOCIATION FUNDRAISER

The Village at Shrewsbury will be participating in various fundraisers throughout the year to support the Alzheimer’s Association in their quest to find a cure. Be on the lookout for more information published in weekly communications.

- Committees and Associations**
 Available advisory committees and associations offer residents an opportunity to collaborate, plan, and advise at The Village at Shrewsbury. See Life Enrichment for more details.
- Building and Grounds Committee – Dates/times vary
 - Dining Committee – 3rd Monday 2:00 pm
 - Residential Living Association – Alternating months, 3rd Wednesday 2:00 pm
 - Social Life Committee – 3rd Tuesday 2:00 pm
 - Spiritual Life – Dates/times vary
 - Town Hall – Alternating months, 4th Thursday 2:00 pm



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360® program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



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