

Thank you!...

I would like to thank everyone for the cards and birthday wishes. It is nice to be remembered and very much appreciated. - **Bob Rife**

Thank you for the many Birthday Cards I received for my March Birthday. At my age, each day is a blessing and all of you make me feel blessed. I have read your greetings and then read them again! They are all very special. - **Sandy Langknecht**

Many thanks to all of our caring neighbors for the prayers, cards, and a delivery of delicious soup, during my recent, and thankfully short, hospital stay. I was so thankful for friends who supported Barry while I was in the hospital. Also many thanks to the very skilled and talented women of the the Village Stitchers for surprising me with a beautiful lap quilt to keep me warm and comfy. We are so very blessed to live in this supportive, caring community. Your support and kindness was very much appreciated. - **Sherrie & Barry Dubs**

Whew! I made it another year. So many friends marked my achievement with birthday cards and phone calls. So getting a year older isn't all that bad when the mailbox overflows with good wishes. So thank you to all the good folks who made my day! - **Judy Witthohn**

Upcoming Programs in April- Additional Information:

State Capitol Tour: The Pennsylvania State Capitol building is a functional seat of government, where laws are passed, and public policy is set for over 12 million residents of Pennsylvania. The tour will last approximately 30-45 minutes. The Capitol Rotunda, Senate Gallery, House Gallery, and Supreme Court will be included in the tour, when available. We will enjoy lunch at the Capitol Restaurant.

National Walking Day: We will meet at the Community Center to enjoy a walk around our campus. We will have two groups to choose from; therefore, you can walk at a pace that suits you.

Odyssey Dinner Cruise: Enjoy a 3-course plated Dinner aboard the luxurious Odyssey ship. The views are magnificent of many national landmarks such as Arlington National Cemetery, Jefferson Memorial, Lincoln Monument, United States Capital, and of course the Cherry Blossoms. We cruise on the Potomac River. Enjoy a dance floor with live music.

Poms: This movie stars Diane Keaton as Martha, a woman who moves into a retirement community. Her plan was to go to this community to die. Her new neighbor, Sheryl, played by Jacki Weaver, finds Martha's old cheerleader uniform. It turns out that Martha had made the cheerleader squad but never got to be a part of it because she had to care for her mother who was sick at the time. Martha gets the idea to start a cheerleading squad at the retirement village.

God's Meal Barrel Food Drive Starts: We will hold another food drive that will run for two weeks. God's Meal Barrel is looking for Cereal, Peanut Butter, Stuffing, Mac & Cheese, Canned Fruits, and meat. Please see the full list hanging in the Hub Room. **Please make sure you are not donating expired items.**

TAFE (Theatre Arts for Everyone) Mystery at Senior Manor: The mystery at Senior Manor is the first installment of the Senior Manor series; you are introduced to all characters of Senior Manor. In this show, there is a mystery afoot. Each show does standalone and doesn't require a set order in the series. Directed by Diane Crews. Most of the actors are seniors and from the York County area. The show runs approximately 45 to 50 minutes. All are welcome to attend.

Green Dragon Farmer's Market: The Green Dragon Farmers Market & Auction sits humbly on a spacious 60-acre site in the heart of Amish Country. Since its inception in 1932, they have grown to become one of the largest flea markets on the East Coast. They offer an incredible indoor and outdoor shopping experience, and of course, their specialty vendors! With seven large market buildings and over a hundred local vendors, you are sure to find whatever you are looking for. We will enjoy lunch on our own while shopping.

Presentation with Scott Mingus: The Lincoln Funeral Train: From April 21 to May 3, 1865 the funeral train carrying the bodies of Abraham Lincoln and his son Willie traveled more than 1,600 miles through more than 400 communities, with stops in several major cities where Lincoln lay in state as tens of thousands of mourners passed by the ornate coffin.

Dellis' Bar & Grill: Located in Rosedale, Maryland this is a popular eatery they offer a diverse menu with burgers and steaks being some of their customer favorites.



Village Connection

April 2024

Happy Birthday!

Shirley Valko-April 1

Don Slaybaugh- April 7

Mary Lou Walsh- April 9

Fred Ness- April 18

Fran DeFrank-April 22

Brenda Benson- April 27

Lois Phipps-April 29

Shirley Rife-April 29

Happy Anniversary!

Jr and Eileen Zepp
celebrating 23 years of
marriage on April 29th!

“A SCRAMBLE”

LET'S DO A DIFFERENT KIND OF POEM
I HOPE YOU'LL THINK ITS FUN
I WILL MISPEL A FEW WORDS
TO CHALLENG EVERYONE.

ONE WORD, TWO WORDS, MAYBE THREE
I'LL CLASRMBE YOU A FEW
IT'S JUST ALL IN FUN
TO MAKE IT DARREH FOR YOU.

I'VE AIMED TO KEEP IT PELSIM
BUT A CHEGLLANE IS WHAT IT TAKES
I HOPE YOU'VE ENJOYED IT
A FUN PERXEINECE IS WHAT IT MAKES.

Theresa Zink

Scramble; Harder, Simpler; Challenge; Experience

At Last!

The flowers are blooming, golden
with cheer, winters in hiding, so
spring can appear.

The bushes, ablaze in the sun,
say, "come out, come out, join in
the fun."

The wind in the trees bend
branches so low, loosens the
buds to the green grass below.

Mother Nature at work, is a sight to behold. She brings all that is new, and takes all the old. She does a grand job-she made a vow with God in his heaven showing her how.

Ann Paris

April Walking Challenge with Tracy

Make a Walking Buddy: Walking with friends can make a difference and get you out on a walk despite the weather or other excuses to skip your workout. You can keep each other moving with conversation, jokes, and coffee afterward.

Keep a Walking Journal: Track your walking minutes, steps, or mileage in a journal, whether on paper, or an app. Total your progress each week. Set a goal, you will find yourself out walking to make those numbers add up.

Naturally, new shoes are always an excellent motivator for going on a walk.

Choose the Right Time: What is the best time to walk? To stay motivated, analyze your habits and choose the time that works best for you. Many people find that if they commit to early morning walks, fewer distractions pop up in the afternoon or evening. If you hate mornings and feel most energetic later in the day, then that should be your walking time.

Challenge: Try to get 10,000 steps a day by the end of April, or at least a walk down to the end of your road or Hallway a few times a day.



The following programs are regularly scheduled on a weekly basis						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am Power Hour 10:45am Back to Basics 1:00pm Rummikub (GR)	10:00am Pilates 1:00pm Sit & Strengthen 1:00pm Billiards	10:00am Power Hour 10:45am Back to Basics 1:00pm Tai Chi for Beginners 2:00 Wii Bowling	10:00am Pilates 10:45am Line Dancing 1:00pm Sit &Strengthen 2:00pm Worship (PC)	9:00am Balance & Stretch 9:30am Morning Mindfulness (GR) 10:00am Mini Tennis 1:00pm Billiards 2:00pm Dominoes (GR)	10:15 Faith Break (GR)

Additional programs & events scheduled for the month of April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more details on any of the programs, please refer to the page listed next to event. This will direct you to page in your Inspirations catalog.	1 April Fool's Day 9:45 Tour of State Capitol 10:00 Village Stitchers (HR) 1:00 Brain Games (Library)	2 12:00 Women's Birthday Luncheon (DR) 2:00 Bingo (GR) 3:00 Heritage Committee W. Manheim: Nurses of the Civil War (DR)	3 National Walking Day 2:00 Walking with Tracy (CCL)	4 11:00 Book Club (Library) 3:00 RL Planning Meeting (HR)	5 9:00 Odyssey Dinner Cruise	6 10:15 Faith Break Start of 10 Week Study "Saints" (GR)
	7	8 1:00 Monthly Shopping Trip: Utz, Hanover Foods, and Snyder's	9	10	11 10:30 Thursday Talks with Marcia (GR)	12 11:00 In- House Movie: Poms (GR) 4:30 American Music Theatre: Tribute to ABBA
	14	15 God's Meal Barrel: Food Drive Begins 1:00 Brain Games (Library)	16 10:30 Catholic Mass (SC) 4:00 Happy Hour (DR)	17 2:00 TAFE: Mystery at Senior Manor (PC)	18 3:00 Tech Help with Steve Bean (GR)	19 9:30 Brunch Bunch: Hinkle's Restaurant
	21	22 2:00 Scott Mingus Presentation: The Lincoln Funeral Train (PC)	23 11:30 Chair Volleyball 3:00 Colby Dove (DR)	24 10-3 Massage by Tara(Salon)	25	26 10:00 Green Dragon Farm Market
	28	29 God's Meal Barrel: Food Drive Ends	30 3:30 Diner's Caravan: Dellis' Bar & Grill		Program additions or changes since catalog was published are in bold . Program offerings are subject to change.	