

#### **ON-CAMPUS EVENTS**

Standard Trips......

Entertainment	p. 4
Note From Administration	p. 6
Spiritual Gatherings	p. 8
Activities and Games	p. 8
Meetings and Clubs	p. 9
Craft Corner	p. 11
Upcoming Events	p. 11
Calendar	p. 12
Wellness	p. 14
Dining	p. 17
FF-CAMPUS EVENTS	

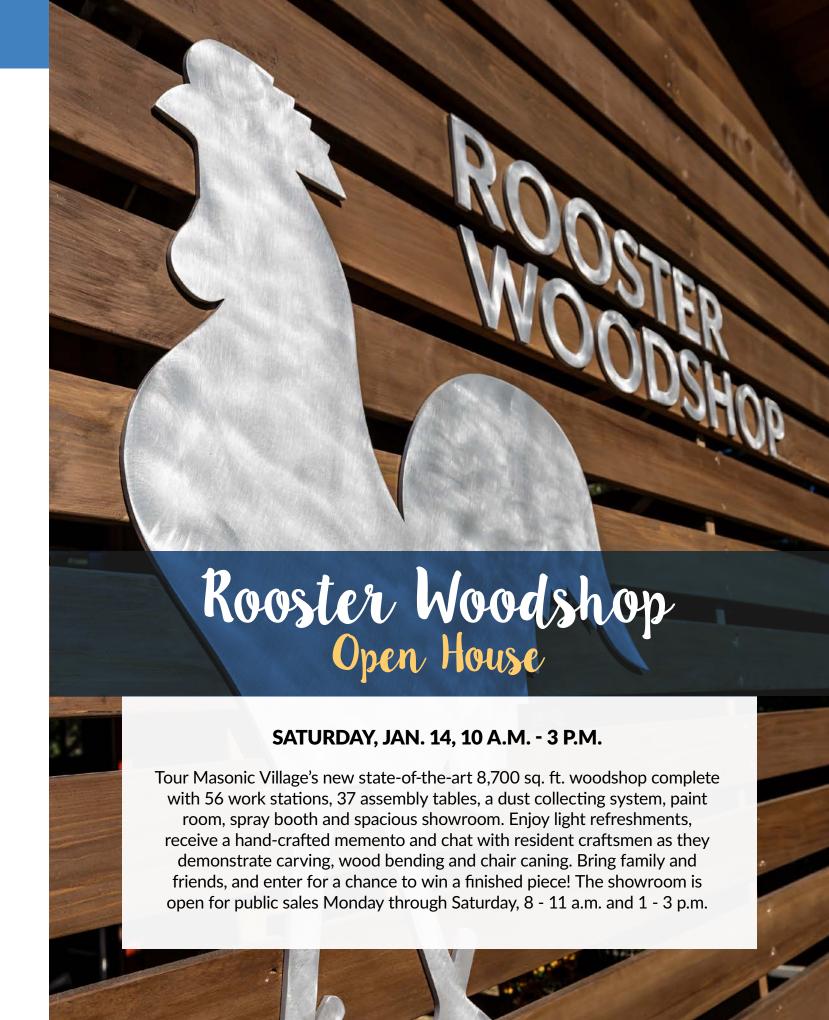
Recreation Department:

**L 14509** or **L 33277** 

Baird Wellness Center: 33783

Village Living is published monthly. If you have any questions, comments or ideas on current or upcoming trips, please call the Recreation Department. Offices are located in the Clubhouse and Grand Lodge Hall.

To view this publication electronically, please visit MasonicVillages.org/Elizabethtown.



## **ENTERTAINMENT**

**\** 33205



**Presentation on Gerald Ford** 

Start time: 5:30 p.m.

**Cost: Free** 

After becoming president following Nixon's resignation, Gerald Ford was able to restore the people's confidence in the government. Come hear the full story of America's "unelected" president, presented by resident Walt Cook. **Location: GLH Assembly Room** 

JAN 06

**Matt Daniel Band Concert** 

Start time: 2 p.m.

**Cost: Free** 

With a taste of some of the twentieth century's most important musical movements, the Matt Daniel Band reinvigorates old songs with a new twist. Enjoy New Orleans piano, a style with roots steeped in boogie-woogie, gospel, classical and funk. The band also takes a slower approach to the blues. **Location: Deike Auditorium** 

JAN 12

Piano and Vocal Concert with Tom Baust

Start time: 7 p.m.

**Cost: Free** 

Join Tom Baust as he entertains you with his unique blend of easy listening, standards and show tunes. From upbeat and fun to serious and pensive, along with a touch of humor, Tom will present a wonderful hour of music. **Location: Brossman Ballroom** 

JAN 13

Movie Showing

Start time: 7 p.m.

**Cost: Free** 

The January movie is to be determined. Please check the Clubhouse bulletin for details closer to the date. **Location: Keystone Room** 



## **Movie Showing: Sully**

JAN 08 Start time: 2 p.m. Cost: Free

On Jan. 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain Sully Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving 155 lives. However, even as Sully was being heralded by the public and the media, an investigation was unfolding that threatened to destroy his reputation. This movie, starring Tom Hanks, is rated PG-13 with a run time of one hour and 36 minutes. **Location: Deike Auditorium** 



## **Integrative Therapies Fair**

JAN 24 Time: 1 - 4 p.m. Cost: Free

Integrative therapies are designed to consider the whole person: medically, psychosocially and spiritually. Masonic Village is committed to offering these unique and affordable therapies. Learn more as employee booths distribute information on aromatherapy, Healing Touch™, spiritual care, mindfulness and meditation, wellness, support groups, pet therapy, massage and more. Light refreshments will be served, and door prizes will be given. **Location: Roosevelt Assembly Room** 

JAN 14

Rooster Woodshop Open House

Time: 10 a.m. - 3 p.m.

Cost: Free

Tour Masonic Village's new state-of-the-art 8,700 sq. ft. woodshop. Enjoy light refreshments, receive a hand-crafted memento and enter for a chance to win a finished piece! See page 3 for details.

SAT JAN 14

**Vocal Concert with Brenten Megee** 

Start time: 2 p.m.

**Cost: Free** 

Brenten Megee, a vocal performing artist, has performed with the Lancaster Symphony Chorus, the Popovsky Studio Troupe, Opera Lancaster and more, touring in both China and Ireland. His vocal style is influenced both by his Christian roots, current trends and classical techniques. **Location: Deike Auditorium** 

FRI JAN 20

**Keystone Room Dance** 

Start time: 7 p.m.

Cost: Free

A string quartet will play all of your favorites and light refreshments will be served at this always-popular event. **Location: Keystone Room** 

JAN 21

Wilbur Buds Concert

Start time: 1 p.m.

**Cost: Free** 

Enjoy the music and fellowship of the Wilbur Buds under the direction of Harry Minsky, who also directs the Zembo Shrine String Band. **Location: GLH Assembly Room** 

JAN 22

Lancaster Conservatory of Student Recital

Start time: 2 p.m.

Cost: Free

While promoting music and the arts, the Lancaster Conservatory of Music encourages the growth of young musicians through personal lessons and performing opportunities. A supportive and friendly audience is needed while the Lancaster Conservatory youth enhance their musical talents and performance skills. **Location: Deike Auditorium** 

JAN 27

Music with Lee Miller and Ricky Herb

Start time: 6 p.m.

Cost: Free

Enjoy great American songs with Marty's One Man Band (Lee Moyer) with keyboard, orchestra and tambourine sounds. Vocals from vocalist Ricky Herb will also be featured. **Location: GLH Assembly Room** 



**NOTE FROM ADMINISTRATION** 

## **Another Successful Year** in the Village

Cindy Phillips, executive director

Now is a great time to reflect and remind ourselves how much we have to be grateful for. As I'm ending my third year as executive director, I could not be more pleased to be part of this community. The amazing staff, volunteers, generous donors and caring residents all make Masonic Village a wonderful place to work and call home.

## **2016** Accomplishments

As I look back on 2016, there are a few things to highlight. First, we were able to regain our Department of Health four-star rating with a much improved annual inspection. Masonic Health Care Center staff have worked hard to make the necessary improvements we needed. What a significant team accomplishment!

Second, we brought closure to several large construction projects this year, including the Clinics and Freemasons buildings. We also renovated our wellness center and constructed a new Woodshop, all thanks to the generosity of two donors. Our

James Buchanan residents received a new heating and cooling system, and many cottage residents on Franklin Drive received new roofs. Lastly, a new porch was built off Grand Lodge Hall, which will be enjoyed for generations to come. These new constructions are state-of-the-art and demonstrate our commitment to creating a campus to be proud of.

Technology continued to touch our campus in 2016 as we conducted a pilot of smart home and portal technology in the Sycamore North Apartments with K4 Connect<sup>®</sup>. With thermostat adjusters, bed sensors, fitness trackers and other tablet applications, this was only a small look into how technology will serve our residents in the future. Thanks to everyone who participated and helped to confirm we are ready to embrace it. As the year ended, we also implemented a new dining software, Cardwatch®. Flexibility is now available with our meal plans, and they will eventually be available for use in campus gift shops, hair salons and even the farm market.

Our campus workforce continued to evolve and strengthen in 2016. We celebrated 238 employees with more than 20 years of service, and I am proud to share our turnover rate remains below the industry standard at 14 percent. Also, with more than 40 employees moving upward in their careers, we've maintained a strong culture of growth and opportunity.

#### **Looking Forward**

We'll begin several new renovation projects in 2017 to keep our campus viable and appealing to both current and future residents. In late February, our Landscape Department will move to Pump House Lane. Nearby, the resident gardeners will begin Spring planting in their new plots.

In April, we will begin constructing 72 new cottages along Commandery Road. With over 60 percent reserved solely from our waiting list, there is clear and strong demand for these cottages. As we approached this project, we incorporated your feedback to improve the cottage designs. By the end of 2017, we should have about 20 new "villagers" on campus, so please reach out and welcome them to our community!

Sixteen years since its last renovation, the Grand Lodge Hall and Freemasons Cultural Center will see changes. Resident activity and dining areas will become the social hubs of our campus once again with more food options, improved outdoor spaces and more flexible activity areas for resident clubs and groups. The Restaurant at

Eisenlohr will also benefit from a new entrance, interior updates and improved ceiling finishes. These changes were planned based on your valuable ideas and input.

Launching a home health service, in addition to our hospice and home care, will round out our home and community based services in 2017. These three services will be offered under the name Ashlar Home Health and Hospice. "Bundling" these services will be a critical part of our strategy as the healthcare industry focuses more on patient outcomes after discharge from medical facilities.

As always, resident communication will remain a top priority for our team. We will continue to explore additional ways to share updates. We will use MVtv for recorded broadcasts and alert notifications. We also plan to implement a resident website (or portal), providing us a forum for sharing announcements, directories, menus and other community news.

While many things change each year at Masonic Village, we never lose sight of our Mission of Love. In 2016, that included more than \$15 million in charitable care and services to those who could not afford it. This is never easy, but our commitment to sustaining this mission is what sets us apart.

Happy New Year, and may yours be filled with hope, good health and much happiness.

# Lend a Hand

Volunteer your heart, hands and smile at the Masonic Health Care Center. Weekly volunteer opportunities can include:

Serving meals

- Assisting with ceramics class
- Leading small recreation groups
- Ordering gift shop merchandise
- Visiting with residents on a personal basis
- Delivering clean laundry to resident rooms Assisting in the Volunteer Services Department
  - Call Stacy Cathrall, volunteer supervisor, at ext. 33175 for more information.





# **Spiritual Gatherings**

Sundays 8:15 a.m. and 10 a.m.	Worship Service, Sell Chapel
Mondays 9:30 a.m.	Bible Study, GLH Rec. Center
Tuesdays	Sell Chapel Choir Rehearsal, Sell
10 a.m.	Chapel
Thursdays 1:30 p.m.	Bible Study, Keystone Room
Thursdays 5:30 p.m.	Vespers, GLH Assembly Room
Fridays	Men's Bible Study, JB All Purpose
9 a.m.	Room
Sun., Jan. 1 9:30 a.m.	Worship Service, Sell Chapel
Wed., Jan. 4 10 a.m.	Searching the Scriptures: Women's Group, Roosevelt Assembly Room
Mon., Jan. 9	Book Club Meeting, Sell Chapel
2 p.m.	Parlor
Tues., Jan. 10	Men's Freemasonry Discussion
8 a.m.	Group, Roosevelt Assembly Room
Wed., Jan. 11	Episcopalian Open Service,
2 p.m.	Keystone Room
Fri., Jan. 13 10:30 a.m.	Special Singles, Keystone Room
Tues., Jan. 17	Men's Support Group, Keystone
9 a.m.	Room
Wed., Jan. 18	Holy Communion, Keystone
3 p.m.	Room
Wed., Jan. 18 1:30 p.m.	Jews and the Civil Rights Movement, MHCC Meditation Chapel
Wed., Jan. 25	Episcopalian Open Service,
10 a.m.	Keystone Room
Fri., Jan. 27	Shabbat Service, Country
1:30 p.m.	Meadows, Lancaster

# **Activities & Games**

Mondays 3 p.m.	Scrabble for Fun, Keystone Room
Mondays 6:15 p.m.	Bridge, Keystone Room
Mondays 6:45 p.m.	Mah Jongg, Sycamore South Rec. Room
Mondays, Wednesdays, Saturdays 9 a.m.	Morning Stretch, Keystone Room
Tuesdays 12:30 p.m.	Duplicate Bridge, Keystone Room
Tuesdays 9:30 a.m.	Wii Bowling, Smith North Rec. Room
Tuesdays 1 p.m.	Pickleball, Memorial Hall Gym, Patton Campus
Tuesdays 3 p.m.	Player Piano Music, GLH Assembly Room
Tuesdays 6:15 p.m.	Shuffleboard, GLH Game Lounge
Wednesdays 12:45 p.m.	Mah Jongg, GLH Game Lounge
Wednesdays 6:15 p.m.	Shuffleboard, GLH Game Lounge
Wednesdays 6:30 p.m.	Pinochle, Keystone Room
Wednesdays 7 p.m.	Square Dancing, Brossman Ballroom, Salon I
Thursdays 9 a.m.	Duplicate Bridge, GLH Game Lounge
Thursdays 9 a.m.	Pickleball, Memorial Hall Gym, Patton Campus
Thursdays 6:45 p.m.	Mah Jongg, Smith North Rec. Room
Thursdays 7 p.m.	Canasta, Clubhouse Lobby
Fridays 9 a.m.	Bowling, Clearview Lanes, Elizabethtown
Fridays 9:30 a.m.	Ceramics, Smith North Ceramics Room
Fridays 12:30 p.m.	500 Rummy, JB Game Room

Fridays 3 p.m.	Player Piano Music, GLH Assembly Room
Tues., Jan. 3 7 p.m.	Organ Music with Volunteer Kathy Collins, Brown Apartment Building
Wed., Jan. 4 10 a.m.	Hand and Foot Card Game, Keystone Room
Sat., Jan. 7 2 p.m.	Bingo, Keystone Room
Sun., Jan. 8 5 p.m.	Wine and Cheese Social, Keystone Room
Tues., Jan. 10 5:30 p.m.	Bingo, GLH Assembly Room
Thurs., Jan. 12 1 p.m.	Scrabble by the Rules, GLH Card Room
Fri., Jan. 13 2 p.m.	Bingo, Louis Eisenlohr
Mon., Jan 16 5:30 p.m.	Horseracing, FCC Atrium
Sat., Jan. 21 2 p.m.	Bingo, Keystone Room
Tues., Jan. 24 1 p.m.	Line Dance Practice, Brossman Ballroom, Salon I: With instructor and resident Donna Patrick, review last year's steps (or learn them for the first time) as several new line dances are taught to a variety of songs all featuring the same tempo. Enjoy the socialization and get fit while having fun!
Thurs., Jan. 26 1 p.m.	Scrabble by the Rules, GLH Card Room
Fri., Jan. 27 2 p.m.	Bingo, Louis Eisenlohr
Fri., Jan. 27 3:30 p.m.	Happy Hour, Keystone Room
Sat., Jan. 28 3 p.m.	Wine and Cheese Social, GLH Rec. Room
Sat., Jan 28 6:30 p.m.	Trivia Night with resident Bob Reigh, Lodge Dining Room
Tues., Jan. 31 1 p.m.	Line Dance Practice, Brossman Ballroom, Salon I
Tues., Jan. 31 5:30 p.m.	Bingo, GLH Assembly Room

# **Meetings & Clubs**

Mondays 9 a.m.	Handbell Practice, Sell Chapel
Mondays 1 p.m.	Masonic Village Piece Makers Quilting Group, Sycamore North
Mondays 1:30 p.m.	Women's Chorus Rehearsal, Sell Chapel
Tuesdays 1:30 p.m.	Social Hour, GLH Rec. Room: Join friends as they discuss anything and everything in this lively discussion hour. Call ext. 33277 for a monthly list of subjects.
Tuesdays 10 a.m.	Open Door Group, JB All Purpose Room: Instruction occurring in math, science, philosophy and more.
Wednesdays 9 a.m.	Craft Group Meeting, JB Craft Room
Wednesdays 9:30 a.m.	The Inquisitives, JB All Purpose Room: This group takes a rational look at some of America's serious social problems. Everyone is invited.
Thursdays 9:30 a.m.	Blood Pressure Clinic, GLH: Clinic closes at 10:30 a.m.
Thursdays 9:30 a.m.	Knit Club, JB Lobby
Thursdays 7 p.m.	Men's Choir Rehearsal, Sell Chapel
Fridays 10 a.m.	Music Merrymakers Rehearsal, GLH Assembly Room: New members are welcome.
Wednesdays, Thursdays and Sundays 1 – 3 p.m.	Art Studio and Gallery Hours: Regular hours are as listed, but if you see the door open, please come in. Photographers who would like to display their photos are wanted. If interested, please contact Roland Snyder at 717-287-2169 for specifics.
Mon., Jan. 2 1:30 p.m.	Apple Club, Sycamore North: The Apple Club discusses iPhones, iPads, iMac, MacBooks, OSX and IOS. Bring your device and join in

and solve technological issues. Learn about the latest and greatest news and rumors about Apple products.

o|VILLAGE living

Mon., Jan. 30

1:30 p.m.

# BIVILLAGE living

8 a.m.

## **Meetings & Clubs CONTINUED**

Thurs. Jan. 5 9:30 a.m.	Retirement Living Meeting, Deike Auditorium
Thurs., Jan. 5 1 p.m.	Book Club Meeting with the Village Bookies, GLH Conference Room: This month's book is "The Rosie Project" by Graeme Simision.
Thurs., Jan. 5 7 p.m.	Order of the Eastern Star Meeting, Brossman Ballroom, Salon III & IV
Fri., Jan. 6 9 a.m.	Coffee with Mark, Village Apartments
Fri., Jan. 6 1:30 p.m.	Penn State Grey Lions, Keystone Room: Guest speaker Paul Clifford is a life member and chief executive officer of the Penn State Alumni Association, Hintz Family Alumni Center at University Park. He will speak about one of the largest Alumni Associations in the world, Penn State's.
Sat., Jan. 7 and Sun., Jan. 8 2 - 4 p.m.	Railroad Club Open House
Mon., Jan. 9 9:30 - 11:30 a.m.	Resident GIANT and Darrenkamps Gift Card Sale, FCC Atrium
Mon., Jan. 9 1:30 - 3:30 p.m.	Resident GIANT and Darrenkamps Gift Card Sale, Keystone Room
Mon., Jan. 9 12 p.m.	High 12 Meeting, Patton Campus Dining Room
Tues., Jan. 10 8 a.m.	Men's Freemasonry Discussion Group, Roosevelt Assembly Room
Wed., Jan. 11 9 a.m.	Coffee with Mark, Louis Eisenlohr
Thurs., Jan. 12 5 p.m.	Sojourners Meeting: If you would like to join the Sojourners, please contact resident Jack Heinze at ext. 15417. Meetings are held in New Cumberland. Pick up location for this meeting will be at the FCC.
Mon., Jan. 16	Treichler Lodge Meeting
7 p.m.	

**Campus Dining Room** 

Wed., Jan. 18 9:30 a.m.	Intergenerational Sensory Garden GLH Rec. Room: The indoor winter version of the program will be under the tutelage of Janet Nelson from the Masonic Village greenhouse. Help prepare the Bright Horizons' kindergarten class with all the information they need to become good gardeners in the Spring.
Thurs., Jan. 19 10 a.m.	Bereavement Support Group, Sycamore North
Thurs., Jan. 19 1:30 p.m.	Computer Club Meeting, Keystone Room
Fri., Jan. 20 9 a.m.	Coffee with Cindy, Keystone Roon
Fri., Jan. 20 1 p.m.	Coffee with Cindy, Lodge Dining Room
Fri., Jan. 20 1 p.m.	January Birthday Party, GLH Rec. Center: Eat sweet treats while celebrating January birthdays with friends. Please call ext. 33277 to RSVP by Dec. 9.
Tues., Jan. 24 10 a.m.	Travel Club Meeting, Keystone Room: Planned trips include: Southern Caribbean Cruise (with Royal Caribbean's Grandeur of the Seas), Feb. 13 - 25, 2017; Tattoo and Azalea Festival, Virginia, April 28 - May 1, 2017; and Indian Head Resort, New Hampshire, Sept. 25 - 29, 2017. Call 717-361-5173 for information on these trips, including rates. Annual dues are \$5. All residents are invited to attend.
Tues., Jan. 24 7 p.m.	Amaranth Meeting, Brossman Ballroom, Salon III and IV
Fri., Jan. 27 9 a.m.	Coffee with Mark, Sycamore North
Fri., Jan. 27 3:30 p.m.	Happy Hour, Keystone Room
Mon., Jan. 30 2 p.m.	Masonic Education Course, Lodge Meeting Room: Join resident and Mason Ken Burd for three 90-minute discussions on degree work, Masonic concepts and vocabulary. Class will also meet on Feb. 27 and March 27. Feel free to invite a Brother. All Brothers in attendance must have a current dues card or be vouched for

by a fellow Brother.

**Caregiver Support Group, Sycamore South Terrace Lounge:** Discuss current caregiver needs and issues. Join with others in support of the challenges and gifts that come from caring for a loved one.

Mon., Jan. 30 8:30 a.m.

**New Friends from Mt. Calvary Christian School, GLH Assembly Room:** First graders will be visiting Masonic Village this month.



## **UPCOMING EVENTS**

#### **Superbowl Party with Job's Daughters**

Sunday, Feb. 5, 6 p.m. Brossman Ballroom

#### **Sweet Life Concert**

Saturday, Feb. 11, 2 p.m. Deike Auditorium

## **Servant Stage Presents** Little Women

Wednesday, Feb. 15, 7 p.m. Deike Auditorium

#### **Winter Dance**

Saturday, Feb. 18

## **Travelogue Series Presents Burma**

Sunday, Feb. 19 Deike Auditorium

**Mardi Gras Party** with Pete Gumbo and Zydeco-A-Go-Go Friday, Feb. 24, 7 p.m. Brossman Ballroom

Brossman Ballroom

**Every Tuesday** Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. No class on Jan. 26

## **GLASS FUSING**

living residents. Call

a place in a class.

**CERAMICS** 

Cost: \$3

ext. 33277 to reserve

**GLH Ceramics Room** 

**GLH Ceramics Room Cost: Varies Every Monday (I)** 

Every Wednesday (II) Class I: 9:30 a.m. Class II: 1 p.m.

## **Craft Corner**

**WINTER WREATH** Express your creativity and pick up a new **GLH Rec. Room** hobby! Craft classes are Cost: \$5 open to all retirement Thursday, Jan. 12

Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. RSVP by Jan. 8.

#### **JEWELRY MAKING GLH Rec. Room**

Cost: \$3 Thursday, Jan. 19

Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. RSVP by Jan. 8.

#### **CLAY POT SNOWMEN**

**GLH Rec. Room** Cost: \$3

Thursday, Jan. 26 Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. RSVP by Jan. 8.



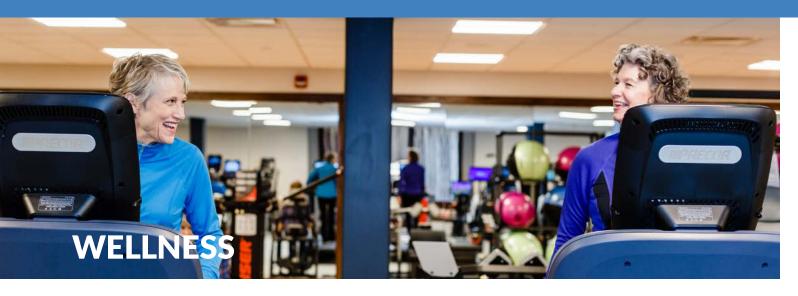
## **CALENDAR KEY**

**Off-Campus Excursions** 

## Standard Trips

Standard Trips			
COFFEES			
Other			
ВВ	Brossman Ballroom		
BN	Brown Building		
CC	Courtyard Café		
DA	Deike Auditorium		
FCC-AT	Freemasons Cultural Center Atrium		
GLH-AR	Grand Lodge Hall Assembly Room		
GLH-RR	Grand Lodge Hall Recreation Room		
GLH-SO	Grand Lodge Hall Solarium		
JBC	James Buchanan Clubhouse		
МНСС	Masonic Health Care Center		
KR	Keystone Room		
LDR	Lodge Dining Room		
LE	Louis Eisenlohr		
PCDR	Patton Campus Dining Room		
SM-N	Smith North		
SYC-N	Sycamore North		
SYC-S	Sycamore South		
VA	Village Apartments		

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 9:30 a.m. Sell Chapel Worship Service	1:30 p.m. Aviation Interest Group (KR)	12:30 p.m. Walmart, Palmyra 7 p.m. Organ Music with Kathy Collins (BN)	9 a.m. Hollywood Casino 10 a.m. Hand and Foot Card Game (KR) 5:30 p.m. Presentation on Gerald Ford (GLH-AR)	9:30 a.m. RTL Association Meeting (DA) 12:30 p.m. Park City Mall, Lancaster 4 - 6 p.m. Cocktail Social (JBC) 7 p.m. OES Meeting (BB)	9 A.M. COFFEE WITH MARK (VA) 12:30 p.m. National Clock and Watch Museum 1:30 p.m. Grey Lions (KR) 2 p.m. Matt Daniel Band (DA)	7 2 p.m. Bingo (KR) 2 - 4 p.m. Railroad Club Open House
	2 p.m. Movie (DA) 2 - 4 p.m. Railroad Club Open House 5 p.m. Wine and Cheese (KR) 5:30 p.m. Starlight Tea Concert	8 a.m. PA Farm Show 9:30 - 11:30 a.m. GIANT & Darrenkamps Gift Card Sale (FCC-AT) 12 p.m. High 12 (PCDR) 1:30 - 3:30 p.m. GIANT & Darrenkamps Gift Card Sale (KR)	10 12:30 p.m. Dollar Tree, Mount Joy 5:30 p.m. Bingo (GLH-AR)	7:30 a.m. Breakfast Trip: Country Meadows 9 A.M. COFFEE WITH MARK (LE) 2 p.m. Episcopalian Service (KR)	1:30 p.m. Open Rehearsal with Lido 5 p.m. Sojourners Meeting 7 p.m. Tom Baust (BB)	8 a.m. PA Farm Show 10:30 a.m. Special Singles (KR) 2 p.m. Bingo (LE) 7 p.m. Movie (KR)	14 10 a.m 3 p.m. Rooster Woodshop Open House 2 p.m. Brenten Megee (DA)
	15	10:30 a.m. Lunch Trip to Olive Garden, Lancaster 5:30 p.m. Horseracing (FCC-AT) 7 p.m. Treichler Lodge Meeting	8 a.m. Shrine Club (PCDR) 9 a.m. Men's Support Group (KR) 12:30 p.m. Colonial Park Mall, Harrisburg	9 a.m. Wegman's Market, Mechanicsburg 1:30 p.m. Jews and the Civil Rights Movement (MHCC Meditation Chapel) 3 p.m. Holy Communion (KR)	9:30 a.m. Harley Davidson® Tour	9 A.M. COFFEE WITH CINDY (KR) 1 P.M. COFFEE WITH CINDY (LDR) 12:45 p.m. Painting with a Twist 1 p.m. January Birthday Party (GLH-RR) 7 p.m. Dance (KR)	21 1 p.m. Wilbur Buds (GLH-AR) 2 p.m. Bingo (KR)
_	2 p.m. Lancaster Conservatory of Music (DA)	12:30 p.m. Walmart, Palmyra	10 a.m. Travel Club Meeting (KR) 12:30 p.m. Tanger Outlets, Hershey 1 p.m. Line Dancing (BB) 7 p.m. Amaranth Meeting (BB, Salon III and IV)	10 a.m. Episcopalian Service (KR) 10:15 a.m. Dutch Apple Dinner Theater 3 - 5 p.m. Cocktail Social (GLH-SO)	26 10:30 a.m. Lunch Trip: Hong Kong Garden, Lancaster	9 A.M. COFFEE WITH MARK (SYC-N) 9:30 a.m. Park City Mall, Lancaster 2 p.m. Bingo (LE) 3:30 Happy Hour (KR) 6 p.m. Music with Lee Moyer and Ricky Herb (GLH-AR)	3 p.m. Wine and Cheese (GLH-RR) 6:30 p.m. Trivia Night (LDR)
- - - -	29	12:30 p.m. Dollar Tree, Mount Joy 2 p.m. Masonic Education Course (Lodge Meeting Room)	10:30 a.m. Lunch Trip: Funck's, Leola 1 p.m. Line Dancing (BB) 5:30 p.m. Bingo (GLH-AR)	This calendar does not list all occurring events. For a full list, please review the rest of the publication.	NOTES		



Tues., Thurs.

SilverSneakers® Classic

**Cost: Free** 9 - 9:45 a.m.

This universal class is designed to improve agility, balance, coordination and functional capabilities. Location: Brossman Ballroom, Salon I

Tues., Thurs.

SilverSneakers® Circuit

10 - 11 a.m.

Cost: Free

A non-impact standing class with alternating intervals designed to increase cardiovascular and muscular endurance. Location: Brossman Ballroom, Salon I

Wed., Fri.

**Yoga Within** 

10:15 - 11:15 a.m.

**Cost: Free** 

Experience gentle yoga poses, ranging from seated to standing, with focus on strength, relaxation, balance and flexibility. Location: Lodge Meeting Room

By appt.

**Functional Movement Group** 

Cost: \$15

These small-group sessions include exercises challenging balance, strength, power and reaction time with the goal of improvement. Each group will work with a certified personal trainer. Improving these areas can help prevent falls, promote independence and increase confidence.

**Location: Baird Wellness Center** 

By appt.

**Nutrition Discussion** 

**Cost: Free** 

Meet with Jamie Rosenshine, personal trainer and candidate for a graduate degree in human nutrition and functional medicine, to discuss nutrition on a personal basis. Location: Baird Wellness Center

By appt.

**Healing Touch™ Sessions** 

**Cost: Free** 

To introduce the benefits of this integrative energy therapy, Healing Touch™ apprentices will be offering complimentary Healing Touch™ sessions on Tuesdays from 2 - 6 p.m. The energy therapy promotes health and healing through the use of light touch, influencing the energy field surrounding the body. Treatments will be provided by Healing Touch<sup>™</sup> apprentices and students who have completed level I training or higher. Benefits can include relaxation, pain control, stress reduction and immune system strengthening. To schedule an appointment, call Connie Roye at 717-342-3512. Location: Baird Wellness Center

Mon., Jan. 9 - Feb. 27

Zumba<sup>®</sup> Gold

6 - 6:45 p.m.

**Cost: \$23** 

Enjoy this toned-down version of Zumba®! Zumba® Gold is a fun aerobics-type class, part dance and part fitness, based on Latin American and international style music. Please register Dec. 19 - Jan. 2. **Location: Memorial Hall Gym** 

Thurs., Jan. 5 - Feb. 23

Strong by Zumba®

6 - 7 p.m.

Cost: \$23

This class utilizes a combination of HIIT (High Intensity Interval Training) body weight exercises and strength conditioning led by music. Please register Dec. 19 - Jan. 2. Location: Memorial Hall Gym

Thurs., Jan. 5 - March 2

**Beginner Yoga** 

10:30 - 11:30 a.m.

Cost: \$33

Learn fundamental yoga postures using safe alignment and modifications. Slowly build strength, flexibility and balance. Mind, breath and body connection are introduced and emphasized. This is a slow and mindful class for any fitness level. No yoga experience is necessary. Bring a yoga mat. Please register Dec. 19 - Jan 2. Location: Lodge Meeting Room

Thurs., Jan. 5 - March 2

Vinyasa Yoga

9:15 - 10:15 a.m.

**Cost: \$33** 

This class features a flow-style yoga focusing on mind, breath and body connection. Build heat and sensation in strength poses, flow and balance. Detox, strengthen and lengthen your muscles. Previous yoga experience is a plus, but not required. Bring your own yoga mat. Please register Dec. 19 - Jan 2. **Location: Lodge Meeting Room** 

Mon., Jan. 16 - Feb. 20 Wed., Jan. 18 - Feb. 22

**Hatha Flow Yoga** 

6 - 7 p.m.

Cost: \$24

This is a multi-level class which incorporates yoga poses, conscious breathing and a meditative focus to foster strength, flexibility and relaxation. Please register Dec. 26 - Jan. 9. Registration for both Monday and Wednesday class is \$48. Location: Carpenter Chapel

Tues., Jan. 10 - March 14

**Power Yoga** 

6 - 7 p.m.

Power yoga focuses on strength, balance and flexibility while linking mind and body through breath. This class is for beginner and advanced yoga students. Please register Dec. 19 - Jan 2. Location: Memorial Hall Gym

Mon., Wed., Fri., Jan. 2 - March 22

**Water Walking** 

9:30 - 10:15 a.m.

Cost: \$70

**Cost: \$50** 

This low-impact class uses a variety of steps. speeds and arm movements to increase strength and flexibility. Please register Dec. 15 - Dec. 29. Location: Patton Pool

Mon., Wed., **Jan. 2 - March 22** 

**Wave Runners** 

10:30 - 11:15 a.m.

Cost: \$70

This low to moderate intensity class emphasizes cardiovascular endurance, muscle strength and flexibility. Activities include water walking/jogging, standing aerobic combinations and strengthening exercises using resistive equipment. Please register Dec. 15 - Dec. 29. Location: Patton Pool

Tues., Thurs., Jan. 3 - March 21 **High Intensity Interval Training (Pool)** 

8:30 - 9:15 a.m.

Cost: \$46

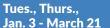
Jump start your day with this 45-minute shallow water workout. This class allows you to set goals, improve your aerobic capacity, increase your metabolism and build a healthier heart. Please register Dec. 15 - Dec. 29. Location: Patton Pool

## **BAIRD WELLNESS** CENTER C33783

Located in the Freemasons Cultural Center, the Baird Wellness Center offers an array of cardiovascular and strength equipment, functional training, personal training and group fitness classes. Massage therapy, Healing Touch™ energy therapy and wellness workshops on mind, body and spirit are also offered.

#### **Hours of Operation**

Mon. - Fri., 6 a.m. - 7 p.m., Sat., 7 a.m. - 3 p.m. Call to register for classes or to learn more.



**Hydro Blast** 

9:30 - 10:15 a.m.

Cost: \$46

Build your cardio fitness, strengthen your core and improve your muscle tone and flexibility with this invigorating shallow water class. Keep moving with a variety of activities such as water walking/jogging and strengthening exercises with resistive equipment. Please register Dec. 15 - Dec. 29. Location: Patton Pool

Tues., Thurs., Jan. 3 - March 21

**Water Wakeup Workout** 

8:30 - 9:15 a.m.

**Cost: \$46** 

This low intensity workout targets all major muscle groups to improve strength and flexibility. Activities include water walking/ jogging, standing aerobic movements and range of motion exercises. The pool water is heated to 90 degrees for additional comfort. Please register Dec. 15 - Dec. 29. Location: Patton Pool

Tues., Thurs., Jan. 3 - March 21

**Aqua Stretch** 

9:30 - 10:15 a.m.

Cost: \$46

Use the 90 degree pool water to improve relaxation, balance and flexibility. Easy yoga, Pilates™ and Tai-Chi inspired movements will be featured. Please register Dec. 15- Dec. 29. Location: Patton Pool



Mon. - Fri.

**Open and Lap Swim** 

Four lanes are open for lap swim, and two lanes are open for free swim. Resident only swim is offered 11:30 a.m. - 1 p.m. Open lap swim for all members is available from 1 - 6 p.m. Location: Patton Pool

Mon. - Fri. 1:30 - 6 p.m.

**Open Swim** 

The Flohr Pool water is heated to 90 degrees for comfort. An eight-person spa is heated to 100 degrees. The pool also offers morning swim from 8:45 - 9:45 a.m., Monday, Wednesday and Friday. Location: MHCC Flohr Pool

## A NEW WAY TO TRACK **YOUR WORKOUTS**

#### Preva® Personal Fitness

Set goals, track progress and see greater results - all with one swipe of a finger. Preva®, a personalized fitness tracking system, allows you to measure your progess at the wellness center, while using Precor® cardio equipment. Also track your progress on the go with the Mobile app or log into your Preva® account on your computer. See a wellness specialist to set up your very own Preva® account and gather directions on use.

## DINING

**New Year's Day Dining** Restaurants at Clubhouse, **Eisenlohr and Grand Lodge Hall** 

Bring luck to the new year with pork, sauerkraut and other delicious menu items at the Restaurant at Clubhouse (served dinner from 11:30 a.m. - 2:30 p.m.), Restaurant at Eisenlohr (served dinner from 11:30 a.m. - 2:30 p.m.) or the Restaurant at Grand Lodge Hall (buffet from 11 a.m. - 1:30 p.m.). Reservations at all three restaurants will begin Thursday, Dec. 22. Look for your memorandum with detailed menus.

**Cocktail Social Clubhouse Lobby** 4 - 6 p.m.

Ring in the new year while sipping cocktails! A \$5 cover charge will include hors d'oeuvres. Cocktails may be purchased separately. Check your building's bulletin board or your mail slot for details. Please RSVP by calling ext. 14506 or 33511.

**JAN** 

Taco Tuesday **Restaurant at Grand Lodge Hall** 4 - 6 p.m.

Experience Mexican flavor and load up your tacos with favorite toppings at this dinner buffet.

25

A Picnic in January **Restaurant at Clubhouse** Lunch: 11:30 a.m. - 1 p.m. Dinner: 4 - 6 p.m.

Enjoy all your favorite picnic classics including hamburgers, hot dogs, baked beans, potato salad and much more in January! Both lunch and dinner will be buffet style.



JAN

**Cocktail Social Grand Lodge Hall Solarium** 3 - 5 p.m.

Enjoy a glass of wine, mixed drink or a soda while catching up with friends.

JAN 26

**Ice Cream Social Restaurant at Eisenlohr** 4 - 6 p.m.

Make a personalized ice cream sundae with toppings including hot fudge, caramel, chocolate syrup, wet walnuts, strawberry topping, whipped cream and cherries!

TUES

**Flavors of Russia Restaurant at Eisenlohr** 4 - 6 p.m.

Go on a culinary adventure as the Restaurant at Eisenlohr takes you on a delicious trip to Russia.

## **RESTAURANT UPDATE**

Famous Masonic Village soups are served at each of the six restaurants and cafés on campus. Many of them include rice, pasta and other ingredients containing gluten. For those who have a **gluten intolerance** or are on a gluten-limited diet, each dining venue will now provide a categorized list of offered soups, ranging from gluten-free to a notable amount gluten. For additional questions, call nutrition services at ext. 33112 or 33380.

VILLAGE

17

## **EXCURSIONS**

Sign up Dec. 23, 9 a.m. at the Clubhouse Info. Desk **4 14512** 

WED

Pick up: 9 a.m.

Hollywood Casino **大**次

Return: 2:30 p.m. Cost: Free

The Hollywood Casino features over 2,450 reel, video slots and video poker machines ranging from one penny to \$100. Popular games are available at more than 50 game tables. A variety of eateries are available throughout the casino.

**JAN** 

**Starlight Tea Concerts Presents Epiphany** 

Pick up: 5:30 p.m.

Return: 9 p.m. **Cost: Free** 

Enjoy the performances of the Chancel Choir, the Carillon Bell Choir, soloists and instrumentalists at the Starlight Tea Epiphany Concert, one of the Lancaster Church of the Brethren's most beloved traditions. A free-will offering will take place during intermission. The concert is scheduled for 7 p.m.





## The Pennsylvania **Farm Show**

MON

Pick up: 8 a.m. Return: 2 p.m. Cost: Free

Attend the largest indoor agricultural exposition in the nation with nearly 6,000 animals (including Masonic Village's very own), 10,000 competitive exhibits and 300 commercial exhibits. See animal shows and competitions among local youth. Also enjoy the Pennsylvania Farm Show's famous milk shakes and deep-fried favorites! A trip will also take place on Friday, Jan. 13, from 8 a.m. - 2 p.m.

**PARCR Meeting** 

Return: 2:30 p.m.

Cost: \$10

**Open Rehearsal** Pick up: 1:30 p.m. Return: 5:30 p.m. Cost: Free

**Lancaster Symphony Orchestra** 

The Lancaster Symphony Orchestra will be joined by Xixi Zhou, a piano soloist who has been praised for his incomparable technique, deep thought and expression of music. This performance will take place at the Fulton Opera House in Lancaster and will begin with an informal question and answer session with the maestro and featured artist.

Pick up: 8:30 a.m. Learn the latest in retirement living during a luncheon held at Cross Keys Brethren Village. Payment will be taken at the door. RSVP by Jan. 4. Pick up location: Clubhouse



## **The National Watch** and Clock Museum

**JAN** 

BIVILLAGE living

Pick up: 12:30 p.m. Return: 3:30 p.m. Cost: \$5

This museum, located in Columbia, was officially opened in 1977 with fewer than 1.000 items. Since then, the collection has increased to over 12,000 items and the museum has undergone several expansion projects. Today, the museum is recognized as the largest and most comprehensive horological collection in America. Payment will be collected at the museum.







## **Payment and Pick Up Information**

If paying by check, please make payable to "Masonic Village." Please pay for each trip with separate checks, and send payment to the Recreation Department. If for any reason you need to cancel a trip on a weeknight or weekend, please call the Operator (0) to let them know, and the bus driver will be notified. During normal working hours, Monday through Friday 8 a.m. - 4 p.m., please call the Recreation Department at ext. 14509. Any cancellations made within 48 hours of a trip are non-refundable. If a pick up location is not noted, you can be picked up at your residence. \*If you are not using Masonic Village Transportation, please deduct \$4 from the cost.

## **EXCURSIONS**

**Plant Tour** 

Sign up Dec. 23, 9 a.m. at the Clubhouse Info. Desk **4 14512** 

# Harley Davidson®

Pick up: 9:30 a.m. Return: 2 p.m. Cost: Free

This one-of-a-kind factory tour will give you a unique look at the people and processes behind Harley Davidson's® operations. You'll be guided through the manufacturing of the key components of a Harley and witness the assembly of a Softtail®, Touring®, CVO™ and Trike® motorcycle. You will also see the end of the line, where every motorcycle is roll-tested prior to shipping. The tour is scheduled for 10 a.m. Low-heeled shoes are required. Cameras are not permitted in the plant, but can be used at the tour center. A stop will be made at Round the Clock Diner, in York, after the tour.



FRI

Painting with a Twist

Pick up: 12:45 a.m. Return: 4:30 p.m. Cost: \$25

Paint a masterpiece under the group instruction of Gary and Sue Griffith, owners of Painting with a Twist, located in Centerville. Coffee and tea will be available as you paint. For those interested in sipping wine, feel free to bring your own bottle. Payment by check or cash will be accepted at the studio. The class is scheduled for 2 p.m. Please register by Jan. 16.

WED FEB

**Rainbow Comedy Playhouse** Presents Mama Won't Fly

Pick up: 10 a.m.

Return: 4:30 p.m.

This performance is a hilarious look into a unique family. A fearful mama is afraid of flying and needs to get to a wedding. She has roped her daughter into driving her from Alabama to California. Ride along on one of the wackiest road trips ever! This show will be a whole new kind of funny. Please register by Jan 25.







## STANDARD TRIPS & 33205

Please call to sign up on **Dec. 23 beginning at 8 a.m. at the GLH Transportation Desk** for the Elizabethtown Shuttle or Village Green Transport for shopping, breakfast, lunch and supper trips, as well as Masonic Village campus meetings and entertainment provided on campus. If for any reason you need to cancel a trip on a weeknight or weekend, please call the operator (0) to let them know, and the bus driver will be notified. Please note: the desk closes during lunch hour.

DATE	LOCATION	PICK-UP	RETURN
Tuesday, Jan. 3	Walmart, Palmyra	12:30 p.m.	4 p.m.
Thursday, Jan. 5	Park City Mall, Lancaster	12:30 p.m.	4 p.m.
Tuesday, Jan. 10	Dollar Tree, Mount Joy	12:30 p.m.	3 p.m.
Wednesday, Jan. 11	Breakfast Trip to Country Meadows, Elizabethtown	7:30 a.m.	10:30 a.m.
Monday, Jan. 16	Lunch Trip to Olive Garden, Lancaster	10:30 a.m.	2:30 p.m.
Tuesday, Jan. 17	Colonial Park Mall, Harrisburg	12:30 p.m.	4 p.m.
Wednesday, Jan. 18	Wegman's, Mechanicsburg	9 a.m.	2:30 p.m.
Monday, Jan. 23	Walmart, Palmyra	12:30 p.m.	4 p.m.
Tuesday, Jan. 24	Tanger Outlets, Hershey	12:30 p.m.	4 p.m.
Thursday, Jan. 26	Lunch Trip to Hong Kong Garden Chinese Restaurant, Lancaster	10:30 a.m.	2:30 p.m.
Friday, Jan. 27	Park City Mall, Lancaster	9:30 a.m.	2:30 p.m.
Monday, Jan. 30	Dollar Tree, Mount Joy	12:30 p.m.	3 p.m.
Tuesday, Jan. 31	Lunch Trip to Funck's Restaurant and Brewery, Leola Over 115 beers will be on tap. Menu includes steaks, seafood, pasta dishes, sandwiches, salads and more.	10:30 a.m.	2:30 p.m.
<b>RECURRING SCHE</b>	<b>DULE</b> Call ext. 33205 at anytime to register		
Eveny Sunday	Sunday Shuttle Carries (for the 0.15 am sarvise)	7.40 0 0 00	0.15 a.m.

**Every Sunday** Sunday Shuttle Service (for the 8:15 a.m. service) 7:40 - 8 a.m. 9:15 a.m. Sunday Shuttle Service (for the 10 a.m. service) 9:10 - 9:30 a.m. 11:15 a.m. **Every Sunday** 9:15 a.m. **Every Saturday** Masonic Village Farm Market 10 a.m. 8:30 a.m. Varies Every Monday, Elizabethtown Shuttle **Wednesday and Friday Every Tuesday and** Elizabethtown Shuttle 1 p.m. Varies Thursday

On Sunday, Jan. 1, please follow the holiday shuttle schedule.

## **Important Notice**

If you have not received a reminder phone call one day prior to a scheduled trip, please call the Grand Lodge Hall Transportation Desk at ext. 33205, the Clubhouse Information Desk at ext. 14512 or Recreation Office at ext. 14509. The Elizabethtown Shuttle provides transportation to various destinations in Elizabethtown, including but not limited to GIANT, Kmart, Weis, Darrenkamps, local medical appointments, CVS, post office, library and Groff's Meats.











**OPERATION CHRISTMAS CHILD** 









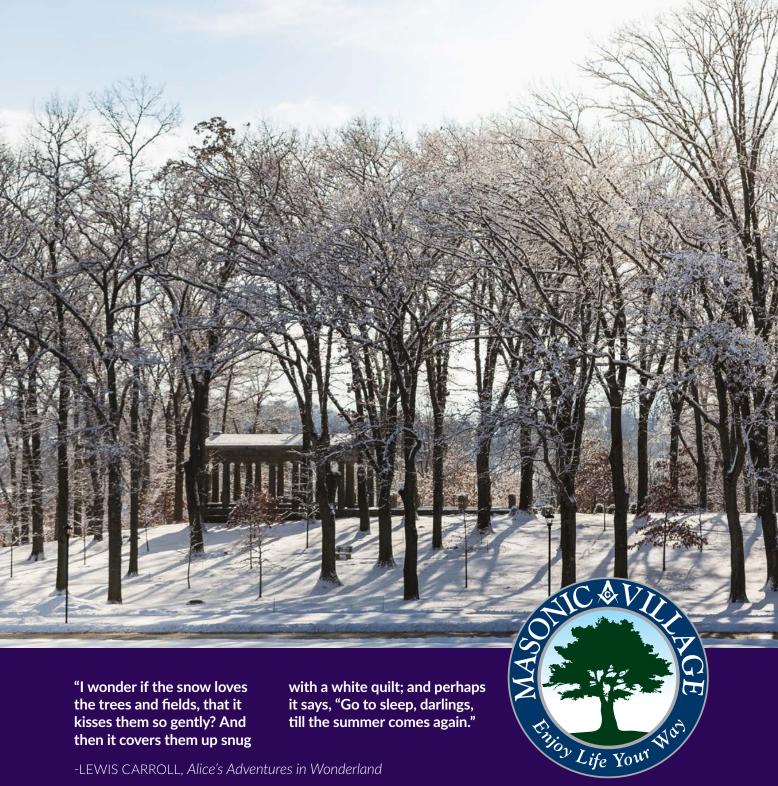




BIVILLAGE living

QUILTS OF VALOR PRESENTATION TO THE RUPTURED **DUCKS, A GROUP OF WWII VETERANS** 

**VETERANS DAY EVENTS** 



-LEWIS CARROLL, Alice's Adventures in Wonderland

## **ENJOY LIFE YOUR WAY**

Our caring communities and services assist individuals, families and children in realizing their potential and enjoying the highest possible quality of life through the traditions of Freemasonry.