













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

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Recreation Department: 
• 14509 or • 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.



Cost: Free

**Cost: Free** 

**Cost: Free** 



**Keystone Room Social** 

Start time: 7 p.m.

**Cost: Free** 

Tom Edmondson will play all of your favorite tunes, and light refreshments will be served at this popular event. **Location: Keystone Room** 



**MEM-O-RIES Quartet Concert** 

Start time: 6 p.m.

Cost: Free

Join Art Martino, Harry Minskey and friends for an enjoyable hour of your favorite standards with the MEM-O-RIES quartet.

**Location: GLH Assembly Room** 

# **Flyswatter Madness Information Session**

FRI MARCH Time: 10 a.m. Cost: Free

Resident teams are needed for this year's Flyswatter Madness Tournament. Learn about this fun-filled and suspenseful table game played with flyswatters and balloons. Form teams of six among friends, and play on March 20 or 21 for the chance to go to the finals. Final teams will challenge employee teams for the title of Flyswatter Madness Champion! **Location: Keystone Room** 



SAT MARCH 04

Wilbur Buds Concert

Start time: 1 p.m.

**Cost: Free** 

Enjoy the music and fellowship of the Wilbur Buds under the direction of Harry Minskey. **Location: GLH Assembly Room** 

SUN MARCH

A Travelogue: Bhutan The Cloud Kingdom

Start time: 2 p.m.

Cost: Free

Within the folds of Bhutan's mountains lie sacred temples, dazzling rice fields and villages unchanged by time. On this magical journey, hike to ancient dzongs, meet local families, wander through monasteries and witness local festivities. Film maker Tom Sterling will present the film in-person.

**Location: Deike Auditorium** 

MARCH 07

Music Merrymakers Concert

Time: 5:45 p.m.

Cost: Free

Enjoy love songs, Irish ditties and hymns with Masonic Village's very own Music Merrymakers, who just celebrated their 25th anniversary. **Location: GLH Assembly Room** 

FRI MARCH **10** 

Lecture and Discussion: The Golden Age of Hollywood

Time: 1 p.m.

Cost: \$25

In the early years of Hollywood film making, three small, minor studios were called the "Little Three" because they did not own their own theaters and distributed their films to independently owned theaters. During this class, feature length "little three" and "poverty row" films will be shown. Cindy Rose, humanities professor at Elizabethtown College, will facilitate. Class will meet Fridays, 1 – 4:30 p.m., from March 10 – April 7. Register by calling ext. 14512. **Location:** Williamson Multimedia Room, Patton Campus

FRI
MARCH
10

Keystone Room Movie Showing: *Redtails* 

Start time: 7 p.m.

**Cost: Free** 

This film follows a crew of African American pilots in the Tuskegee training program. Having faced segregation while kept mostly on the ground during World War II, the men are called into duty under the guidance of Col. A.J. Bullard. This movie, staring Cuba Gooding Jr. and Terrence Howard, is rated PG-13 with a run time of 2 hours and 5 minutes. **Location: Keystone Room** 



Video Presentation of the

**Philadelphia Flower Show** 

Enjoy footage from the 2016 Philadelphia Flower

Show, which celebrated the 100th anniversary

showcases the extraordinary plants, creativity

**Clear Captions® Phone Seminar** 

**Behind the Stage with Maestro** 

and talent of the nation's top horticulturists and designers. **Location: Deike Auditorium** 

of the National Park Service. The event

Join Clear Captions® to discover how to

qualify for a free touchscreen phone that displays text of conversations in near real-

time. Light refreshments will be served at this

informative event. Location: Keystone Room

**Stephen Gunzenhauser** 

Maestro Stephen Gunzenhauser, conductor and

music director of the Lancaster Symphony Orchestra,

will give a behind-the-curtain look at the business of

the arts. With a background in teaching, performing

and directing, Stephen will surely entertain with his

knowledge. Location: Keystone Room

MARCH

**TUES** 

MARCH

14

**THURS** 

MARCH

16

Start time: 10 a.m.

**Start time: 10:30 a.m.** 

Start time: 2 p.m.



TUES
MARCH
07

**Start time: 10 a.m. Cost: Free** 

Join Chuck Musser, National Bluebird Society member, lifelong bird lover and local legend, in discovering how the bluebird population is doing on Masonic Village's campus. A short movie will be shown, and bluebird boxes and nests will be on display.

**Location: Keystone Room** 

9 VILLAGE (ivi

## **ENTERTAINMENT**

**\** 33205

MON MARCH 20

**Quilt Display with Ina Jacobs** 

Start time: 1:30 p.m.

**Cost: Free** 

Join quilter Ina Jacobs for an interesting, informative and beautiful presentation. Ina will display 30 of her quilts, each one having a unique and fascinating story that stems from her life's history. **Location: Keystone Room** 

MON MARCH 20

Masonic Children's Home Tour

Start time: 2 p.m.

**Cost: Free** 

Residents wanting to tour the Masonic Children's Home can contact resident and children's home alum Alan Saylor at 717-287-2157. Tour groups will enjoy cookies with the children after school and learn about their daily routine. **Location: Masonic Children's Home** 

MARCH 21

**Singing Mayor Concert** 

Start time: 6 p.m.

Cost: Free

Elizabethtown's mayor, Mayor Chuck Mummert, is also an accomplished vocalist and enjoys entertaining community members, neighbors and friends here at the Masonic Village. Join him for an hour of music. Location: **GLH Assembly Room** 

THURS
MARCH
23

**Expert Hearing Care** 

Start time: 9:30 a.m. - 4 p.m.

**Cost: Free** 

Receive a free hearing aid cleaning and check-up by Masonic Village's Hearing and Ear Care Center at no charge. Services will be on a first-come, first-served basis. **Location: Sycamore North Activity Room** 

THURS
MARCH
23

Bach Choir Presentation

Start time: 10 a.m.

**Cost: Free** 

All music fans and everyone who appreciates chamber music will enjoy learning about the background of the Bach Choir of Bethlehem. The presentation includes a short film and biographical sketch of Johann Sebastian Bach. **Location: Keystone Room** 

FRI MARCH

Movie Showing: The Secret of Roan Inish

Start time: 7:05 p.m.

**Cost: Free** 

This film takes place on an Ireland island wreathed in legends and untouched by technology. Fiona, a quiet 10-year-old, goes to live with her grandparents on the island, where her family had lived for generations but left during a tragic storm in which her baby brother was lost at sea. This movie is rated PG with a run time of one hour and 43 minutes. **Location: Deike Auditorium** 

SUN MARCH 26

Fire In the Glenn Concert

Start time: 2 p.m.

Cost: Free

Get your toes tapping with blistering fiddle tunes, mug-thumping pub songs and soulful ballads. Bandmates Tom Knapp, Mick Mullen and Megan Mullen blend traditional Irish, Scottish and Cape Breton styles with their own Celtic style. **Location: Deike Auditorium** 

APRIL 12

Lecture and Discussion: Nature's Mindful Healing

Start time: 9 a.m.

Cost: \$20

Course facilitator Brenda Lee Sieglitz, owner of Widow Voyages, will teach safety tips for exploring the outdoors and discovering the best natural spaces within Lancaster County. Register by calling ext. 14512. **Location: Room 115, Patton Campus** 





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NOTE FROM ADMINISTRATION

# **Adult Daily Living Center Provides Extra Support**

Nicholas Mahler, director of marketing and outreach

Trusting others to care for loved ones who may need support throughout the day can be a difficult task, but Masonic Village's Adult Daily Living Center makes it a little less daunting.

For more than 20 years, the Adult Daily Living Center has been relieving caregivers from their stresses and demands by providing top quality care to adults 18 and older who may have difficulty structuring their own daily activities or can't be left safely at home due to physical, social or cognitive impairments. These impairments may include, but are not limited to, Alzheimer's disease, dementia, stroke, brain injury and intellectual and developmental disabilities.

On Aug. 14, 1995, the Adult Daily Living Center opened its doors for the first time with two enrolled participants and one mission in mind. Now, more than 20 years later, with over 40 enrolled participants and seven staff members, that mission has continued.

Program staff develop a care plan for each participant based on his or her specific needs. With the help of the Adult Daily Living Center, caregivers may attend to other responsibilities or receive respite on a part-time or full-time basis.

For participants, a day at the Adult Daily Living Center may involve engaging in physically and mentally stimulating games, cognition groups, creative arts, community outings and exercise classes. Licensed nurses and qualified staff, including activity coordinators, program aids and specialists, supervise activities.

For more information or to schedule a visit, call 717-361-5353 or email adlc@masonicvillages.org.

# 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 10 a.m.	Sell Chapel Choir Rehearsal, Sell Chapel
Thursdays 1:30 p.m.	Bible Study, Keystone Room
Thursdays 5:30 p.m.	Vespers, GLH Assembly Room
Fridays 9 a.m.	Men's Bible Study, JB All Purpose Room
Wed., March 1 10 a.m.	Searching the Scriptures: Women's Group, Roosevelt Assembly Room
Wed., March 1 5:30 p.m.	Ash Wednesday, GLH Assembly Room
Wed., March 1 7 p.m.	Ash Wednesday, Sell Chapel
Wed., March 8 2 p.m.	Episcopalian Open Service, Keystone Room
Wed., March 8 7 p.m.	Community Lenten Service at Saint Peter's Church, Elizabethtown: For transportation, call ext. 33205.
Fri., March 10 10:30 a.m.	Special Singles, Keystone Room
Mon., March 13 2 p.m.	Book Club Meeting, Sell Chapel Parlor
Tues., March 14 8 a.m.	Men's Freemasonry Discussion Group, Roosevelt Assembly Room
Wed., March 15 1:30 p.m.	Purim (Jewish Group), Washington Class Room
Wed., March 15 3 p.m.	Holy Communion, Keystone Room
Wed., March 15 7 p.m.	Community Lenten Service, First Church of God, Elizabethtown: For transportation call ext. 33205.
Tues., March 21 9 a.m.	Men's Support Group, Keystone Room
Wed., March 22 10 a.m.	Episcopalian Open Service, Keystone Room

Wed., March 22 7 p.m.	Community Lenten Service, Christ UCC, Elizabethtown: For transportation call ext. 33205.
Wed., March 29 7 p.m.	Community Lenten Service, Sell Chapel
Fri., March 31 1:30 p.m.	Shabbat Service, Country Meadows, Lancaster

# SOCIAL AND GAMES

Mondays	Scrabble for Fun, Keystone Room
3 p.m.	
Mondays	Mahjongg, Sycamore South Rec.
6:45 p.m.	Room
Mondays	Bridge, Keystone Room
6:15 p.m.	
Tuesdays	Wii Bowling, Smith North Rec.
9:30 a.m.	Room
Tuesdays	Duplicate Bridge, Keystone Room
12:30 p.m.	
Tuesdays	Pickleball, Patton Campus Gym
1 p.m.	, , , , , , , , , , , , , , , , , , ,
Tuesdays	Player Piano Music, GLH
3 p.m.	Assembly Room
Tuesdays	Shuffleboard, GLH Game Lounge
6:15 p.m.	Shumeboard, GET Game Lounge
Wednesdays	Mahjongg, GLH Game Lounge
12:45 p.m.	Manjongg, GLH Game Lounge
	Shufflahaard CIII Cama Lauraa
Wednesdays 6:15 p.m.	Shuffleboard, GLH Game Lounge
	D'a alla Kasatana Danas
Wednesdays	Pinochle, Keystone Room
6:30 p.m.	
Wednesdays	Square Dancing, Brossman
7 p.m.	Ballroom, Salon I
Thursdays	Duplicate Bridge, GLH Game
9 a.m.	Lounge
Thursdays	Pickleball, Patton Campus Gym
9 a.m.	
Thursdays	Mahjongg, Smith North Rec.
6:45 p.m.	Room
Thursdays	Canasta, Clubhouse Lobby
7 p.m.	-
Fridays	Bowling, Clearview Lanes,
9 a.m.	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
Mondays, Wednesdays, Saturdays 9 a.m.	Morning Stretch, Keystone Room
Wed., March 1 10 a.m.	Hand and Foot Card Game, Keystone Room
Sat., March 4 2 p.m.	Bingo, Keystone Room
Tues., March 7 7 p.m.	Organ Music with Volunteer Kathy Collins, Brown Apartment Building
Thurs., March 9 1 p.m.	Scrabble by the Rules, GLH Card Room
Fri., March 10 2 p.m.	Bingo, Louis Eisenlohr
Sun., March 12 5 p.m.	Wine and Cheese Social, Keystone Room
Tues., March 14 1 p.m.	Line Dance Practice, Brossman Ballroom, Salon I: Join resident Donna Patrick to learn new line dances which feature a variety of songs at the same tempo.
Tues., March 14 5:30 p.m.	Bingo, GLH Assembly Room
Wed., March 15 4 p.m.	Middle Eastern Dance Practice, Brossman Ballroom, Salon I: Shimmy off the winter blues, tone your muscles and reduce your stress by trying a resident belly dance class! Belly dancing is an ancient dance form and is geared to anybody. Class will also take place March 22, 29 and April 5.
Sat., March 18 2 p.m.	Bingo, Keystone Room
Mon., March 20 5:30 p.m.	Horseracing, FCC Atrium
Thurs., March 23 1 p.m.	Scrabble by the Rules, GLH Card Room
Fri., March 24 2 p.m.	Bingo, Louis Eisenlohr

Fri., March 24 1 p.m.	March Birthday Party, GLH Recreation Room: Eat sweet treats while celebrating March birthdays with friends. Call ext. 33277 to RSVP by March 10.
Fri., March 24 3:30 p.m.	Happy Hour, Keystone Room
Sat., March 25	Wine and Cheese Social, GLH
3 p.m.	Rec. Room
Tues., March 28	Line Dance Practice, Brossman
1 p.m.	Ballroom, Salon I
Tues., March 28 5:30 p.m.	Bingo, GLH Assembly Room
Fri., March 31	Trivia Night with Resident Bob
6:30 p.m.	Reigh, Lodge Dining Room

# MEETINGS AND 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
Fhursdays 9:30 a.m.	Blood Pressure Clinic, GLH: Clinic closes at 10:30 a.m.
Thursdays 9:30 a.m.	Knit Club, JB Lobby
Wednesdays 10 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	Men's Choir Rehearsal, Sell Chapel

# **MEETINGS AND CLUBS**

Fridays 10 a.m.	Music Merrymakers Rehearsal, GLH Assembly Room
Wednesdays, Thursdays and Sundays 1 – 3 p.m.	Art Studio and Gallery: Regular hours are 1 – 3 p.m., but if you see the door is open, feel free to visit. The gallery will be featuring resident Dick Brandt's photography and resident Roland Snyder's artwork. Photographers who would like to display their photos are wanted. If interested, call resident Roland Snyder at 717-287-2469.
Wed., March 1 1:30 p.m.	Low Vision Support Group, GLH Recreation Center: Share your vision needs and adaptation ideas with a peer support group.
Thurs., March 2 9:30 a.m.	RTL Meeting, Deike Auditorium
Thurs., March 2 1 p.m.	Book Club Meeting with the Village Bookies, GLH Conference Room: This month's book is "The Wind is Not a River" by Brian Payton
Thurs., March 2 7 p.m.	Order of the Eastern Star Meeting Brossman Ballroom, Salons III and IV
Fri., March 3 9 a.m.	Coffee with Mark, Village Apartments
Fri., March 3 1:30 p.m.	Penn State Grey Lions, Keystone Room: Guest speaker will be Dr. Kevin Harter, who will discuss using entrepreneurial skills to impact human health and the economy. Dr. Harter is a Professor of Practice and Entrepreneurship at Penn State Harrisburg. He also represents the Medical Innovation Center at Hershey Medical Center.
Sat., March 4 2 – 4 p.m.	Railroad Club Open House
Sun., March 5 2 – 4 p.m.	Railroad Club Open House
Mon., March 6 1:30 p.m.	Aviation Interest Group, Keystone Room: Meet with fellow pilots and explore aviation legends and lore.

Mon., March 6 12 p.m.	High 12 Meeting, Patton Campus Dining Room
Mon., March 6 1:30 p.m.	Apple Club, Sycamore North: The Apple Club discusses iPhones, iPads, iMac, MacBooks, OSX and IOS. Bring your device, join in and solve technological issues. Learn about the latest and greatest news and rumors about Apple products.
Wed., March 8 9 a.m.	Coffee with Mark, Louis Eisenlohr
Thurs., March 9 5 p.m.	Sojourners Meeting: If you would like to join the Sojourners, please contact resident Jack Heinze at ext. 15417.
Mon., March 13 9:30 - 11:30 a.m.	Resident Giant and Darrenkamps Gift Card Sale, FCC Atrium
Mon., March 13 1:30 - 3:30 p.m.	Resident Giant and Darrenkamps Gift Card Sale, Keystone Room
Mon., March 13 10 a.m.	Lancaster County Life Story Writing, GLH Conference Room: Everyone has a story to tell. Learn a relaxed and easy way to write it. The group shares its stories with one another, but never criticizes. The group will also meet March 27.
Tues., March 14 8 a.m.	Men's Freemasonry Discussion Group, Roosevelt Assembly Room
Wed., March 15 9:30 a.m.	Intergenerational Sensory Garden, GLH Rec. Room: Help the young students of Bright Horizons learn how to prepare for outdoor gardening under the tutelage of Janet Nelson from the Masonic Village Greenhouse.
Thurs., March 16 10 a.m.	Bereavement Support Group, Sycamore North
Thurs., March 16 1:30 p.m.	Computer Club Meeting, Keystone Room
Fri., March 17 9 a.m.	Coffee with Cindy, Keystone Room
Fri., March 17 1 p.m.	Coffee with Cindy, Lodge Dining Room
Mon., March 20 7 p.m.	Treichler Lodge Meeting
Tues., March 21 8 a.m.	Masonic Shrine Club, Patton Campus Dining Room
Wed., March 22 3 p.m.	Village Green Area Council Meeting, Brossman Ballroom, Salon II

Fri., March 24 3:30 p.m.	Happy Hour, Keystone Room
Mon., March 27 8:30 a.m.	New Friends from Mt. Calvary Christian School, GLH Assembly Room: Second graders will be visiting Masonic Village this month.
Mon., March 27 1:30 p.m.	Caregiver Support Group, Sycamore South Terrace Lounge: Guest speaker will be Jan Hendershot, Masonic Health Care Center social worker and coordinator of the Dementia Support Group.
Tues., March 28 10 a.m.	Travel Club, Keystone Room: Planned trips include Tattoo and Azalea Festival, Virginia, April 28 - May 1; and Indian Head Resort, New Hampshire, Sept. 25 - 29. Call 717-361-5173 for information on these trips. Annual dues are \$5. All residents are invited to attend.
Tues., March 28 7 p.m.	Amaranth Meeting, Brossman Ballroom, Salon III and IV
Thurs., March 30 9:30 a.m.	Garden Club, Keystone Room
Fri., March 31 9 a.m.	Coffee with Mark, Sycamore North

# **CRAFTS**

Express your creativity and pick up a new hobby! Craft classes are open to all retirement living residents. Call ext. 33277 to reserve a place in a class.

#### **CERAMICS GLH Ceramics Room** Cost: \$3

**Every Tuesday** Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m.

#### **GLASS FUSING GLH Ceramics Room Cost: Varies**

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

#### **SAINT PATRICK'S DAY PROJECT**

**GLH Rec. Room** Cost: \$5

Thursday, March 9 Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. RSVP by March 3.

#### **JEWELRY MAKING**

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

Thursday, March 23 Class I: 8:30 - 11 a.m. Class II: 1 - 3 p.m. RSVP by March 3.

#### **SPRING DOOR DECORATIONS**

**GLH Rec. Room** Cost: \$5

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

# **UPCOMING EVENTS**

#### A Travelogue: The **South Pacific**

Sun., April 9 at 2 p.m. Deike Auditorium

#### The King's Strings Concert

Fri., April 14 at 7 p.m. Deike Auditorium

#### **Easter Egg Hunt** Sat., April 15

**Aging Eyes Presentation** Wed., April 19 at 2 p.m. **GLH Assembly Room** 

#### **Bainbridge Band Concert** Sun., April 23 at 2:30 p.m. Deike Auditorium

**David Rose and Dan Kennedy Native Flutes** and Piano Concert Fri., April 28 at 2 p.m. Deike Auditorium

**Organ Concert** Sun., April 30 at 2 p.m. Sell Chapel



# MARCH 2017 celender

#### **CALENDAR KEY**

Off Campus Excursions

#### Standard Trips

COFFEES	
Other	
ВВ	Brossman Ballroom
BN	Brown Building
СС	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
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

Village Apartments

VA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES			10 a.m. Hand and Foot Card Game (KR) 12:30 p.m. Zig's Bakery, Lititz 1:30 p.m. Low Vision Support Group (GLH-RC) 5:30 p.m. Ash Wednesday Service (GLH-AR) 7 p.m. Ash Wednesday Service (Sell)	9:30 a.m. RTL Association Meeting (DA) 1:30 p.m. Open Rehearsal with Lido 7 p.m. OES Meeting (BB)	9 A.M. COFFEE WITH MARK (VILLAGE APTS) 12:30 p.m. Walmart, Palmyra 1:30 p.m. Grey Lions (KR)	1 p.m. Wilbur Buds (GLH-AR) 2 p.m. Bingo (KR) 2 - 4 p.m. Railroad Club Open House
5 2 - 4 p.m. Railroad Club Open House 2 p.m. Travelogue: Bhutan (DA)	12 p.m. High 12 (PCDR) 12:30 p.m. Hobby Lobby Craft Store 1:30 p.m. Aviation Interst Group (KR)	8:30 p.m. Root's Market, Manheim 10 a.m. Chuck Musser Bluebird Program (KR) 5:45 p.m. Music Merrymakers Concert (GLH-AR) 7 p.m. Organ Music (BN)	7:30 a.m. Breakfast Trip: Kountry Kitchen, Manheim 9 A.M. COFFEE WITH MARK (LE) 2 p.m. Episcopalian Service (KR) 7 p.m. Community Lenten Service - St Peter's	9 12:30 p.m. Donegal High School Spring Musical 5 p.m. Sojourners Meeting	10:30 a.m. Special Singles (KR) 12:30 p.m. Park City Mall, Lancaster 2 p.m. Bingo (LE) 7 p.m. Movie (KR)	5:30 p.m. Westminster Music Concert
Daylight Savings 5 p.m. Wine and Cheese (KR)	9:30 -11:30 a.m. Giant & Darrenkamps Gift Card Sale (FCC-AT) 10:30 a.m. Lunch Trip: BJ's Restaurant & Brewhouse, Lancaster 1:30 - 3:30 p.m. Giant & Darrenkamps Gift Card Sale (KR) 2 p.m. Philly Flower Show Video (DA)	10:30 a.m. Clear Captions Phone Seminar (KR) 12:30 p.m. Dollar Tree, Mount Joy 1 p.m. Line Dance Practice (BB) 5:30 p.m. Bingo (GLH-AR)	9 a.m. Wegman's Market, Mechanicsburg 1:30 p.m. Purim Discussion (MHCC Washington Classroom) 3 p.m. Holy Communion (KR) 3:30 - 5 p.m. Cocktail Social (GLH-SO) 4 p.m. Middle Eastern Dance Class (BB) 7 p.m. Community Lenten Service, First Church of God	8 a.m. Masonic Temple, Library and Museum Tour 10 a.m. Maestro Stephen Gunzenhauser (KR)	9 A.M. COFFEE WITH CINDY (KR) 12:30 p.m. Stauffer's of Kissel Hill, Rohrerstown 1 p.m. St. Partick's Day Shakes (GLH-RR) 1 P.M. COFFEE WITH CINDY (LDR) 7 p.m. Keystone Room Social (KR)	18 2 p.m. Bingo (KR) 6 p.m. MEM-O-RIES (GLH-AR)
19 1:30 p.m. Lebanon County Community Concert	11 a.m. Elizabethtown College Presidential Enrichment Series 1:30 p.m. Lifetime of Quilting (KR) 2 p.m. Children's Home Tour 5:30 p.m. Horseracing (FCC-AT)	8 a.m. Masonic Shrine Club (PCDR) 10:30 a.m. Lunch Trip: Yoder's Family Restaurant, New Holland 6 p.m. Singing Mayor (GLH-AR)	10 a.m. Episcopalian Service (KR) 3 p.m. Village Green Council Meeting (BB, Salon II) 5:30 p.m. Dorothy Rose Concert 7 p.m. Community Lenten Service, Christ UCC	9:30 a.m 4 p.m. Expert Hearing Care (SYC-N) 10 a.m. Bach Choir Festival Presentation (KR) 5 p.m. Zembo Shrine Circus	9:30 a.m. Park City Mall 1 p.m. March Birthday Party (GLH-RR) 2 p.m. Bingo (LE) 3:30 p.m. Happy Hour (KR) 7:05 p.m. Movie (DA)	3 p.m. Wine and Cheese (GLH-RR)
26 2 p.m. Fire in the Glenn (DA)	27 12:30 p.m. Dollar Tree, Mount Joy	28 10 a.m. Travel Club (KR) 1 p.m. Line Dance Practice (BB) 5:30 p.m. Bingo (GLH-AR) 7 p.m. Amaranth Meeting (BB)	10:15 a.m. Dutch Apple Theater 7 p.m. Community Lenten Service (Sell Chapel)	8:30 a.m. Quest for Learning 9:30 a.m. Garden Club Meeting (KR)	9 A.M. COFFEE WITH MARK (SYC-N) 10:30 a.m. Lunch Trip: Outback Steakhouse, Lancaster 1:30 p.m. Shabbat Service (TBA) 6:30 p.m. Trivia Night (LDR)	This calendar does not list all occurring events. For a full list, please review the rest of the publication.

# BAIRD WELLNESS CENTER 433783

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., 5 a.m. - 9 p.m., Sat., 7 a.m. - 3 p.m. Call to register for classes or to learn more.



## **CLASSES AND PROGRAMS**

Tues., Thurs.

SilverSneakers® Classic

9 - 9:45 a.m.

Cost: Free

**Nutrition Consultation** 

Cost

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** 

This is 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.

**Location: Baird Wellness Center** 

By Appt.

**Cost: \$15** 

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 with near-body touches. To schedule an appointment, call Connie Roye at 717-342-3512. **Location: Baird Wellness Center** 

By Appt.

Golf Training

**Cost: \$25** 

Can't keep in golf shape over the winter months?
Consider the golf strength and flexibility program, which includes a postural and balance evaluation and personalized routine. To continue your progress, consider personal training at \$15 per session.

Location: Baird Wellness Center

Wed., Fri., March 1 - April 28

**Athletic Training Program** 

9 - 9:30 a.m. and 4:30 - 5 p.m.

Cost: \$5 per class

Within a small group, focus on the development, progression and maintenance of athletic strength and flexibility. This class is perfect for those active in a variety of activities including shuffleboard, bocce, basketball, cycling and other senior games sports. Weekly registration will end on Mondays. **Location: Baird Wellness Center** 

Mon., March 13 - May 8

Zumba® 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. Please register Feb. 20 – March 3.

Location: Memorial Hall Gym, Patton Campus

Thurs., March 16 - May 4

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 Feb. 20 – March 3. Location:

Memorial Hall Gym, Patton Campus

Thurs., March 23 - May 25

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. This is a slow and mindful class for any fitness level. No yoga experience is necessary. Please bring a yoga mat and register Feb. 23 – March 9. Location: Memorial Hall Gym, Patton Campus

Thurs., March 23 - May 25

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. Previous yoga experience is a plus, but not required. Please bring your own mat and register Feb. 20 – March 3. Location: Lodge Meeting Room

Mon., Wed., March 6 - April 19

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 Feb. 20 – March 3. Registration for both Monday and Wednesday classes is \$48. **Location: Carpenter Chapel** 

Tues., March 28 - June 6

**Power Yoga** 

6 - 7 p.m.

Cost: \$50

Power yoga has an avid focus on strength, balance and flexibility while linking mind and body through breath. This class is for beginner and advanced students. Please bring your own mat and register Feb. 23 – March 9. **Location: Memorial Hall Gym, Patton Campus** 

Mon., Wed., March 13 - May 3

Mat Pilates®

8:45 - 9:45 a.m.

**Cost: Call for Price** 

Exercises in this class are done on the floor, which employs controlled breathing during body weight resisted movements, building core strength. This class is taught by professional Debra Morris. Register Feb. 23 – March 9. **Location: Lodge Meeting Room** 

Mon., Wed., Fri., March 29 -June 19

Water Walking

9:30 - 10:15 a.m.

Cost: \$70

This low-impact class uses a variety of steps, speeds and arm movements to increase strength and flexibility. Please register March 10 - 24. **Location: Patton Pool** 

Mon., Wed., Fri., March 29 -June 19

**Wave Runners** 

10:30 - 11:15 a.m.

Cost: \$70

This low to moderate intensity class features water walking/jogging, standing aerobic combinations and strength exercises using restrictive equipment. Please register March 10 – March 24. **Location: Patton Pool** 

## WELLNESS CLASSES AND PROGRAMS

Tues., Thurs., March 30 - June 15

HIIT (Pool)

8:30 - 9:15 a.m.

Cost: \$46

Jump start your day by setting goals, improving your aerobic capacity, increasing your metabolism and building a healthier heart. Please register March 10 - 24. **Location: Patton Pool** 

Tues., Thurs., March 30 - June 15

Hydro Blast

9:30 - 10:15 a.m.

**Cost: \$46** 

Build your cardio fitness and strengthen your core with this invigorating shallow water class. Exercises include water walking, jogging and strengthening exercises with resistive equipment. Please register March 10 – 24. **Location: Patton Pool** 

Tues., Thurs., March 30 - June 15

Water Wakeup Workout

8:30 - 9:15 a.m.

**Cost: \$46** 

This low intensity class features water walking, standing aerobic movements and range of motion exercises. Pool water is heated to 90 degrees. Please register March 10 - 24. **Location: Patton Pool** 

Tues., Thurs., March 30 - June 15

**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 March 10 - 24. **Location: Patton Pool** 

Mon. - Fri.

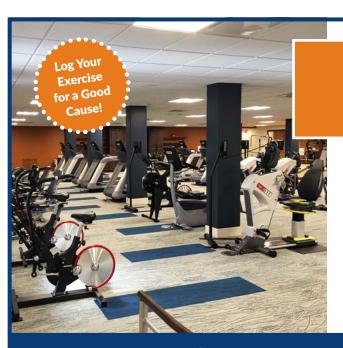
**Open and Lap Swim** 

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.

**Open Swim** 

The Flohr Pool water is heated to 90 degrees for comfort. An eight-person spa is heated to 100 degrees. The pool offers morning swim from 8:45 – 9:45 a.m., Monday, Wednesday and Friday and open swim, from 1:30 - 6 p.m. Monday through Friday. **Location: MHCC Flohr Pool** 



Baird Wellness Center
60-DAY EXERCISE
CHALLENGE

# in partnership with the Ackroyd Family Foundation®

March 1 through April 30, log your exercise minutes at the wellness center to benefit the **Tree of Life Fund.** For participating, you will be entered to win a \$100, \$50 or \$25 Visa gift card. A drawing will take place every two months. The next 60-day challenge will benefit the Employee Assistance Fund.

10 MINUTES = \$0.10 FOR A MASONIC VILLAGE CHARITY



TUES

максн **07**  Gourmet Bloody Mary Bar Restaurant at Clubhouse 11:30 a.m. – 1 p.m. and 4 – 6:30 p.m.

Build your own Bloody Mary cocktail, choosing from a variety of toppings. Original Bloody Mary is \$6. Add three additional garnishes for \$1.

TUES
MARCH
14

Eisenlohr Themed Dinner Restaurant at Eisenlohr 4 – 6 p.m.

Taste unique cuisine and enjoy friends as the Restaurant at Eisenlohr takes you to Scotland.

MARCH

Cocktail Social Grand Lodge Hall Solarium 3:30 – 5 p.m.

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

FRI MARCH **17** 

Saint Patrick's Day Dining Restaurants at Clubhouse, Eisenlohr and Grand Lodge Hall

Feel the luck of the Irish as themed menus are presented at the following restaurants: Restaurant at Clubhouse, serving from 11:30 a.m. – 1 p.m. and 4 – 6:30 p.m.; Restaurant at Eisenlohr, serving a themed menu from 4 – 6 p.m.; and the Restaurant at Grand Lodge Hall, offering buffet specials from 4 – 5:30 p.m. Look for your memorandum with detailed menus.

TUES
MARCH
28

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

Make a sweet and savory dish with toppings including hot fudge, caramel, chocolate syrup, wet walnuts, strawberry topping, whipped cream and cherries!



#### **RESTAURANT UPDATES**

The Restaurant at Eisenlohr will be starting a new menu on Monday, March 6.

The Restaurant at Grand Lodge Hall invites you to celebrate National Ravioli Day on Monday, March 20, at lunch and dinner, with gourmet Italian dishes on special.

The Restaurant at Clubhouse will be celebrating National Chip and Dip Day on Thursday, March 23, from 4:30 – 7 p.m.

## **EXCURSIONS**

Sign up Feb. 20, 9 a.m. at the Clubhouse Info. Desk **4 14512** 



**THURS** MARCH

**Lancaster Symphony Orchestra** Open Rehearsal with Lido

Pick up: 1:30 p.m.

Return: 5:30 p.m.

Cost: Free

The Lancaster Symphony will honor its annual Composer's Award winner, and the concert will conclude with Handel's Royal Fireworks Overture and Tchaikovsky's dramatic Symphony No. 5.

**THURS** 09

**Donegal High School Presents Foot Loose** 

Pick up: 12:30 p.m.

Return: 5 p.m.

Cost: Free

Support Donegal High School students and enjoy this hilarious comedy about Ren McCormack, who moves to a small town where local government has banned dancing and rock music. He leads his classmates around the law to have a real Senior Prom. The show starts at 2 p.m. at Donegal High School.

SAT

**Grove City College Choir Concert** 

Pick up: 5:30 p.m.

Return: 9 p.m.

**Cost: Free** 

This choir, comprised of 45 singers, seeks to praise and glorify God. The concert is scheduled for 7 p.m. at the Westminister Presbyterian Church.

MARCH 19

**Lebanon County Community Concert Association Presents** I Write the Songs

Pick up: 1:30 p.m.

Return: 6 p.m.

Cost: \$29

Experience the timeless hits of Barry Manilow through hit songs like "Mandy," "Could It Be Magic," "Weekend in New England," and "Even Now." Get ready for lots of audience participation, too! The show is scheduled for 3 pm.

MON MARCH 20

**Elizabethtown College Presidential Enrichment Series** 

Pick up: 11 a.m.

Return: 2:30 p.m.

Cost: \$16

**Cost: Free** 

In 2016, Surgeon General Vivek Murthy released a landmark report detailing the enormity and complexity of substance misuse in the United States. The report stated more people are living with substance abuse disorders than all cancers combined. Elizabethtown College Professor Tom Hagan will speak on addiction in America and how to combat this epidemic.

WED MARCH 22

**Auscultation Brass Concert** 

Pick up: 5:30 p.m.

Return: 9 p.m.

This ensemble is a group of Lancaster doctors who, in 1985, decided it would be fun to practice their brass instruments in addition to medicine. This concert, part of the Dorothy Rose Smith Concert Series, will be held at 7 p.m. at the Highland Presbyterian Church in Lancaster. A free-will offering will take place at intermission.

# **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.









# **Masonic Temple, Library** and Museum Tour

**THURS** 

Pick up: 8 a.m. Return: 4 p.m. Cost: \$22.50

The Masonic Temple in Philadelphia was constructed in 1873 and has been called one of the great wonders of the Masonic world. Adorned with some of the finest artifacts of Freemasonry and magnificent Lodge rooms based on themes of the ancient architectural world, the Masonic Temple connects us with our past by outwardly displaying Masonic traditions and values. The tour is scheduled for 11 a.m. A hot buffet luncheon will be served at noon. Please RSVP by March 9. Pick-up Location: JB Clubhouse, 8 a.m. or FCC, 8:15 a.m.

**THURS MARCH** 23

**Zembo Shrine Circus** 

Pick up: 5 p.m.

Return: 10 p.m.

Cost: \$11

See live animal tricks, Zembo Shrine Clowns, feats of balance and agility, juggling, acrobatics and more at the Zembo Shrine Center in Harrisburg. Food concessions will be available for purchase. Reserved seats will be located on the lower level to avoid stairs. The show is scheduled for 7 p.m. Please RSVP by March 3.

**THURS MARCH** 30

**QUEST for Learning** 

Pick up: 8:30 a.m.

Return: 12:30 p.m. Cost: \$10

Classes provide stimulating adult programs designed to broaden your knowledge of great scientists, history, short stories, classical music, cinema and church history. The course has a \$15 registration fee. Please register with QUEST. For more information, contact resident Pat Kemmerer at ext. 13942. This course meets Thursdays, 9:40 -11:50 a.m., from March 30 - May 11 at Evangelical Lutheran Church of the Holy Trinity in Lancaster.

SUN **09** 

Afternoon of Music with the **Raiah Shrine Chanters** 

Pick up: Noon

Return: 6 p.m.

Cost: \$15

Cost: \$50

The Rajah Shrine Chanters will perform selections from some of the best known icons and legends in music history. Special guests include the Ringgold Band and the Hamburg Community Choir. The concert is scheduled for 2 p.m. at Kutztown Area High School. Please RSVP by April 3.

WED 19

Rainbow Comedy Playhouse **Presents Running Mates** 

Pick up: 10 a.m.

Return: 4:30 p.m.

This hilarious comedy stars Sam Storm, who has been the mayor of his small town for 20 years, always running unopposed. All that is about to change when he accidentally offends the opposite sex. This election year, he will have a contender for his office - his own wife! Please RSVP by March 19.



# FRESH, PROFESSIONAL & IN YOUR BACKYARD

From family celebrations to group meetings, Masonic Village Catering can help with it all by creating the perfect spread.

Contact Event Planning at ext. 33151 or 33472 for catering orders and room reservations for meetings and special events (including table/chair and AV setup).

Continue to contact Food Services to order special catered holiday meals.

View catering menus at MasonicVillages.org/catering.

# AT MASONIC VILLAGE LOCATIONS:

SERVED MEALS
PARTY TRAYS
BREAKFAST BUFFETS
BRUNCH BUFFETS
LUNCH BUFFETS
DINNER BUFFETS
PICNIC MENUS
COLD LUNCH SPREADS
SPECIALTY DESSERTS

## **STANDARD TRIPS & 33205**

Please call to sign up on **Feb. 20 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), and the bus driver will be notified. Please note: the desk closes during lunch hour.

DATE	LOCATION	DICK-LID	RETURN
		PICK-UP	
Wednesday, March 1	Zigs Bakery in Lititz: Zig's Bakery's delicious food and baked goods use fresh, local ingredients. Lunch items may be purchased at the bakery.	12:30 p.m.	4 p.m.
Friday, March 3	Walmart, Palmyra	12:30 p.m.	4 p.m.
Monday, March 6	Hobby Lobby Craft Store, Hanover	12:30 p.m.	4 p.m.
Tuesday, March 7	Root's Market, Manheim	8:30 a.m.	11:30 a.m.
Wednesday, March 8	Breakfast Trip: Kountry Kitchen, Manheim	7:30 a.m.	10:30 a.m.
Friday, March 10	Park City Mall, Lancaster	12:30 p.m.	4 p.m.
Monday, March 13	Lunch Trip: BJ's Restaurant and Brewhouse, Lancaster	10:30 a.m.	2 p.m.
Tuesday, March 14	Dollar Tree, Mount Joy	12:30 p.m.	3 p.m.
Wednesday, March 15	Wegman's, Mechanicsburg	9 a.m.	2:30 p.m.
March, Friday 17	Stauffer's of Kissel Hill, Rohrerstown	12:30 p.m.	4 p.m.
Tuesday, March 21	Lunch Trip: Yoder's Family Restaurant and Buffet, New Holland	10:30 a.m.	2:30 p.m.
Friday, March 24	Park City Mall, Lancaster	9:30 a.m.	2:30 p.m.
Monday, March 27	Dollar Tree, Mount Joy	12:30 p.m.	3 p.m.
Friday, March 31	Lunch Trip: Outback Steakhouse, Lancaster	10:30 a.m.	2:30 p.m.
RECURRING SCHE	<b>DULE</b> Call ext. 33205 at anytime to register		
Every Sunday	Sunday Shuttle Service (for the 8:15 a.m. service)	7:40 – 8 a.m.	9:15 a.m.
Every Sunday	Sunday Shuttle Service (for the 10 a.m. service)	9:10 - 9:30 a.m.	11:15 a.m.

# **Important Notice**

**Every Saturday** 

**Every Monday,** 

**Thursday** 

**Wednesday and Friday** 

**Every Tuesday and** 

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.

9:15 a.m.

8:30 a.m.

1 p.m.

10 a.m.

Varies

**Varies** 

Masonic Village Farm Market

Elizabethtown Shuttle

Elizabethtown Shuttle

BAIRD WELLNESS CENTER

March through May, fitness assessments will be available at a discounted price.

#### **Balance Assessment • \$20**

Test your balance with a certified personal trainer. Assess results to develop a customized training program.

#### Posture Assessment • \$20

Test your posture with a certified personal trainer. Assess results to develop a customized training program.

#### Fitness Assessment • \$30

Meet with a certified personal trainer to assess strength, cardio endurance, balance, posture and more. Analyze results (presented in a written report) to develop a customized training program.

#### Personalized Fitness Assessment • \$40

Meet with a certified personal trainer for a health interview. Next, receive a personalized assessment testing strength, muscle endurance, cardio endurance and more. Analyze results (presented in a written report) to develop a customized training program.



## THE BEST YOU

NOW ACCEPTING
PERSONAL ASSESSMENT
RESERVATIONS

**\33783** 















**Photo 1:** A resident woodworker explains his craft at the Rooster Woodshop's Open House. Photo by resident Wils Kile.

**Photo 2:** Residents express their creativity at Painting with a Twist in Lancaster.

**Photo 3:** The Grey Lions enjoy front row seats at a Penn State Harrisburg Men's Basketball game. Photo by resident Elsie Saylor.

**Photo 4:** The Harley Davidson® plant tour gives residents an opportunity to test out some products.

**Photo 5:** The Busy Bee Coloring Group displays their talents. Photo by resident Mary Ellen Tarman.

**Photo 6:** The Busy Bee Coloring Group hard at work. Photo by resident Mary Ellen Tarman.



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.