

Speaker

Some great presentation on Staying Strong with Dr. Brislin from The Joint Center at Westphal Orthopedics. Everyone went away with great information.



Marketing

We had a nice turn out for our Lunch & Learn for potential resident led by Jim Kirkner. Thanks to all who helped with this important event!



Lunch

Another great time at Lunch on Us to connect with friends. If you have Cabin Fever come join us!

**If you are looking for information on activities or events, you can call the information line at 445.1050. It is updated weekly or as needed.*

**If you need help getting to the Doctor, please utilize the Car Service by calling Rae Ann (Activity Coordinator) at 717.445.1030 for an appointment.*

The Woodland Whisper

Woodland Heights' Independent Living Neighborhood

March 2019
Volume 10, Issue 03 

March Birthdays The Village

- 05 * Lois Fulmer
- 07 * Tom Acker
- 10 * Anne Hurst
- 12 * Fran Ferguson
- 13 * Gloria Patry
- 30 * Dave Whitmire



Holiday Inn

Everyone had a great time at the Holiday Inn Buffet. The food was really good and there were no complaints! This could be another option for our Annual Christmas dinner that could be added to our choices.



March Highlights

1st *Twin Valley Technology Workshop - 6:00 PM

Twin Valley Technology Student Association (TSA) will be here to help you. You may bring any question and/or devices (computer, iPad, phone etc.) They have the ability to help with most devices. The \$5.00 donation benefits the Twin Valley TSA program and will be used to fund their transportation and lodging for TSA competitions. **You will most likely have 1/1 or 1/2 attention.** Everyone has left happy!

6th *Rae Ann's Roundtable - 10:00 AM

11th *Dinner Out: Olde Lincoln House - 4:45 PM

See flyers in last mailing to sign up! If you would like to see their menu you may go to <https://www.oldlincolnhouse.com/menu/dinner>

12th *Just Mom's - Delivery between 3:30-4:30 PM

15th *Lunch on Us - 12:00 PM

We will be having Lasagna, Garlic Bread, Toss Salad and Chocolate Mousse.

19th *Annual Breakfast - Drop in between 8:30-10:00 AM

See flyer in last mailing - cost \$6.00. Bill Cariss will cook eggs to order just for you! We will also have Scrambled Eggs, Baked French Toast, Fresh Fruit, Hash Browns, Bacon, Sausage, Pastries, Toast, OJ and Coffee/Teas.

22th *Speaker: - 1:30 PM

Lisa Bingaman, RN - ADON from ZRC will be presenting a lecture on Congestive Heart Failure.

26th *Cottage Cafe - Drop in between 3:30 - 4:30 PM

See menu in this mailing.

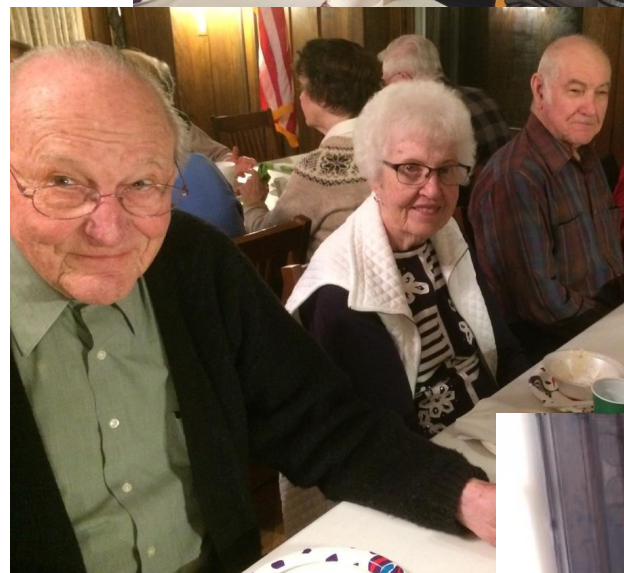
27th *Twin Valley Musical Senior Day - 8:00 AM

Twin Valley High School proudly presents 2019 Spring Musical, The Addams Family – A new Musical Comedy. See flyer in last mailing for more detail.



Dine & Discover

What a fun night! Thank you all for coming and sitting through my adventures... I hope you enjoyed the presentation. The meal before hand wasn't too shabby, too.



Beat the Cold

So much fun with neighbors! Great conversation, hot cocoa and a cookie to beat the cold.