Cornwall Manor's Monthly Resident Newsletter

# Neighborhood News



CORNWALL MANOR

November 2026

# Welcome November!

*In this issue:*


2 Recent Blog Spotlights, Special Recognition

3 November Featured Events

4 Life Engagement Trips

5 Fitness & Recreation

6 Campus Social Services

7 The Library Shelf

8-12 Community Engagement Calendar

13 Life Engagement Movies

14-15 Cornwall Manor Society

16 Residents' Association

17 Trailside Organic Farm

18 Resident Tech Support, One Day University

19 Veterans Day Recognition

20 Birthdays, Remembrances, New Team Members


*Cover photo of a Blue Heron in the Clubhouse Pond by Barry Badger.*



# Recent Blog Spotlights

### *Staff Spotlight!*



Born in China, Jade Martin was adopted and moved to the US at age 14. A friend told her about Cornwall Manor's CNA program. After successfully completing the program, Jade began working in the Health Center until August 2026 when she transitioned to Corson Hall. For Jade, being a CNA is much more than a job. She enjoys the hand-on nature of caregiving and finds fulfillment in helping residents each day. The personal connections she forms with residents are one of the most rewarding parts of her work.

### *Volunteer Spotlight!*



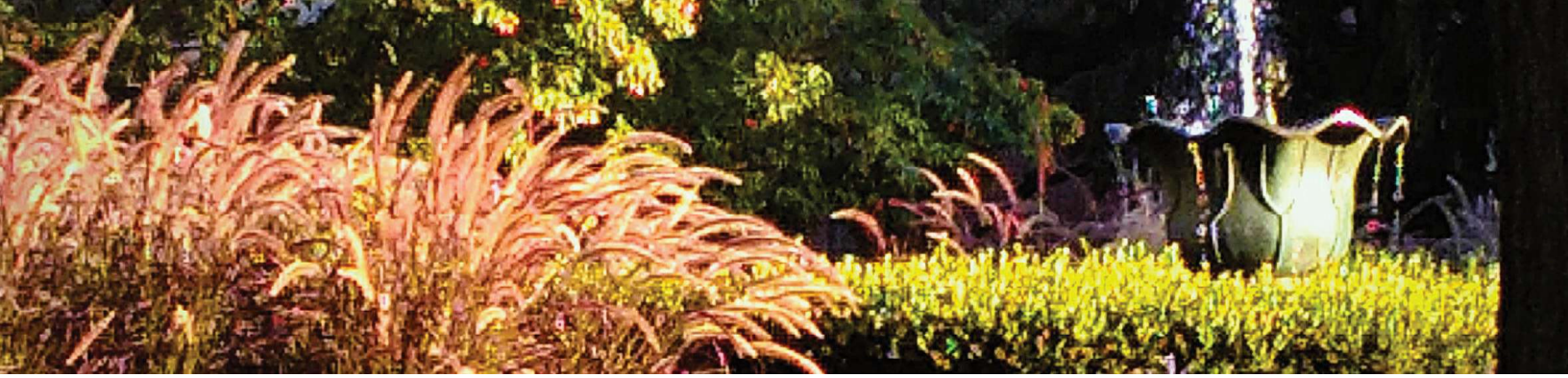
If you ever browsed the jewelry section at the Treasure Trove and found a hidden gem, you have Sue Conter to thank!
Sue began volunteering as the jewelry specialist in 2023 combining her love of giving back and thrifting.
Whether she's helping shoppers discover treasures, nuturing flowers, cheering on her favorite sports teams or rescuing dogs, Sue's kindness shines through in everything she does.

Read spotlights on residents, staff, volunteers and the Cornwall Manor community on our blog at https://cornwallmanor.org/blog/

# Special Recognition



*President Harry McConnell presents the 2026 Founders Day Award to William and Winifred Brill at the October 13 Founders Day event. More in the next Manor Life.*



# November Featured Events

***Wesley Singers***
**Monday, November 2**
**1:00 PM | FA**
For 30 years, a group of men known as the Wesley Singers, have sung regularly at retirement communities throughout Lancaster County. The group is made up of a select number of trained voices and a larger number of men who just like to sing. The musical director is James Casler, a retired music education teacher and choir director. Included in the group are retired ministers, retired dentists, physicians, educators and lawyers. More than half of the members are veterans of the U.S. military.

***Meet the Author: Urban and the Chocolate King, The Untold Story of C. Emlen Urban and Milton S. Hershey by Gregory J. Scott***
**Monday, November 9 | 2:00 PM | CA**
Gregg Scott, was the featured speaker at last year's Founders Day event and was very insightful and entertaining. We are excited to welcome him back to Cornwall Manor!

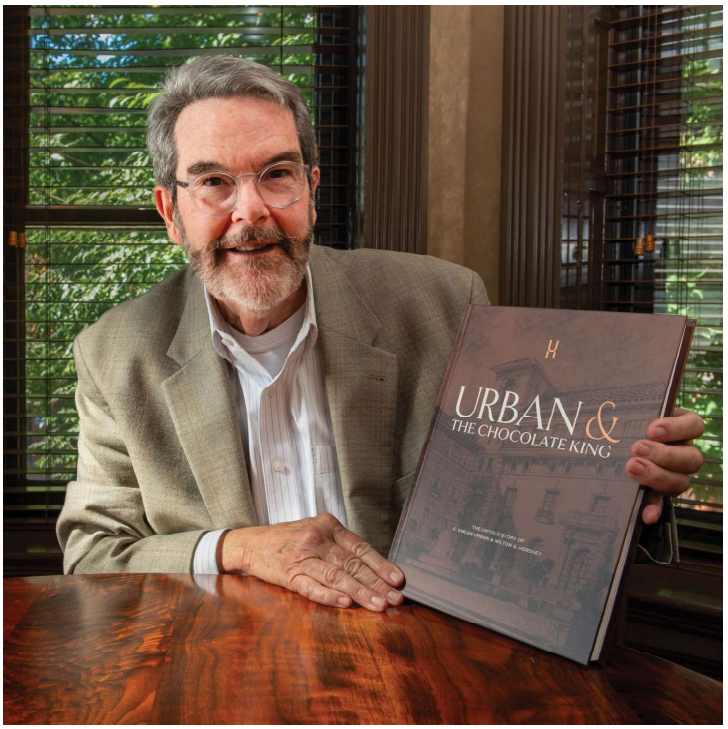
This time, Gregory will share the fascinating story behind his new book, Urban and the Chocolate King, which explores the remarkable partnership between Milton S. Hershey and Lancaster architect C. Emlen Urban.

Discover how Urban helped turn Hershey's vision for a model community into the beautiful buildings and landmarks we know today. Through historic photographs, architectural drawings, and engaging stories, Gregg Scott will bring this little-known chapter of local history to life.

Come learn about the Lancaster architect behind Milton Hershey's vision and see Hershey—and Lancaster—in a whole new way!

***WKRP Musical Program***
**Monday, November 23 | 7:00pm | FA**
They're back by popular demand! Resident Ron Appel returns to Cornwall Manor with his talented group WKRP, bringing an evening of timeless music and feel-good vibes. Joining Ron once again are his daughter, Karen Leaf, whose rich vocals light up the stage, and Joe Puleo, a gifted guitarist with a sound all his own.

Get ready for a fun-filled evening of classic hits, sing-along favorites, and pure musical joy, a celebration of songs that have stood the test of time and continue to make us smile.





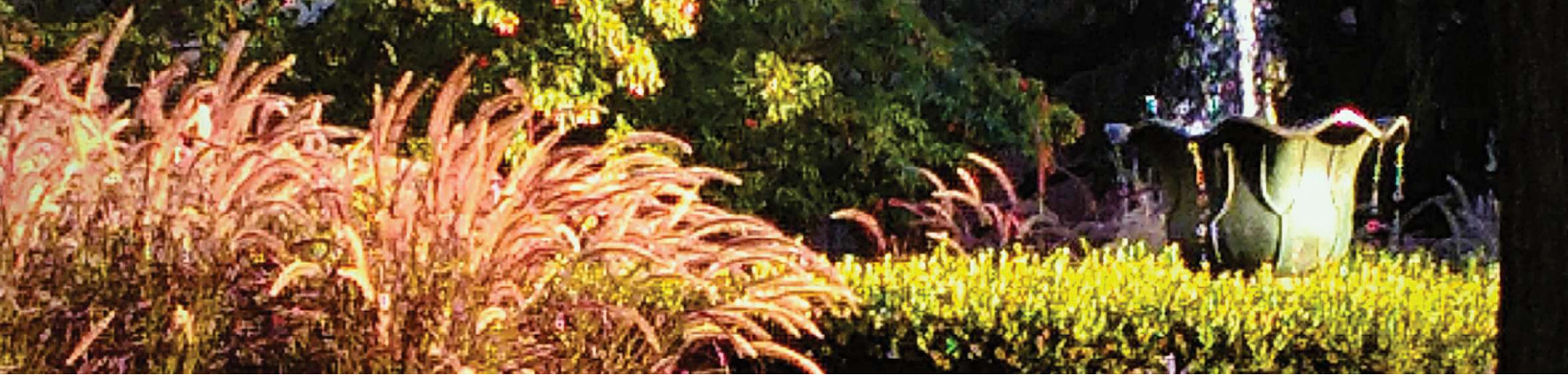
# November Life Engagement Trips

***Wegmans***
**Wednesday, November 4 | 11:30AM**
**Cost: $10 for transportation**
Ready for a little shopping fun? Hop aboard and join us for a Wegmans adventure.
Whether you're on a mission for your favorite treats, looking for something new to try, or just enjoy wandering the aisles and seeing what catches your eye, Wegmans has something for everone! It's the perfect excuse to get out, do a little shopping, and enjoy some time with friends.
Sign up on Wellzesta and come along for the fun!

***Lebanon Co. Community Concert Assn. Presents Celebrating Celine with Jenene Carmielo***
**Sunday, November 15 | 3 PM**
**Lebanon High School**
**Cost: $4 for transportation,**
**$25 for non-season ticket holders**
After studying classical voice at the Civic Light Opera in Pittsburgh, as well as Carnegie Mellon University, Jenene graduated with a Bachelor of Fine Arts in Musical Theater from Shenandoah Conservatory.
Jenene has shared a stage with Chicago, opened for the Beach Boys, kicked off Major League Baseball games with our national anthem, sung for celebrities and world leaders, and performed at some of the most exclusive private clubs in the country. Her greatest honor to date was performing at the Governor's Ball in The White House, backed by the US Marine Band, Navy Sea Chanters, and Air Force Singing Sergeants.
We're sure that all of our Celine fans will be thrilled to hear hits like Because You Loved Me, My Heart Will Go On and more delivered with a talented live band, pitch-perfect vocals, magnetism, and incredible charisma. The cost of this trip is $4 for transportation. Bus will leave campus at 2:15 PM (be ready 20 min. prior)

***Discover Lancaster's History: Thaddeus Stevens Museum***
**Tuesday, November 17**
**Cost: $28 per person (includes admission & transportation)**
Step back in time and discover a fascinating chapter of Lancaster's history with a visit to the Thaddeus Stevens Museum at the Stevens & Smith Center!
In the mid-1800s, Lancaster was an important crossroads for people seeking freedom from slavery. Located near the Mason-Dixon Line, the area became a place of refuge, resistance, and hope. At the heart of this history was Congressman Thaddeus Stevens, a passionate advocate for freedom and equality, and Lydia Hamilton Smith, his trusted housekeeper and partner in his work.
During our visit, explore 16 fascinating exhibition galleries featuring immersive audio-visual experiences, engaging stories, and historical insights. Discover the lives of those who fought for freedom, the courageous individuals who helped freedom seekers, and the ongoing struggle for equality that continues to shape our nation today.
Join us for an educational and meaningful day exploring Lancaster's rich history and the people who helped shape our country!

Sign up on Wellzesta to reserve your spot! Cost is $28 per person and includes both museum admission and transportation. Lunch is on your own.



# Fitness & Recreation

***Ladies Night at the Table***
**Thursday, November 12**
**6:00 PM | Furnace Lounge**
Grab your cue and join us for a relaxed evening of billiards, food, and fun! Whether you've played before or are just looking to try something new, this is a great opportunity to enjoy some casual play, good conversation, and plenty of laughs with the ladies. No competition—just come, play, and enjoy the evening!

***What is Tai Chi?***
**Thursday, November 12 | 10:00 AM | FA**
Curious about Tai Chi and what it can do for you? Join us for an informational and demonstration session to learn more about this gentle, flowing form of exercise.
You'll discover how Tai Chi can help support balance, flexibility, strength, relaxation, and overall well-being, while getting a chance to see some of the movements in action.
Come learn, watch, and see if Tai Chi might be a good fit for you.

***Sharpen Your Swing***
**Monday, November 16 | 1:30pm | Clubhouse**
Ready to take your golf game to the next level? Join golf simulator enthusiast, Brock Monk, for a fun and informative session using the golf simulator to learn helpful tips and techniques for improving your game. Whether you're a seasoned golfer or just looking to fine-tune your skills, come swing, learn, and have some fun!

Living Well Together

***Better Barre*** **Fridays | 1:15 PM | Wellness Studio (Clubhouse)**
Discover the benefits of barre in a welcoming, low-impact class. Using a ballet barre for support, you'll improve balance, posture, flexibility, strength and coordination through gentle movements inspired by ballet, fitness and stretching.

***Body Balance***
**Wednesdays, 2 PM | MPRR**
**Fridays, 2pm | Wellness Studio (Clubhouse)**
Discover this guided exercise program to improve stability and balance. Ideal for all fitness levels, all exercises can be modified to meet you where you are with your level of balance. This 30-minute class will help with coordination and confidence in everyday movement. Get ready, get balanced and get energized!



***For more information, please contact Melissa Rodriguez, Fitness & Recreation Coordinator, at 717-675-1528 or mrodriguez@cornwallmanor.org***



*Photo by resident Steve Fisher*

# Campus Social Services

***Walk-Ins with Wendy:***
Our Campus Social Services Coordinator, Wendy Ebersole, will be available at various campus locations from 2-4 PM on the following dates. Please stop by to learn some memory tips and tricks!



| | |
|---|---|
| **Wednesday, November 11** | Clubhouse Conference Room (CCR) |
| **Thursday, November 12** | Laurel Place 2nd Floor Lounge |
| **Tuesday, November 17** | Bradley Hall Lounge |
| **Thursday, November 19** | Gateway Lounge |
| **Wednesday, November 25** | Clubhouse Conference Room (CCR) |

***November Support Groups:***
**Grief SHARE Support Group**
**Wednesday, November 4 | 2-3 PM | BH**
Please call Nicki Habecker at 717-675-1524 for more information

**Caregiver Support Group - TOPIC: I'm a Caregiver Superhero!**
**Monday, November 9 | 1-2 PM | BH**
Call Nicki Habecker 717-675-1524 or Wendy Ebersole 717-675-1531 to learn more

**Memory Care Café** | coffee and conversation for caregivers
**Tuesday, November 10 | 1:20-2:30 PM** | Quentin Haus Restaurant
RSVP is needed by calling Linden Village at 717-274-7400

**Sight Loss Support Group**
**Wed., November 18 | 10:30 AM-Noon** | VisionCorps of Lebanon, 604 Cumberland Street, Lebanon
Please call VisionCorps at 717-274-6711 for more information

**Parkinson's Support Group - TOPIC: Parkinson's Non-motor Symptoms**
**Monday, November 23 | 2-3 PM | FA**
Please call Diane Pomeroy at 717-454-8330 for more information

**Hearing Loss Support Group - Guest Speaker: Dr. Linda Gonya-Hartman**
**Tuesday, November 24 | 2-3 PM | FA**
Please call Wendy Ebersole at 717-675-1531 for more details

**Alzheimer's and Dementia Support Group - TOPIC: Dementia and the Holidays**
**Wednesday, November 25 | 5:30-6:30 PM** | Linden Village Comm. Center, 100 Tuck Court, Lebanon
Please call Janell Brandt at 717-274-7400 for more information



# The Library Shelf

| | |
|---|---|
| 598<br>ACK | *The Genius of Birds,* by Jennifer Ackerman.<br>Birds are astonishingly intelligent creatures. In this book, Ackerman explores their brilliance and how it came about. She not only tells the story of the uncovered genius of birds but also delves deeply into the findings about the bird brain itself that are shifting our view of what it means to be intelligent. Richly informative and beautifully written. |
| FIC<br>GAI | *Heartwood,* by Amity Gaige.<br>In the heart of the Maine woods, an experienced Appalachian Trail hiker goes missing 200 miles from her final destination. Alone in the wilderness, she pours her thoughts into fractured, poetic letters to her mother as she battles the elements and struggles to keep hoping. At the heart of the investigation is a determined Maine State Game Warden who leads the search on the ground. Meanwhile, a seventy-six-year-old birdwatcher in a Connecticut retirement community becomes an unexpected armchair detective. |
| FIC<br>MCF | *The Intruder,* by Freida McFadden.<br>This novel follows Casey, a reclusive former teacher living alone in a remote cabin, whose quiet existence is shattered when she discovers a blood-covered teenage girl hiding in her shed during a hurricane. What begins as an act of mercy quickly evolves into a deadly game of cat and mouse, where nothing is as it seems and everyone harbors dangerous secrets. |
| FIC<br>WEI | *Project Hail Mary,* by Andy Weir.<br>Ryland Grace is the sole survivor on a desperate, last-chance mission—and if he fails, humanity and the earth itself will perish. Hurtling through space on this tiny ship, it's up to him to puzzle out an impossible scientific mystery—and conquer an extinction-level threat to our species. And with the clock ticking down and the nearest human being light-years away, he's got to do it all alone. Or does he? |
| FIC<br>ELM | *Seasons of Glass & Iron: Stories,* by Amal El-Mohtar.<br>With confidence and style, El-Mohtar guides us through exquisitely told and sharply observed tales about life as it is, was, and could be. Like miscellany from other worlds, these stories are told in letters, diary entries, reference materials, folktales, and lyrical prose. An essential collection of work from one of today's most poignant speculative writers. El-Mohtar creates immersive worlds with beautiful language. |
| FIC<br>STR | *The Things We Never Say: A Novel,* by Elizabeth Strout.<br>Artie Dam is living a double life. He spends his days teaching history to eleventh graders, expanding their young minds, correcting their casual cruelties, and lending a kind word to those who need it most. And then, one day, Artie learns that life has been keeping a secret from him, one that threatens to upend his entire world. |

***Gateway Library will be closed on November 11 (in observance of Veteran's Day) and on November 26 & 27 (in observation of Thanksgiving).***

**Gateway Library Hours**
**Monday, Wednesday, Friday: 1:30 PM to 3:30 PM ◆ Tuesday, Thursday: 9:30 AM to 11:30 AM**



CORNWALL MANOR

# November 2026
## Community Engagement Calendar

🖹More information is shared in the newsletter ☎Sign up for transportation: 717-675-1521
**Trip times listed are the times transportation leaves campus. Please be ready for pickup 20 minutes prior to the time listed.*

### Sunday, November 1
| | |
|---|---|
| 10 AM | Friends Meeting for Worship (Quaker)-BH |
| 3:30 PM | Worship Service-ZC |

### Monday, November 2
| | |
|---|---|
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 10:15 AM | Resident Led Aqua Weights-Pool |
| 11 AM | Band Together-MPRR |
| 11 AM | Resident Led Aqua Weights-Pool |
| 12:15 PM | Bocce-MPRR |
| 1 PM | CM Society Crafters-Craft Room |
| 1 PM | Men's Card Club-LP4 Lounge |
| 1 PM | Wesley Singers - Ted Mauer-FA |
| 1:30 PM | Ellen's Chair Yoga-MPRR |
| 2 PM | Ladies Billiards-WCCR |
| 3 PM | Ellen's Gentle Yoga-MPRR |

### Tuesday, November 3
| | |
|---|---|
| 9 AM | Rise and Shine Stretch-WCCR |
| 9 AM | Sarah's Pilates-WS |
| 10 AM | Kelly's Aqua Aerobics-Pool |
| 10:30 AM | Trivia w/Bob-WCCR |
| 11 AM | Aqua Walk-Pool |
| 1:30 PM | Manor Men Choir rehearsal-ZC |
| 1:30 PM | RA Life Enrichment Meeting-LPL |
| 2 PM | Men's Bililards-WCCR |
| 3 PM | Dana's Tai Chi-MPRR |
| 6 PM | Ladies Footprint Fellowship Bible Study-LPL |
| 7:15 PM | Doubles Table Tennis-Activity Room |

### Wednesday, November 4
| | |
|---|---|
| 8 AM | Hearing Care Center-CMTV Room |
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | PT Info Sessions: Incontinence-FA |
| 10 AM | RA Building & Grounds Cmte-BH |
| 10 AM | Band Together-MPRR |
| 10:15 AM | Resident Led Aqua Move-Pool |
| 11 AM | Band Together-MPRR |
| 11 AM | Resident Led Aqua Fitness-Pool |
| 11:30 AM | *Wegmans |
| 12:30 PM | Bocce-MPRR |
| 1 PM | American Mah Jongg-Manor Cafe |
| 1 PM | Cribbage-WCCR |
| 1 PM | STITCHERS-Gateway Lounge |
| 2 PM | Body Balance-MPRR |
| 2 PM | PT Info Sessions: Incontinence-CA |
| 2 PM | Grief SHARE-BH |
| 2 PM | Balanced Bites w/Terri-Bradley Lounge |
| 2 PM | Ladies Billiards-WCCR |
| 2:30 PM | Resident Tech Support Services-Gateway Lounge |
| 3:30 PM | Meditation-MPRR |
| 3:30 PM | Seamstress-BH |
| 4 PM | CM Sings-FA |
| 6 PM | Artful Connections-Barn 2nd Floor |

### Thursday, November 5
| | |
|---|---|
| 9 AM | RA Tree/Environment Cmte-BH |
| 9 AM | Wonder Weights-MPRR |
| 10 AM | Kelly's Aqua Aerobics-Pool |
| 11 AM | Aqua Walk-Pool |
| 1:30 PM | One Day University-TT |
| 1:30 PM | RA Residence Rep Meeting-BH |
| 2 PM | Men's Billiards-WCCR |



CORNWALL MANOR

# November 2026
## Community Engagement Calendar

**Thursday, November 5 *continued***
7:15 PM Doubles Table Tennis-Activity Room

**Friday, November 6**
8 AM Aqua Walk-Pool
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
10 AM Daphne Messersmith-BH
11 AM Band Together-MPRR
1 PM Movie: *Duma*-Laurel Place
1:15 pm Better Barre-WS
2 PM Body Balance-MPRR
2 PM Water Volleyball-Pool
6:30 PM Mixed Doubles Pool Social-WCCR

**Saturday, November 7**
9:30 AM Ladies Table Tennis-Activity Room
1 PM American Mah Jong-Manor Cafe

**Sunday, November 8**
3:30 PM Worship Service-ZC

**Monday, November 9**
8 AM Aqua Walk-Pool
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
10:15 AM Resident Led Aqua Weights-Pool
11 AM Band Together-MPRR
11 AM Resident Led Aqua Fitness-Pool
12:15 PM Bocce-MPRR
1 PM Caregiver Support Group-BH
1 PM CM Society Crafters-Craft Room
1 PM Men's Card Club-LP4 Lounge
1:30 pm Ellen's Chair Yoga-MPRR
2 PM Ladies Billiards-WCCR
2 PM Greggory Scott - Author-CA
3:00 pm Ellen's Gentle Yoga-MPRR

**Tuesday, October 10**
9:00 am Rise and Shine Stretch-WCCR
9:00 am Sarah's Pilates-WS

**Tuesday, October 10 *continued***
10 AM Kelly's Aqua Aerobics-Pool
11 AM Aqua Walk-Pool
1:00 PM Cardio Drumming-MPRR
1:30 PM Manor Men Choir rehearsal-ZC
2 PM Men's Bililards-WCCR
2:00 pm Core and More-MPRR
2 PM RA Executive Cmte Meeting-LPL
3:00 pm Dana's Tai Chi-MPRR
3 PM Wellzesta Drop in Sessions-BH
7 PM Cornwall Iron Furnace Program-FA
7:15 PM Dbls Table Tennis-Activity Room

**Wednesday, November 11**
8 AM Aqua Walk-Pool
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
10:15 AM Resident Led Aqua Move-Pool
10:30 AM Veteran's Day Program-FA
11 AM Band Together-MPRR
11 AM Resident Led Aqua Fitness-Pool
12:30 PM Bocce-MPRR
1 PM American Mah Jong-Manor Cafe
1 PM Cribbage-WCCR
1 PM STITCHERS-Gateway Lounge
2 PM Body Balance-MPRR
2 PM Ladies Billiards-WCCR
2 PM Walk-In with Wenday-Conference Room Clubhouse
2:30 PM Res. Tech Support Services-LPL
3:30 PM Meditation-MPRR
4 PM CM Sings-FA

**Thursday, November 12**
9 AM Wonder Weights-MPRR
10 AM Kelly's Aqua Aerobics-Pool
10 AM What is Tai Chi-FA
2 PM Judy's Zumba Gold-WS
2 PM Men's Billiards-WCCR
2 PM Walk-In with Wendy-LPL
6 PM Ladies Night at the Table-FL
7:15 PM Dbls Table Tennis-Activity Room



CORNWALL MANOR

# November 2026
## Community Engagement Calendar

### Friday, November 13
8 AM Aqua Walk-Pool
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
11 AM Band Together-MPRR
1 PM Movie: Crazy Heart-Theater LP
1:15 PM Better Barre-WS
2 PM Body Balance-WS
7 PM CM Concert-FA

### Saturday, November 14
9:30 AM Ladies Table Tennis-Activity Room
1 PM American Mah Jong-Manor Cafe

### Sunday, November 15
2 PM Haromonia Concert-FA
2:15 PM Lebanon Co. Community Concert
3:30 PM Worship Service-ZC

### Monday, November 16
8 AM Aqua Walk-Pool
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
10:15 AM Resident led Aqua Weights-Pool
11 AM Band Together-MPRR
11 AM Resident led Aqua Fitness-Pool
12:15 PM Bocce-MPRR
1 PM Movie: *Entrapment*-TT-Clubhouse
1 PM CM Society Crafters-Craft Room
1 PM Men's Card Club-LP4 Lounge
1:30 PM Ellen's Chair Yoga-MPRR
1:30 PM Sharpen your Swing-Swing Zone
2 PM Ladies Billiards-WCCR
3 PM Ellen's Gentle Yoga-MPRR

### Tuesday, November 17
9 AM Rise and Stretch-WCCR
9 AM Sarah's Palates-WS
10 AM Railroad Club-Mule Barn
10 AM Kelly's Aqua Aerobics-Pool
11 AM CMS Cookies-BH
1:30 PM Manor Men Choir Rehearsal-ZC
2 PM Men's Bililards-WCCR
2 PM Walk-in W/ Wendy-Bradley Lounge
3 PM Dana's Tai Chi-MPRR
6 PM Ladies Footprint Fellowship Bible Study-LPL
6:30 PM Fall Square Dance Class-Barn
7:15 PM Double Table Tennis-Activity Room

### Wednesday, November 18
8 AM Aqua Walk-Pool
8 AM Hearing Care Center-CMTV
8:30 AM Aqua Walk-Pool
9 AM Band Together-MPRR
10 AM Band Together-MPRR
10:15 AM Resident Led Aqua Move-Pool
10 AM Railroad Club-Mule Barn
10:30 AM One Day University-FA
11 AM Band Together-MPRR
11 AM Resident Led Aqua Fitness-Pool
12:30 PM Bocce-MPRR
1 PM Cribbage-WCCR
1 PM STITCHERS-Gateway Lounge
1 PM American Mah Jong-Manor Café
2 PM Balanced Bites-LPL
2 PM Body Balance-MPRR
2 PM President's Quarterly Meeting w/ Residents-FA
2 PM Ladies Billiards-WCCR
2:30 PM Resident Tech Support Services Gateway Lounge
3:30 PM Meditation-MPRR
3:30 PM Seamstress-BH
4 PM CM Sings-FA

### Thursday, November 19
9 AM Wonder Weights-MPRR
10 AM Kelly's Aqua Aerobics-Pool
10 AM CM Society-FA
11 AM Aqua Walk-Pool
2 PM Judy's Zumba Gold-WS
2 PM Art Reception-FA
2 PM Men's Billiards-WCCR
2 PM Walk-in w/ Wendy-Gateway Lounge



CORNWALL MANOR

# November 2026
## Community Engagement Calendar

**Thursday, November 19 *continued***

| | |
|---|---|
| 2 PM | Family History Special Interest Group-LPL |
| 4 PM | Happy Hour-Community Center |
| 7:15 PM | Double Table Tennis-Activity Room |

**Friday, November 20**

| | |
|---|---|
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 11 AM | Band Together-MPRR |
| 1 PM | Movie: How to Train Your Dragon-LPT |
| 1:15 PM | Better Barre-WS |
| 2 PM | Body Balance-WS |
| 2 PM | Water Volleyball-Pool |

**Saturday, November 21**

| | |
|---|---|
| 9:30 AM | Ladies Table Tennis-Activity Room |
| 1 PM | American Mah Jong-Manor Cafe |
| 2 PM | Poetry Group-Buckingham Mansion Music Room |

**Sunday, November 22**

| | |
|---|---|
| 3:30 PM | Worship Service-ZC |

**Monday, November 23**

| | |
|---|---|
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 10:15 AM | Resident Led Aqua Weights-Pool |
| 11 AM | Band Together-MPRR |
| 11 AM | Resident Led Aqua Fitness-Pool |
| 12:15 PM | Bocce-MPRR |
| 1 PM | Movie: *Skyfall* TT-Clubhouse |
| 1 PM | CM Society Crafters Craft Room |
| 1 PM | Men's Card Club-LP 4 Lounge |
| 1:30 PM | Ellen's Chair Yoga-MPRR |
| 2 PM | Parkinson Support Group-FA |
| 2 PM | Ladies Billiards-WCCR |
| 3 PM | Ellen's Gentle Yoga-MPRR |

**Monday, November 23 continued**

| | |
|---|---|
| 7 PM | WKRP -Ron Appel Band-Coleman Auditorium - CH |

**Tuesday, November 24**

| | |
|---|---|
| 9 AM | Rise and Shine Stretch-WCCR |
| 10 AM | Kelly's Aqua Aerobics-Pool |
| 11:30 AM | Ladies Luncheon-Skylight Dining Room |
| 1 PM | Cardio Drumming-MPRR |
| 1:30 PM | Manor Men Choir rehearsal-ZC |
| 2 PM | Core and Noire-MPRR |
| 2 PM | Men's Billiards-WCCR |
| 2 PM | Hearing Loss Support Group-FA |
| 2 PM | Afternoon Trivia w/Bob-Furnace Lounge Clubhouse |
| 3 PM | Dana's Tai Chi-MPRR |
| 3 PM | Wellzesta Drop In Session-BH |
| 6:30 PM | Fall Square Dance Class-Barn |
| 7:15 PM | Double Table Tennis-Activity Room |

**Wednesday, November 25**

| | |
|---|---|
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 10:15 AM | Resident led Aqua Move-Pool |
| 11 AM | Band Together-MPRR |
| 11 AM | Resident led Aqua Fitness-Pool |
| 12:30 PM | Bocce-MPRR |
| 1 PM | American Mah Jong-Manor Cafe |
| 1 PM | Cribbage-WCCR |
| 1 PM | STITCHERS-Gateway Lounge |
| 2 PM | Walk-Ins With Wendy-Conference Room LL - Clubhouse |
| 2 PM | Ladies Billiards-WCCR |
| 2 PM | Body Balance-MPRR |
| 2:30 PM | Res Tech Support Services-LPL |
| 3:30 PM | Meditation-MPRR |
| 4 PM | CM Sings-FA |



CORNWALL MANOR

# November 2026
## Community Engagement Calendar

**Thursday, November 26**

Thanksgiving Day

**Friday, November 27**

| | |
|---|---|
| 8 AM | Resident led Aqua Walk-Pool |
| 8:30 AM | Resident led Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 11 AM | Band Together-MPRR |
| 2 PM | Water Volleyball-Pool |

**Saturday, November 28**

| | |
|---|---|
| 9:30 AM | Ladies Table Tennis-Activity Room |
| 1 PM | American Mah Jong-Manor Cafe |

**Sunday, November 29**

| | |
|---|---|
| 3:30 PM | Worship Service-ZC |

**Monday, November 30**

| | |
|---|---|
| 8 AM | Aqua Walk-Pool |
| 8:30 AM | Aqua Walk-Pool |
| 9 AM | Band Together-MPRR |
| 10 AM | Band Together-MPRR |
| 10:15 AM | Resident led Aqua Weights-Pool |
| 11 AM | Band Together-MPRR |

**Monday, November 30 continued**

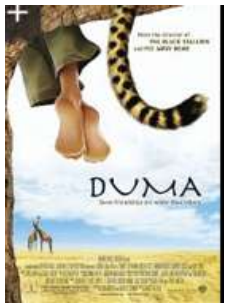
| | |
|---|---|
| 11 AM | Resident led Aqua Fitness-Pool |
| 12:15 PM | Bocce-MPRR |
| 1 PM | Movie: The Naked Gun-TT, Clubhouse |
| 1 PM | CM Society Crafters-Craft Room |
| 1 PM | Men's Card Club-LP 4 Lounge |
| 1:30 PM | Ellen's Chair Yoga-MPRR |
| 2 PM | Ladies Billiards-WCCR |
| 3:30 PM | Ellen's Gentle Yoga-MPRR |



### ROOM KEY ABBREVIATIONS

| | |
|---|---|
| AR | Activity Room (first floor of Laurel Place) |
| BH | Boiler House (between Greenhouses) |
| BL | Bradley Hall Lounge |
| BMR | Buckingham Mansion Music Room |
| BRR | Buckingham Mansion Reading Room |
| CA | Coleman Auditorium, Clubhouse |
| CCR | Clubhouse Conference Room (lower level) |
| CH | Carriage House |
| CM | Cornwall Manor |
| CMS | Cornwall Manor Society |
| CMTV Room | First floor of Laurel Place (within Craft Room) |
| CR | Craft Room (first floor of Laurel Place) |
| FA | Freeman Auditorium |
| FCC | Freeman Community Center |
| FDR | Freeman Dining Room |
| FL | Furnace Lounge, Clubhouse |
| GL | Gateway Lounge |
| LPL | Laurel Place Lounge (second floor) |
| LPT | Laurel Place Theater (first floor) |
| MPRR | Manypenny Recreation Room (below Zerr Chapel) |
| RA | Residents' Association |
| SDR | Skylight Dining Room |
| TT | Trailside Theater, Clubhouse |
| WCCR | Wellness Center Club Room |
| WS | Wellness Studio, Clubhouse |
| ZC | Zerr Chapel |

# November Movies













***Duma***
**Friday, November 6 | 1 PM | LPT**
During a nightly Porsche ride with his doting rascal Xan, white South African farmer Peter finds and adopts an orphaned cheetah cub, dubbed Duma (just Swahili for cheetah). It becomes the boy's inseparable playmate, even taking it to bed. Peter made clear from the start that the cheetah should be returned to the wild before its full adulthood. But the father is stricken down with a disease just before the cheetah could be returned. Xan's mother sells the farm and moves in with a city aunt. The cheetah escapes, but finds Xan at school, where the new boy is bullied. He decides to run away to the mountains with Duma. On the way they face countless perils, which courage, Xan's intelligence and Duma's instinct overcome.
2005 PG Running time: 1h 40m

***Crazy Heart***
**Friday, November 13 | 1 PM | LPT**
Bad Blake is a broken-down, hard-living country music singer who's had way too many marriages, far too many years on the road and one too many drinks way too many times. And yet, Bad can't help but reach for salvation with the help of Jean, a journalist who discovers the real man behind the musician. Starring Jeff Bridges
2009 R (adult situations/language) Running time: 1h 52m

***Entrapment***
**Monday, November 16 | 1 PM | TT**
Following the theft of a highly-secured piece of artwork, an agent convinces her insurance agency employers to allow her to wriggle into the company of an aging but active master thief. Connery's burglar takes her on suspiciously and demands rigorous training before their first job together, stealing a highly-valued mask from a chichi party. Their deepening attraction and distrust could tear apart their partnership, but the promise of a bigger prize by Zeta-Jones keeps the game interesting.
Starring Sean Connery and Catherine Zeta Jones.
1999 PG13 Running time: 1h 53m

***How to Train Your Dragon***
**Friday, November 20 | 1 PM | LPT**
Long ago up North on the Island of Berk, the young Viking, Hiccup, wants to join his town's fight against the dragons that continually raid their town. However, his macho father and village leader will not allow his small, clumsy, but inventive son to do so. Regardless, Hiccup ventures out into battle and downs a mysterious Night Fury dragon with his invention, but can't bring himself to kill it. Instead, Hiccup and the dragon, whom he dubs Toothless, begin a friendship that would open up both their worlds as the observant boy learns that his people have misjudged the species.
2010 PG Running 1h 38m

*Room Abbreviation Key is on page 12.*



# Cornwall Manor Society

***Submitted by Beverly Andrews***

## *November Update*

The season of celebrations has arrived! November ushers in so many wonderful opportunities to gather together as we prepare for and share in the annual events of the Society. Our regular ongoing events of birthday parties in Corson Hall and Health Center transport and Shop On Wheels continue as well.

Our November Society Meeting and Lunch on Thursday, the 19th, will include election and installation of new officers for 2027, along with our annual Memorial Service honoring our members whose journeys moved to another realm in 2026. Please remember to register on Wellzesta to attend the November 19th meeting, which will be held at 10am in the new Clubhouse! You will again need to register separately on the Wellzesta article link if you'd like to join us for a fellowship lunch after the meeting.

On to the festivities:

**Star Project gifts**
At the November 19th Meeting we will kick off the Star Project, a cherished tradition of the Cornwall Manor Society. Choose a star from the tree, buy a gift ($15-$30), wrap it, and return by December 5th to the Health Center. This heartwarming tradition ensures every resident in the Health Center and Corson receives a special gift on Christmas Day.
Need help wrapping? Bring your gift to Cookies, Carols, Crafts & More on December 5 and we'll wrap it for you.

**Luminaria Dedication Service**
Thank you to all who have donated to the Lighting Up Our World: Cornwall Manor, Aglow with Love and Hope display for December!
We WELCOME EVERYONE to a very special service at Zerr Chapel to dedicate our LUMINARIA display on Thursday December 3rd at 4:30. At this time we will remember or honor our loved ones by announcing their names during the service. Afterwards, the luminaria lights will go on to start our season of love and memory, and will remain on until Dec. 17th when the display will end. Will you please plan to join us in the chapel?

**Cookies, Carols, Crafts and More (CCC&M) is a month away!!!**
This beloved annual event is a perfect opportunity to help in a variety of simple - or more complex ways. As you carry out volunteer work, in your home or at a central location, you'll recognize yourself as a more integral part of the Cornwall Manor Community. You will also have the joy of working alongside fellow residents, meeting new friends, and learning more about how things operate. See below for more details. Come and join us!

On Saturday, December 5, 2026 the Cornwall Manor Society will be sponsoring the annual Cookies, Crafts, Carols, and More event from 9 a.m. to 1 p.m.
We'll be on both the first and second floor of Freeman Hall. This event will be open to the public, so be sure to invite your family and friends!

The event will include a varied selection of cookies baked by the residents of Cornwall Manor. New this year is baked spiced walnuts made right here on the campus. The crafters will all be located on the second floor of Freeman Auditorium this year to accommodate their large selection of handmade seasonal items. Be sure to sit and relax in the Cocoa Lounge and enjoy your favorite toppings on a warm cup of hot chocolate. The Wood-workers will be located on the first floor near the Charles Dickens village. Santa Claus will arrive along with the return of the popular live reindeer.
The Trailside Organic Farm will offer produce for sale as well as farm-grown Christmas cacti. Other seasonal florals will also be available for purchase.
Gift wrapping will be available to help those who have presents to be decorated for the holiday.
The Manor Gift Shop will provide special offers including a raffle for a gift basket.
The Treasure Trove, decorated with Christmas decor and

# Cornwall Manor Society

***Submitted by Beverly Andrews***

***CONTINUED...***
winter items, will offer discounts on every purchase.
Lunch will be available at the Manor Cafe.
The Railroad Shop will be open to offer viewers a Christmas themed train layout. Transportation will be provided to the Mule Barn.

And, to top the day off, the Hershey Hand Bells will share a concert at Coleman Auditorium in the new Clubhouse at 2pm. Transportation is available to attend this Program.

Volunteers will be needed to work at the various booths, and as greeters, and general helpers. All are welcome to become a part of offering this day of fun and holiday spirit! Sitting opportunities will be included.
If you are interested helping, contact:
Joanne Whary (jrwhayr@outlook.com) or
Jo Kim ( jokim5813@gmail.com)

**Crafters Preparing to Share in CCC&M**
The Crafters have started making beautiful Christmas projects for the upcoming Cookies, Crafts, Carols and More event on Saturday, December 5th! This year you will find us upstairs in the Auditorium, so please stop by and see us there! We will have gifts for your home, beautiful handmade cards, pretty flower arrangements, scarves, wreaths and small gifts that will be perfect for stocking stuffers for your family and friends! November is not too late to join us or share items you've made at home.

The Crafters group, a project of the Cornwall Manor Society, meets every Monday from 1:00 p.m. to 3:00 p.m., in the Crafts room located on the first floor of Laurel Place. Crafting is a great way to relax, share ideas and enjoy each other's company! We are a wonderful group and we are always looking for new members. No experience is needed - just bring your curiosity and a smile. We hope you will join us to see how fun and rewarding a little crafting can be! Please call Linda Leonhardt at (717) 769-6733 if you have any questions. We hope to see you soon!

And a look ahead: Do you have your 2027 calendar yet? Please add the "2027 Blooms and More Festival" to May the 1st.

**Manor Shoppe Highlights**

Stop in the Manor Shoppe this month for your Fall and Thanksgiving decor items. We have seasonal wreaths, placemats, napkins, table accents and Stonewall Kitchen condiments for entertaining. The Shoppe is also a great place to begin your holiday shopping, with personal care items, jewelry, hats, scarves, slippers, purses, candy, cards and an assortment of practical stocking stuffers.
Hours:
Monday: 9 AM to 3 PM
Tuesday through Friday: 9 AM to 1 PM
Saturday: 11 AM to 1 PM

**Treasure Trove**

Stop by the Treasure Trove to see what bargains you can find! Always something new.

Hours:
Wednesdays: 12-4 PM
Saturdays: 10 AM-2 PM





# Residents' Association

*Rail Trail Photo: Nancy Brett*

**Employee Christmas Fund**
Do you remember the employee response during last winter's snowstorms as well as the recent bad weather that felled several trees on campus? How about the good service from our maintenance employees, nurses, housekeeping and food service staff, etc? While we see many employees daily, there are also many who work behind the scenes. The Cornwall Manor employees take good care of the residents in a variety of situations and now is the time to remember them. It is time for our annual Employee Christmas Fund drive—a way to recognize all those who contribute to our well-being. Let's show those employees how much they are valued!

Please mail your contributions to Barry and Gini Badger at 515 Sassafras Drive, Lebanon, PA 17042 before Sunday, November 15th. If you have questions, please contact Barry or Gini at 717-769-6741.

**Food Will Be Available!**
Some individuals continue to worry that when the Freeman Dining Room is being renovated they will have to travel to the Clubhouse for meals. Rest assured, this will not happen! Specific plans have not been made since the renovation has yet to be scheduled, but the Dining Committee has been assured that meals will be available on the main campus during the renovation. Details will be announced when the renovation is imminent.

**Finding Groups on Wellzesta**
To find fellow residents by neighborhood or apartment floor, pull up "Menu" on Wellzesta and then click on "Connect." When the list opens, click on "Groups" and then scroll down the list for the apartment building or street for which you'd like to see the residents.

This section also lists a variety of other groups such as club, activity and support groups. The group members will appear when you click on a specific group.

***RA Meeting Dates***

**Life Enrichment**
Tuesday, Nov. 3 - 1:30 PM, LPL

**Building & Grounds**
Wednesday, Nov. 4 - 10:00 AM, BH

**Tree & Environment**
Thursday, Nov. 5 - 9:00 AM, BH

**Resident Representatives**
Thursday, Nov. 5 - 1:30 PM, BH

**RA Executive Committee**
Tuesday, Nov. 10 - 2:00 PM, LPL

**No Meetings in November:**
Dining
Health Services
Garden & Greenhouse



**Happy Thanksgiving!**



*Photo: Ken Bray, Visual Content Producer, Benchmark*

# *Trailside Organic Farm* November Update

***Submitted by Kim Ramolt, Farm Technician and Katie Landis, Farm Manager***



*Resident Volunteers Mark & Sue Rother washing produce.*

In 2026, Trailside Organic Farm increased resident volunteer opportunities to better meet demand. In addition to our original 9-10:30 shift, we added a 2nd morning time slot in the packhouse and an afternoon timeslot for making flower arrangements each Thursday. Volunteers helped us with a large variety of tasks. Sue Rother said her favorite vegetable to wash is cherry tomatoes because she likes seeing all the colors blend together. Along with washing produce, residents also helped us bunch veggies for the market, cleaned onions, and wiped down melons, squash, and pumpkins. Mark Rother and Charlie Howell both said they prefer working outside, harvesting herbs and flowers. Volunteers also helped sow almost every tray of seeds this year, over 27,000 seeds in approximately 330 trays!

In addition to helping with produce, volunteers stepped up to help with Trailside Farm's workshops, special events and the Friday Farm Market.

As of the end of September, 26 volunteers have donated over 239 hours of their time to the farm! 23 of these volunteers are residents and 3 are on the waiting list to join us at Cornwall Manor. We are so grateful for all the help our volunteers give to the farm! And we are always looking for ways to involve more people. Look for more volunteer opportunities in Spring 2027.



*Resident Volunteer Charlie Howell*

***Friday Farm Markets***

*Farm Markets are held on Fridays from 11am to 12pm in the Freeman Community Center. They will run through November 20th, and possibly longer depending on how much the farm is still producing. Check out the weekly event listing in Wellzesta for an up-to-date list of what produce items will be available.*






# Announcements

## One Day University - Video Lecture

**Baby Boomer-in-Chief: The Presidency of Bill Clinton**
**Thursday, November 5 | 10:30 AM | FA**



Bill Clinton was often the first, but rarely unique. The first non-veteran since World War II to be commander-in-chief, he was indeed the first since that conflict who had not fought in World War II. Part of the first all-Southern national political ticket to win the White House, he governed during tremendous years of economic growth yet broader uncertainty, and he nearly lost the presidency when the type of scandal ignored for previous presidents ran afoul of his political enemies, and of subsequent standards for workplace behavior and morality. In other words, he was the quintessential Baby Boomer, and his rise to power, near fall from power, and years since power tell us much about the man, but also post-war America itself.

Presented by Jeffrey Engle - Jeffrey Engel is the founding director of the Center for Presidential History at Southern Methodist University. He has taught at Yale University, the University of PA, and Haverford College, and taught history and public policy at Texas A&M University. He has authored/edited thirteen books on American foreign policy, most recently, When the World Seemed New: George H. Bush and the Surprisingly Peaceful End of the Cold War.

## Resident Technology Support

Prelude Services offers free tech support every Wednesday afternoon for residents.

**In-Residence Support (12:30–2:30 PM)**

- 50-minute scheduled sessions
- Includes: software/app installation, peripheral setup (printer, mouse, etc.), OS updates, password help
- Excludes: hardware repairs, computer assembly, major installations
- Schedule online via the resident support
- booking link (also on RA webpage of Cornwall Manor website and Wellzesta)

**Walk-In Support (2:30–4:30 PM)**

- General help with email, websites and devices Bring your device

**Locations:**

1st & 3rd Wednesdays: Gateway Lounge
2nd, 4th & 5th Wednesdays: Laurel Place Lounge
*Check the Life Engagement Calendar*



Jonathan Trimble, Desktop Technician, during walk-in sessions.

# VETERANS DAY

## Honoring all who served

*Recognizing our employees:*

FREDDY ALBERT
***Campus Driver***

APRIL EASTWOOD
***HC LPN Unit Manager***

COLT HEBERLING
***Maintenance Technician***

DALE KACHELRIES
***Director of Maintenance***

RON LAVERTY, JR.
***HC Housekeeper***

JONI OATES
***HC Greeter***

CHARLES PEIFFER
***Nightwatch***

GRACE PUGLIESE
***HC RN Unit Manager/Supervisor***

OTIS SHREINER
***Campus Driver***

CINDY WAGNER
***Executive Assistant to the President***

BRIAN WEBBER
***Dining Services Driver***

ROBIN WENGERT
***Wellness Office LPN***

# November Birthdays

1 Sharon Beam
1 Sally Mace
1 Thomas Maurer
2 Robert Anderson
2 J. Robert Mowery
2 Sandra Widder
2 Patricia Williams
3 Robert King
3 Lynn Phillips
3 Charles Whary
7 Carol Rhodes
9 Janet Benzell
9 Mark Godfrey
10 Andrew Sigal
10 John Thomasco
11 John Baycich
11 Sharon Holman
11 David Kantner
11 Patricia Margut
11 Marily Richards
11 Patricia Walter
12 Christine Dixon
13 Tom Carpenter
13 Jo Ann Kim
14 James Gerhart
14 Thomas Imphong
14 Elma Jean Kreider
14 Thomas Steger
15 William Brill
15 Melvin Guscott
16 Linda Glass
16 George Hurchalla
18 Ivan Martin
19 Diehl Snyder
20 Donald Lesher
20 Philip Webber
25 Lucy Shumaker
26 Lawrence Tonzi
26 Thomas Reiner
27 James Diehm
27 Sara Vollmar
28 Stephen Goettler
28 Valerie Knisley
29 Gail Ross
30 Kay Feaser

# December Birthdays

3 Bruce Chadbourne
4 Joseph Barnett
5 Christine Dutkiewicz
5 Ronald Graybill
5 Michael Matas

# Welcome New Team Members!






Top row (left to right):
Danielle Lowe, Receptionist
Brian Webber, Dining Services Driver

Bottom row (left to right):
Conrad Burkholder, Campus Cook
Lou Ann Rittle, HC Dining Service Associate



# Remembrances

*Pearl Donten*
October 1, 2026
Resident since 2024

*Gail Zerbe*
October 5, 2026
Resident since 2025

*Joseph Kozak*
October 10, 2026
Resident since 2023

*Joan Sowers*
October 18, 2026
Resident since 2004

*David Harpel*
October 19, 2026
Resident since 2025

# Expanding Our Social Media Presence

Cornwall Manor has broadened our social media reach to include **LinkedIn, Instagram** and **TikTok** alongside **Facebook**, allowing us to connect with a wider range of audiences through diverse and dynamic platforms. Please check out and like/follow our pages!