

LANCASTER downtowners

vibrant. connected. community.

Village Updates: *Why Join a Committee?*

By Susan Leinberger, Nominating Committee Chair

TAKE A LOOK... at this list of just five benefits to you when you work toward a common goal with other committee members! If that isn't enough, we have five more reasons!!!



Pictured Above: The Program Committee hard at work!

Review these benefits, take action, and join a committee! Think about it: Downtowners is always at work for you !

1. The Experience – Experience how the Lancaster Downtowners works and the effort that goes into making the Downtowners as a Village successful!
2. Relationships/Networking – Joining a committee is a great way to get to know other Downtowner member by seeing them on a regular basis and having fun while getting important things done for Downtowners.
3. Pay it Forward – As Downtowners, we understand the importance of giving back to the Downtowners so it can continue to help us when we need it. Committee participation is an inexpensive way to give your support!
4. Self-Development – Committee participation leads to sharing insights for committee work and for your own personal development!
5. Leadership Opportunities – Through active participation on a committee, you will have the opportunity to share your ideas, strength, and support to make the Downtowners a better, stronger Village!

Send an email to Melissa now that you will join one or more of the following committees!

**Nominating, Membership, Program, Resource
Public Relations and Communications,
Just One Call, and Fundraising**

Other Ways to be Involved

- Community Event Ambassador
- Neighborhood Group Leader
- Website Administration
- Just One Call Volunteer
- Birthday Calls
- Newsletter Contributor
- [Insert your idea here!]

Questions? Email

director@lanasterdowntowners.org

If you would like to stay on top of Lancaster Downtowners and Village to Village Network news, you can follow both organizations on Facebook.

[Follow the Downtowners](#)

[Follow the Village to Village Network](#)

Program Highlights



Downtowners on the Road

Traveling to Winterthur and the Matisse Exhibit were some *out of (down)town* highlights! Join our next bus trip April 27th to Delaware to the Air Mobility Command Museum and the Biggs Museum of American Art.



[Register* Here for all Events.](#)

***Members must log-in**

Coming Up Soon

Monthly Ongoing:

Supper Club, Lunch Club, Yoga, Walking Group, Koffee Klatch, Book Club, Community Meal Volunteering, Happy Hour, Trivia at Southern Market, SoloAgers, BIC Writing Group

Limited Edition:

3/22: Home Rule Conversation with Mayor Danene Sorace, 10am at City Hall

3/29: Meet and Greet with Council Member Ahmed Ahmed, 7pm at The Parrot Gallery

April Events

April 1—Visit or volunteer with Downtowners at the Brightside Opportunities Center Health Fair; 10am -2pm

April 5—Drum Circle at CMCL; 7pm

April 6—Age-Friendly Lunch and Learn at Brightside Opportunities Center; 12pm –1pm

April 6—Aging in Your Place Panel: Nutrition and Cooking for One (or 2)

April 14—Appreciation Dessert bar at Hub450 for Ken Nissley, 7pm

April 20 - New Paste Painting, 1pm at Park Avenue

April 20—Board Games at Southern Market, 2pm

April 23—Opera: Bon Appetit, 3pm at the Farm and Home Center

April 24—Amish Gardens, 7pm at CMCL

April 27—Painted Paper Art Projects, 1pm at Park Avenue

The More You Know! From the Resource Committee

Is Downsizing in your future? [Login to watch the recording of our Aging In Your Place panel](#)—where you will hear from Downtowners who have been there and done that. Ready to start selling or donating your china, collectibles, or dining set? Members can find local expert resources in the companion guide—[select “Resource Guide to Downsizing” in the “Miscellaneous Folder” here!](#)

Your reviews and feedback help keep our Resource Directory up to date and relevant! Thank you for providing the following reviews so far this year:

John Miller Computer Service: “John was very knowledgeable and was able to help with everything I needed in setting up a new laptop (as well as trouble-shooting an issue with my scanner). He was friendly and great to work with. I highly recommend him!”

Khilo Sewing: “We have taken several items to Khilo Sewing for repair or alteration and have been very happy with the work, and most especially the invisible darning/mending work on sweaters.”

Ken Shertzer Home Resources: “DTERS are the place to go for recommendations!” Although it took a couple of months before he could get to us, we used Ken Shertzer as a handyman. He did a variety of tasks for us over three days and everything was well-planned and carefully executed.

If you have a resource to recommend, [use the online form here](#) or send an email to director@lancastringdowntowners.org

News to Note

[Three Steps to Age Exuberantly](#)

1. Embrace k rt besv r
 2. Surround yourself with the young
 3. Say “yes” whenever possible
- A NYTimes* article informed by best-selling author Margaretta Magnusson. How do you age exuberantly?*

[Senior Housing that Seniors Actually Like](#)

A NYTimes* article on Accessory Dwelling Units. Do you, or would you, live in an apartment adjacent to family? What does zoning have to do with it?

*NYTimes Articles are subscriber content; if you are not a subscriber email the Downtowner office for access to these articles.

[#1 Exercise](#)

Strength training is important for every body. If you only have time for one exercise, fitness experts say to do squats. Read more in this article from AARP.

Downtownner Photos



**Clockwise: Hot Dog Roast (x3),
Ice Cream for Breakfast Crew,
Tanzanian Culture Presentation,
Koffee Klatch, and Supper Club!**





AARP and Lancaster Rec Present

Dance-Age

All Ages

Dance-Age is an intergenerational dance program designed to help you improve your overall health and wellbeing in a safe and fun class. Join in the fun and dance with simplified steps in an easy workout! Dancers will learn a routine that will be recorded and then performed live at Open Streets Lancaster on May 21.

Dates Mondays, April 3 - May 8
Times 3:15-4 p.m.
Location Lancaster Rec Center
Fee \$5/6 week program
Registration Register online, in person or by phone by March 30 or until full.



FLexercise - Flexible, Friendly, Fitness

This program is sponsored by



This program is powered by



525 Fairview Avenue, Lancaster, PA 17603
Phone: 717.392.2115 | Fax: 717.392.8489 | www.LancasterRec.org

Happy Birthday to these Downtowners in March.....

Leonard W, Wendy A, Gene S, Lewis W, June L, Jeff H, Patricia C, Timi K, Naomi S, Rod H, and Beverly S

....and April!

Richard W, Sam W, Carol E-G, Nan K, Deb G, Angie P, Linda E, Janet E, Judson M, Kathleen W, Don C, Judith R, Jim S, Roberta S, Erna G-R, and Matthew F

And Welcome to our Newest Members!

Terry Brown, Eva Carmichael, Andrew Coco, Ed Craig, Harry Davis, Mary Doyle, Janet Erb, John Goss, Beth Graybill, Eileen Groff, Ross Groff, Barbara Gwinner, Sue Heilman, Bridget Holden, Kerri Johanning, Nan Killough, Jeffrey Kirchner, Tracy Kirchner, Eileen Lewis, Ellen Mumma, Rand Oliver, Dave Riley, Kathryn Riley, and Suzanne Weaver-Goss.

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Meals on Wheels Lancaster and Lancaster Downtowners are pleased to partner via More Than a Meal to enhance client and member services by cross training volunteers, streamlining referrals, and collaborating to ensure people aging-in-place in our community have holistic support.

Our next volunteer training session will take place on Friday, March 31st at 1:30pm at Meals on Wheels Lancaster (1411 Columbia Avenue.)

We will be hearing from the Alzheimer's Association and learning how to support members and clients with dementia in our roles as volunteers.

[Register Here](#)



There will be a **Continuing Care at Home In-Person Seminar** held at the Calvin G and Janet C High Learning and Wellness Center at Landis Homes on Tuesday, May 23 at 1:00 pm. Registration is required and can be completed by contacting me at 717-381-3599 or [FriendsLifeCare.org/Landis/](https://www.friendslifecare.org/Landis/)

Pre-recorded webinars are also available by registering at <https://www.friendslifecare.org/landis/>

The **No Longer Alone Family Support Group** will meet **in-person in the Crossings Meeting Room on Sunday, April 23, 2023 at 3:00-5:00 pm.**; The guest speaker for April will be Del Burkholder, Director at Support for Prison Ministries. His presentation "Sharing the Vision and Ministry of Support for Prison Ministries" will be followed by a time of sharing. Registration can be completed by contacting Joy at 717-381-3599.

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