The Weekly Connection

Residential Living | November 15~21, 2026

What's Happening This Week

Unless Noted - All Monday-Friday Fitness Classes as shown on the calendar (Gazette)

Sunday, November 15
10:00am Worship (FR)

Monday, November 16
10:30am Sanctified Grit with Pastor Dave (CC)
1:30pm Senior Acts (FR)

Tuesday, November 17
11:30am AKI (RR)

Wednesday, November 18
1:00pm Finding God's Will (CC)
3:00pm Rosary (Skilled care)

Thursday, November 19
9:30am Weis Market (RR)
10:00am Catholic Mass (FR)
1:00pm Balance (WS)
2:00pm Village Voices Rehearsal (WL)

Friday, November 20
9:00am Men's Breakfast at the New Oxford Diner (RR)
2:00pm Bingo (CC)
2:00pm Music 101 (WL)

Saturday, November 21
8:30am 11th Annual Turkey Trot (RR)
10:00am Foothills Studio Tour (RR)

Concordia at SpiriTrust Gettysburg

Residential Living Nurse Navigator Updates

During office hours, for non-emergent needs please call 717-816-0053. If there is an emergency, please call 911.

For falls or other emergencies not requiring 911 call the front desk or after-hours phone (717) 487-4092. For shortness of breath, slurred speech, or uncontrolled bleeding call 911.

Janell's Schedule

Tuesday, November 17, 7:30am-3:30pm

Wednesday, November 18, 7:30am-3:30pm

Upcoming COVID clinic for Residential Living will be December 1 from 11:00am-12:00pm

RN Supervisor 717-487-4092

Available after 4pm Monday–Friday or weekends only. Not available for care. Please call 911 for Emergencies

Transportation for Medical Appointments

*Please call the main desk and ask for the transportation office. If you require transportation for doctor's appointments, please schedule them to occur before 2:30 pm and call our transportation office at least 48 hours in advance. We cannot provide round-trip transportation for appointments scheduled after 2:30 pm. Thank you for following these guidelines.

EQUAL HOUSING OPPORTUNITY

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From Around the Village

Garbage, Recycling and Glass Recycling

Regular Recycling Day is on Monday and Trash is on Wednesday. Recyclables (non-glass) should be tied tightly in a container and should not be put out until the morning of pick-up. Glass jars and bottles only are recycled in the four small blue bins inside the maintenance shed. Remove all lids. Please do not place any items on the floor in the shed. All other glass besides that listed is to be put in your regular trash.

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Welcome Pamphlet

Copies of the Residential Living Council's new *Welcome Pamphlet* will be placed in mailboxes so that everyone can enjoy this quick reference guide. The village team would like to thank the members of the committee for putting this resource together.

Goodbyes

Sadly, we announce the resignations of our chaplain, Pastor David Newell and our beautician, Maria McCauslin. Pastor Dave will be with us until the end of the month. Maria's last day will be November 20. Please take a moment to wish them well as they leave our campus.

Senior Acts

Please join Senior Acts at 1:30pm Monday, November 16 in the Fellowship Room for a program of readings and works honoring Veterans. The program will include reading of Flanders Fields, a demonstration of the folding of a Veterans memorial flag with the meaning of each fold and a Civil War poem titled The Veteran.

Tech Appointments With Mark

We still have a few appointments available next week to meet with our tech volunteer, Mark Vanderbough. Mark helps with usage problems with your phones and computers and sometimes TV's to name a few. I have appointments available in the morning and afternoon on Tuesday and on Wednesday and Thursday afternoon. (Nov. 18, 19, 20). Contact Jess for an appt.

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717-334-6204

Weekend Dining Service—Please call the receptionist by 11:30am on Friday with your order to be delivered at 11:30am on Saturday and Sunday. Cottage residents may pick up their meals at the back door unless you specify that you would like to pick up from Cannons. Apartment residents may pick up at Cannons.

Turkey Trot

Join us to walk or cheer on the runners on Saturday, November 21 as we host our 11th Annual Turkey Trot. Please bring shelf stable food as an entry fee and register for a door prize before the event starts. The race is a 5k but you are welcome to just come out and walk with the crowd and get a few extra steps in on what is usually a brisk Saturday morning. Sign up is at the receptionist but you can just come out if you find that you have time that day.

Cannons Corner Menu	
Monday, November 16 Potato Spinach Soup	Roasted Lemon Chicken, Breaded Veal Patty, Rice Pilaf, Mixed Vegetables, Peach Cobbler
Tuesday, November 17 Garden Vegetable Soup	Pork Chops and Gravy, Liver and Onions, Baked Yams, Cauliflower, Glazed Lemon Pound Cake
Wednesday, November 18 Classic Chicken Noodle Soup	Beef Patty with Mushroom Sauce, Herb Roasted Turkey, Mashed Potatoes, Peas and Onions, Fudge Brownie
Thursday, November 19 Tomato Soup	Smothered Chicken Breasts, Lemon and Brown Sugar Pork, Penne Pasta, Garlic Green Beans, Baked Roll, Old Fashioned Custard Pie
Friday, November 20 Vegetable Rice Soup	Parmesan Herb Crusted Tilapia, Ham Roast, Rice, Chef's Steamed Vegetable, Baked Roll, Lime Poke Cake
Saturday, November 21 Cream of Broccoli Soup	Glazed Meatloaf, Turkey Piccata, Fried Potatoes and Onions, Roasted Squash, Pear Crisp
Sunday, November 22 Navy Bean Soup	