

The Weekly Connection

Personal Care | October 4 ~ October 10, 2026

Highlighted programs for the week. These activities are in addition to your regular daily activities included on your monthly calendar.

Sunday, October 4

10:00am Church Service (Fellowship Room)

Matinee:

2:00pm Falling For Vermont (Hallmark Channel) (P)

Monday, October 5

10:00am Bingo (DR)

1:00pm Corn Hole (DR)

Tuesday, October 6

10:00am Current Events (DR)

1:00pm Ring Toss (P)

Wednesday, October 7

3:30pm Rosary (Sunroom)

Thursday, October 8

10:45am Fun and Fitness (DR)

1:00pm Uzzle (D)

Friday, October 9

10:00am Trivia (P)

1:00pm Lets Bake Cookies (D)

Saturday, October 10

10:00am Coffee, Donuts and Conversation (DR)



Pumpkins

Orange pumpkins, fat and round.

In a wagon, on the ground.

Dark green pumpkin, short and fat.

Yellow pumpkin, flying bat.

Swan necked pumpkin speckled green.

The biggest pumpkin I've ever seen!

Little gourds, small and lumpy.

Funny pumpkins, curvy, bumpy.

Almost pink, or orange –red.

Carved into a pumpkin head.

Pale, pale pumpkin, ghostly white.

Pumpkin pie, a fall delight

The Weekly Connection

Personal Care | October 4 ~ 10, 2026



**Concordia at Spiritrust
Gettysburg**





Weekly Menu

The Village at Gettysburg



	Sun 10-04-2026	Mon 10-05-2026	Tue 10-06-2026	Wed 10-07-2026	Thu 10-08-2026	Fri 10-09-2026	Sat 10-10-2026
BREAKFAST	Maple Oatmeal Hot or Cold Cereal Scrambled Egg Bacon Fresh Fruit 100% Juice Cinnamon Buns	French Toast Hot or Cold Cereal Sausage Link Fresh Fruit 100% Juice	Hot or Cold Cereal Cheesy Scrambled Eggs Scrapple Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Hot or Cold Cereal Scrambled Egg Fresh Fruit 100% Juice	Bacon and Egg Casserole Hot or Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	Waffles Egg of Choice Fresh Fruit 100% Juice	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice Biscuit
LUNCH	Savory Pork Roast or Tender Beef Roast Baked Macaroni and Cheese Seasoned Cauliflower Baked Roll Banana Cream Pie	Cube Steak and Gravy or Cranberry Glazed Turkey Roast Roasted Rosemary Potatoes Garlic Green Beans Baked Roll Chocolate Oreo Poke Cake	Louisiana Chicken or Cajun Sausage Skillet Rice Stewed Tomatoes Apple Cobbler	Baked Fish Fillet or Ham with Pineapple Sauce Twice Baked Potato Casserole Sautéed Carrots Baked Roll Bread Pudding	Pepper Steak or Sliced Turkey Breast Delicious Rice Chef's Steamed Vegetable Baked Roll Frosted Zucchini Bar	Chicken with Tomato Mushroom Sauce or Tilapia with Savory Herb Butter Garlic Pasta Brussels Sprouts Baked Roll Fruit Crisp	Garlic Herb Pork Roast or Seasoned Meatballs with Gravy Classic Mashed Potatoes Garlic Spinach Baked Roll Whipped Yogurt Pie
DINNER	Cream of Broccoli Soup Baked Chicken Over Rice or Baked Potato Bar Carrots Orange Pineapple Salad	Italian Vegetable Soup Shrimp Penne or Egg Salad Sandwich Four Fruit Medley Green Beans Sugar Cookie	Lentil Soup Tavern Sandwich or Turkey A La King over Mashed Potatoes Pears Vegetables with Ranch Dip Fudge Brownie	Cream of Vegetable Soup Sub Sandwich or Pork and Beans Fresh Fruit Salad Oven Roasted Broccoli Ice Cream Sandwich	Cream of Tomato Soup Ham and Potato Casserole or Chicken Parmesan Sandwich Green Bean Carrot Blend Peach Jello Salad	Black Bean Vegetarian Chili Taco Salad or Cheesy Jack Quesadilla with Salsa Grapes Lime Cilantro Rice Peanut Butter Marshmallow Crunch Bar	Garden Vegetable Soup Chicken and Noodles or Hot Dog and Sauserkraut Baked Cinnamon Apples Seasoned Peas Oatmeal Raisin Cookie
	Milk offered at every meal						Week 4

The Weekly Connection

Personal Care

October 4 ~ October 10, 2026



**Concordia at SpiriTrust
Gettysburg**

