

# The Weekly Connection

## Residential Living / October 5 ~ 11, 2025

### What's Happening This Week

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

#### **Sunday, October 5**

10:00am Worship (FR)

#### **Monday, October 6**

2:00pm Lincoln Links (RR)

#### **Tuesday, October 7**

1:15pm RL Physical Therapy Talk (CR)

#### **Wednesday, October 8**

2:00pm Guided meditation (WL)

3:30pm Rosary (AS)

4:30pm Altland House (RR)

#### **Thursday, October 9**

9:30am Weis Market

1:00pm Fun With Balance (WS)

2:00pm Village Voices (FR)

#### **Friday, October 10**

10:30am Indoor Active Games (FR-RR)

2:00pm Life Long Learning (WL)

2:00pm Bingo (CC)

#### **Saturday, September 20**

### 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.

Please let Janell Miller, know of any upcoming surgeries or procedures, falls, Emergency Room visits or hospitalizations.

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

Monday, October 6 - 9:00am - 4:00pm

Wednesday, October 8 - 8:00am - 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 this guideline.

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**SpiriTrust Lutheran®**  
The Village at Gettysburg



## 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. Please do not place any items on the floor and put other glass in your regular trash.

**Please clean up after your Pet:** We kindly ask all pet owners to pick up after their dogs. Per the Residential Handbook

\*Resident dog owners will be responsible for the immediate cleanup of feces after the exercise of their dog. All pet waste must be bagged and securely tied before disposal.” Let’s keep our shared space clean and enjoyable for everyone. Thank you for being a responsible neighbor.

### **COVID Vaccine Clinic**

#### **Clinic Date and Time**

10/24 at 10:30am. Vaccines will be given in the Care Navigator Office located in the apartment building.

### **From the Desk of the Executive Director**

Jill will be out of the office enjoying some family time in Vermont starting Oct. 3rd and will return on Oct. 13th. If you need assistance, please contact Nikki Richwine.

### **Thank You**

Belated thanks to all who supported our Alzheimer’s events. Our waffle breakfast and walk raised over \$1500 for the Alzheimer’s Association.

### **Calendar Edits**

Please note that the Residential Living marketing event for cottages and apartments is being held on October 29th. The council minutes stated that the event would take place on the 30th.

Please delete the Wellness Talk scheduled on Wednesday, October 22.

Please move the Blood Pressure Clinic from Monday, Oct. 27 to Tuesday, Oct. 28 from 10:00am-11:00am.

**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.

### **Cannons Corner Menu**



Monday, October 6 American Bounty Soup	Meatloaf, Baked Chicken, Mashed Potatoes, Carrots, Chocolate Vanilla Cake
Tuesday, October 7 Roasted Cauliflower Soup	Flaked Baked Fish, Honey Glazed Ham, Candied Sweet Potatoes, Sautéed Cabbage, Pound Cake
Wednesday, October 8 Lentil Soup	Beef Chili, BBQ Chicken, Cucumber Salad, Confetti Corn, Pear Crisp
Thursday, October 9 Vegetable Soup	Hot Roast Beef, Roast Turkey, Green Peas, Cornbread Stuffing, Lemon Bar
Friday, October 10 Tomato Soup	Chicken Cacciatore, Beef Stroganoff, Egg Noodles, Green Beans, Apple Cobbler
Saturday, October 11 Pre-order only Navy Bean Soup	Turkey Ala King, Cheesy Tuna Melt, Wild Rice, Spinach, Orange Cake
Sunday, October 12 Corn Chowder	Spaghetti & Meatballs, Baked Chicken Breast, Mixed Vegetables, Peach Crisp

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