

The Weekly Connection

Residential Living / February 1 ~ 7, 2026

What's Happening This Week

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

Sunday, February 1

10:00am Worship (FR)

Monday, February 2

10:30am Olympic Trivia (WL)

1:00pm Wellness Talk (CC)

3:00pm Prayer Circle (FR)

Tuesday, February 3

1:15pm PT Talk (CC)

2:00pm Passport to Wellness (RR - WL)

Wednesday, February 4

9:30am Area Shopping

1:00pm Meditation (WL)

2:00 Valentine Crafting (WL)

3:30pm Rosary (AS)

Thursday, February 5

9:30am Weis Market

1:00pm Balance (WS)

2:00pm Trinity UCC Historic Classroom (RR)

Friday, February 6

8:30am Eat Ice Cream For Breakfast Day (RR-WL)- postponed

9:00am Town Hall with Concordia Lutheran Ministries (FR)

9:30am Fit Medley is Canceled Today

2:00pm Music 101 (WL)

2:00pm Bingo (CC)

Saturday, February 7

12:30pm Gettysburg College Men's Basketball Game (RR)

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

Janell's calendar was not available as of the distribution of this newsletter.

Please come to the Wellness Talk with a representative from the American Heart Assoc. on Monday at 1:00pm in Cannons Corner. (new time)

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.

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.

Special Town Hall Meeting

A meeting for residential living residents and representatives of Concordia Lutheran Ministries is scheduled for Friday, February 6 at 9:00am in the Fellowship Room.

Life Enrichment

Please note that the schedule for Monday, February 2 has changed. We flip-flopped the Wellness Talk with Olympic Trivia due to a schedule change for the wellness speaker. Olympic Trivia will now take place at 10:30am in the Wellness Lounge (please sign up if you are coming). We will not hold Olympic Trivia with less than 4 people signed up. The Wellness Talk will take place at 1:00pm in Cannons Corner.

If you plan on attending Passport to Wellness please sign up in the book so that we can prepare. You do not have to commit to every session.

Due to the Town Hall with Concordia Lutheran Ministries on Friday, Feb. 6, The Ice Cream for Breakfast Event and Fit Medley are canceled.

We will be making valentines for distribution to children at Doernbacher Children's Hospital in Portland, OR on Wednesday, February 4 at 2:00pm in the Wellness Lounge. This is in conjunction with a non-profit called Creations for Cures that is owned by a close friend of Jess.

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.

Thank you

This was a bittersweet birthday for me. A big one and a sad one, as it was the first birthday I've celebrated without my beloved Bob in over 50 years.. A very big thank you to all my campus family who sent me beautiful birthday wishes and of course to Ed, who always calls to sing Happy Birthday to us. God bless all of you. ~ Lauraday Kelley

Winter Weather Preparedness

What to have prepared for a forecasted snowstorm: access to heavy coat, hat, gloves and boots, container filled with tap water, charged cell phone, flashlight, prescription medications, non-perishable food that does not need refrigeration or cooking (PB&J, Tuna). Recruit a friend or neighbor to check in with (buddy system).

Cannons Corner Menu



Monday, February 2 Soup - Cream of Broccoli	Lemon Baked Fish, Chicken Provencal, Oven Roasted Potatoes, Spinach, Chocolate Mousse
Tuesday, February 3 Soup - Turkey Vegetable	Shepherd's Pie, BBQ Chicken, Corn Salad, Apple Sauce
Wednesday, February 4 Soup - Tomato Bisque	Stewed Chicken & Dumpling, Braised Liver & Onion, Mashed Potatoes, Steamed Green Peas, Yellow Cake W/ Chocolate Icing
Thursday, February 5 Soup - French Onion	Turkey Tetrazzini, Hamburger, Roasted Root Vegetables, Diced Pears
Friday, February 6 Soup - Vegetable	Sweet & Sour Pork, Baked Chicken Breast, White Rice, Broccoli Apricots
Saturday, February 7 Pre-order only Soup - White Bean	Baked Ziti & Meat Sauce, Tuna Melt, Garlic Bread, Italian Green Beans, Banana Cake
Sunday, February 8 Pre-order only Soup - Vegetable	Virginia Baked Ham, Fried fish, Roasted Potato Wedges, Corn, Peaches