

The Weekly Connection

Residential Living / February 22 ~ 28, 2026

What's Happening This Week

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

Sunday, February 22

10:00am Worship (FR)

Monday, February 23

10:00am - 11:00am Blood Pressure Clinic (Janell's Office)

1:30pm Book Club (LIB)

3:00pm Bereavement Group (PC Parlor)

Tuesday, February 24

1:00pm Rhythm and Motion

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

Wednesday, February 25

1:30pm Winter Warm Up Happy Hour (RR-FR)

3:30pm Rosary (AS)

Thursday, February 26

9:30am Weis Market

1:00pm Balance (WS)

1:30pm Movie Matinee - Singing in the Rain (WL)

Friday, February 27

11:30am Vinnies (RR)

2:00pm Bingo (CC)

2:00pm Lifelong Learning (WL)

Saturday, February 28

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717-334-6204

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, February 23 - 8:00am to 4:00pm

Blood Pressure Clinic 10:30-11:30am

Wednesday, February 25 - 8:00am to 4:00pm

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.

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.

Life Enrichment

Please make sure to sign up for trips that require the bus, including area shopping and Weis. The vehicles are assigned according to how many are signed up and we cannot make last minute changes to the assigned vehicles as they may already be assigned for another trip. Unfortunately, if you are not signed up you will not be allowed to ride the bus.

March Blood Pressure Clinic Change

Please change the date of the March Blood Pressure Clinic from Monday, March 23 to Wednesday, March 18 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.

Thank you

Thank you to all who wished me a happy birthday. You helped make it a great day! ~ Scotty Watt

Cannons Corner Menu



Monday, February 23 Soup - Cream of Broccoli	Lemon Baked Fish, Chicken Provençale, Oven Roasted Potatoes, Spinach, Chocolate Mousse
Tuesday, February 24 Soup - Turkey Vegetable	Shepherd's Pie, BBQ Chicken, Corn Salad, Apple Sauce
Wednesday, February 25 Soup - Tomato Bisque	Stewed Chicken & Dumpling, Braised Liver & Onion, Mashed Potatoes, Steamed Green Peas, Yellow Cake w/Chocolate Icing
Thursday, February 26 Soup - French Onion	Turkey Tetrazzini, Hanburger, Roasted Root Vegetables, Diced Pears
Friday, February 27 Soup - Vegetable	Sweet & Sour Pork, Baked Chicken Breast, White Rice, Broccoli, Apricots
Saturday, February 28 Pre-order only Soup - White Bean	Baked Ziti & Meat Sauce, Tuna Melt, Garlic Bread, Italian Green Beans, Banana Cake
Sunday, February 29 Pre-order only Soup - Vegetable	Virginia Baked Ham, Fried Fish, Roasted Potato Wedges, Corn, Peaches

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