

The Weekly Connection

Residential Living / March 1 ~ 7, 2026

What's Happening This Week

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

Sunday, March 1

10:00am Worship (FR)

Monday, March 2

10:30am Wellness Talk (CC)

3:00pm Prayer Circle (FR)

Tuesday, March 3

1:15pm PT Talk (CC)

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

Wednesday, March 4

9:30am Area Shopping (RR)

1:30pm Meditation (WL)

3:30pm Rosary (AS)

Thursday, March 5

9:30am Weis Market (RR)

1:00pm Balance (WS)

Friday, March 6

1:00pm Oreo Cookie Day (RR-WL)

2:00pm Bingo (CC)

2:00pm Music 101 (WL)

Saturday, March 7

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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, March 2 - 8:00am to 4:00pm

Tuesday, March 3 - 8:00am to 4:00pm

Thursday, March 5 - 8:00am to 2:00pm

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.

 **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.

Life Enrichment and Wellness This Week

Monday 10:30am Wellness Talk with Journey Hospice—Self-care Tips: How to take care of yourself mentally and physically.

Tuesday 1:15pm PT Talk—Adaptive Equipment Offerings to Maintain Independence

Both talks take place in Cannons Corner.

National Oreo Cookie Day—Please sign up by Wednesday, March 4.

Please sign up at the receptionist if you plan on singing with the Village Voices this spring. We begin on March 12.

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

A big word of appreciation for the many cards, good wishes, and prayers on my birthday. What a pleasant day brightener! Thanks Edward G.

Cannons Corner Menu



Monday, March 2 Soup - Split Pea	Meatloaf, Baked Chicken, Mashed Potatoes, Carrots, Chocolate Cake
Tuesday, March 3 Soup - Roasted Cauliflower	Lemon Herb Flounder, Honey Glazed Ham, Candied Sweet Potatoes, Sautéed Cabbage, Pound Cake
Wednesday, March 4 Soup - Beef & Barley	Beef Chili, BBQ Chicken, Confetti Corn, Cucumber Salad, Corn Pudding Muffin, Pear Crisp
Thursday, March 5 Soup - Vegetable	Roast Turkey, Roast Beef, Cornbread Stuffing, Steamed Green Peas, Lemon Bar
Friday, March 6 Soup - Tomato	Beef Stroganoff, Chicken Cacciatore, Egg Noodles, Green Beans, Apple Cobbler
Saturday, March 7 Pre-order only Soup - Vegetable	Turkey A La King, Grilled Bacon & Cheese Sandwich, Wild Rice, Spinach, Orange Cake
Sunday, March 8 Pre-order only Soup - Broccoli & Cheese	Spaghetti & Meatballs, Roast Pork Loin, Mixed Vegetables, Peach Crisp

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