

# The Weekly Connection

## Residential Living / March 15 ~ 21, 2026

### What's Happening This Week

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

#### **Sunday, March 15**

10:00am Worship (FR)

3:00pm US Army Chorus at the Seminary (RR)

#### **Monday, March 16**

1:30pm Senior Acts (FR)

3:00pm Prayer Circle (FR)

#### **Tuesday, March 17**

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

#### **Wednesday, March 18**

9:30am Area Shopping

10:00am ~ 11:00am Blood Pressure Clinic

1:30pm Chemistry of Cooking (WL)

2:30pm Mexican Train Dominoes (CC)

3:30pm Rosary (AS)

#### **Thursday, March 19**

9:30am Weis Market (RR)

10:00am Catholic Mass (FR)

2:00pm Passport to Wellness (WL)

2:00pm Village Voices Rehearsal—cancelled

#### **Friday, March 20**

9:00am Men's Breakfast - Perkins (RR)

2:00pm Bingo (CC)

2:00pm Music 101 (WL)

#### **The Weekly Connection**

Residential Living | March 15– 21, 2026

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 16—Luther Ridge

Tuesday, March 17—Luther Ridge

Wednesday, March 18—8:00am—4:00pm

Thursday, March 19—Off

Friday, March 19—Off

#### **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 and Wellness This Week

Passport to Wellness participants: Please note on your calendar the change of our final meeting from March 17 to March 19.

Deadline changed.- A trip to Camp Eder to attend their Senior Days is being planned for April 8. Early registration is required. They are hosting Richard D'Ambrisi from Gettysburg's own WWII American Experience Museum who will present an intro on the museum, a "Tank Talk" and a "WWII Trivia Game"! A chef prepared lunch will be served. Cost is \$20. Please sign up on the special sign-up sheet at the receptionist by Wednesday, March 18 if you would like to attend. Jess will make the reservation and the payment will be collected Friday, March 20. The menu for the lunch is not available.

### Tech Appointments

There are still appointments available on Thursday, March 26, to meet with Mark V. our technology volunteer. If you would like an appointment contact Jess via phone or email as soon as you can.

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.

There is a St. Patrick's Day menu for Tuesday, March 17 at lunchtime displayed in Cannons Corner. Please direct questions about this menu to dining.

### Cannons Corner Menu



Monday, March 16 Soup - Cream of Broccoli	Lemon Baked Fish, Chicken Provençale, Oven Roasted Potatoes, Spinach, Chocolate Mousse
Tuesday, March 17 Soup - Turkey Vegetable,	Shepherd's Pie, BBQ Chicken, Corn Salad, Apple Sauce
Wednesday, March 18 Soup - Tomato Bisque	Stewed Chicken & Dumpling, Braised Liver & Onions, Mashed Potatoes, Steamed Green Peas, Yellow Cake w/ Chocolate Icing
Thursday, March 19 Soup - French Onion	Turkey Tetrazzini, Hamburger, Roasted Root Vegetables, Diced Pears
Friday, March 20 Soup - Vegetable	Sweet & Sour Pork, Baked Chicken Breast, White Rice Broccoli, Apricots
Saturday, March 21 Pre-order only Soup - White Bean	Baked Ziti & Meat Sauce, Tuna Melt, Italian Green Beans, Banana Cake
Sunday, March 22 Pre-order only Soup - Vegetable	Virginia Baked Ham, Fried Fish, Roasted Potatoes Wedges, Corn, Peaches

### The Weekly Connection

Residential Living | March 15 ~ 21, 2026