

The Weekly Connection

Residential Living / March 22 ~ 28, 2026

What's Happening This Week

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

Sunday, March 22

10:00am Worship (FR)

2:00pm Littlestown Municipal Band at St. Paul's (RR)

2:00pm Piano Recital in Braeburn Lounge (see note on back)

Monday, March 23

3:00pm Prayer Circle (FR)

No Fitness Classes Today

Tuesday, March 24

No Fitness Classes Today

Wednesday, March 25

9:30am Trader Joe's, Boscov's, and Lunch (RR)

No Fitness Classes Today

Thursday, March 26

9:30am Weis Market (RR)

2:00pm Movie Matinee - Take Me out to the Ballgame

No Village Voices Rehearsal

No Fitness Classes Today

Friday, March 27

2:00pm Lifelong Learning (WL)

2:00pm Bingo (CC)

4:30pm St. Francis Fish Fry (RR)

No Fitness Classes Today

Saturday, March 21

9:15am "That's Opera Doc" (RR - Seminary)

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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.

During Janell Miller's absence next week please let Jill Flasher 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—See above

Monday, March 23 - OFF

Tuesday, March 24 - OFF

Wednesday, March 25 - OFF

Thursday, March 26 - OFF

Friday, March 27 - 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

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

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.

On the April calendar you will see “Peeps Show” on April 1. This is an art display with entries created out of marshmallow Peeps. This is a fun outing along with lunch at Bud’s At Sliver Run. Please sign up on the page inside the March binder. WE will need to know our number by March 30 to make a reservation.

Garden Beds

If you are interested in signing up for a spot in the garden for the summer, we will be taking sign-ups starting March 30. We will start with assigning each interested resident one bed and if space allows we will assign the extras. Please understand that you are responsible for the bed for the whole season.

Piano Recital

A senior piano major from Gettysburg College will be presenting his senior recital in the Braeburn Lounge in skilled care at 2:00pm on Sunday, March 22. You are invited to attend what I’m sure will be a wonderful concert of classical music.

Tech Appointments

Those residents who contacted Jess for an appointment with Mark should have received an email confirming their appointments. If you have a question after Friday please contact Nikki Richwine.

March Blood Pressure Clinic Change

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, March 23 Soup - Split Pea	Meatloaf, Baked Chicken, Mashed Potatoes, Carrots, Chocolate Cake
Tuesday, March 24 Soup - Roasted Cauliflower	Lemon Herb Flounder, Honey Glazed Ham, Candid Sweet Potatoes, Sauteed Cabbage, Pound Cake
Wednesday, March 25 Soup - Beef & Barley	Beef Chili, BBQ Chicken, Confetti Corn, Cucumber Salad, Corn Pudding Muffin, Pear Crisp
Thursday, March 26 Soup - Vegetable	Roast Beef, Cornbread Stuffing, Steamed Green Peas, Lemon Bar
Friday, March 27 Soup - Tomato	Beef Stroganoff, Chicken Cacciatore, Egg Noodles, Green Beans, Apple Cobbler
Saturday, March 28 Pre-order only Soup - Vegetable	Turkey A La King, Grilled Bacon & Cheese Sandwich, Wild Rice, Spinach, Orange Cake
Sunday, March 29 Pre-order only Soup - Broccoli & Cheese	Spaghetti & Meatballs, Roast Pork Loin, Mixed Vegetables, Peach Crisp

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

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