

# The Weekly Connection

## Residential Living / March 24~30, 2024

### What's Happening This Week

*Unless Noted - All Monday-Friday Fitness Classes as Shown on the Calendar*

#### **NO FITNESS CLASSES THIS WEEK**

#### **Sunday, March 24**

10:00am Worship (FR)

3:15 pm Music Gettysburg Felix Hell (RR)

#### **Monday, March 25**

1:30pm Book Club (LIB)

3:00pm Gettysburg Grief Group (WL)

#### **Tuesday, March 26**

10:00am Terry Fox Battlefield Tour (RR)

#### **Wednesday, March 27**

1:30pm Interview with a Neighbor—Cancelled

2:00pm Corey Harris— Blues Singer (FR)

3:30pm Rosary (AS)

#### **Thursday, March 28**

9:30am Weis Market (RR)

10:00am Maundy Thursday Service (FR)

1:30 ED Meeting With Cottages 117-124 (CC)

No Village Voices Today

#### **Friday, March 29**

10:00am Good Friday Service (FR)

2:00pm Bingo (CC)

#### **Saturday, March 30**

### Residential Living Nurse Navigator Updates

#### **Peggy's Schedule This Week**

Monday, March 25~ 8am to 4pm

Friday, March 29~ 8am to 4pm

Peggy's Monthly Schedule will now only be posted in her office and prominent areas of campus. It will be emailed to those who have provided us an email address. If you would like a paper copy please sign up at the receptionist.

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, weakness or uncontrolled bleeding call 911.

#### **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 this guideline.

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 **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 should be tied tightly in a container and should not be put out until the morning of pick-up. Please remember to separate types of recyclables (plastic, tin, aluminum, newspaper, cardboard– they will now take all kinds of cardboard). Glass recycling continues on the first Saturday of each month. If you are able to take your bottles and jars (minus the lids) to the blue bins by the maintenance office please do so. The bottles and jars do not need to be bagged.

**For Apartment Residents** – If there is an interruption with your land line phone services/Comcast, this will NOT affect the emergency pull cord system in your apartment. The emergency call cords are wired separately and will still operate. If you have any questions please contact Jill Flasher, Executive Director.

### **Executive Director Meetings and Note**

Jill will be meeting with residents from cottages 117-124 in Cannons Corner on March 28.

A copy of the SpiriTrust Lutheran 2023 disclosure statement & 2022 Financial Audit is available to review in the Residential Living Library. Please see Jill Flasher to request a personal Copy.

### **Lenten Worship Services**

Please come and worship during Holy Week with us. Maundy Thursday and Good Friday services will be held in the Fellowship Room at 10:00am on those days.

### **Blues Singer Here On Campus**

Gettysburg College has given us the opportunity to host Corey Harris, an acclaimed blues and reggae musician here on our campus. Corey will be performing in the Fellowship Room on Wednesday, March 27 at 2:00pm. Corey is performing at Gettysburg College and wanted to come to a local senior community while he was in Gettysburg. Please welcome him!

### **Thank You**

Many thanks to everyone sending me birthday wishes with cards, phone calls and even a singing phone birthday wish. Thanks so much. ~ Eleanor Ott

### **Connection Distribution**

Our email distribution of the Connection is going well. We encourage you to use this means of receiving the Connection rather than a printed copy if you have email. It has proved to be very convenient for residents to refer to through the week. Give it a try!

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**The Next Cannons Corner Breakfast will be on Wednesday, April 3.**

### **Weekend Dining Service**

Please call the receptionist by 11:30am on Friday with your order to be delivered to Cannons at 11:30am on Saturday and Sunday.

### **Cannons Corner Menu**



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| Monday, March 25<br>Carrot Soup                                | Sweet & Sour Chicken, Grilled Bratwurst on a Bun, Rice, Winter Blend Vegetables, Peas & Carrots, Sliced Peaches |
| Tuesday, March 26<br>Chicken Gumbo Soup                        | Beef Tomato Casserole, Open-Face Roast Turkey Sandwich, Creamed Corn, Dinner Roll, Hot Cinnamon Apples          |
| Wednesday, March 27<br>Tomato Basil Soup                       | Baked Fish with Dill Sauce, BLT Sandwich, Coleslaw, House Salad, Oven-Browned Potatoes, Fresh Cantaloupe        |
| Thursday, March 28<br>Beef Noodle Soup                         | Cranberry Glazed Pork Loin, Cheeseburger on a Bun, Broccoli Cuts, Wax Beans, Chocolate Frosted Yellow Cake      |
| Friday, March 29<br>Cream of Spinach Soup                      | Salmon Fillet, Baked Chicken Thigh, Scalloped Potatoes, Braised Green Beans, Beets, Chocolate Pudding           |
| <b>Pre-Order</b><br>Saturday, March 30<br>Italian Wedding Soup | Kielbasa, Chef Salad, Coleslaw, Oven-Fried Potato Wedges, Sliced Pears  |
| <b>Pre-Order</b><br>Easter Sunday, March 31                    | Pineapple Glazed Ham, Crab Cake, Scalloped Potatoes, Roasted Carrots, Hawaiian Wedding Cake                     |