

The Weekly Connection

Residential Living / March 8 ~ 14, 2026

What's Happening This Week

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

Sunday, March 8

10:00am Worship (FR)

Monday, March 9

10:30am Chat with the Chaplain (CC)

1:00pm Brain Games (WL)

3:00pm Prayer Circle (FR)

Tuesday, March 10

1:00pm Rhythm and Motion (WS)

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

Wednesday, March 11

3:30pm Rosary (AS)

Thursday, March 12

9:30am Weis Market (RR)

2:00pm Village Voices Rehearsal (FR,RR)

Friday, March 13

11:30pm Garryowen (RR)

2:00pm Bingo (CC)

2:00pm Life Long Learning (WL)

Saturday, March 14

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 9 - OFF

Tuesday, March 10 - OFF

Wednesday, March 11 - OFF

Friday, March 13 - 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.

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717-334-6204

 **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

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

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 next Thursday, March 12 if you would like to attend. Jess will make the reservation and the payment will be collected Friday, March 13.

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

Many thanks to all of you (library users, of course) for your fond expressions for my birthday. For each new year added, it's so nice you can count on your friends! ~ Ann Harnsberger

Thank you so much for taking time to wish me a happy March 4th birthday. It truly meant a lot to me.~ Nancy Redman.

Cannons Corner Menu



Monday, March 9 Soup - Cream of Broccoli	Oven Fried Chicken Breast, Citrus Glazed Salmon, Baked Potato, Corn, Diced Pears
Tuesday, March 10 Soup - Vegetable	Beef Stew, Crab Cake, Country Mashed Potatoes, Glazed Beets, Coffee Cake
Wednesday, March 11 Soup - Turkey & Rice	Herb & Butter Baked Fish, Rosemary & Garlic Chicken, White Rice, Steamed Green Beans, Baked Apples
Thursday, March 12 Soup - Butternut Squash	Chicken Alfredo, Cheesy Tuna Melt, Cauliflower & Broccoli, Chocolate Brownies
Friday, March 13 Soup - Potato & Leek	Meatloaf, BLT Sandwich, Garlic Roasted Potatoes, Peas & Carrots, Diced Pears
Saturday, March 14 Pre-order only Soup - Split Pea	Roast Pork Loin, Lemon Baked Fish, Potatoes Au Gratin, Sauerkraut, Ice Cream Sundae
Sunday, March 15 Pre-order only Soup - Broccoli	Herb Roasted Chicken, Roast Beef, Oven Roasted Potatoes, Roasted Baby Carrots, Sugar Cookies

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