

# The Weekly Connection

## Residential Living | May 3-9, 2026

### What's Happening This Week

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

#### **Sunday, May**

10:00am Worship (FR)

#### **Monday, May 4**

10:30am Wellness Talk (CC)

3:00pm Prayer Circle (FR)

#### **Tuesday, May 5**

1:15pm PT Talk (CC)

4:30pm Appalachian Brewing Company (RR)

#### **Wednesday, May 6**

9:30am Trip to Boscov's and Bonefish Grill (note change of itinerary)  
(RR)

3:30pm Rosary (AS)

#### **Thursday, May 7**

9:30am Weis Market (RR)

1:00pm Fun With Balance (WS)

2:00pm Village Voices (FR)

6:45pm Felix Hell Concert at the Seminary (RR)

#### **Friday, May 8**

10:30am On Your Feet (WS)

2:00pm Bingo (CC)

2:00pm Lifelong Learning (WL)

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### 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.

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, May 4 7:00am-1:00pm

Thursday, May 7 8:00am-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

## News continues from page 1 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. Remove all lids. Please do not place any items on the floor in the shed. All other glass beside that listed is to be put in your regular trash.

### **Life Enrichment Updates**

Please understand that things may look a little different for a few weeks while we continues to transfer services to Concordia. We will do our best to keep you updated as we have information. Even this Connection may look a little different!

You may still receive email from team members using their SpiriTrust addresses and their Concordia addresses.

Diners at Cannons Corner will be charged on account for now. Your order will be recorded and billed at a later date. They will not accept cash at this time.


The trip to see the York Revolution baseball game is canceled.

The itinerary for the trip to Boscov's has been changed. You will go to Boscov's then to Bonefish Grill for lunch followed by a short stop at Trader Joe's. We will not be stopping at the Capital City Mall.

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**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.

At this time we do not have the menu for Saturday and Sunday. Look for an update during the week.

Cannons Corner Menu	
<b>Monday, May 4</b>	Sweet and Sour Chicken, Beef and Broccoli Stir Fry, Fried Rice, Spring Roll, Cheesecake
<b>Tuesday, May 5</b>	Smothered Pork Chops, Classic Salisbury Steak, Baked Potato, Mixed Vegetables, Chocolate Carmel Cake
<b>Wednesday, May 6</b>	Spaghetti & Meat Sauce, Spaghetti with Crab Sauce, Garlic Bread, Side Salad, Berry Oat Bars
<b>Thursday, May 7</b>	Balsamic Roasted Pork, Bacon Roasted Chicken, Glazed Sweet Potatoes, Cauliflower, Roll, Key Lime Pie
<b>Friday, May 8</b>	Cheddar Crusted Fish, Honey Ham, Au Gratin Potatoes, Lemon Buttered Broccoli, Apple Crisp
<b>Saturday, May 9</b>	Menu not available at this time
<b>Sunday, May 10</b>	Menu not available at this time

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717-334-6204


**Spiritrust Lutheran**<sup>®</sup>  
The Village at Gettysburg

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