

The Weekly Connection

Residential Living / November 30, ~ December 6, 2025

What's Happening This Week

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

Sunday, November 30

10:00am Worship (FR)

Monday, December 1

No Fit Medley Today

10:30am Wellness Talk (CC)

1:00pm Brain Games (WL)

Tuesday, December 2

No Cardio Mix Today

1:15pm Physical Therapy Talk (CC)

Wednesday, December 3

9:30am Area Shopping

2:00pm Guided Meditation (WL)

3:30pm Rosary (AS)

Thursday, December 4

9:30am Weis Market

1:00pm Balance (WS)

3:00pm Movie Matinee, "Miracle of the White Stallion" (WL)

Friday, December 5

2:30pm ACAC Ginger Bread Houses and Market (RR)

2:00pm Music 101(CC)

2:00pm Bingo (CC)

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, December 1 - 8:00am - 4:00pm

Wednesday, December 3- 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.

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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 Transportation Reminders

As the holidays approach and we have many scheduled activities that require transportation, please give thought to whether you are actually available for those activities and note them on your own calendar after signing up. If you have not signed up for an activity, especially that requires transportation, and show up the day of, you may not be able to participate. The bus that is used is assigned before the trip. They all have different seating capacity. Thoughtfully signing up for an activity helps us plan accordingly. Thank you for your help to make the holidays fun for everyone.

Church Choir

Pastor Dave would like to know if there are residents interested in singing in a choir for worship on select Sundays. If you have questions or would like to let him know of your interest, give him a call. You can call the receptionist and ask for Pastor Dave or X40133.

Thank you to all who came out for the Turkey Trot. We sent 215 pounds of food to SCCAP yesterday. Donations will be accepted through Christmas.

Gingerbread House and Market

Please note the time change in the ACAC Gingerbread House display trip. The show does not open until 3:00pm. A \$1.00 donation at the door is requested.

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.

Donations of Shelf Stable Food

Collection boxes have been placed at the front and back doors.. We will collect through Christmas.

Cannons Corner Menu



Monday, December 1 Soup - Cream of Broccoli	Lemon Baked fish, Chicken Caesar Salad, Oven Roasted Potatoes, Spinach, Chocolate Mousse
Tuesday, December 2 Soup - Turkey Vegetable	BBQ Chicken, Beef Taco Salad, Corn Salad, Apple Sauce
Wednesday, December 3 Soup - Tomato Bisque	Stewed Chicken & Dumplings, Braised Liver & Onion, Buttered Peas, Tossed Salad, Iced Yellow Cake
Thursday, December 4 Soup - French Onion	Grilled Hamburger, Turkey Tetrassini, Green Beans, Zucchini Medley, Diced Pears
Friday, December 5 Soup - Vegetable	Baked Chicken Breast, Sweet & Sour Pork, White Rice, Steamed Broccoli, Apricots
Saturday, December 6 Pre-order only Soup - White Bean	Baked Ziti with Meat Sauce, Tuna Melt, Italian Green Beans, Garlic Knot, Banana Cake
Sunday, December 7 Pre-order only Soup - American Bounty	Herb Roasted Chicken, Baked Ham, Oven Roasted Potatoes, Roasted Baby Carrots, Sugar Cookies

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