

The Weekly Update

Residential Living | September 20 — September 26, 2026

Upcoming Programs & Events:

- 9/20 — Communion Service 1:00 pm (ZP)(GR)
- 9/21 — Board Game Day 11:00 am (CH)
- 9/21 — Exercise with Kim 2:00 pm (CH)
- 9/21 — Wii Bowling 3:00 pm (CH)
- 9/22 — Move 10:00 am (CH)
- 9/22 — Blood Pressure Clinic 11:00 am (ZP)
- 9/22 — Pinochle 12:00 pm (CH)
- 9/23 — Giant Shopping 9:00 am
- 9/23 — Game Night 6:30 pm (CH)
- 9/24 — Grocery & Bank Run 9:00 am
- 9/24 — Move 10:00 am (CH)
- 9/24 — Pinochle 12:00 pm (CH)
- 9/24 — Singalong with Joan 1:00 pm (ZP)(GR)
- 9/25 — Bible Study 9:30 am (CH)
- 9/25 — Wii Bowling 3:00 pm (CH)

- **Podiatry** — The Podiatrist will be at ZP ON 10/7/2026. Please email or call Sherry if you would like to be added to the list. We will start taking appointments as soon as we receive more information.
- **Sherry** — I will be on vacation 9/21 –9/25. Please contact Megan Barnish with any issues.
- **Beauty Shop** — Due to phones being down, please email or call Sherry with appointment requests and Ellen will contact you to book an appointment.
- **Coffee & Conversation** — Coffee & Conversation on 9/22 will be rescheduled for a later date in October.
- **Directory** — I will be updating the Cottage Directory in October. Please see me or email me before **10/16** if you have any changes/updates to be made.
- **Trunk or Treat** — See attached flyer. This is for PC. Independent may participate and hand out candy.

News continued on next page

CAFÉ DINNER MENU

Pease sign up by 1:00 pm the day of unless
otherwise noted

News continued from page 1

Monday, September 21

Salad

French Dip Sandwich

Cole Slaw

Chips

\$10.50

Tuesday, September 22

Stuffed Pepper Soup

Reuben Sandwich

Potato Salad

Jello Salad

\$10.50

Wednesday, September 23

Salad

Grilled Chicken Sandwich

Pasta Salad

Baked Beans

Watermelon

\$10.50

Thursday, September 24

Baked Potato Soup

Meatball Sub

French Fries

Peach Spring Salad

\$10.50

Friday, September 25

Tomato Soup

Grilled Cheese

Potato Chips

Pickles

Dessert

\$10.50



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Concordia at SpiriTrust
Shrewsbury

TRUNK OR TREAT

& OPEN HOUSE TREASURE HUNT



WEDNESDAY, OCTOBER 7TH
5:00 PM–7:00 PM

Decorated trunks, treats for everyone
& a treasure hunt with prizes!



800 Bollinger Drive
Shrewsbury, PA 17361

**ALL AGES
WELCOME!**

TO RSVP OR DECORATE A TRUNK:

Contact Nicole Stimer, Admissions Coordinator



814-482-8378



nstimer@concordialm.org