

The Weekly Update

Residential Living | July 19 — July 25, 2026

Upcoming Programs & Events:

7/20 — Board Game Day 11:00 am (CH)
7/20 — Exercise with Kim 2:00 pm (CH)
7/20 — Wii Bowling 3:00 pm (CH)
7/20 — Pizza & Movie “Christmas with the Kranks” 5:00 pm (CH)
7/21 — Move 10:00 am (CH)
7/21 — Coffee & Conversation 10:30 am (CH)
7/21 — Blood Pressure Clinic 11:00 am (Wellness Suite)
7/21 — Pinochle 12:00 pm (CH)
7/21 — Bingo 3:00 pm (CH)
7/22 — Giant Shopping 9:00 am
7/22 — Craft Corner “Christmas in July” 1:00 pm (CH)
7/22 — Cribbage 2:00 pm (CH)
7/22 — Game Night 6:30 pm (CH)
7/23 — Grocery & Bank Run 9:00 am
7/23 — Move 10:00 am (CH)
7/23 — Lunch Out at Side Street Café & Shopping at Wegmans 10:45 am (OFF)
7/23 — Pinochle 12:00 pm (CH)
7/23 — Singalong with Joan 1:00 pm (ZP)(GR)
7/24 — Wii Bowling 3:00 pm (CH)

- **Beauty Shop** — The Beauty Shop will be closed July 23, 24, 27 & 28.
- **Bingo** — Due to set up time for RLA Meeting, Bingo will be rescheduled to July, 21 at 3:00 pm.
- **Podiatry Day** — Wednesday, July, 22. Appointments starting at 12pm. Appointments will be every 15 minutes. Stop by or call the front desk to register. You must sign up by **7/16**.
- **Crab Feast** — August 20th at the American Legion 4035 Manchester St, Glen Rock, PA, 17327. Bus will depart at 4:30 pm. Cost will be approximately \$25.00—\$35.00 per person. Will include soda & tea. Please contact Sharon Falkner for payment. Sign Up at front desk.

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- **Dining Committee Meeting** — July, 29th at 2:00 in the Café.
- **Summer Carnival** — August 18th @ 5:30 ***Bring Cash**
- **Café Parking Lot** — The parking lot will be closed off for Staff Event On 7/29 in the am and until about 2:00 pm. Please park on upper lot or along the side road of lower lot. Thank you!
- **See attached trip information on next page!**

CAFÉ DINNER MENU

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

Monday, July 20

Closed for Pizza & Movie

Tuesday, July 21

Soup
Chicken Thighs
Parsley Potatoes
Spinach
Dessert
\$10.50

Wednesday, July 22

Salad
Spaghetti & Meatball
Broccoli
Roll
Dessert
\$10.50

Thursday, July 23

Soup
Green beans, Ham & Potatoes
Corn Bread
\$10.50

Friday, July 24

Salad
Salmon
Brussel Sprouts
Coleslaw
Dessert
\$12.00

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Elite Coach Trip: Phillips Seafood Restaurant (Baltimore Inner Harbor), Babe Ruth Birthplace and Museum (Baltimore), The Village Coffee & Cream (Shrewsbury)



Elite Coach Trip [August 13 | Front of Glatfelter | 9:30AM – 5:00PM | Fee: \$95 - \$115]

Join us as we travel to Baltimore, Maryland. Seafood lovers and baseball fans will thoroughly enjoy this trip!

First stop is **Phillips Seafood**, the iconic waterfront restaurant in the heart of Baltimore’s sparkling Inner Harbor. Phillips Seafood is the perfect spot for award-winning crab cakes. There are three menu choices for lunch: 1) Hoopers Island 4oz. broiled Crab Cake Sandwich, lettuce, tomato, and mustard with french fries, 2) Grilled Chicken Sandwich, lettuce, tomato, and chipotle ranch served with french fries, or 3) Farmhouse Salad topped with grilled chicken or shrimp. **All choice menu items include Maryland Vegetable Crab Soup, coffee, tea and soft drinks.* We will be dining on the handicap accessible ground floor where there are no steps.

After lunch, we will be visiting and touring the **Babe Ruth Birthplace & Museum** located in the actual row house where the baseball legend was born. It offers exhibits on Ruth’s life, family and career, including the “500 Home Run Club” and serves as a cultural landmark near Camden Yards. The museum is multi-level and has an elevator where all floors can easily be accessed.

Save room for ice cream! Our last stop before heading home will be at **The Village Coffee & Cream Café** in Shrewsbury. The Village Café is a quaint restaurant located in a beautifully refurbished historic bank building, where you can order light fare, coffee, and delicious ice cream. The entrance to Village Coffee & Cream Café has three steps with a handrail that you’ll need to maneuver.

Itinerary: 9:30am departure from Sprenkle – 10:00am Shrewsbury Pick-Up – 11:30am to 1:30pm lunch – 1:45pm to 2:45pm museum – 3:45pm to 4:30pm ice cream – 5:00pm expected return to Shrewsbury – 5:30pm expected return to Sprenkle

Fee is based on the number of people registered. The minimum needed for the trip is 30, maximum is 45. The fee (per person) ranges from **\$95** (based on 40-45ppl.) to **\$115** (based on 30-39ppl.). The fee includes transportation, lunch, museum tickets, and all gratuities. **The Village Coffee & Cream Café is self-pay and not included.*

Guests of residents can attend and pay in advance with check payment or be added to the residents’ bill.

Mobility device walkers are permitted on the bus. The charter can accommodate up to two individuals with motorized scooters.

Registration is now open. Sign-up by emailing sopenshaw@concordialm.org or calling 717-227-3092

Registration deadline is July 29. **We need a minimum of 14 for the trip from Shrewsbury!**