

The Weekly Connection Residential Living |

April 21 - April 27, 2024

Geraniums If you would like to purchase Geraniums from the Auxiliary, you can pick up an order form from the front reception desk. Flowers will be delivered to your apt. /cottage on May 11. Order forms and payments are due by Friday, April 26 to the reception desk.

OnSite Dermatology OnSite Dermatology is coming for an additional visit on April 29 at 9:00am. If you are interested in making an appointment, call 877-345-5300. Appointments will take place in the “massage room” inside of the salon.

Volunteers Skilled Care is currently seeking piano players during the week in the afternoon. They are also looking for some friendly visitors who would spend time with residents in Skilled Care, one-on-one. Please contact Brenna if you are interested!

Flowers If you would like to help water Glatfelter’s beautiful flowers, please sign up in the front of the binder. We are looking for one person to sign up per day, each day of the week. Thank you for your help!

Texas Roadhouse Support the Auxiliary by eating at Texas Roadhouse on Thursday, April 25 from 3pm-10pm. Pick up a flyer to take with you from the front desk in order to have 10% of your check donated to the Auxiliary.

Potluck Don’t forget to bring a mug if you are interested in partaking in some fresh, hot, coffee at the Residential Pot Luck scheduled for Monday, April 29 at 5:00pm.

“So Good” Side: Crispy Baked Asparagus Fries with Roasted Garlic Aioli Dipper \$3

Monday 4/22 **Soup of the Day:** Roasted Tomato Bisque

Lunch: Pesto Caprese Grilled Cheese-Fresh Mozzarella, Roasted Peppers, Pesto and Sliced Tomatoes on Texas Toast, served w/House Chips \$6

Dinner: Stuffed Pork Chop with Traditional Stuffing, Gravy, Mashed Potatoes and Green Beans \$10

Tuesday 4/23 **Soup of the Day:** Crab Bisque

Lunch: Pot Roast Sandwich with French Fries and Gravy \$7

Dinner: Orange Basil Butter Cod over Cranberry Butternut Squash Quinoa with Grilled Asparagus \$11

Wednesday 4/24 **Soup of the Day:** Chili

Lunch: Personal Pepperoni Pizza, served with a Small House Salad \$7

Dinner: Seared Pork Tenderloin with a Roasted Strawberry Merlot Demi-Glace, Mashed Red Skin Potatoes and Broccoli with Carrots \$12

Thursday 4/25 **Soup of the Day:** New England Clam Chowder **Zucchini Nut Bread Day** \$3

Lunch: Chicken Tortellini Caesar Salad-Romaine Lettuce, Cheese Tortellini, Grape Tomatoes, Black Olives, Croutons, Parmesan Cheese and Caesar Dressing, topped with Grilled Chicken Breast \$6

Dinner: R&R Closed for Dine In. Destination Dinner: **Poland** – Menu on Front Sign up Table \$15

Friday 4/26 **Soup of the Day:** Ham and Cabbage

Lunch: Grilled Beer Bratwurst Sub with Sauerkraut, Brown Mustard, Diced Onions and Pickles on a Toasted Sub roll, served with Warmed Potato Salad \$7

Dinner: Dry Rubbed Pork Ribs-Chefs Special Seasoning, Seasoned Potato Wedges and Baked Cinnamon Apples \$12

News continues from page 1

Changes to the Calendar/Sign up Book:

- Virtual Silver Sneakers will now be available on Monday, Wednesday, Friday at 9:30am in CRB. This class is the “Classic Silver Sneakers”.
- The sign up sheet for the York Revolution Baseball Game on May 16 is in the front of the binder. Deadline to sign up is May 2.

Special Events Next Week

- Celebrate Earth Day with pot decorating and planting your choice of flower. Take it home to decorate your cottage /apartment. This event is on April 22 at 1:00pm on the CRB Patio.
- Join fellow residents for an afternoon of singing your favorite hits from the 40s, 50s, and 60s. Requests are also welcome! Scheduled for April 22 at 2:30pm in CRA.
- The American Cancer Society is coming to the Glatfelter Center on April 23 at 11:00am for an informative presentation including prevention and a question /answer session.
- For those who pre-registered, we will be having dinner at Gus’s Keystone restaurant on April 23. Departure time is 5:00pm.
- The RL Town Hall is scheduled for April 24 at 2:00pm in CRA/CRB.
- Travel virtually with us to Poland on April 25 at 3:00pm. Destination Dinner to follow at 4:00pm (\$\$).
- If you are interested in the SpiriTrust cruise or National Parks trip, come to an informational meeting on April 26 at 10:30am. This will be in CRA.
- Nancy Putt is part of the North American Bluebird Society and is coming to educate and entertain with her bluebird knowledge on April 26 at 1:00pm in CRA.
- Enjoy our favorite wine event, “Uncorked” on April 26 at 2:30pm in CRB.
- The Emigsville Band is coming to perform for us on April 26 at 6:00pm in CRA/CRB. See you there!

Manchester Township Recycling You can find a list of acceptable recycling items on the Manchester Township website, <https://mantwp.com> or check the residential bulletin board in the GC. This is for the weekly recycling that goes out with your trash on Mondays.

Exercise “Easy Exercise with Linda” will be on Tuesdays at 10:00am. This exercise class is adaptable and perfect for seated or standing exercise. Thursdays we will begin to explore different chair yoga options. Chair Yoga on Thursdays will also begin at 10:00am. These additional classes will begin in May. The first chair yoga class will be on May 2 and the first Easy Exercise with Linda will be on May 7. See you then!