

The Weekly Connection Residential Living |

April 28 - May 4, 2024

Trash Pick Up Starting on Wednesday, May 1, we are adding a second trash pick up day. This is for trash only. Place at your curb in the evening for security to pick up.

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.

Garden Club There is now rhubarb available. If interested, contact Daun Metzler or Pat Strausbaugh.

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!

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.

A Note I wish to thank my neighbors for the many cards that I received at the death of my sister-in-law, Leah Moreland. We met as teenagers when my brother started dating her. We became friends and travel companions for many years. I will miss her company.
—Blanche Hake

Monday 4/29 **Soup of the Day:** Tuscan Bean & Tomato

National Strawberry Shortcake Day: Come to R&R for a Delightful Strawberry Shortcake Dessert \$3

Lunch: Turkey Avocado BLT Croissant-Turkey, Provolone, Lettuce, Tomato, Bacon, Sliced Avocado, Garlic Mayo on Toasted Wheatberry, served with Tatar Tots \$7

Dinner: Swedish Meatballs over Egg Noodles, served with Broccoli with Cauliflower & Carrots \$6

Tuesday 4/30 **Soup of the Day:** Chili

Lunch: Ham Loaf with Pineapple Maple Glaze, served with Baked Cheesy Grits and Zucchini \$7

Dinner: Seafood Risotto-Shrimp, Scallops and Baby Clams in a Roasted Tomato Saffron Broth, served with Grilled Asparagus \$15

Wednesday 5/1 **Soup of the Day:** Chicken Orzo

Lunch: Oven Roasted Top Round of Beef with Roasted Peppers, Baby Lettuce, Provolone Cheese on a Toasted Baguette, served with Pasta Salad \$7

Dinner: Bourbon Glazed Chicken Thighs (2)-Grilled Thighs Glazed with Bourbon Glaze, served with Parslied Potatoes and Buttered Corn \$11

Thursday 5/2 **Soup of the Day:** Beef Rice

Lunch: Vegetable Alfredo Pasta-Roasted Vegetables tossed in House Made Alfredo over Whole Grain Penne Pasta topped with Shaved Parmesan and Chiffonade Basil \$7

Dinner: Roast Turkey with Stuffing, Mashed Potatoes, Gravy, and Sliced Carrots \$10

Friday 5/3 **Soup of the Day:** Corn Chowder

Lunch: Deluxe Cheeseburger-Grilled Beef Patty on Brioche Roll with Lettuce, Tomato, Fried Egg, Cheddar Cheese and Smoked Bacon, served with Fresh Cut Fries \$7

Dinner: Baked Crab Stuffed Flounder with Lobster Cream accompanied by Wild Rice and Chefs Blend of Fresh Vegetables \$14

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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 Thursday, May 16 is in the front of the binder. Deadline to sign up is May 2.
- The sign up sheet for the Mother’s Day Luncheon on Sunday, May 12 is now in the front of the sign up binder.

Special Events Next Week

- The Brunch Bunch is scheduled for Sunday, April 28 at 12:00pm in CRB. Cost is \$15 per person.
- “Minute to Win It” is a fun game show where contestants are assigned seemingly simple tasks to complete in one minute. Come and see if you can complete these games in under a minute on April 29 at 1:30pm in CRB. This event will challenge you and be sure to have you laughing!
- Bust a move on the dance floor at the Sock Hop on April 30 at 2:00pm. There will be live music, drinks and lots of dancing!
- Who doesn’t love a classic root beer float?! Enjoy a refreshing, cold float with some of your favorite jams on May 2 at 1:00pm in CRB.
- Join us for “The Dead Poets Society” with a moral dilemma discussion to follow on April 3 at 1:00pm in CRA. See below for more information.

Movie Morals and Dilemmas “Just when you think you know something, you have to look at it in another way. Even though it may seem silly or wrong, you must try.” That is a quote from the movie “**The Dead Poets Society**”, starring Robin Williams. Why do we feel that there is only one way to look at things? What keeps us from listening and trying to understand another perspective, even if you don’t agree? And, what is more important, is what are we missing and losing in our own life when we are not open to, as the movie says, in its overall message, of Carpe Diem or “Seize the Day.” **Join us** on the First Friday of the month (**May 3**) at **1:00pm in CRA** as we watch and discuss this month’s movie “**The Dead Poets Society**”.

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!