

The Weekly Connection

Residential Living / March 9 ~ 15, 2025

What's Happening This Week

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

Sunday, March 9

10:00am Worship (FR)

Monday, March 10

10:30am Coffee with Chaplain (CC)

1:30pm Meditation (WL)

Tuesday, March 11

2:00pm Passport to Wellness (WL)

Wednesday, March 12

1:00pm Brain Games (WL)

1:15pm Chocolate World & The Mill (RR)

3:30pm Rosary (AS)

Thursday, March 13

9:30am Weis Market

3:00pm Better Music Listening (WL)

Friday, March 14

1:00pm Pi (Pie) Day Happy Hour (FR)

2:00pm Bingo (CC)

2:00pm Life Long Learning (WL)

Saturday, March 15

Residential Living Nurse Navigator Updates

Amy's Schedule This Week

Monday 3/10 Luther Ridge

Tuesday 3/11 - Gettysburg—8:00am –4:00pm

Wednesday 3/12 - Gettysburg—8:00am-4:00pm

Thursday 3/13 – Luther Ridge

Friday 3/14 – Gettysburg-8:00am-4:00pm

During office hours, for non-emergent needs please call 717-816-0053. If there is an emergency please call 911.

Please let Amy know of any upcoming surgeries or procedures, falls, Emergency Room visits or hospitalizations.

Blood pressure can be taken during Amy's regular office hours. Please call to make sure that she is available.

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.

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 this

From Around the Village

Garbage, Recycling and Glass Recycling

Regular Recycling day is on Monday and Trash is on Wednesday. Recyclables should be tied tightly in a container and should not be put out until the morning of pick-up. Glass recycling continues on the first Saturday of each month for **bottles and jars** only. Please put other glass in your regular garbage.

Availability of Financial Statement

Updated Financial information (Nov. YTD) has been given to Jill Flasher, Executive Director. If you wish to have a copy of the review, please contact Jill Flasher jflasher@spiritrustlutheran.org or call 717.339.1644.

Upcoming Life Enrichment

Please make sure to sign up to attend the Pi Day Happy Hour by March 11. Please put a star next to your name if you would like to make a pie for the contest (we have a few and it would be great to have a few more!)

Gym Updates

Please note that the emergency response system in the gym (pendants) is under repair. Those who use the gym early in the morning or after working hours may consider changing their time to exercise if this is an important service for them..

Also, parts have been ordered to fix the cable on the multi-station weight center.

Gettysburg Times Delivery Update

We have revised the delivery process for the time that our carrier is not available (until April). Please understand that the original option was to have the USPS deliver your papers with your mail which often is at the end of the day.

Moving forward, Ann Harnsberger has volunteered to distribute your papers from the library. You may come in the Wellness door (or inside if you are in an apartment) any time after 7:30am to pick up your paper. Please make sure that you take only yours (and those that friends have asked you to pick up.)

Thank you

I am overwhelmed by your birthday messages. I feel grateful and lucky to have so many amazing people by my side. Thank you for making my day extra special.~ Nancy Redman

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Updated Receptionist Hours

Starting on March 1, our lobby reception will now be attended to by team members on Sundays from 8:30am-4:30pm. Saturdays will be covered by volunteer residents who will greet the public but will not be answering the phones. Calls to the receptionist on "Volunteer Saturdays" will be transferred to our Personal Care or Skilled Care. Please keep calls to the receptionist to emergencies only on Saturdays.

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.

Cannons Corner Menu



Monday, March 10 Chicken Florentine Soup	Spaghetti W/ Marinara Sauce, Chef Salad, Cut Green Beans, Dinner Roll, Diced Pineapple
Tuesday, March 11 Butternut Squash Soup	Pulled Pork on a Biscuit, Cheese Quiche, roasted Red Potatoes, Coleslaw, Pumping Spiced Blondies
Wednesday, March 12 Navy Bean & Ham Soup	Beef Pepper Steak, Baked Crab Cake & Tartar, Baked Potatoes, Steamed Broccoli, Blueberry Cobbler
Thursday, March 13 Creamy Cauliflower Soup	Rotisserie Baked Chicken, Seafood Pasta, Spinach, Kale Salad, Chocolate Ice Cream
Friday, March 14 Chicken Corn Soup	Roasted Pork Loin, Lemon Chive Fish of the Day, Au Grain Potatoes, Carrot Coins, Coconut Cream Pie
Pre-Order Saturday, March 15 Manhattan Clam Chowder	Baked Meatloaf with Tomato Sauce, Oven Roasted Turkey, Mashed Potatoes, Mixed Vegetables, Lemon Shortbread
Pre-Order Sunday, March 16 Beef & Barley Soup	Baked Flounder, Boneless Pork Chop, Apple Sauce, Garden Wild Rice, Sweet Green Peas, Coconut Cake