

# The Weekly Connection Residential Living

## July 21 to July 27, 2024

### OnSite Dermatology

OnSite Dermatology will be here Wednesday, July 24 starting at 9:00am. Call 1-877-345-5300 to make your appointment. You must call them directly.

### School Supply Drive

The Yorktowne Lions Club and the Life Enrichment team will be collecting school supplies again this year for Ferguson Elementary School from July 15 through August 15. Pencils (regular) or colored, crayons, spiral bound notebooks, poly-vinyl folders, glue sticks, markers, pencil boxes, even backpacks to name a few items, would be appreciated. A table will be in Community Room A on which to place items. Thank you for your support.

### Garden Stand

Cantaloupe and Corn will be available for purchase on Wednesday, July 24. The stand is open every Wednesday from 9:15am to 9:45am.

### Sprengle Olympics: August 6 and 7

You don't have to go to Paris to get into the Olympic spirit! On August 6 come join us in CRB for 10 "sporting" events that you can watch or participate in. The events will be available from 2:00-4:00pm. Volunteers will record your scores. You may try all challenges or only ones that you choose. For each challenge you may return 3 times during the 2:00-4:00pm hours to improve your score. Our events at Sprengle Village won't be water polo, breakdancing, boxing, and the other events they will have in Paris. They will all be in the comfort of air conditioning and doable by anyone. Give it a try. Have some fun! The overall winners will be honored at the Ceremony that starts at 2:00pm on August 7. Don't forget Jeff is providing light snacks on the 6<sup>th</sup> and an Olympic fare on the 7<sup>th</sup>.

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"So Good" Special: Cucumber and Carrot Ribbon Salad with Frenched Green Onions, Salted Peanuts, Sesame Seeds, and a Sweet Maple Soy Vinaigrette \$4

### Monday 7/22

Soup: Italian Wedding

Lunch: Pulled Beef BBQ Sandwich on Brioche Bun with Melted Cheddar and Crispy Onion Tangles, served with French Fries \$5

Dinner: Chicken Marsala with Peppers, Onions and Mushrooms in a Marsala Demi-Glace, served with Roasted Potatoes and Baby Carrots \$11

### Tuesday 7/23

Soup: New England Clam Chowder

Lunch: Turkey Rarebit-Warmed Roasted Turkey, topped with Welsh Rarebit Cheese Sauce, served with Sweet Potato Fries \$6

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

### Wednesday 7/24

Soup: French Onion w/Croutons and Swiss Cheese

Lunch: Pepperoni Pizza Cheesesteak with Peppers and Onions, topped with Pizza Sauce and Melted Mozzarella Cheese on a Soft Philly Cheesesteak Roll. served with Tatar Tots \$7

Dinner: Open Face Chicken Cordon Bleu-Breaded Chicken, topped with Smoked Ham, Swiss Cheese and Mornay Sauce, accompanied by Basmati Rice and Butternut Squash \$9

### Thursday 7/25

Soup: Cream of Potato

Lunch: Chili Dog-Quarter Pound Hot Dog, topped with Chili Sauce, Diced Onion and a Pickle Spear. served with Fresh Cut French Fries \$5

Dinner: Blackened 12oz N.Y. Strip Steak, served with Twice Baked Potato and Grilled Vegetables \$16

### Friday 7/26

Soup: Chili

Lunch: Surf and Turf Burger -4oz Beef Patty, topped with 3oz Crab Cake Patty, served on a Brioche Roll with Lettuce, Tomato and Special Sauce (Siracha Aioli), served with House Chips \$9

Dinner: Three Cheese Lasagna, served with Small House Salad and Garlic Bread \$6

 **Spiritrust Lutheran**<sup>®</sup>  
The Village at Sprengle Drive 

## Changes to the Calendar:

- Easy Exercise with Linda has changed to 10:30am on Tuesdays.
- Transportation WILL NOT be provided to the Summer Outdoor Concert Series at Kelly Drive on Tuesday, July 30.

## Special Events Next Week:

- For those who pre-registered, we will be having lunch at The First Post on Monday, July 22. The bus leaves from the back of the GC at 11:00am.
- Beat the heat with a refreshing Pina Colada in CRB on July 22 at 2:00pm. Pina Coladas are a cold drink made with pineapple and coconut.
- SueAnne Kein is coming to perform an 1860's nursing medicine reenactment. This is sure to be an entertaining, yet informative program on July 23 at 2:00pm in CRA.
- Come to the RL Town Hall to hear from all the departments and any updates. This is scheduled for July 24 at 2:00pm in CRA/B.
- Following the town hall, plan to relax on the patio with a cold popsicle at 3:00pm (July 24).
- Armchair Travel takes us to Madagascar on July 25 at 3:00pm in CRA. Learn all about the culture, traditions, food, and animals. The Destination Dinner will follow this presentation at 4:00pm in R&R for an additional charge.
- Learn how to make a delicious and healthy meal at the "Be Well Kitchen" demonstration on July 26 at 11:00am in CRA. You can even try a sample following the cooking demonstration.
- Enjoy a glass of wine at "Uncorked". You're welcome to bring your own bottle to share with the group or just come to try something new. This event is scheduled for July 26 at 2:30pm in CRB.