

# The Weekly Connection Residential Living September 22 to September 28 , 2024

## Dining Committee

Jesse is having his first dining committee meeting on September 24 at 1:00pm in R&R. Come meet our new dining director and discuss menu ideas/requests.

## Rachel and Reuben's

Reminder that you can place your food orders for lunch and dinner by calling the front desk or talking to the kitchen, between 9:00am-10:30am, Monday through Friday. You can order lunch for dinner but you cannot order dinner for lunch. The pick up time for lunch is 11:30am and dinner at 4:00pm at the back of the GC. R&R is open for dine-in Monday through Friday, 11:30am to 2:00pm and Tuesday and Thursday evening from 5:00pm to 7:00pm. You can pay with cash or put it on your food account.

## Dine to Donate

Support the Auxiliary by dining at Texas Roadhouse on October 9. Stop at the front desk for a flyer to bring along with you. Present the flyer for Texas Roadhouse to donate 10% of your check to the SpiriTrust Sprenkle Auxiliary. Another option is to purchase a gift card from Texas Roadhouse on this day. If you show the flyer, you can still get 10% of your gift card purchase donated to the SpiriTrust Auxiliary. Thank you for your support!

## The Holidays are Coming!

If you are interested in helping to make the holiday season special for our skilled care /assisted living /memory care residents, we have just the thing. We are collecting holiday gifts for these residents. If you are interested in donating, contact Brenna so I can add you to our "Holiday Wish List Shopper" list.

## Back Gate Donors:

Due to the quotation of \$87,700 for the sturdier back gate is high, the project has been canceled for the immediate future. The pledges received for this construction will not be collected. The council thanks everyone who pledged to support this endeavor for their generosity. Management is currently considering alternative measures and will address these at the next informal meeting on September 25 at 1:00pm in CRA.

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**So Good:** Mediterranean Sweet Potato Salad-Roasted Sweet Potato, Chickpeas, Kalamata Olives, Cucumber, Tomato and a Creamy Lemon Dressing 4

### Monday 9/23

Soup: Split Pea

Lunch: Mushroom, Onion and Swiss Quiche, served with a Side Salad 6

Dinner: Chicken Parmesan over Penne Pasta, tossed in Marinara, accompanied by Lemon Green Beans 10

### Tuesday 9/24

Soup: Chicken Noodle

Lunch: Chicken Caesar Wrap-Grilled Chicken, Chopped Romaine, Parmesan and Caesar Dressing 7  
Dinner: Roasted Turkey with Bread Stuffing, Mashed Potatoes, Cranberry Sauce and Buttered Corn 14

### Wednesday 9/25

Soup: Black Bean with Sour Cream and Chives

Lunch: Roasted Brussel Sprout Salad-Romaine and Butterhead Lettuce, topped with Shaved Gouda Cheese, Bacon Bits, Red Onions, Parmesan Roasted Brussel Sprouts and House Made Balsamic Vinaigrette Dressing 6

Dinner: Italian Sausage Sub-Italian Sausage, Sautéed Peppers and Onions, Marinara Sauce, topped with Melted Mozzarella Cheese, served with a Side Salad 9

### Thursday 9/26

Soup: Roasted Tomato Bisque

Lunch: Soup and Sandwich-Three Cheese Grilled Cheese on Sourdough Bread, served with a Cup of Roasted Tomato Bisque 7

Dinner: Crab and Shrimp Stuffed Flounder with Old Bay Crab Cream, served with Parslied Potatoes and Sugar Snap Peas 15

### Friday 9/27

Soup: Chicken Chili with Cornbread Muffin

Lunch: Carolina BBQ Pulled Pork Sandwich on Toasted Brioche Roll, topped with Onion Straws, served with Curly FF 7

Dinner: Salmon Polonaise-Grilled Salmon with a Brown Butter and Dill Bread Crumb, served with Sour Cream & Chive Potatoes & Parmesan Zucchini

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## Changes to the Calendar / Sign Up Book:

- Chair Yoga at 9:00am every Thursday in CRB starts September 19.
- The Grief Presentation scheduled for September 24 has been canceled.
- The sign up sheet for Lunch at Culhane's on October 2 is in front of the sign up binder.
- The sign up sheets for the rest of the 2024 York Symphony Orchestras are in the front of the sign up binder. Deadline to sign up for all showings is 10/4.
- There will be no Yoga on 9/26 due to the Wellness Fair.

## Special Events Next Week:

- TED Talks are influential videos from expert speakers on education, business, science, tech and creativity. This month's TED Talks are: "The Art of Misdirection," "My Stroke of Insight" and "What You Don't Know About Hearing Aids". This program is scheduled for Monday, September 23 at 1:00pm in CRA.
- For those who pre-registered, we will be having dinner at Victor's Italian Restaurant on September 23. Departure time will be 5:00pm from the back of the Glatfelter Center. \$\$
- Decorate a sunflower themed cake at this month's cake decorating on September 24 at 2:30pm in CRB. Be sure to sign up for this activity. All supplies provided; just bring your creativity and your sweet tooth!
- Take a trip to the Lindt Chocolate Shop in Carlisle, PA. There are lots of chocolates found at this store that you cannot find at the grocery store! This trip is scheduled for September 25 at 2:30pm.
- Stop by Community Room A/B for our annual Wellness Fair! The Wellness Fair will have lots of different vendors who provide insight about their health offerings and door prizes. This event will be on September 26 from 10am to 1pm. Thank you to the Wellness Committee for this event!
- It's time to change our floral décor in Rachel and Reuben's to a fall theme. Help us redecorate in R&R on September 26 at 2:00pm.
- "Uncorked" is a social event with a variety of wines to taste. Try something new, or find your favorite wine of choice at this event. Residents are welcome to bring a bottle to share, but not required to do so. Uncorked is scheduled for September 27 at 2:30pm in CRB.

## The Bean

Don't forget to help support The Bean by stopping by for a coffee and pastry on Wednesday or Friday mornings from 7a-11a.

## Resident Website

You can now access the most up to date Resident Directory information on the resident website at [www.SpiriTrustLutheranLPC.org](http://www.SpiriTrustLutheranLPC.org) (Click on The Village at Sprinkle Drive box, put in our password: 24VSDpix, click enter, at top of screen double click on resident directory). You can also view the Inspirations Catalog and other information about the village as well, for example, go back to the home page and at the top, double click on the Inspirations Catalog. You can then click on the arrow at the right to page through the Inspirations and if you need to make the print larger, click the + (plus) sign at the bottom to enlarge the print. There is a lot of useful information on this website to explore.

