

The Weekly Connection Residential Living September 15 to September 21, 2024

Hot Dog Roast

The Garden Club is having another hot dog roast on September 17. Be sure to sign up for this event by September 13 so we can get enough supplies. The roast will have hot dogs, baked beans, potato salad, chips, and ice cream sandwiches.

Chair Yoga

Fellow resident Carol Bowman is officially a Registered Yoga Teacher and will start teaching classes at the Glatfelter Center every Thursday at 9:00am in CRB. Classes will begin on September 19. See you there!

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 talk about menu ideas or requests.

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.

Rachel & Reuben's Weekly Specials

So Good: Sweet Potato Salad-Dried Cranberries, Feta Cheese, Toasted Pecans and Maple-Apple Vinaigrette 5

Monday 9/16

Soup of the Day: Seafood Bisque
Lunch: Ham and Cheese Grinder, served with Sweet Potato Fries 7
Dinner: Chicken Marsala, served with Rice Pilaf and Steamed Broccoli 10

Tuesday 9/17

Soup of the Day: Chicken Tortilla
Lunch: Chicken and Cheese Quesadillas, served with Spanish Rice, Salsa and Sour Cream 7
Dinner: Meatloaf, served with Mashed Potatoes and Green Beans 10

Wednesday 9/18

Soup of the Day: Crab Bisque
Lunch: Grilled Salmon Romaine Salad-Grilled Salmon, Grilled Romaine Lettuce, Parmesan Cheese and Citrus Vinaigrette 8
Dinner: Meat and Cheese Lasagna, served with Garlic Bread and Side Salad 12

Thursday 9/19

Soup of the Day: Cream of Tomato
Lunch: Turkey and Sundried Tomato Burger-Ground Turkey Patty mixed with Sundried Tomato and Blue Cheese Crumbles on a Kaiser Roll, served with Onion Rings 7
Dinner: R&R Closed for RL Destination Dinner-Caribbean 14 (sign up in binder, deadline is 9/16)

Friday 9/20

Soup of the Day: Ham, Green Bean and Potato
Lunch: Fried Fish Sandwich, served with Tartar Sauce and Fresh Cut Fries 7
Dinner: Braised Beef Pot Roast, served with Braised Vegetables over Mashed Potatoes 10

Changes to the Calendar / Sign Up Book:

- Bocce is on September 16 at 1:00pm in CRB. Sign up sheet in binder.
- 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.

Special Events Next Week:

- Enjoy the silent film "The Electric House" while Don Kinnier plays on the organ. This program will be at Kelly Drive, in their fellowship room at 2:00pm, Monday, September 16. Transportation is NOT provided for this event.
- Have a fun afternoon at Mountain Mist Mini Golf Course at 3896 Carlisle Road in Dover. The course is connected to Bill Macks for some ice cream afterwards. Although transportation is NOT provided for this activity, don't hesitate to sign up and carpool with fellow residents! \$\$
- Another paint class will be held on September 18 at 1:00pm in the R&R Patio. This month we will be painting a Blue Jay with a Blossom Tree Background. This class is step by step and good for beginners and professionals.
- Join Bob Terry for a different Arm Chair Travel presentation, Thursday, September 19 at 3:00pm in CRA. This month we will be learning about "The Pirates of the Caribbean" with a Destination Dinner from the Caribbean to follow. Sign up for dinner in the binder. \$\$
- It's time for the Men's Breakfast! This fun event is scheduled for Friday, September 20 at 9:00am in R&R.
- This week's Friday Flick is "To Kill a Mockingbird". Join us in CRA at 1:00pm or follow your nose to the popcorn!

Garden Stand

This Wednesday (September 18) will be the last garden stand for the season. There will be corn, watermelon, cantaloupe, broccoli, tomatoes, peppers and potatoes. Don't miss your last chance to enjoy some of this fresh produce!

The Bean

The Bean is open for business on Wednesdays and Fridays from 7:00am to 11:00am. Bean Volunteers: **remember to sign up for desired shifts in the front of the sign up binder.** Thank you!

Resident Website

You can now access the most up to date Resident Directory information on the resident website at 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.

