



# welcome MAY

## **From the Directors Desk:**

Happy May! The warmer weather is finally here! Get outside and sit on the patio and get some sunshine. We are finally getting back to more of a normal life here at the Embers. Children will be allowed into your apartments. It will be mandatory for all visitors to come through the front door, take temperatures, and wear a mask until they get to your apartment.

The Dining room will be back to normal hours. The hours for Dinner will be 11am-1pm and for Supper it will be 5pm-6:15pm. We will be opening the salad bar back up. Everyone must take their temperature, sanitize their hands, and leave their mask on until they sit down. We are currently still not accepting visitors to eat in the dining room.

We will start having our monthly birthday parties in the community room and Iowa River Hospice will be coming back to do our once a month blood pressure checks! Jo is working on getting our Foot Spa back and running again.

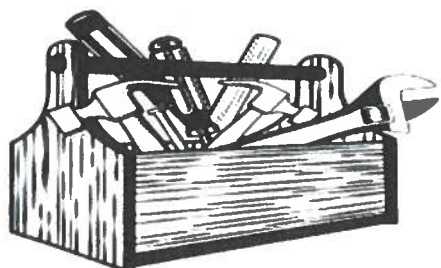
~Linsey

# Housekeeping News



Please let the front desk know if you happen to find any of the bathrooms needing attention on the weekends.

If you need your laundry done by housekeeping, please keep it scheduled on your cleaning day.



# Maintenance News

All maintenance requests are required to be filled out on a blue slip. The outdoor furniture is all out so enjoy the nice weather!

# Kitchen News



Please be patient with the kitchen staff as we try and get back to normal with our dining. We will open our Dining room on May 3rd. Hours will be from 11am-1pm for open dining. Please take your temperature and use the hand sanitizer before entering.

We will have the salad bar for you to go through. Masks are **mandatory** until you are seated at your table.

If you are sick or not feeling well PLEASE stay home and let the kitchen know if you need a tray.





### Residents

Chuck Nichols—May 8th

Shirley Egli—May 21st

Iva Howard—May 12th

Gertrude Karsjen—May 25th

Randal Penrod—May 12th

Dessa Hattenfield—May 26th

Alice Garrett—May 16th



*Chuck & Ann Lee Nichols – May 5th*

*Lloyd & Leona Preston – May 8th*

**Please Welcome  
John & June Bradley  
to Apartment 242!**



## Regular Weekly Activities



### Monday

#### Medical Appointments Van Runs All Day

- 8:00AM Exercise in the Pool
- 6:45PM Game Night in The Perk Coffee Shop

### Tuesday

- 9:45AM Van Uptown (sign up)
- 10:00AM Exercise Class in the Community Room
- 1:45PM Fareway (sign up)
- 3:00PM Movie Matinee in the Theatre (2nd & 4th Tuesday)

### Wednesday

#### Medical Appointments Van Runs All Day

- 8:00AM Exercise in the Pool
- 10:00AM Play 500 in The Perk Coffee Shop
- 10:00AM Resident Meeting in the Chapel (3rd Wednesday)
- 1:00PM Bible Study in the Chapel
- 1:45PM Wal-Mart (4th Wednesday, sign up)
- 3:00PM Bags in the Community Room

### Thursday

- 10:00AM Exercise Class in the Community Room
- 2:00PM BINGO in the Community Room (2nd & 4th Thursday)

### Friday

#### Medical Appointments Van Runs All Day

- 8:00AM Exercise in the Pool
- 9:45AM Hyvee (First Friday goes in the AM, sign up)
- 9:45AM Southside (2nd, 3rd, & 4th Friday, sign up)
- 1:45PM Hyvee(2nd, 3rd, & 4th Friday go in the PM, sign up)
- 6:30PM Movie in the Theater

# MAY SPECIAL EVENTS 2021

1st - Happy May Basket Day!!!

2nd - Vespers 6:30 p.m. Chapel  
Vespers will now be held each Sunday evening in May at 6:30

3rd - Collect for Garage Sale Arts & Crafts Room - 1st Fl.  
Wal-mart 2nd Trip 1:45 p.m. C or O doors

5th - Jeff Hearing Aid 9:00 a.m. Call front desk  
Bible Study 1:30 p.m. Game Room  
Bags 3:00 p.m. Comm. Room

6th - Bingo 2:00 p.m. Comm. Room

10th - Happy Hour 3-4 p.m. Perk

12th & 13th - Set up for Garage Sale all day! Comm. Room

14th - Garage Sale 8:30 - 3:00 p.m. Comm. Room

15th - Garage Sale 8:30 - 12 noon Comm. Room

19th - Resident Meeting 9:30 a.m. Comm. Room  
Blood Pressure Check 10:30 a.m. Comm. Room

26th - Wal-mart 1:45 p.m. C or O doors

27th - Luau Lunch 11:00 a.m. Comm Room

# May Dinner

2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Pork Fritter Potatoes/Gravy Zucchini Blend Cake
2	3	4	5	6	7	8
Pork Chop Loaded Potatoes Peas/Carrots Pie	Swedish Meatballs Potatoes/Gravy Corn Ice Cream	Broccoli Stuffed Chicken Au gratin Potatoes Mixed Veggies Apple Crisp	Cinco De Mayo	Beer Battered Cod Cheesy Potatoes Green Beans Cake	Hamburger Steak Potatoes/Gravy Onions Fried Apples	Pork Cutlet Potatoes/Gravy Broccoli Assorted Desserts
9	10	11	12	13	14	15
Garlic Shrimp Baked Potatoes Green Beans Pie	Cream Chicken Over Biscuits Blondies	Minute Steak White Rice Turnover	Liver N Onions Potatoes/Gravy Assorted Desserts	Beef & Broccoli Wild Rice Pecan Rolls	Tilapia Scalloped Potatoes Veggies Cake	Sweet N Sour Chicken Asian Veggies Rice/Cookies
16	17	18	19	20	21	22
Turkey Stuffing Carrots Pie	Cnty Fried Chicken Potatoes/Gravy Nantucket Veggies Ice Cream	Ham Loaf Cheesy Potatoes Corn Cake	Pepper Steak White Rice Tart	Swiss Steak Potatoes/Gravy Brussels Cobbler	Porcupine Meatballs Loaded Potatoes Veggies Rice Krispies Treat	Shrimp Rice Asparagus Flip
23	24	25	26	27	28	29
Fried Chicken Potatoes/Gravy Greens Pie	Cooks Choice	Teriyaki Beef Wild Rice Veggies	Fish N Chips Baked Beans Cake	Hawaiian Luau	Baked Chicken Thighs Potatoes Cauliflower/Cheese Cookies	Ham Scalloped Potatoes Cream Peas Ice Cream
30	31			Resident Meal Glenda Barton May 9th		
Brisket W/Gravy Scalloped Potatoes Veggies Pie	Salmon Patties O'brien Potatoes Malibu Veggies Ice Cream					

# May Supper

2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						BLT Chips
2	3	4	5	6	7	8
Wings California Medley Soup	Breakfast Quiche Potatoes Cake	Hot Dog Chili	Reuben Chips	Beef Slider Boston Clam Chowder	Meat Ball Sub Chips	Home Made Pizza
9	10	11	12	13	14	15
Summer Sausage Cheese Ham & Bean Soup	Pancakes Sausage Tri Tater	Chicken Bacon Ranch Slider Chips	Bratwurst Sauerkraut Fries	Ham Salad Wisconsin Cheese Soup	Lazy Lasagna Bread Stick	Sub Chips
16	17	18	19	20	21	22
Ham & Swiss Tomato Soup	Waffles w/Strawberries Lil Smokies	Loaded Chicken Salad Beef Stew Soup	Patty Melt Chips	McRib Potato Salad	Ravioli w/Meat Sauce Garlic Bread	Chef Salad
23	24	25	26	27	28	29
Roast Beef Sandwich Lobster Bisque Soup	Sausage Skillet Toast	Maid Rite Fries	Crispy Chicken Sandwich Slaw	Turkey Club Cream of Broccoli Soup	French Bread Pizza Wings	Baked Potato Bar
30 Club Wrap Beef & Barley Soup	31 Omelettes Bagel Sausage					