



### **From the Directors Desk:**

Happy July! I can't believe the Summer is half over. I hope everyone has a safe and happy 4th of July. The Marshalltown fairgrounds will be having fireworks on Sunday night at 9:30pm. I bet if you sit out on the coffee shop deck or the rocking chairs out front you will be able to see them.

I ordered new name tag holders for our residents so if you need a new one to wear on Fridays, please stop in and see me and I will get you a new one made! We have a lot of new residents' moving into our community so wearing your name tags is a good way to get to know your neighbors.

Our guest rooms are up and running so please call the front desk if you need to reserve one. Our kitchen will also be starting to take guests in our dining room starting July 5th. Please call the kitchen by 10am at 5506 if you will be having a guest eat with you.

Our sincere condolences go out to Eldon Brittain and Sharon Eckles families. They will be deeply missed. Hope all of you have a fantastic July.

~Linsey



Past King Charlie & Queen Joan  
New King Lloyd & Queen Leona



# Happy Birthday

## Residents

Miriam Quigley-July 1st  
Ann Lee Nichols-July 5th  
Richard Klaessy-July 6th  
Nancy Kusserow-July 14th  
Jan Young-July 19th  
Merl Niederhauser-July 20th  
Erika Miller-July 20th  
Bev Nusbaum-July 28th  
Dottie Pennington-July 31st  
Eleanor Rowden-July 31st

## Staff

Rayne McIlrath-July 10th  
Sandy Good-July 13th



*Happy  
Anniversary*

*Harold & Bev Kelling ~ July 12th*

**Jerry Hood~Apt. 211**  
**Ron Nauman~Apt. 212**



## 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)

### Wednesday

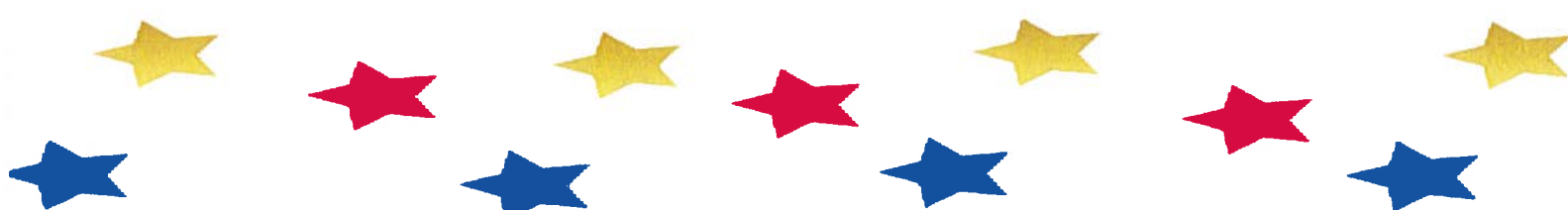
- Medical Appointments Van Runs All Day**
- 8:00AM Exercise in the Pool
- 10:00AM Play 500 in The Perk Coffee Shop
- 10:00AM Resident Meeting in the Chapel (3rd Wednesday)
- 1:00PM Bible Study in the Chapel
- 1:45PM Wal-Mart (4th Wednesday, sign up)
- 3:00PM Bags in the Community Room

### 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



# JULY SPECIAL EVENTS 2021

Vespers 6:30 p.m. Chapel

Vespers will be held each Sunday evening in July at 6:30

4th - Happy 4th of July!! Doors lock at 5:00 p.m.

9th - Hy-Vee only 9:45 a.m. C or O doors  
Res. Birthday Party 2:00 p.m. Comm. Room

14th - Free Roll & Coffee 9:30 a.m. Perk

15th - Matchstick Marvels Museum 1:30 p.m. C or O doors  
(Gladbrook)

19th - Grimes Farm 1:30 p.m. C or O doors  
(Re-Scheduled)

21st - Blood Pressure Check 10:30 a.m. Coffee Shop  
Line Dancers 1:30 p.m. Comm. Room

28th - Wal-Mart Wed! 1:45 p.m. C or O doors

29th - Outdoor Concert 3-4 p.m. Perk deck  
(Dennis Perry)

# July



# Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Resident Meal Darlene Tiernan July 28th				Beef & Broccoli Wild Rice Cake	Ham Loaf Loaded Potatoes Riviera Blend Assorted Desserts	Hamburger Steak w/ Onions Potatoes & Gravy Cookies
4	5	6	7	8	9	10
BBQ Chicken Baked Beans Corn on the Cob 4 <sup>th</sup> of July Dessert	Fish Platter Hush Puppies Cole Slaw Cobbler	Teriyaki Beef Wild Rice Veggies Cake	Salisbury Steak White Rice Corn Ice Cream	Fried Chicken Scalloped Potatoes Carrots Assorted Desserts	Pork Loin Loaded Potatoes Veggies Cookies	Pork Fritter Potatoes & Gravy Green Beans Brownies
11	12	13	14	15	16	17
Turkey w/Gravy Stuffing Sweet Potatoes Pie	Sween N Sour Chicken Wild Rice Asian Veggies Assorted Desserts	Swiss Steak Potatoes & Gravy Riveria Blend Tart	Ham Balls Loaded Potatoes Squash Rice Krispie Treat	Tilapia Party Potatoes Broccoli Cake	Pork Chop Rice California Medley Ice Cream	Liver & Onions Potatoes & Gravy Banana Dream Bar
18	19	20	21	22	23	24
Hawg Wings Peas & Carrots Au Gratin Potatoes Pie	Broccoli Stuffed Chicken w/ Rice Veggies Cake	Minute Steak Potatoes & Gravy Mixed Veggies Flip	Beer Battered Cod Veggies Cheesy Potatoes Ice Cream	Cooks Choice	Meat Loaf Potatoes & Gravy Malibu Veggies Cookies	Baked Chicken Baby Bakers Zucchini Blend Assorted Desserts
25	26	27	28	29	30	31
Pork Roast Baked Potato Veggies Pie	Swedish Meatballs, Corn Potatoes & Gravy Ice Cream	Cheeseburger Fries Baked Beans Cake	Coconut Shrimp Baked Potato Cauliflower Ice Cream Sandwich	Country Fried Chicken Potato/Gravy Asparagus Assorted Desserts	Porcupine Meatballs Loaded Potatoes Nantucket Veg Turnover	Pot Roast Carrots & Onions Red Potatoes w/gravy Cookies

# JULY



# SUPPER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	3
				Chicken Club Italian Wedding Soup	Breaded Ravioli w/ Meat Sauce Dinner Roll	Walking Taco	
4	5	6	7	8	9	10	
Ham & Swiss Corn Chowder Soup	Country Club Eggs Toast	Grilled Cheese Tomato Soup	Bratwurst Sauerkraut Potato Salad	Turkey Club Beef Pot Roast Soup	Meatball Sub Chips	Baked Potato Bar	
11	12	13	14	15	16	17	
Tuna Salad Wisconsin Cheese Soup	Sausage Gravy Over Biscuits Scrambled Eggs	McRib Veggie Beef & Barley Soup	Bacon Pork Burger Fries	Ham Salad Chips	Manicotti w/Sauce Garlic Bread	Chicken Strips Fries	
18	19	20	21	22	23	24	
Roast Beef Salad Clam Chowder Soup	Pancakes Sausage Tri Tator	Summer Sausage Cheese Ham & Bacon Soup	Crispy Chicken Onion Rings	Beef Burger Chips	Pizza Breadstick	Sub Chips	
25	26	27	28	29	30	31	
Italian Sandwich Potato Soup	Egg In a Hole Potato Cake	Loaded Chicken Salad Lobster Soup	Patty Melt Chips	Wraps Golden Broccoli & Cheese Soup	Beef & Noodles Roll	Cooks Choice	