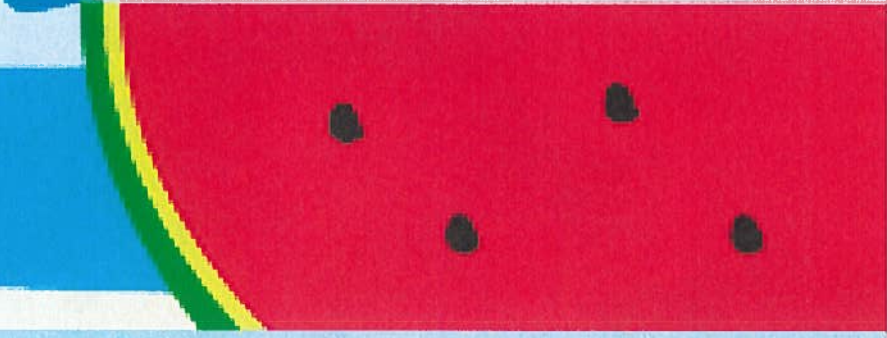


August



From the Directors Desk:

Happy August! I can't believe it is already August and time for the State Fair. We will be having a fun State Fair day at the Embers but if you want to go to the State Fair, it is August 12th-22nd! August is also the time for sweet and juicy watermelon so make sure you watch for the date for the watermelon feast!

I want to let everyone know that our new desk hours will be Monday through Sunday from 8am-5pm. Our resident managers will still be on call if you would happen to need them. Mark your calendar for Tuesday, August 10th. We will be hosting an open house from 4pm-6pm, so let your friends know to come check out the Embers and have some yummy treats!

I would like to shout out a huge thank you to Royal and Jan Young. They donated 100's of ears of sweet corn for our residents and staff. Also, thank you to all the residents that helped chuck all the corn.

School will be starting soon and we would love to help the Marshalltown School District teachers with supplies. They can always use crayons, markers, colored pencils, pencils, dry erase markers, folders, post-it notes, scissors, Kleenex boxes, Clorox wipes, and glue/glue sticks. There will be a donation box inside my office. Have a great August and try to stay cool!

~Linseu

**The flowers are so beautiful around the building!
Make sure you go outside and take a stroll to take a look!**



Happy Birthday



Residents

Beverly Kelling-August 4th
Jeanette Johnson-August 4th
Ruth Kunch-August 4th
Barbara Ytzen-August 13th
Bonnie Shell-August 18th
June Bradley-August 19th
Gordon Garske-August 20th
Bill Love-August 22nd
John Bradley-August 23rd
Betty Kvidera-August 24th
Ray Kirkdorffer-August 29th
Royal Young-August 30th

Staff

Annie-August 8th
Emily-August 11th



Norm & Shirley Egli-August 4th

Joe & Mary Griffith- August 14th

Ray & Kathy Kirkdorffer- August 28th

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



AUGUST SPECIAL EVENTS 2021

Vespers 6:30 p.m. Chapel

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

4th - Happy Hour

3-4 p.m.

Coffee Shop

6th - Hy-Vee only

9:45 a.m.

C or O doors

Res. Birthday Party

2:00 p.m.

Comm. Room

10th - Open House

4-6 p.m.

Invite your friends!!

11th - Watermelon Feed

2:30 p.m.

Courtyard

12th - Visit Glenwood

1:45 p.m.

C or O doors

17th - State Fair Food

11:00 - 1:00

Dining Room

18th - Blood Pressure Check

10:30 a.m.

Perk

Wal-mart

1:45 p.m.

C or O doors

19th - State Fair Party

2:30 p.m.

Perk

25th - Free Roll & Coffee

9:30 a.m.

Perk

26th - Outdoor Concert

3-4 p.m.

Perk deck

Rearview Mirror

August

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
BBQ Ribs Cheesy Potatoes Mixed Veggies Pie	Dried Beef Gravy Over Toast Peas Cheesecake	Pepper Steak White Rice Cake	Tilapia Twice Baked Potatoes Riviera Blend Cookies	Pork Cutlet Potatoes/Gravy Green Beans Strawberry Short Cake	Beef N Broccoli Wild Rice Cinnamon Roll	Chicken Taco Rice & Beans Assorted Desserts
8	9	10	11	12	13	14
Ranch Pork Chops Loaded Potatoes Asparagus Pie	Salmon Patties Rice Corn Cookies	Bacon wrapped Pork Chops Cheesy Potatoes Veggies Ice Cream	Country Fried Steak Potatoes & Gravy California Medley Veggies Assorted Desserts	Caprese Chicken Peas & Carrots Loaded Potatoes Pumpkin Bars	Roast Beef Potatoes & Gravy Veggies Cake	Smoked Sausage Sauerkraut Rice Lemon Bars
15	16	17	18	19	20	21
Brisket w/ Gravy Au gratin Potatoes Carrots Pie	Orange Chicken Rice Asian Veggies Ice Cream	State Fair Food	Shrimp & Sausage Foil Pack Roll Cake	Ham Baked potatoes Veggies Fried Apples	Bacon w/ Turkey Stuffing w/ Gravy Sweet Potatoes Cookies	Pork Chops Loaded Potatoes Veggies Assorted Desserts
22	23	24	25	26	27	28
Crusted Chicken Breast w/ Rice Brussel Sprouts Pie	BBQ Meat Balls Cheesy Potatoes Jell-o Cake	Tenderloin Fries Slaw Brownies	Cooks Choice	Lasagna Roll Garlic Bread Corn Cookies	Cream Chicken Over Biscuits Brownies	Hobo Pack Dinner Roll Assorted Desserts
29	30	31				
Coconut Shrimp Scalloped Potatoes Baked Beans Sweet Potato Pecan Pie	French Dip Fries Ice Cream	Chicken Cordon Bleu Loaded Potatoes Cauliflower/Cheese Choc Lasagna		Resident Meal Rita Rhodes August 29th		

August

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Maid Rite Chips	Waffles Sticks w/ Strawberries Sausage	Scalloped Potatoes & Ham Roll	Hot Dog Chili	Roast Beef Sandwich Chips	Chef Salad	Turkey Tetrazzini Bread
8	9	10	11	12	13	14
Turkey Sandwich Vegetable Soup	Quiche Tri Tator	Pinwheels Chicken Dumpling Soup	Tuna Melt Chips	Philly Slider Portobello Mushroom Barley Soup	Spaghetti w/ Meat Sauce Cheese Bread	Chicken Bacon Ranch Casserole Roll
15	16	17	18	19	20	21
Egg Salad Sandwich Minestrone Soup	Breakfast Sandwich Yogurt	Pulled Chicken Potato Salad	Fish Sandwich Fries	Cooks Choice	Beef Stroganoff w/ Mushrooms over Butter Noodles Roll	Chicken Parmesan w/ Bread Stick
22	23	24	25	26	27	28
Sloppy Joe California Medley Soup	Omelette Sausage Link English Muffin	Chicken Sandwich Chips	BLT Chips	Ham Sandwich Cream of Carrot Soup	Goulash Garlic Bread	Tator Tot Casserole Roll
29	30	31				
Smoked Wings Cauliflower & Cheese Soup	French Toast Sticks Lil Smokies Potato Cakes	Tuna Noodle Casserole Roll				