



# Hello September

## **From the Directors Desk:**

Happy September! My favorite month is September...I love everything about it (pumpkin spice lattes, Fall softball, football games, and of course decorating for Fall), except what comes next! Make sure you take a walk or sit outside and watch the trees turn colors.

Thank you to everyone that donated school supplies. They will come in good use for the kids that are less fortunate. I am so happy that all of the school districts around us were able to start school back with in-person learning. They Defineltly need to be in school and get educated.

As you have all heard the coronavirus cases have been rising. I encourage all of you to please stay 6 foot apart from people if you go shopping and please wash your hands frequently! We have been blessed being safe and healthy but if your Family has NOT been vaccinated we still require them to wear a mask in our building. We want to keep all of our Embers family healthy!

The housekeepers' will have a sign-up sheet at the front desk for anyone who is wanting their carpets cleaned. This will happen the last week of September. We will also be having a Fire drill this month. I will put more information in your mailbox when it gets closer. I hope you all have a Happy September!

~Linsey

**Like the Embers on Facebook so you can follow all the  
Fun things we have going on!**



Our New Facebook page is....  
Embers Independent Living for Seniors



**State Fair Fun**



## Resident Birthdays!

Dale Moler-September 3rd

Joan Fry-September 5th

Carroll Mentor-September 5th

Sandra Thompson-September 7th

Ruth Larson- September 9th

Joe Griffiths-September 9th

Ramona Sommerlot-September 11th

Shirley Finkle-September 11th

Edith Podhajsky-September 15th

David Savage-September 23rd

**Julian Spencer-Apartment 221**

**Barb Wollam-Apartment 142**



Please make sure to set out your garbage Thursday evening and Sunday evening. Also, if you have your air on in your apartment please make sure your windows are closed, this helps your unit not have to work as hard and keeps the cost down! We will be painting the underground garage lines this month and will let you know what date we will need you to move your vehicle.

**Maintenance News**

# Regular Weekly Activities

## Monday

- 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

- 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


## Friday

- 8:00AM Exercise in the Pool
- 9:30AM Kings in the Corner( Perk)
- 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



# September Dinner

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ham Loaf Sweet potatoes Veggies Cookie	2 Salisbury Steak Mash potatoes Brussel sprouts Assorted Desserts	3 Chicken Alfredo Broccoli Cake	4 Pork Roast Twice Baked Potatoes Zucchini Blend Ice Cream
5 Baked Chicken Au Gratin Potatoes Veggies Pie	6 Labor Day Meal	7 Pepper Steak w/ Rice Green Beans Ice Cream	8 Porcupine Meatballs Loaded Potatoes Asparagus Cobbler	9 Pork cutlet Potatoes and gravy Veggies Tart	10 Salmon & Rice Corn Assorted Desserts	11 Pork Chops Cream peas Loaded Potatoes Cake
12 Roast Beef Cheesy Potatoes Green Beans Cherry Pie	13 Chicken Kiev Veggies Au Gratin Potatoes Ice Cream	14 Cubed Steak/Onions Potatoes & Gravy Corn	15 Cooks Choice	16 Cod Nantucket Veggies Seasoned Potatoes Brownies	17 Meatloaf Potatoes & Gravy Veggies Cake	18 Sweet n Sour Chicken Veggies W/Rice Assorted Desserts
19 Turkey w/ Gravy Stuffing Peas & Carrots Pie	20 Chicken Breast Loaded Potatoes California Veggies Ice cream	21 Pork Fritter Potatoes & Gravy Mixed Veggies Cake	22 Beef N Broccoli Wild Rice Cookies	23 Garlic Shrimp Scalloped Potatoes Green Beans Flip	24 Hamburger Steak Potatoes & Gravy Onions Assorted Desserts	25 Cooks Choice
26 Pork Chops Loaded Potatoes Carrots Pie	27 Swedish Meatballs Potatoes & Gravy Mixed Veggies Assorted Desserts	28 Tilapia Cheesy Potatoes Cauliflower Cake	29 Fried Chicken Potatoes & Gravy Corn Ice Cream	30 Ham Balls Scalloped Potatoes Malibu Veggies Crisp		Merl Niederhauser Resident Meal September 12 <sup>th</sup>
Happy Fall						

# September Supper

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Brat Sauerkraut Chips	2 Roast Beef Salad Veggie Soup	3 Ravioli w/ Meat Sauce Roll	4 Chicken Stuffing Bake Bread
5 Loaded Chicken Salad Croissant California Med Soup	6 Pancakes Sausage Potato Cakes	7 Mc-Rib Chips	8 Bacon Pork Burger Sweet Potato Fries	9 Hot Ham & Cheese Slider Lumberjack Soup	10 Baked Potato Bar	11 Cheesy Hamburger Casserole Role
12 Italian Sandwich Potato Soup	13 Corn Beef Hash Bagel	14 Club Wraps Minestrone Soup	15 Crispy Chicken Slaw	16 Tuna & Noodles Roll	17 Cheese Tortellini W/ Meat Sauce Bread	18 Walking Taco
19 Ham Sandwich Beef Stew	20 Breakfest Slider Yogurt	21 Grilled Cheese Tomato Soup	22 Pattie Melt Chips	23 Bacon Beef Slider Fries	24 Pepperoni Pizza Rolls	25 Chicken Strips Fries
26 Summer Sausage Ham & Bean Soup	27 Scrambled Eggs Tri Tater Bacon	28 Scalloped Potatoes & Ham Roll	29 Pulled Pork Potato Salad	30 Chicken Club Broccoli		
Happy Fall						

# SEPTEMBER SPECIAL EVENTS 2021

6th - Labor Day Holiday	Doors lock at 5:00 p.m.	
8th - Pastor Greg Communion	10:00 a.m.	Chapel
Travel Tuscany, Italy	2:00 p.m.	Chapel
9th - Bingo	2:00 p.m.	Comm. Room
10th - Hy-Vee only	9:45 a.m.	C or O doors
Res. Birthday Party	2:00 p.m.	Comm. Room
13th - Root Beer Floats	2:30 p.m.	Perk
15th - Resident Meeting	10:00 a.m.	Chapel
Blood Pressure Check	10:30 a.m.	Perk
16th - Visit Buddha!!	1:45 p.m.	C or O Doors
22nd - Kelsi - Dept. of the Blind	10:00 a.m.	Perk
Refreshments - Q & A For those with Low Vision		
23rd - Bingo	2:00 p.m.	Comm. Room
25th - Oktoberfest Parade	9:30 a.m.	Meet in Lobby
I will take the van to the Parade -- Sign up to go!		
27th - Free Roll & Coffee	9:30 a.m.	Perk
29th - Wal-Mart Wednesday!!	1:45 p.m.	C or O doors