

Hello October

#staymerry

From the Directors Desk:

Happy October! The leaves are falling and the weather will be changing. Our maintenance will be switching over to heating at the end of the month. They will also be coming around in October to put in new filters in each apartment unit.

We have some new residents moving in this month so please welcome them to The Embers and invite them to the activities we have going on! The new residents are Joyce Thomas in Apt. 238, Chuck & Virginia Sloat in Apt. 404, Orlyn & Doris Langenbau in Apt. 203, and Lynell Henson in Apt. 243.

I have 25 students from Colfax-Mingo that I need volunteers to be pen-pals with! Please come see me and I will get you all set up and explain how it works, if you would like to take part in this activity. These children are so excited to write and become friends with you.

Flu shots will be in the community room Thursday, October 7th at 1pm. Please remember to bring your Medicare card. Also, Live on Stage starts Sunday, October 10th at 2pm. We will be providing transportation to this event.

I hope you all have a fantastic October!

~Linsey

Ice Cream, Ice Cream we ALL scream for Ice Cream!



What is your favorite Blue Bunny Ice Cream?





Resident Birthdays!

Ruth Hayes-October 1st
Marilyn Battles-October 13th
Delores Crookshank-October 23rd

Leona Preston-October 27th
Darroll White-October 31st



Staff Birthdays!

Jo Kjormoe-October 3rd
Dusty Wallace-October 28th
Jo Glass-October 29th
Micah Glass-October 31st

**Don't forget our resident birthday party
Friday, October 1st in the Community Room!**



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



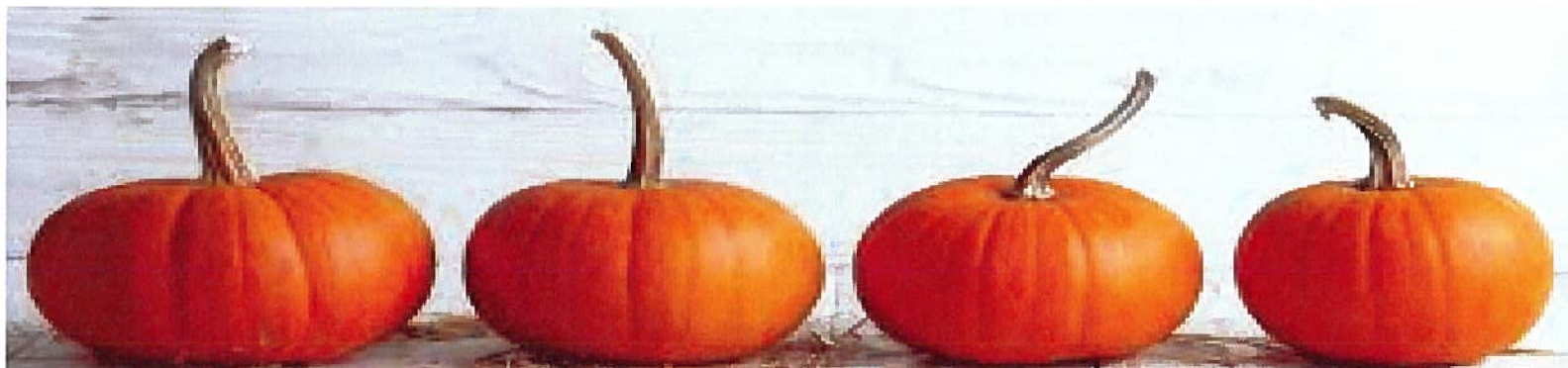
Thursday

- 10:00AM Exercise Class in the Community Room

Friday

Medical Appointments Van Runs All Day

- 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



October



Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barry Nielsen Resident Meal October 17th					Country Fried Steak Potatoes & Gravy Veggies Ice Cream	Coconut Shrimp Scalloped Potatoes Veggies Cake
3	4	5	6	7	8	9
Pot Roast Carrots/Onions Potatoes & Gravy Pie	Cream Chicken Over Biscuit Tart	Tilapia Au gratin Potatoes Broccoli Cake	Pepper Steak White Rice Cookies	Bacon w/ Turkey Cheesy Potatoes Veggies Assorted Desserts	Tenderloin Fries Baked Beans Pecan Rolls	Pork Chops Rice Corn Ice Cream
10	11	12	13	14	15	16
Brisket Scalloped Potatoes Pacific Blend Pie	Asian Beef White Rice Snap Peas Ice Cream	Lasagna Garlic Brad Veggies Strawberry Shortcake	Caprese Chicken Loaded Potatoes Fried Apples	Swiss Steak Potatoes & Gravy Green Beans Assorted Desserts	Buttered Cod Potatoes O'Brien Cauliflower Cake	Liver & Onions Potatoes & Gravy Cookies
17	18	19	20	21	22	23
Ribs Baked Beans Veggies Pie	Dried Beef Gravy Mashed Potatoes Mixed Veggies Lemon bar	Broccoli Stuffed Chicken Loaded Potatoes Ice Cream	Pork Loin Stuffing w/ Gravy	Tilapia Cheesy Potatoes Peas Assorted Desserts	Cooks Choice	Orange Chicken Asian Veggies Wild Rice/ Egg roll Cake
24	25	26	27	28	29	30
Baked Chicken Wild Rice/Veggies Pie Hot Beef, Pot & Gravy Mixed Veggies Pie	Smoked Sausage Scalloped Potatoes Sauerkraut Ice Cream	Cooks Choice	Bacon w/ Pork Zucchini Blend Baked Potatoes Cookies	Fish & Chips Baked Beans Cake	Pork Chops Cheesy Potatoes Veggies Assorted Desserts	Halloween Food
31						

October



Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beef & Noodles Over Mashed Potatoes Bread	2 Turkey Tetrazzini Roll
3	4	5	6	7	8	9
Tuna Salad Sandwich Tomato Soup	Waffles w/ Strawberries Sausage	Pepperoni Roll Ups Breadsticks	Turkey Burger Onion Rings	Club Pinwheels Beef Stew	Manicotti w/ Sauce Roll	Subs Chips
10	11	12	13	14	15	16
Ham Sandwich Broccoli & Cheese Soup	French Toast w/ Lil Smokies	Chicken Parmesan Garlic Bread	Fish Sandwich Tater Tots	Mc Rib Corn Chowder Soup	Chef Salad	Chicken Enchilada Bake
17	18	19	20	21	22	23
Roast Beef Sandwich Wisconsin Cheese Soup	Omelette Sausage Toast	Maid Rite Chicken Noodle Soup	Reuben Chips	Ham Salad Mushroom Brie Soup	Goulash Bread	Tater Tot Casserole Roll
24	25	26	27	28	29	30
Turkey Sandwich Chicken & Dumpling Soup	Country Club Eggs Yogurt Parfait	Chicken Bacon Ranch Slider Garden Veggies Soup	Hot Dog Chili	Sloppy Joe Chips	Spaghetti Roll	Smoked Sausage Alfredo Pasta Casserole Bread
31 Egg Salad Potato Soup						

OCTOBER SPECIAL EVENTS 2021

1st - Hy-Vee only Res. Birthday Party	9:45 a.m. 2:00 p.m.	C or O doors Comm. Room
6th- Pastor Greg	10:00 a.m.	Chapel
7th - Flu Shots	1:00 p.m.	Comm. Room
10th - Live on Stage Begins!!	Lv. 1:30p.m.	Meet in Lobby
11th - Ron Burgess Concert	2:00 p.m.	Comm. Room
14th- Play Bingo	2:00 p.m.	Comm. Room
18th - Happy Hour	3 - 4 p.m.	Perk
20th - Resident Meeting Blood Pressure Check Wal-Mart	10:00 a.m. 10:30 a.m. 1:45 p.m.	Chapel Perk C or O Doors
21st - Casino Trip	Lv. @ 12:45	Meet in Lobby
25th - Free Roll & Coffee	9:30 a.m.	Perk
27 th - Hayride & Cider	2:00 p.m.	Meet in Lobby
28TH - HALLOWEEN PARTY!!!	2:30 P.M.	PERK