



Hello November

From the Directors Desk:

Happy November! The weather is turning and as you are aware it is getting chilly outside. The heat is on, so you can turn on your furnace. I am sorry there was some confusion regarding the heat. It is a tricky system but Mike is figuring it out.

Announcements...the noon announcements from Jo can no longer be done on the fire panel. It is only to be used during emergency situations. There are speakers in the hallways and the dining room where you will hear the announcements. I know you are all missing Channel 8. We had to order a new modem, we are hoping it comes soon!

I am working with Hy-vee to see if we can get the booster vaccines like we did with the flu. It is so much easier to have them come to us to administer. I will update you as soon as I hear something.

We will be having a Food update meeting November 3rd at 10am in the community room. Also, with the holidays coming soon our private dining will be up and running by Thanksgiving. I hope all of you can spend time with your family!

~Linsey

Resident Information

If using a space heater, it must be plugged directly into the outlet on the wall.

Please be safe when using a space heater, do not leave it on when you are not in your apartment.

SAFETY



Linsey and Mike met with the Fire Marshall and we have some new information. We would like all of our residents to go into their bathroom, shut the door, and pull the emergency string if we would have a fire or tornado. Of course, if the fire is in your apartment GET OUT! This will help the staff and fire fighters account for everyone and help get the residents out of the building. We have lots of residents that use walkers so this is a new option.

Housekeeping News

Please remember to empty all pockets before doing laundry. We are having troubles with Kleenex and other items making a mess.

Also, please have your counters cleaned off when it is your housekeeping day.

Thank you!



JoAnn Castell is our new Resident Manager. She also sells Avon. She will be placing an Avon book in the solariums. If any resident would like to place an order, she will have order sheets available. JoAnn will be placing a box outside her apartment, #130 for orders.



HAPPY

BIRTHDAY

Resident Birthdays!

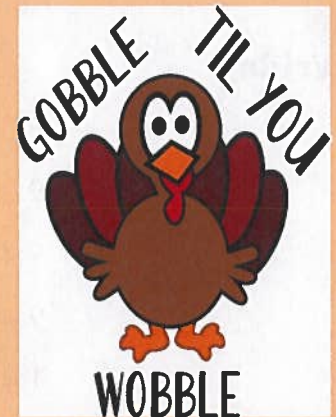
Bill Ormston-November 2nd
 JoAnn Daters-November 3rd
 Darrell Argo-November 5th
 Ron Nauman-November 6th

Lynell Henson-November 19th
 Ellie Chandler-November 19th
 Larry Wilkening-November 27th



Staff Birthdays!

Connie Widmar-November 24th
 Mike Anderson-November 28th



**Don't forget our resident birthday party
 Friday, November 5th in the Community Room!**

Happy Thanksgiving you Everyone!

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

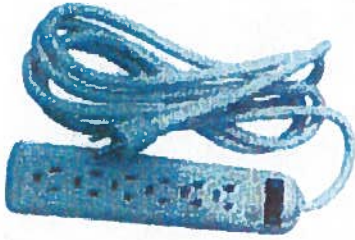
- Medical Appointments Van Runs All Day**
8:00AM Exercise in the Pool
9:30AM Kings in the Corner(Perk)
9:45AM Hy-Vee (First Friday goes in the AM, sign up)
9:45AM Southside (2nd, 3rd, & 4th Friday, sign up)
1:45PM Hyvee(2nd, 3rd, & 4th Friday go in the PM, sign up)
6:30PM Movie in the Theater



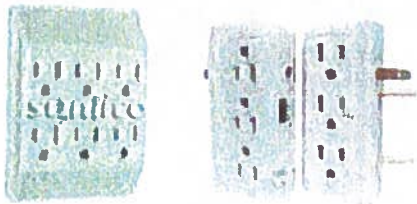
City of Marshalltown Rental Inspection Office – 754-6582

Examples of Electrical Items Allowed and Prohibited

Allowed/Permitido



Power strip with breaker plugged into proper 3-prong or GFCI outlets [cannot plug power strips into each other (piggy-back)].



3-prong six-plex for proper 3-prong or GFCI outlets.



2-prong six-plex [or 2-prong four plex] for 2-prong outlets only

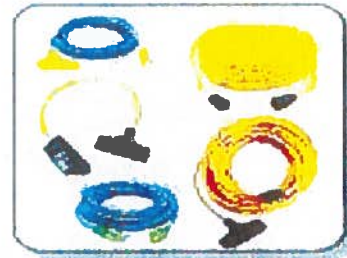


Single surge protector

Prohibited/Prohibido



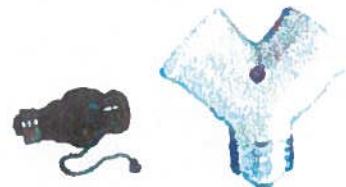
Extension (drop) cords.



Extension (drop) cords of all types.



Adapters (also do not plug items into air fresheners that come with adapters)



Screw-in adapters for light fixtures

Reminder – All fixed appliances such as refrigerators, freezers, clothes washers, microwaves and garage door openers must plug directly into properly testing 3-prong outlet or properly testing 3-prong GFCI (ground fault circuit interrupter). The same rule applies to power strips, cannot use adapters to convert any 3-prong plug to 2-prong outlet.

THANK YOU VETERANS

REMEMBER AND HONOR



Gordon Garske Royal Young Darrell Argo

Earl Best Ron Nauman John Bradley

Norm Egli Charles Nichols Bill Love

Larry Wilkening  Dessa Hattenfield
Lloyd Preston Dick Klaessy Chuck Sloat

Harold Kelling Darroll White

Thank you to all who have served

Embers Staff

NOVEMBER SPECIAL EVENTS 2021

3rd - Catholic Communion	10:00 a.m.	Chapel
Food meeting	10:00 a.m.	Comm. Room
4th - Play Bingo	2:00 p.m.	Comm. Room
5th - Hy-Vee only	9:45 a.m.	C or O doors
Res. Birthday Party	2:00 p.m.	Comm. Room
9th - Live on Stage	Lv. @ 6:30 p.m.	Meet in Lobby
10th - Theisen's Store	1:45 p.m.	C or O doors
11th - Free Malts	3:00 p.m.	The perk
17th - Resident Meeting	10:00 a.m.	Chapel
Blood Pressure Check	10:30 a.m.	Perk
18th - Dennis Perry Concert	3:00 p.m.	Comm. Room
22nd - Free Roll & Coffee	9:30 a.m.	Perk
24th - Wal-Mart Wed.	1:45 p.m.	C or O doors
25th - Happy Thanksgiving!!		
29th - Walgreens	10:00 a.m.	C or O doors
Happy Hour	3:00 p.m.	The Perk

November



Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Salmon Rice Zucchini Blend Cookies	Porcupine Meatballs Cheesy Potatoes Veggies Cake	Country Fried Steak Potatoes & Gravy Veggies Crisp	Meatloaf Loaded Potatoes Broccoli Flip	Salisbury Steak White Rice Corn Ice Cream	Hamburger Steak Potatoes & Gravy Onions Assorted Desserts
7	8	9	10	11	12	13
Pork Roast/Gravy Stuffing Veggies Pie	Chicken Cordon Bleau Loaded Potatoes Corn Ice Cream	Swedish Meatballs Potatoes & Gravy Glazed Carrots Cake	Ham Loaf Sweet Potatoes Veggies Cookies	Pork Cutlet Potatoes & Gravy Mixed Veggies Assorted Desserts	Catfish Rice Brussel Sprouts Brownies	Hobo Pack Roll Blueberry Bars
14	15	16	17	18	19	20
Country Fried Chicken Potatoes & Gravy Veggies Pie	Pork Chops Rice California Medley Soup Turnover	Tilapia Loaded Potatoes Cauliflower & Cheese Soup Assorted Desserts	Minute Steak White Rice Green Beans Ice Cream	Chicken Breast Twice Baked Potato Veggies Cake	Pork Fritter Potatoes & Gravy Peas Cheesecake	BBQ Meatballs Baked Potato Veggies Tart
21	22	23	24	25	26	27
Pot Roast/Gravy Mashed Potatoes Prince Edward Veg Pie	Cooks Choice	Breaded Shrimp Rice Peas & Carrots Assorted Desserts	French Dip Fries Baked Beans Cookies	THANKSGIVING DAY	Ham Balls Potatoes & Gravy Cabbage/Sausage Cobbler	Pork Chops Cheesy Potatoes Mixed Veggies Cake
28	29	30				
Chicken Scalloped Potatoes Veggies Pie	Beer Battered Cod Rice Peas & Carrots Assorted Desserts	Roast Beef Carrots/Onions Red Potatoes w/Gravy Pumpkin Bars		Bev Schultz Resident Meal November 30th	Menus are subject to change	

November



Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Scrambled Eggs Sausage Potato Cake	Hot Ham & Cheese Chicken Wild Rice Soup	Brat Burger Chips	Baked Potato Bar	Chicken Noodles Over Mashed Potatoes Roll	Chef Salad
7	8	9	10	11	12	13
Loaded Chicken Salad Croissant Ham & Bean Soup	Breakfast Quiche Tri Tator Yogurt	Club Wraps Lumber Jack Soup	Crispy Chicken Sandwich Fries	Roast Beef Sandwich California Medley Soup	Breaded Ravioli w/ Meat Sauce Breadstick	Chicken Strips Fries
14	15	16	17	18	19	20
Italian Sandwich Wisconsin Cheese Soup	Sausage & Gravy Over Biscuit Scrambled Eggs	Turkey Sandwich Potato Leek Soup	BLT Chips	Tuna Noodles Roll	Hot Dog Sauerkraut Chips	French Bread Pizza Wings
21	22	23	24	25	26	27
Ham Sandwich Chips	Egg in a Hole Bacon	Grilled Cheese Tomato Soup	Cheeseburger Onion Rings	Thanksgiving Day Sack	Chicken Alfredo Broccoli Bread Stick	Walking Taco
28	29	30				
Roast Beef Salad Minestrone Soup	Breakfast Sandwich Yogurt	Pulled Pork Sandwich Chips	Menu Subject to Change			