



### **From the Director's Desk:**

Happy June! I can't believe it is already June. The flowers are all looking fabulous and thank you to all of you that are watering and taking care of them. I hope all of you had a great time at the Luau and congrats to our new King Chuck Nichols and Queen Ann Lee Nichols!

Make sure you get out and enjoy the weather. The Deck off of the perk is all ready to go, so get out and relax on the patio furniture. Dave and Mike will be working on building a Pergola off the Dining room in the courtyard. It will be nice to have shade!

Our thoughts and prayers go out to Gertrude Karsjen's family. She loved it here at the Embers and was happy to call it home. In memory of her, the family donated a nice amount of money to go towards a few trees.

If you have not already signed up and would like to come to the Iowa Fraud Fighters presentation June 6th at 9:30am, please sign up at the front desk.

Enjoy your June and Happy Father's Day to all of you father's out there!

~Linsey





# LUAU FUN





# June BIRTHDAYS

## Resident Birthdays!



Remember the Resident Birthday  
Party Friday, June 3rd @ 2PM  
in the Community Room!



Mary Lu Wignall~ Apt. 004  
Janet Price~ Apt. 244  
Lola Breed~Apt. 301

Lillian Hineman~ June 3rd

Norma Doty~June 3rd

Pat Preece~June 4th

Rita Rhodes~ June 18th

Londell Johnson~June 19th

Lloyd Preston~June 19th

Earl Best~June 28th

## Staff Birthdays

Linsey~June 9th



## Happy Anniversary

Steve & JoAnn Castell~June 1st

John & June Bradley~June 4th

Mike & Carolyn Wood~June 30th

**Resident Birthday Party 2PM, June 3rd in the Community Room**

## Regular Weekly Activities

### Monday

- 8:00AM Exercise in the Pool  
6:30PM Game Night in The Perk Coffee Shop

**Medical Appointments Van Runs 8am-12pm**



### Tuesday

- 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 Catholic Communion 1st Wednesday of the month  
1:00PM Bible Study in the Perk  
2:00PM Resident Meeting in the Chapel (3rd Wednesday)  
3:00PM Bags in the Community Room



**Medical Appointments Van Runs 8am-12pm**

### Thursday

- 10:00AM Exercise Class in the Community Room



### Friday

**No Medical Appointments**

- 8:00AM Exercise in the Pool  
9:30AM Kings in the Corner( Perk)  
1:45PM Hyvee(2nd, 3rd, & 4th Friday go in the PM, sign up)  
6:00PM Movie in the Theater

### Sunday

- 6:00PM Vespers in the Chapel



June Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Burnt Ends Cheesy Potatoes Green Beans Ice Cream	Chicken Loaded Potatoes Veggies Crisp	Cod Rice Mixed Veggies Cookies	Smoked Sausage Sauerkraut Scalloped Potatoes Cake
5	6	7	8	9	10	11
Pork Roast Carrots Potatoes & Gravy Pie	Hawg Wings Loaded Potatoes Veggies Lemon Bar	Pork Cutlet Potatoes & Gravy Veggies Assorted Desserts	Salisbury Steak Scalloped Potatoes Peas & Carrots Cake	Salmon Rice Veggies Ice Cream	Cream Chicken Over Biscuits Brownies	Dried Beef Gravy over Toast Strawberry Short Cake
12	13	14	15	16	17	18
Baked Chicken Wild Rice Corn Pie	Meatloaf Potatoes & Gravy Green Beans Tart	Shrimp Loaded Potatoes California Medley Veggies Assorted Desserts	Cooks Choice	Pork Chops Au gratins Veggies Cookies	Swiss Steak Potatoes & Gravy Veggies Ice Cream	Hamburger Foil Pack Roll Banana Bars
19	20	21	22	23	24	25
Hot Turkey Plate Potatoes & Gravy Mixed Veggies Pie	Pepper Steak White Rice Flip	Cooks Choice	Tilapia Scalloped Potatoes Zucchini Blend Cookies	Minute Steak Potatoes & Gravy Veggies Turnover	Lasagna Garlic Bread Cake	Broccoli Stuffed Chicken Loaded Potatoes Corn Ice Cream
26	27	28	29	30		
Pork Chops Cheesy Potatoes Green Beans Pie	Sweet & Sour Chicken Wild Rice Asian Veggies Egg Roll Assorted Desserts	White Fish Loaded Potatoes Veggies Ice	BBQ Meatballs Au gratins Veggies Cookies	Swiss Steak Potatoes & Gravy Mixed Veggies Cake	John Dresser Resident Meal June 8th	

# Supper JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Turkey Burgers Sweet Potato Fries	2 Grilled Cheese Tomato Soup	3 Chili Hot Dog	4 Maid Rite Chips
5 Egg Salad Wisconsin Cheese Soup	6 French Toast Smokies Potato Cakes	7 Slider Soup	8 Patty Melt Chips	9 Ham & Beans Corn Bread	10 Manicotti w/ Sauce Roll	11 Tater Tot Casserole Roll
12 Turkey Sandwich Corn Chowder Soup	13 Waffles w/ Strawberries Bacon	14 Sandwich Chicken Dumpling Soup	15 Cheeseburger Fries	16 Crunchy Chicken Wrap Italian Wedding Soup	17 Chicken Alfredo With Broccoli Roll	18 Wings French Bread Pizza
19 Chicken Sandwich Mushroom Brie Soup	20 Breakfast Slider	21 Sloppy Joe Chips	22 Pulled Pork Potato Salad	23 Scalloped Potatoes & Ham Roll	24 Beef Stroganoff Over Butter Noodles Roll	25 Chef Salad
26 Tuna Salad Potato Soup	27 Scrambled Eggs Sausage Tri Tater	28 Roast Beef Sandwich Veggie Soup	29 Pork Burger Chips	30 Hot Ham & Cheese Minestrone Soup		