



Hello October

From the Director's Desk:

Happy October! The leaves are falling and the weather will be changing. Our maintenance will be switching over to heating in the middle of this month. They will also be coming around in October to change out the filters in each apartment unit. There will be a sign-up sheet for anyone that has holes in their screens or that are completely missing screens. Maintenance will be working on this over the Winter to get this project completed.

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 Rudy Frye in apartment 144 and Keith Ruopp in Apartment 246.

Flu shots will be in the community room Monday, October 3rd at 2pm.

Please remember to bring your Medicare card. Live on stage starts on Wednesday, October 19th at 7pm. If you have purchased your tickets and need transportation, we will be providing this for you!

Our fire drill went well. We have a few little tweaks to make but that is why we practice doing a drill! Thank you to the residents and staff for making this go very smoothly. I hope all of you have a fantastic October!

~Linsey

Octoberfest & Grandparent's Day









RESIDENT BIRTHDAYS

Ruth Hayes~ October 1st

Marilyn Battles~ October 13th

Leona Preston~ October 27th

Jack Sharer~ October 10th

Joe Selk~ October 19th

Keith Ruopp~ October 14th

STAFF BIRTHDAYS

Jo~ October 3rd

KyLynn~ October 29th

Dusty~ October 28th

Micah~ October 31st



Remember the Resident Birthday

Party Friday, October 7TH @ 2PM



Paul & Pat Clark ~ October 16th

Ken & Joy Kreykes ~ October 28th

Resident Birthday Party 2PM, October 7TH in the Community Room

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

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

Medical Appointments Van Runs 8am-12pm

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

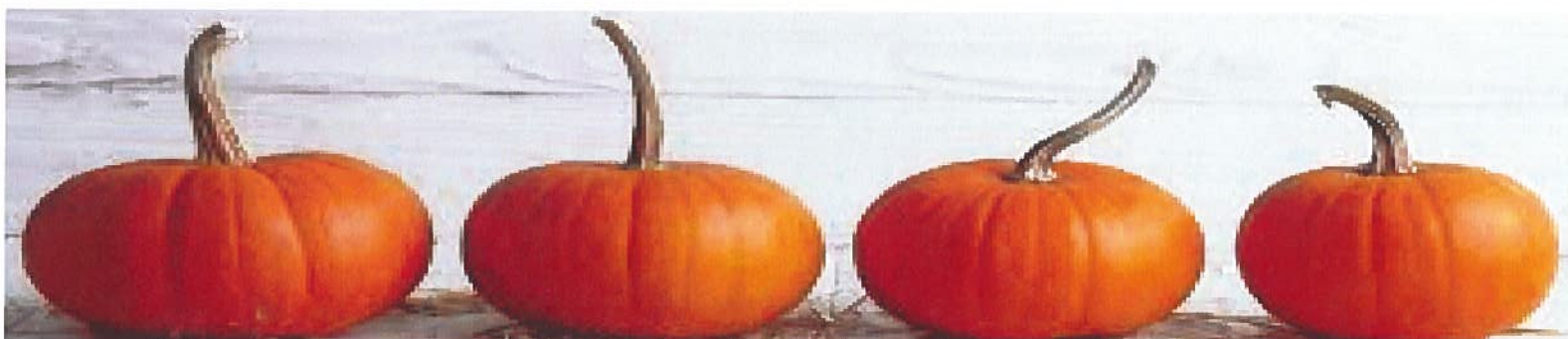
9:30AM Kings in the Corner(Perk)

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



October

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fried Chicken Loaded Potatoes Veggies Ice Cream
2 BBQ Ribs Baby Bakers Mixed Veggies Pie	3 Catfish Rice Green Beans Fried Apples	4 Smoked Sausage Sauerkraut Scalloped Potatoes Assorted Desserts	5 Dried Beef Gravy Cake	6 Tenderloin Baked Beans Fries Ice Cream	7 Chicken Baked Potatoes California/Veggies Tart	8 Burnt Ends Potatoes/Gravy Veggies Banana Bars
9 Bacon Wrapped Turkey/Corn Stuffing/Gravy Pie	10 Country Fried Chicken Potatoes/Gravy Carrots 4 Layer Choc Dessert	11 Tilapia Rice Veggies Assorted Dessert	12 Salisbury Steak Potatoes/Gravy Brussel Sprouts Cake	13 Pork Chop Loaded Potatoes Peas Pumpkin Bars	14 Cooks Choice	15 Broccoli Stuffed Chicken Cheesy Potatoes Veggies Ice Cream
16 Chicken Rice Mixed Veggies Pie	17 Baked Cod Loaded Potatoes Asparagus Assorted Desserts	18 BBQ Meatballs Potatoes/Gravy Veggies St. Berry Shortcake	19 French Dip Baked Beans Fries Lemon Bars	20 Pepper Steak White Rice Cookies	21 Cream Chicken Over Biscuit Cake	22 Shrimp Foil Pack Roll Brownies
23 Pork Chop Loaded Potatoes Veggies Pie	24 Swiss Steak Potatoes/Gravy Veggies Assorted Desserts	25 White Fish Green Beans Twice Baked Potato Cake	26 Ham Au gratin Potatoes Cauliflower Cookies	27 Salmon Patties Cheesy Potatoes Cream Peas Raspberry Flip	28 Hamburger Steak Onion Potatoes/Gravy Ice Cream	29 Pork Cutlet Potatoes/Gravy Turnover
30 Pot Roast Carrots/Onions Potatoes/Gravy Pie	31 Halloween Food				Londell & Ellen Johnson Resident Meal October 27th	

October**Supper**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Tater Tot Casserole
² Egg Salad Sandwich Corn Chowder	³ Sausage Gravy with Biscuit Scrambled Eggs	⁴ Turkey Club Mushroom Brie Soup	⁵ Pulled Pork Potato Salad	⁶ Tuna Noodles Roll	⁷ Chicken Noodles Over Mashed Potatoes Roll	⁸ Chef Salad
⁹ Roast Beef Salad Potato Leek Soup	¹⁰ French Toast Lil Smokies	¹¹ Club Wrap Italian Wedding Soup	¹² Patty Melt Chips	¹³ Sandwich Clam Chowder	¹⁴ Manicotti With Meat Sauce Roll	¹⁵ Cooks Choice
¹⁶ Ham Salad Sandwich Beef Stew	¹⁷ Breakfast Sandwich Potato Cake	¹⁸ Sloppy Joe Chicken & Dumpling Soup	¹⁹ Pork Burger Sweet Potato Fries	²⁰ Slider Soup	²¹ Baked Potato Bar	²² Chicken Alfredo Roll
²³ Sandwich Garden Veggie Soup	²⁴ Bagel Sausage	²⁵ Pinwheels California Medley Soup	²⁶ Hot Dog Sauerkraut Chips	²⁷ Scalloped Potatoes and Ham Roll	²⁸ Beef & Noodles Over Mashed Potatoes Roll	²⁹ Pizza Wings
³⁰ Chicken Sandwich Ham & Bean Soup	³¹ Scrambled Eggs Bacon Tri Tater					

OCTOBER SPECIAL EVENTS 2022

3rd - Flu Shots 2:00 p.m. Comm. Room

(You must fill out form at front desk!!)

6th - Pumpkin Painting 2:00 p.m. Comm. Room

7th - Resident B'day Party 2:00 p.m. Comm. Room

10th - Fareway Monday 1:45 p.m. O door

11th- Card Making 1:30p.m. Perk

12th - Roll & Coffee 9:30 a.m. Perk

Wal-Mart Wed 1:45 p.m. O door

13th - Grimes Farm 2:00 p.m. Meet in Lobby

16th-Steve Castell 2:00p.m. Comm. Room

17th - Root Beer Floats 2:00 p.m. Perk

19th - Res. Meeting 2:00 p.m. Chapel

20th Craft Class 1:00 p.m. Perk

Play Bingo 2:00 p.m. Comm. Room

24th - Happy Hour 2:30p.m. Perk

26th - Wal-Mart Wed. 1:45 p.m. C or O door

27th- Halloween Party 2:30p.m. Comm. Room

31st- Hot Chocolate Bar 2:00p.m. Perk