



From the Director's Desk:

March is here, which means Spring is coming! The last few days of sunshine have been awesome. Spring brings severe weather. We live in Iowa and we have seen our share of flooding and tornadoes. We will participate in the statewide tornado drill on Wednesday, March 29th at 10 am. Where is your safe place? If you are in your apartment you need to go into your bathroom and shut the door. If you are out in the building during a real tornado, you need to get somewhere away from windows and doors.

Don't forget about daylight savings on Sunday, March 12th.

Set your clocks forward an hour the evening of March 11th. I really look forward to later sunsets every evening.

Maintenance will be coming around the middle of March to change out your furnace filters. Have a fantastic March!

~Linsey



Happy St. Patrick's Day! & Birthday!

Kathryn Jebson ~ 3/1

Wanda Guss ~ 3/2

Leta Lacina ~ 3/3

Janice Wolken ~ 03/12

Betty Cook ~ 3/18

Angie Dungy ~ 3/20

Karen Vannatta ~ 3/25

Barry Nielsen ~ 3/26

STAFF BIRTHDAYS

Tammy (Sis) Amundson ~ 03/4

Cyndee Hilderbrand ~ 3/12

Diane Garrett ~ 3/21



Resident Birthday Party 2PM, Friday, Mar. 3rd in the Community

Mardi Gras



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- 12 pm

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





Reminders!

Residents are responsible to recycle their own items. We do not require you to recycle, it is up to each individual. Take your recycling to 1st Floor, inside the F Door.

Maintenance does not sort your recycling for you.

We have several new residents, and a few more come moving in this month. Please take time to introduce yourself and make them feel welcomed.

MARCH SPECIAL EVENTS 2023



3rd - Resident B'Day Party	2:00 p.m.	Comm. Room
6th - Easter Wreath Making with Linsey	2:00 p.m.	Perk
6th - Live on Stage	6:30 p.m.	Meet in Lobby
8th- Wal-Mart Wed.	1:45 p.m.	O door
Jeopardy!!!	2:00 p.m.	Perk
9th- Bingo	2:00 p.m.	Perk
12th - Steve	2:00 p.m.	Comm. Room
13th - Mert & Jerry Music	2:00 p.m.	Comm. Room
14th - Card Making	2:00 p.m.	Perk
15th- Resident Meeting	2:00 p.m.	Chapel
Blood Pressure Check	2:30 p.m.	Perk
16th - Bruni Bingo	1:00 p.m.	Perk
St. Pat's party	2:00 p.m.	Perk
20th - Happy Hour	2:00 p.m.	Perk
22nd - WalMart	1:45 p.m.	O door
23rd - Ron Burgess Music	2:00 p.m.	Comm. Room
27th - Tour the Renovated Coliseum	1:30 p.m.	Meet in Lobby
29th - Carnival	2:00 p.m.	Comm. Room
30th - Bingo	2:00 p.m.	Perk

March

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
March 25th Resident Meal Chuck & Virginia Sloat			Hawg Wings Potatoes/Gravy Veggies Ice Cream	Cooks Choice	Catfish Loaded Potatoes Green Beans Cookies	Cubed Steak Potatoes/Gravy Onions Ice Cream
5	6	7	8	9	10	11
Ribs Mac & Cheese Corn Pie	Swedish Meatballs Potatoes/Gravy Veggies Assorted Desserts	Minute Steak Potatoes/Gravy Veggies Cookies	Chicken Wild Rice Veggies Cake	Burnt Ends Potatoes/Gravy Carrots Cobbler	Salmon Twice Baked Potato Veggies Ice Cream	Pork Cutlet Potatoes/Gravy Mixed Veggies Brownies
12	13	14	15	16	17	18
Pork Chops Potatoes/Gravy Veggies Pie	Asian Beef w/ Snap Peas Rice Assorted Desserts	Porcupine Meatballs Red Potatoes Veggies - Blondies	Cooks Choice	Chicken Cheesy Potatoes Veggies Ice Cream	Tilapia Rice Veggies Cake	Smoked Sausage Sauerkraut Scalloped Potatoes Turnover
19	20	21	22	23	24	25
Chicken Breast Potatoes/Gravy Veggies Pie	Beef & Broccoli Rice Assorted Desserts	Pork Fritter Potatoes/Gravy Green Beans Fried Apples	Lasagna Spinach Garlic Bread Ice Cream	Pork Chop Loaded Potatoes Veggies Pecan Rolls	Beer Battered Cod Au gratins Veggies Flip	Fried Chicken Potatoes/Gravy Baked Beans Lemon Bar
26	27	28	29	30	31	
Ham Sweet Potatoes Stuffing/Gravy Pie	Cooks Choice	Breaded Shrimp Scalloped Potatoes Veggies Cake	BBQ Meatballs Cheesy Potatoes Cauliflower Cookies	Broccoli Stuffed Chicken Loaded Potatoes Corn Assorted Dessert	White Fish Rice California Medley Ice Cream	

March

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Fish Sandwich Sidewinders	2 Chicken Philly Slider Minestrone Soup	3 Cheese Ravioli w/Meat Sauce Garlick Stick	4 Walking Taco
5 Loaded Chicken Salad Soup	6 Omelette Hash Brown	7 Ham & Bean Soup Corn Bread	8 Brat Burger Sweet Potato Fries	9 Slider Soup	10 Cheese Manicotti w/Meat Sauce Garlick Bread	11 Chef Salad
12 Ham Salad Wisconsin Cheese Soup	13 Scrambled Eggs Sausage Tri Tator	14 Maid Rites Chips	15 Cheeseburger Fries	16 Roast Beef Sandwich Potato Soup	17 Egg Salad California Medley Soup	18 Chicken Strips Fries
19 Roast Beef Salad Clam Chowder	20 Waffles w/Strawberries Smokies	21 Chicken Wraps Chicken Noodle Soup	22 Pulled Pork Slaw	23 Sandwich Soup	24 Tuna Salad Chips	25 Pizza Wings
26 Turkey Sandwich Veggie Soup	27 Breakfast Sandwich	28 McRib Potato Salad	29 Hot Dog Sauerkraut	30 Scalloped Potatoes & Ham Roll	31 Grilled Cheese Tomato Soup	