

Hello **JULY**

From the Director's Desk:

Happy 4th of July! The fairgrounds will be having fireworks that are always so pretty, so you can sit out front of our building and watch them. After the 4th summer is on the downhill slide. Before we know it school will be starting. Get outside and enjoy the weather.

If you get the Times Republican it will be coming in the mail. They do not have the staff to deliver the papers in the morning.

Our sympathies go out the Dale Wilson's family. He will be missed.

Please welcome our new residents: Carol Hallowell in Apt.212, Wayne House Apt.345, and Sandy Rhodes in Apt.145

Ann Lee Nichols will be celebrating her 90th birthday Saturday, July 8th from 1pm-4pm in the community room. Come by and celebrate her big day! They will have refreshments for you to enjoy.

We are having issues with residents throwing garbage into the recycling bins. Please put only recycling items in the recycling bin by the F Door. Also, if you have your air conditioner on please make sure your windows are closed. If you are cold, shut your thermostat off. We can not have it on heat when the boilers are not on in the summer.

I hope all of you have a great July!

Love~Linsey

HAPPY BIRTHDAY

July Birthday's

Ann Lee Nichols July 5

Jan Young July 19

Dick Klaessy July 6

Merl Niederhauser July 20

Doris Langenbau July 6

Erika Miller July 20

Charlotte Wood July 7

Diana Clark July 28

Nancy Kusserow July 14

Bev Nusbaum July 28

Barb Wollam July 15

Eleanor Rowden July 31

Don Campbell July 19

Employees Birthday

Celeste Gallardo July 3

Steve Castell July 5



Please help Ann Lee Nichols celebrate her 90th Birthday at an Open House in the Community Room from 1 to 4 pm on Saturday, July 8. Refreshments will be served and all are invited to attend.

Resident Birthday Party 2PM, Friday, July 7 in the Community Room



Sandy Rhodes
Apartment 145

Born and in Iowa Falls.
3 Children, 9 grandchildren
and 4 great grandchildren.
Was a secretary and a Mary
Kay Cosmetics Consultant.
Loves shopping, TV, and
Family & Friends



Wayne House
Apartment 345

Life long
photographer. Has two
children.



Carol Hallowell
Apartment 212

Grew up in the Tama area.
Disabled Vet - joined the Army so she
could see the world.
Worked at Boeing and General Dynamics,
building missiles

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 Alternating grocery stores

July 3 - Hy-Vee (MONDAY) due to Holiday

July 11 - Fareway

July 18 - Hy-Vee

July 25 - Fareway



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

10:00AM Lutheran Communion 2nd Wednesday

12:50PM 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)

6:00PM Movie in the Theater

Sunday

6:00PM Vespers in the Chapel

Fun things happening at the Embers



Workout time!

Anyone can come use
the exercise room



Happy Hour Fun!



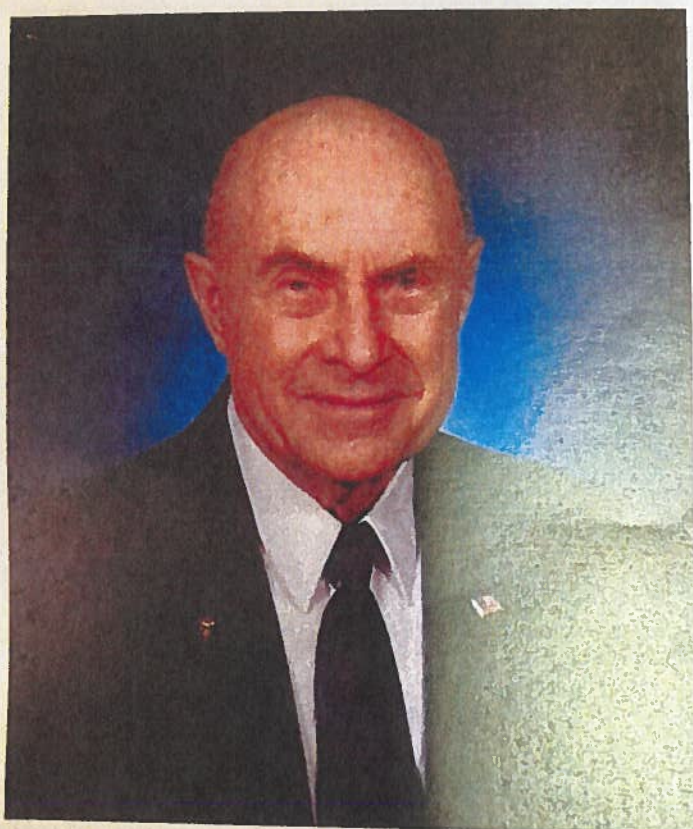
Lillie Green, Apt 311 makes mats to sleep on for the homeless. She makes them out of plastic grocery sacks. It takes 500 to 550 to complete the bed. She has to first cut all the bags and then weave. One bed takes 8 to 10 hours to make.

Lillie is going to donate the beds she makes to the House of Compassion. The beds keep them dry when laying on the wet grass.

Thanks Lillie for sharing!

In loving memory

Dale Eugene Wilson



December 18, 1928

June 1, 2023



July Special Events



| | | |
|---|-------------------|----------------------|
| 3 rd – HyVee (due to Holiday) | 1:45 PM | O Door – Main Lobby |
| 4 th – Ice Cream Cones | 2:00 PM | Perk (Raena Serving) |
| 5 th – July Party | 2:30 PM | Perk / Deck |
| 6 th - Bingo | 2:00 PM | Community Room |
| 7 th – Resident B'Day Party | 2:00 PM | Community Room |
| 8 th – Ann Lee 90 th Birthday | 1:00 PM – 4:00 PM | Community Room |
| 10 th – National Pina Colada Day | 2:00 PM | Perk |
| 11 th – Card Making | 1:00 PM | Perk |
| 11 th - Fareway | 1:45 PM | O-Door – Main Lobby |
| 12 th – Walmart | 1:45 PM | O-Door – Main Lobby |
| 12 th – Allen Mulliken (Singing) | 6:00 PM | Chapel |
| 13 th - Watermelon Feed | 2:30 PM | Courtyard |
| 17 th – Eves Ice cream | 2:30 PM | Main Lobby |
| 18 th HyVee | 1:45 PM | O-Door – Main Lobby |
| 19 th Resident Meeting Blood Pressure Check | 2:00 PM | Chapel |
| 20 th Bruni Bingo | 1:00 PM | Perk |
| 21 st Happy Hour with Katie | 2:30 PM | Perk |
| 25 th Fareway | 1:45 PM | O-Door – Main Lobby |
| 26 th - Walmart | 1:45 PM | O-Door – Main Lobby |
| 27 th - Bingo | 2:00 PM | Community Room |
| 30 th Steve Castell Singing | 1:00 PM | Community Room |
| 31 st Birdy (country singer) | 2:00 PM | Perk/Deck |

No Jeopardy this month!

Dinner

July 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| | | | |  | | 1 BBQ Pork Chops Red Potatoes Veggies Ice Cream |
| 2 Chicken Breast Potatoes/Gravy Mixed Veggies Pie | 3 Smoked Sausage Sauerkraut Scalloped Potatoes Assorted Desserts | 4 4 th of July Celebration | 5 Pork on a Stick Red Potatoes Veggies Cookies | 6 Swedish Meatballs Loaded Potatoes Veggies Dessert | 7 Catfish Rice Broccoli Turnover | 8 Country Fried Chicken Potatoes/Gravy Veggies Ice Cream |
| 9 Hawg Wings Loaded Potatoes Veggies Pie | 10 Beef & Broccoli Rice Veggies Assorted Desserts | 11 Stuffed Chicken Rice Veggies Cake | 12 Taco Salad Rice Beans Cookies | 13 Tilapia Au gratins Green Beans Tart | 14 Tenderloin Baked Beans Sidewinders Dream Bar | 15 Hamburger Steak Onions Potatoes/Gravy Apple Crisp |
| 16 BBQ Ribs Mac & Cheese Corn Pie | 17 Country Fried Steak Potatoes/Gravy Veggies Assorted Desserts | 18 Ron & Alice Garrett Resident Meal | 19 Butterfly Shrimp Scalloped Potatoes Veggies Cake | 20 Pork Chops Rice Peas Cookies | 21 Burnt Ends Potatoes/Gravy Veggies Pretzel Dessert | 22 Chicken Red Potatoes Veggies Ice Cream |
| 23 Hot Beef Plate Potatoes/Gravy Carrots Pie | 24 Ham Balls Sweet Potatoes Stuffing/Gravy Assorted Desserts | 25 Salmon Rice Mixed Veggies Dirt Cake | 26 Cooks Choice | 27 Chicken Baby Bakers Brussels Cake | 28 BBQ Meat Balls Au gratins Veggies Lemon Bars | 29 Pork Cutlet Potatoes/Gravy Zucchini Blend Scotcheroos |
| 30 Pork Chops Potatoes/Gravy Corn Pudding Pie | 31 White Fish Loaded Potatoes Veggies Assorted Desserts | | | Ron & Alice Garrett Resident Meal July 18th | | |

Supper

July 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|---|
| | | | |  | | ¹ Chicken Strips Fries |
| ² Sandwich Mushroom Brie Soup | ³ Breakfast Sandwich Star Tots | ⁴ McRib Potato Salad | ⁵ BLT Chips | ⁶ Sliders Clam Chowder Soup | ⁷ Chef Salad | ⁸ Subs Chips |
| ⁹ Egg Salad Broccoli & Cheese Soup | ¹⁰ Pancakes Smokies Tri Taters | ¹¹ Club Pinwheels Beef Stew Soup | ¹² Fish Sandwich Fries | ¹³ Maid Rite Chips | ¹⁴ Lazy Lasagna Garlic Bread | ¹⁵ Corn Bread Chili |
| ¹⁶ Loaded Chicken Potato Soup | ¹⁷ Scrambled Eggs Sausage Toast | ¹⁸ Chicken or Shrimp Alfredo Bread | ¹⁹ Pulled Pork Slaw | ²⁰ Ham Sandwich Chicken Dumpling Soup | ²¹ Cheese Tortellini w/ Meat Sauce Garlic Bread | ²² Pizza Bread Stick |
| ²³ Turkey Club Chicken Wild Rice Soup | ²⁴ Biscuits & Gravy Potato Cake | ²⁵ Grilled Cheese Tomato Soup | ²⁶ Crispy Chicken Sandwich Onion Rings | ²⁷ Tuna Salad California Medley Soup | ²⁸ Ravioli w/Meat Sauce Bread | ²⁹ Walking Tacos |
| ³⁰ Roast Beef Sandwich Veggie Soup | ³¹ Waffles w/ Strawberries Sausage | | | | | |