



# Hello September...

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

Happy September! My favorite month is September. I love everything about it, pumpkin spice lattes, football games, and of course fall decorating! Make sure you get outside to go for a walk or sit out and watch the trees turn their beautiful fall colors.

Thank you to everyone that donated school supplies. The teachers in our district can always use supplies.

The housekeepers will have a sign-up sheet at the front desk for anyone who is wanting their carpets cleaned. This will happen the last week of September.

Please remember the front door is open from 8-5. If you have visitors and they can not get ahold of you, they can always use the phone in the vestibule and dial 0, and our resident manger can come let them in.

Our building is a secured building, so please be cautious letting visitors in after hours if you do not know them.

We got some new large print books for our library. Here are the following new books: The Wish, In This Mountain, The Secret, The Bridge, and Ocean Prey.

I hope everyone has a Happy September!



# happy birthday

|                  |      |
|------------------|------|
| Joan Fry         | 9/5  |
| Carroll Mentor   | 9/5  |
| Ruth Larson      | 9/9  |
| Ramona Sommerlot | 9/11 |
| Edith Podhajsky  | 9/15 |
| Ellen Johnson    | 9/18 |
| Pat Clark        | 9/19 |
| John Detrich     | 9/21 |
| David Savage     | 9/23 |

## Employee Birthday

Jamey Hutcheson ~ September 8th

**Resident Birthday Party 2PM, Friday, Sept. 1st in the Community**



**Please Welcome Jack  
Walker to Apartment  
101**



**Congratulations KyLynn on your  
high school graduation!**

## 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 Alternating grocery stores**  
**Sept 5 - Fareway**  
**Sept 12 - Hy-vee**  
**Sept 19- Fareway**  
**Sept 26 - Hy-Vee**



### 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





**Birdy Joined us for some  
awesome music!**





# In Memory of Carolyn Wood



*Celebrating*  
A LIFE

Carolyn Marie Wood

January 29, 1942 - August 13, 2023



# September Events

|   |                        |  |
|---|------------------------|--|
| <b>1<sup>st</sup> – Birthdays</b>                         | <b>2:00 PM</b>         | <b>Community Room</b>  |
| <b>4<sup>th</sup> – Labor Day – Ice cream cones Raena</b> | <b>3:00 PM</b>         | <b>Perk</b>  |
| <b>6<sup>th</sup> – Dollar General Albion</b>             | <b>1:30 PM</b>         | <b>Lobby</b>   |
| <b>7<sup>th</sup> - Mert &amp; Jerry</b>                  | <b>2:00 PM</b>         | <b>Community Room</b>  |
| <b>7<sup>th</sup> – Classic Cars</b>                      | <b>5:00 to 7:30 PM</b> | <b>13<sup>th</sup> Street Inn by Veterans Home</b>                       |
| <b>11<sup>th</sup> – Matchstick Marvels</b>               | <b>1:30 PM</b>         | <b>Lobby</b>   |
| <b>12<sup>th</sup> – Card Making</b>                      | <b>2:00 PM</b>         | <b>Perk</b>  |
| <b>13<sup>th</sup> – Walmart</b>                          | <b>1:45 PM</b>         | <b>O Door</b>  |
| <b>13<sup>th</sup> – Jeopardy</b>                         | <b>2:00 PM</b>         | <b>Perk</b>  |
| <b>14<sup>th</sup> – Happy Hour</b>                       | <b>2:00 PM</b>         | <b>Perk</b>  |
| <b>15<sup>th</sup> – Bingo</b>                            | <b>2:00 PM</b>         | <b>Community Room</b>  |
| <b>18<sup>th</sup> – Casino</b>                           | <b>12:30 PM</b>        | <b>Lobby</b>   |
| <b>20<sup>th</sup> – Resident Meeting</b>                 | <b>2:00 PM</b>         | <b>Chapel</b>  |
| <b>20<sup>th</sup> – Blood Pressure Check</b>             | <b>2:30 PM</b>         | <b>Perk</b>  |
| <b>21<sup>st</sup> – Bingo Bruni</b>                      | <b>1:00 PM</b>         | <b>Perk</b>  |
| <b>21<sup>st</sup> – Happy Hour with Katie &amp; Jeff</b> | <b>2:00 PM</b>         | <b>Perk</b>  |
| <b>27<sup>th</sup> – Roll and Coffee</b>                  | <b>9:30 AM</b>         | <b>Perk</b>  |
| <b>27<sup>th</sup> – Walmart</b>                          | <b>1:45 PM</b>         | <b>O Door</b>  |
| <b>28<sup>th</sup> – Music with Birdie</b>                | <b>2:00 PM</b>         | <b>Community Room<br/>if beautiful out we may move it to outside TBD</b> |
| <b>29<sup>th</sup> - Bingo</b>                            | <b>2:00 PM</b>         | <b>Community Room</b>  |

# Dinner

## September 2023

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|--|--|---|---|--|---|--|
| <b>Lola Breed</b><br><b>Resident Meal</b><br><b>September 13th</b> | Menu is subject to Change  |   |   |  | 1<br>Burnt Ends<br>Loaded Potatoes<br>Peas<br>Pretzel Dessert | 2<br>Tilapia<br>Wild Rice<br>Veggies<br>Ice Cream                            |
|  | 3<br>Ham<br>Scalloped Potatoes<br>Mixed Veggies<br>Pie                         | 4<br>Labor Day Food<br><br>Happy Labor Day!                                   | 5<br>Pork Cutlet<br>Potatoes/Gravy<br>Veggies<br>Assorted Desserts    | 6<br>Swiss Steak<br>White Rice<br>Zucchini Blend<br>Cookies            | 7<br>Country Fried<br>Chicken<br>Potatoes/Gravy<br>Flip       | 8<br>Shrimp<br>Loaded Potatoes<br>Peas & Carrots<br>Cake                     |
|  | 9<br>Ham Balls<br>Red Potatoes<br>Green Beans<br>Lemon Bars                    |   |   |  |   |  |
|  | 10<br>Chicken Breast<br>Potatoes/Gravy<br>Corn Pudding<br>Pie                  | 11<br>Smoked Sausage<br>Scalloped Potatoes<br>Sauerkraut<br>Assorted Desserts | 12<br>Swedish Meatballs<br>Potatoes/Gravy<br>Harvard Beets<br>Cookies | 13<br>Resident of the<br>Month<br><br>Lola Breed                       | 14<br>Chicken<br>Baby Bakers<br>Veggies<br>Ice Cream          | 15<br>Catfish<br>Rice<br>Broccoli<br>Brownies                                |
|  | 16<br>Pork Chop<br>Twice Baked<br>Potatoes/Veggies<br>Strawberry Short<br>Cake |   |   |  |   |  |
| 17<br>Hot Roast Beef Plate<br>Potatoes/Gravy<br>Carrots<br>Pie     | 18<br>Hawg Wings<br>Baked Potatoes<br>Veggies<br>Assorted Desserts             | 19<br>Pepper Steak<br>Wild Rice<br>Veggies<br>Ice Cream                       | 20<br>Hamburger Steak<br>Potatoes/Gravy<br>Onions<br>Cookies          | 21<br>Tenderloin<br>Fries<br>Baked Beans<br>Crisp                      | 22<br>Cod<br>Scalloped Potatoes<br>Veggies<br>Cake            | 23<br>Chicken<br>Loaded Potatoes<br>Broccoli<br>Cherry Turnover              |
| 24<br>Pork Chops<br>Red Potatoes/Gravy<br>Brussels Sprouts<br>Pie  | 25<br>Minute Steak<br>Mashed Potatoes<br>Green Beans<br>Assorted Desserts      | 26<br>Cooks Choice  | 27<br>BBQ Meatballs<br>Cheesy Potatoes<br>Veggies<br>Cookies          | 28<br>White Fish<br>Twice Baked<br>Potatoes<br>Cauliflower<br>Blondies | 29<br>Fried Chicken<br>Au Gratin Potatoes<br>Carrots<br>Cake  | 30<br>Country Fried<br>Steak<br>Potatoes/Gravy<br>Mixed Veggies<br>Ice Cream |



# Supper

## September 2023

| Sunday   | Monday  | Tuesday                                      | Wednesday                            | Thursday                                  | Friday                                   | Saturday                             |
|--|---|--|--------------------------------------|---|--|--------------------------------------|
|  |   |  |                                      |   | 1<br>Chef Salad                          | 2<br>Pizza<br>Wings                  |
| 3<br>Egg Salad<br>Veggie Soup  | 4<br>Omelette<br>Waffle<br>Hashbrown<br>Sausage | 5<br>Grilled Cheese<br>Tomato Soup           | 6<br>Pulled Pork<br>Sandwich<br>Slaw | 7<br>Sloppy Joe<br>Chicken Noodle<br>Soup | 8<br>Meatballs Subs<br>Chips             | 9<br>Brats<br>Sauerkraut<br>Chips    |
| 10<br>Roast Beef Salad<br>Lobster Bisque Soup                                    | 11<br>Breakfast Pizza<br>Parfait                | 12<br>Pinwheels<br>Broccoli & Cheese<br>Soup | 13<br>Fish Sandwich<br>Fries         | 14<br>McRib<br>Chicken Wild Rice<br>Soup  | 15<br>Walking Taco                       | 16<br>Chicken Parmesan<br>Breadstick |
| 17<br>Ham Slider<br>Wisconsin Cheese<br>Soup                                     | 18<br>Pancakes<br>Smokies<br>Potato Cakes       | 19<br>Roast Beef<br>Sandwich<br>Soup         | 20<br>Crispy Chicken<br>Tater Tots   | 21<br>Sandwich<br>Soup                    | 22<br>Ravioli with Meat<br>Sauce<br>Roll | 23<br>Subs<br>Chips                  |
| 24<br>Tuna Salad<br>Ham & Bean Soup  | 25<br>Breakfast<br>Sandwich<br>Star Tots        | 26<br>Maid Rite<br>Chips                     | 27<br>Cheeseburger<br>Fries          | 28<br>Tuna & Noodles<br>Roll              | 29<br>Goulash<br>Bread                   | 30<br>Cooks Choice                   |