

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!

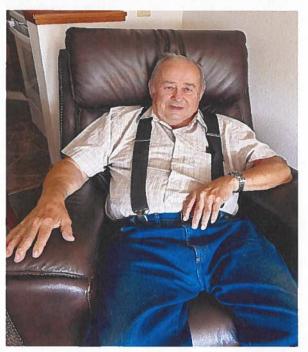


Joan Fry	9/5
Carroll Mentor	9/5
Ruth Larson	9/9
Ramona Sommerlot	9/11
Edith Podhajsky	9/15
Ellen Johnson	9/18
Pat Clark	9/19
John Detrich	9/21
David Savage	9/23

Employee Birthday

Jamey Hutcheson ~ September 8th





Please Welcome Jack
Walker to Apartment
101





Congratulations KyLynn on your high school graduation!

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

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

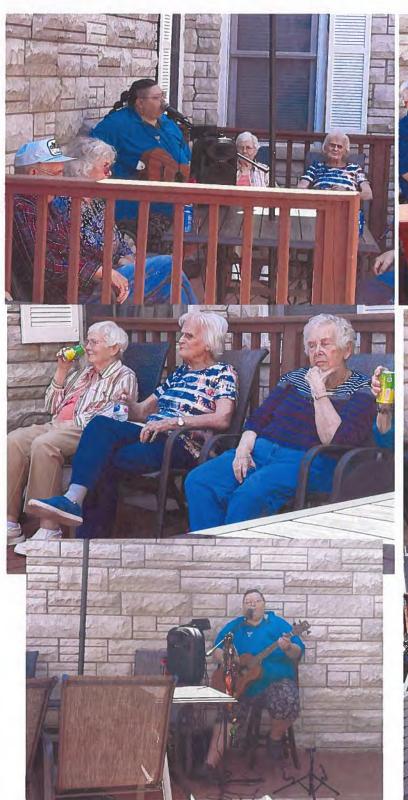
8:00AM Exercise in the Pool

9:30AM Kings in the Corner(Perk) 6:00PM Movie in the Theater

Sunday 6:00PM Vespers in the Chapel



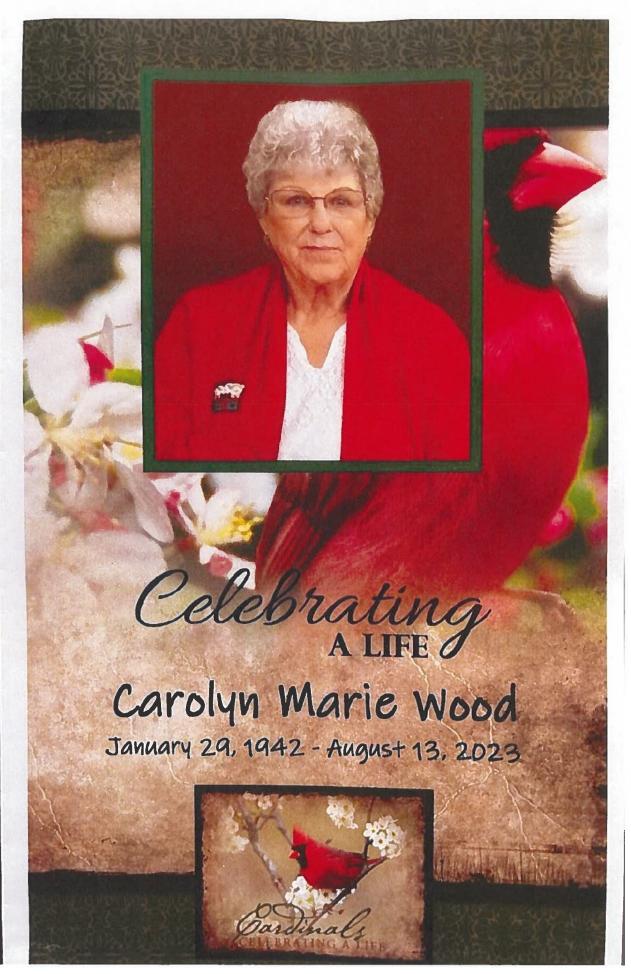
Birdy Joined us for some awesome music!







In Memory of Carolyn Wood



September Events

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

Dinner

September 2023

Lola Breed Resident Meal September 13th	Menu is subject to Change						Burnt Ends Loaded Potatoes Peas Pretzel Dessert	Tilapia Wild Rice Veggies Ice Cream	
3	4		5	6		7	8		(
Ham Scalloped Potatoes Mixed Veggies	Labor Day Food Happy Labor Day!	Pork Cutlet Potatoes/Gravy Veggies		Swiss Steak White Rice Zucchini Blend	Country Fried Chicken Potatoes/Gravy		Shrimp Loaded Potatoes Peas & Carrots	Ham Balls Red Potatoes Green Beans	
Pie		Assorted Desser	ts	Cookies	Flip		Cake	Lemon Bars	
10	11		12	13		14	15		16
Chicken Breast Potatoes/Gravy Corn Pudding	Smoked Sausage Scalloped Potatoes Sauerkraut	Swedish Meatball Potatoes/Gravy Harvard Beets	S	Resident of the Month Lola Breed	Chicken Baby Bakers Veggies		Catfish Rice Broccoli	Pork Chop Twice Baked Potatoes/Veggie	
Pie	Assorted Desserts	Cookies		Loia Breed	Ice Cream		Brownies	Strawberry Shor Cake	τ
Hot Roast Beef Plate Potatoes/Gravy Carrots Pie	Hawg Wings Baked Potatoes Veggies Assorted Desserts	Pepper Steak Wild Rice Veggies Ice Cream	19	Hamburger Steak Potatoes/Gravy Onions Cookies	Tenderloin Fries Baked Beans Crisp	21	Cod Scalloped Potatoes Veggies Cake	Chicken Loaded Potatoes Broccoli Cherry Turnover	
Pork Chops Red Potatoes/Gravy Brussels Sprouts Pie	Minute Steak Mashed Potatoes Green Beans Assorted Desserts	Cooks Choice	26	BBQ Meatballs Cheesy Potatoes Veggies Cookies	White Fish Twice Baked Potatoes Cauliflower Blondies	28	Fried Chicken Au Gratin Potatoes Carrots Cake	Country Fried Steak Potatoes/Gravy Mixed Veggies Ice Cream	30

Supper September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
a Large of the Control of the Contro					1 Chef Salad	Pizza Wings
3 Egg Salad Veggie Soup	Omelette Waffle Hashbrown Sausage	Grilled Cheese Tomato Soup	Pulled Pork Sandwich Slaw	7 Sloppy Joe Chicken Noodle Soup	8 Meatballs Subs Chips	9 Brats Sauerkraut Chips
10 Roast Beef Salad Lobster Bisque Soup	Breakfast Pizza Parfait	Pinwheels Broccoli & Cheese Soup	Fish Sandwich Fries	McRib Chicken Wild Rice Soup	Walking Taco	Chicken Parmesan Breadstick
Ham Slider Wisconsin Cheese Soup	Pancakes Smokies Potato Cakes	Roast Beef Sandwich Soup	Crispy Chicken Tater Tots	Sandwich Soup	Ravioli with Meat Sauce Roll	Subs Chips
Tuna Salad Ham & Bean Soup	Breakfast Sandwich Star Tots	Maid Rite Chips	Cheeseburger Fries	Tuna & Noodles Roll	Goulash Bread	Cooks Choice