

HELLO OCTOBER!



From the Director's Desk:

Happy October! The leaves are starting to fall and the weather will be changing. We will be switching over to heat the middle of this month. Maintenance will be changing your furnace filters as well. If you happen to hear your toilet leaking, PLEASE let the front desk know as soon as possible. We happen to go through many gallons of water when this happens and this could prevent this problem.

Flu shots will be Friday, October 13th at 2pm in the Community Room (administered by Hy-Vee Pharmacy). You must be signed up by October 10th. The forms are at the front desk and please return the form to the front desk so we can tell Hy-Vee how many vaccines they need to bring.

If you need to make an appointment, you need to call the front desk during the week to schedule your appointment. We can not make appointments on the weekends. Please remember transportation is Monday-Thursday 8am-12pm.

October is Fire Prevention Month, (week of October 8th - 14th)

We will be doing the fire drill differently this year. You will be getting a letter in your mailbox on the date and time your drill will be. This should be less confusing since we have over 100 residents.

Also, please do not put your personal trash in the laundry room garbage cans, the garbage cans in the laundry rooms are only for the dryer lent and dryer sheets.

I hope all of you have a fantastic October!

~Linsey



Ruth Hayes	10/1
Joan Bonde	10/4
Jack Sharer	10/10
Dena Munger	10/11
Marilyn Battles	10/13
Keith Ruopp	10/14
Wayne House	10/15
Joe Selk	10/19
Leona Preston	10/27

Employee Birthday`s



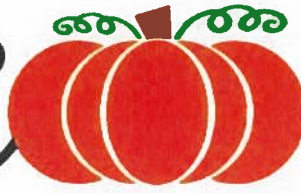
Jo Kjormoe 10/3
 Dusty Wallace 10/28
 Kylynn Glass 10/29
 Micah Glass 10/31

Happy Anniversary

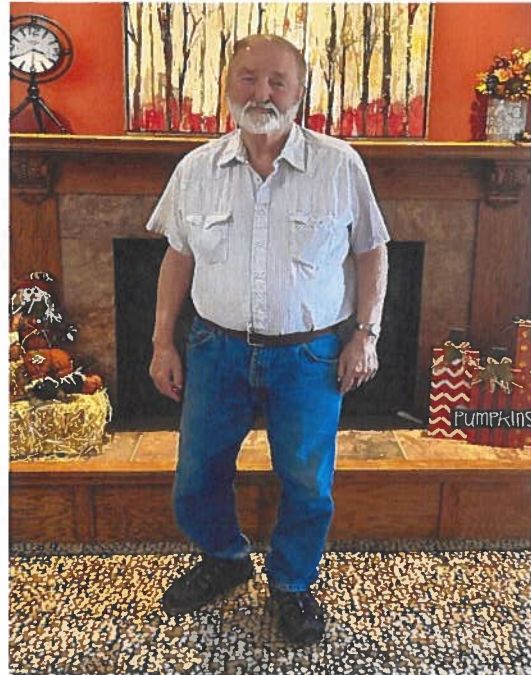
Paul & Pat Clark~ October 16th

Resident Birthday Party 2:30 PM, Friday, October 6th in the Comm. Room

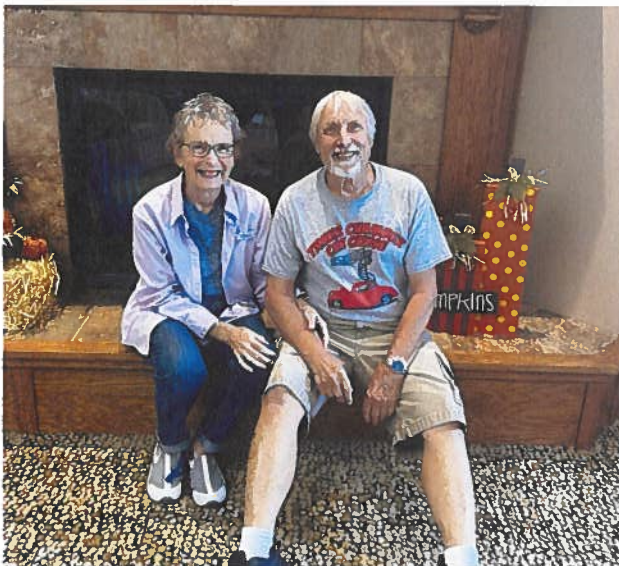
welcome



Jeanette Loney
Apt 142



Don Clubb
Apt 335



Ken & Maria Hazen
Apt 202



LaDonna Gotshall
Apt 404

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

1:30 PM Alternating grocery stores

Oct 3 - Walmart

Oct 10 - Hy-vee

Oct 17- Fareway

Oct 24 - Walmart

Oct 31—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 3rd Floor Lounge
- 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

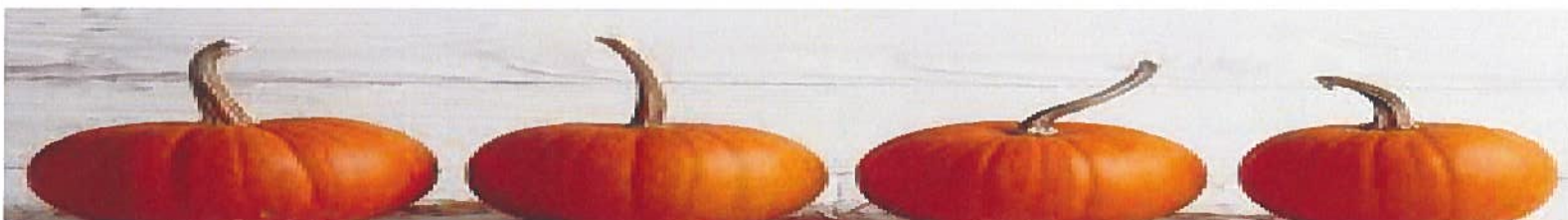
Friday

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





Congratulations to the 2023 King Norm & Queen Shirley Egli



Congrats Norm and Shirley Egli

October Events



4th – Communion (Catholic)	10:00 AM	Chapel
4th – Raymon Memorial & then to Dollar General Store only for those who signed up.	1:00 PM	Meet in Lobby at 12:45 PM
5th – Crafts with Liz for those who signed up.	1:00 PM	Community Room
6th - Birthday Party	2:30 PM	Community Room
10th – Cardmaking with JoAnn	2:00 PM	Perk
11th – Communion (Lutheran)	10:00 AM	Chapel
12th – Elvis	2:00 PM	Community Room
13th – Flu Shots (must be signed up)	2:00 PM	Community Room
17th – Rolls & Coffee	9:30 AM	Perk
18th – Resident Meeting	2:00 PM	Chapel
18th – Blood Pressure	After meeting	Perk
19th – Craft with Bruni	1:00 PM	Perk
20th – Jo’s Retirement	2:00 PM	Community Room
26th – Halloween Party	2:00 PM	Community Room
27th – Bingo	2:00 PM	Community Room
30th – Casino	12:30 PM	Lobby

OCTOBER DINNER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Pork Roast Potatoes/Gravy Veggies Pie	Chicken Cordon Bleu Loaded Potatoes Veggies Assorted Desserts	Pork Fritter Potatoes/Gravy Veggies Cookies	Tilapia Seasoned Potatoes Corn Flip	Pork Chop Cheesy Potatoes California Veggies Ice Cream	Ham Loaf Sweet Potatoes Stuffing Brookie	Fish & Chips Breaded Green Beans Tart
8	9	10	11	12	13	14
Baked Chicken Potatoes/Gravy Mixed Veggies Pie	Dried Beef Over Toast Peas & Carrots Assorted Desserts	Coconut Shrimp Au gratins Spinach Cake	Salisbury Steak White Rice Squash Cookies	Resident of the Month Al Bangston	French Dip Sidewinders Slaw Rice Krispie Treat	Hobo Pack Roll Ice Cream
15	16	17	18	19	20	21
Brisket/Gravy Potatoes Veggies Pie	Chicken Kiev Cheesy Potatoes Cabbage Assorted Desserts	Cheeseburger French Fries Corn on the Cob Fried Apples	Beef & Broccoli Rice Cookies	Salmon Patties Red Potatoes Mixed Veggies Ice Cream	Chicken Loaded Potatoes Lima Beans Cake	Porcupine Meatballs Potatoes/Gravy Green Beans Turnover
22	23	24	25	26	27	28
Pork Chop Au gratins Corn Pie	Creamed Chicken Over Biscuits Assorted Desserts	Asian Beef Wild Rice Snap Peas Ice Cream	Cooks Choice	Baked Cod Loaded Potatoes Cauliflower Cake	Pork on a Stick Cheesy Potatoes California Medley Vegetables Chocolate Muffin	Roast Beef Red Potatoes Carrots & Onions Cheesecake
29	30	31				
Bacon Wrapped Turkey Potatoes/Gravy Peas Pie	White Fish Scalloped Potatoes Veggies Assorted Desserts	Cooks Choice			Al Bangston Resident Meal October 12th	Menu is subject to change

OCTOBER SUPPER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Chicken Philly California Medley Soup	Cheesy Eggs Sausage Toast	Club Wraps Potato Soup	BLT Chips	Baked Potato Bar Chili	French Bread Pizza Wings	Chicken Strips Fries
8	9	10	11	12	13	14
Turkey Sandwich Broccoli & Cheese Soup	Country Club Eggs Parfait	Ham Sandwich Wisconsin Cheese Soup	Grilled Chicken Onion Rings	Ham & Beans Summer Sausage & Cheese	Lazy Lasagna Garlic Bread	Chicken Alfredo Roll
15	16	17	18	19	20	21
Pastrami Sandwich Wisconsin Cheese Soup	Sausage Gravy over Biscuit Scrambled Eggs	Grilled Cheese Tomato Soup	Brat Burger Sweet Potato Fries	Sandwich Chips	Beef Stroganoff Over Butter Noodles Roll	Chili Corn Bread
22	23	24	25	26	27	28
Loaded Chicken Salad Clam Chowder Soup	French Toast Star Tots Sausage	Slider Mushroom Brie Soup	Rueben Sandwich Chips	Scalloped Potatoes & Ham Roll	Chicken Noodles Over Mashed Potatoes Roll	Tater Tot Casserole Roll
29	30	31				
Ham Salad Veggie Soup	Waffles Strawberries Bacon	Chicken Sandwich Italian Wedding Soup				