



• Hello •

JANUARY

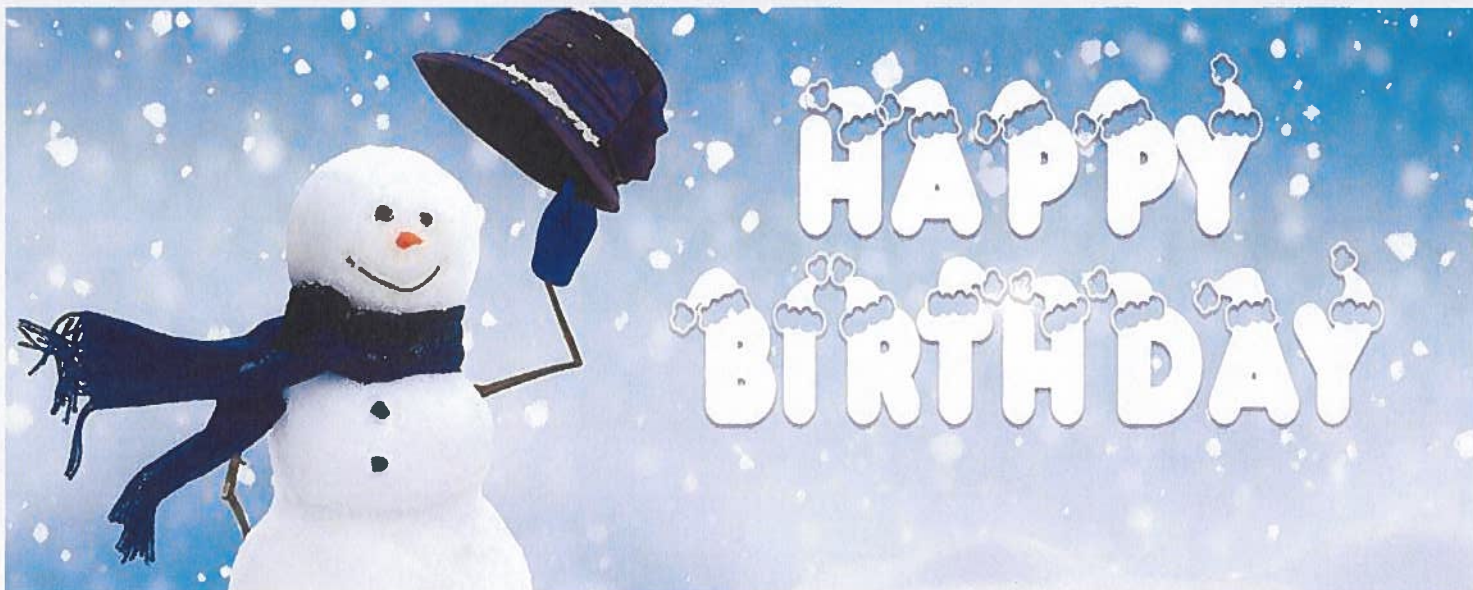
From the Directors Desk:

Here we go into 2024! Happy new year and best wishes for a happy and healthy new year! I hope you had a blast at our resident Christmas party. I want to thank the kitchen girls for providing us a fantastic meal and all the other employees for helping make it a successful party. I also want to thank the residents that donated money for the staff. It is very much appreciated! We are truly blessed to be apart of the Embers.

Sometimes we can get the Winter blues as we can't go on walks outside and get sunshine. We ordered a few new items in our fitness room so please go down and enjoy, and anyone that wants to try out water aerobics, it is Monday, Wednesday, and Fridays at 8am. The water is warm and it's lots of fun. Mindy's fitness class is also Tuesdays and Thursdays at 10am in the community room. Our bodies need to keep moving! Also, if you are feeling ill (there is a lot of sickness going around) please stay in and rest.

Please welcome Karen Adams in apt. 204, Bev Wilder in apt. 234, and Jim Egger in apt. 144. Have a great January!

~Linsey



Resident's Birthday!



Joan Schleisman	1/12
Larry Koepnick	1/13
Norm Egli	1/14
Lee Egleston	1/16
Mildred Wilkens	1/16
Glenda Barton	1/26
Carolyn Young	1/28
Mary Lu Wignall	1/31

Employee's Birthday!

Janet Breed	1/15
Mindy Hutcheson	1/24

Wedding Anniversary!

Royal & Jan Young	January 4th
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Birthday Party Friday, January 5th at 2:30

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-11am

8:00AM Exercise in the Pool

6:30PM Game Night in The Perk Coffee Shop

Medical Appointments Van Runs 8am-11am

Tuesday

10:00AM Exercise Class in the Community Room

1:30 PM Alternating grocery stores

Jan 2 - Fareway

Jan 9 - Walmart

Jan 16 - Hy-Vee

Jan 23 - Fareway

Jan 30 - Walmart



Wednesday

Medical Appointments Van Runs 8am-12pm

8:00AM Exercise in the Pool

10:00AM Play 500 in The Perk Coffee Shop

10:15 AM Catholic Communion 1st Wednesday of the month

10:00 AM Lutheran Communion 2nd Wednesday

12:50 PM Bible Study on 3rd floor in game room

3:00 PM Bags in the Community Room

Medical Appointments Van Runs 8am- 11am

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





Welcome Karen Adams
Apartment 204

Welcome Jim Egger
Apartment 144

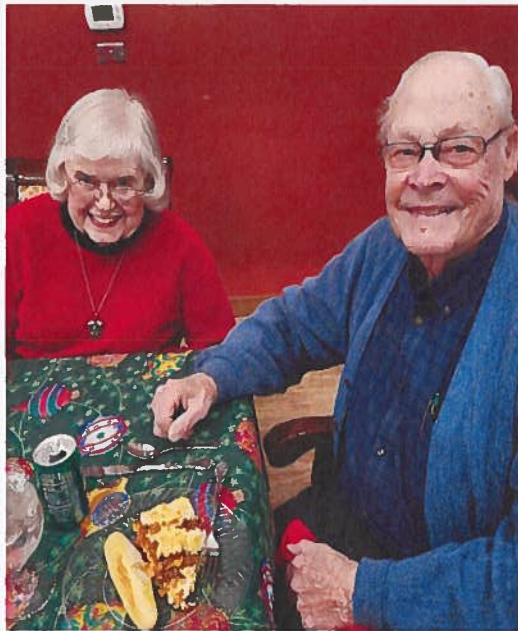


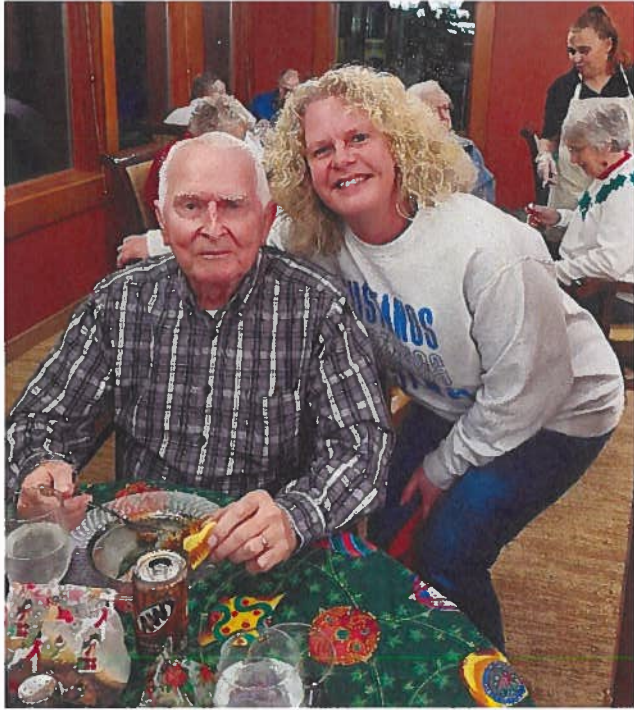
Welcome Bev Wilder
Apartment 234



Christmas Party Fun








January 2024 Activities

January 4 th , Wednesday, Singing w/ Birdy	2:00 PM	Community Room
January 9 th , Tuesday, Cards with JoAnn	2:00 PM	Perk
January 10 th , Wednesday, Jeopardy	2:00 PM	Perk
January 14 th , Sunday, Casino	1:00 PM	Sign up at front desk
January 16 th , Tuesday, Rolls and Coffee	9:30 AM	Perk
January 17 th , Wednesday, Blood Pressure	2:30 PM	Perk
January 18 th , Thursday, Bickford Happy Hour	2:00 PM	Perk
January 19 th , Friday, National Popcorn Day!	Afternoon Raena will do the popping 🥰	Perk
January 21 st , Sunday The Kingdom Criers Southern Gospel Quartet	2:00 PM	Community Room
January 24 th , Thursday, Myrt & Jerry Music	2:00 PM	Community Room
January 25 th , Thursday, Craft with Liz (Valentine)	1:30 PM	Community Room Sign up at Front Desk
January 31 st , Wednesday, Bingo	2:00 PM	Community Room



January

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Menu is subject to change.	Shrimp Rice Veggies Assorted Desserts	Broccoli Stuffed Chicken Mixed Veggies Tart	Ham Loaf Sweet Potatoes Veggies Cookies	Swiss Steak Potatoes/Gravy Veggies Vanilla Dream Bar	Smoked Sausage Sauerkraut Scalloped Potatoes Lemon Bar	Country Fried Steak Potatoes/Gravy Veggies Ice Cream
7	8	9	10	11	12	13
Pork Loin/Gravy Stuffing Veggies Pie	Orange Chicken Asian Veggies Rice Assorted Desserts	Cod Scalloped Potatoes Veggies Cake	Cooks Choice	Swedish Meatballs Potatoes/Gravy Corn Flip	Ranch Pork Chop Red Potatoes Carrots & Peas Rice Krispie Treat	Catfish Rice Zucchini Blend Ice Cream
14	15	16	17	18	19	20
Baked Chicken Baby Bakers Mixed Veggies Pie	Meatloaf Scalloped Potatoes Green Beans Assorted Desserts	Lee Egleston Resident Meal	Tilapia Twice Baked Potatoes Harvard Beets Cookie	Country Fried Chicken Potatoes/Gravy Veggies Ice Cream	Pepper Steak White Rice Veggies Cake	Cooks Choice
21	22	23	24	25	26	27
Pot Roast Potatoes/Gravy Veggies Pie	Tenderloin Side Winders Corn Assorted Desserts	Pork Chop Seasoned Potatoes Cauliflower Pretzel Dessert	Cod Loaded Potatoes Squash Cookies	Chicken Cheesy Potatoes Cape Cod Veggie Chocolate Muffin	Ham Balls Stuffing/Gravy Asparagus Cake	Dried Beef Gravy Over Toast Veggies Ice Cream
28	29	30	31			
Hawg Wings Potatoes/Gravy Veggies Pie	Salmon Au gratins Veggies Assorted Desserts	BBQ Meatballs Rice Veggies Cake	Chicken Kiev Potatoes/Gravy Veggies Cookies		Lee Egleston Resident Meal January 16th	

January

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menu is subject to change.	¹ Breakfast Pizza Yogurt	² Sandwich Soup	³ Fish Sandwich Fries	⁴ Maid Rite Chips	⁵ Chicken Parmesan Bread	⁶ Hot Dog Chili
⁷ Roast Beef Salad Clam Chowder Soup	⁸ Scrambled Eggs Tri Tater Sausage	⁹ Pinwheel Chicken Noodle Soup	¹⁰ BLT Chips	¹¹ Chicken Sandwich Tomato Soup	¹² Spaghetti Garlic Bread	¹³ Chef Salad
¹⁴ Ham Salad Corn Chowder Soup	¹⁵ Breakfast Sandwich Yogurt	¹⁶ Wings Ham & Bean Soup	¹⁷ Crispy Chicken Sidewinders	¹⁸ Slider Potato Soup	¹⁹ Sub Sandwich Chips	²⁰ Walking Taco
²¹ Turkey Club Veggie Soup	²² Pancakes Sausage Potato Cakes	²³ Sloppy Joe California Medley Soup	²⁴ Bratwurst Sauerkraut Chips	²⁵ Sandwich Minestrone Soup	²⁶ Manicotti With Meat Sauce Bread	²⁷ Baked Potato Bar
²⁸ Sandwich Mushroom Brie Soup	²⁹ Omelette Smokies Star Tots	³⁰ Split Pea Soup Corn Bread	³¹ McRib Slaw			