



From the Director's Desk:

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 our staff. It is very much appreciated! We are truly blessed to be apart of the Embers.

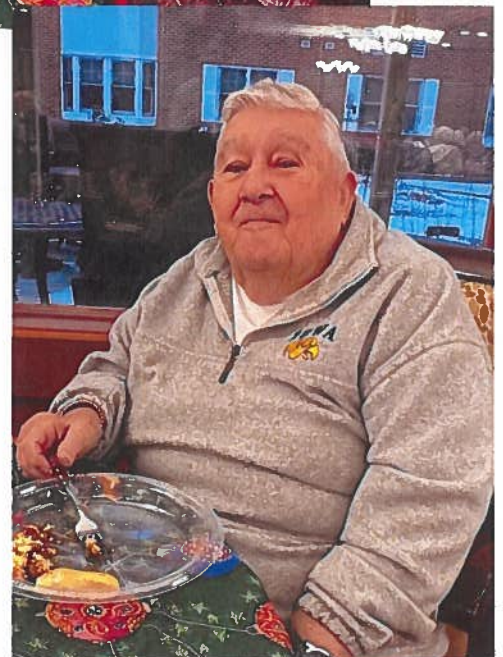
Sometimes we can get the Winter blues as we can't always go outside in the Iowa winters. Make sure you walk the hallways or go down and get some exercise in our fitness room. It is always good to keep your body moving! We also have fitness classes Tuesdays and Thursdays starting at 10am and swimming Mondays, Wednesdays, and Fridays at 8am, so if you don't already attend give one of those classes a try!

Please welcome our newest residents to our Embers family. Sherri and Harvey Varnum in Apt. 103 and Linda Carpenter in Apt. 146.

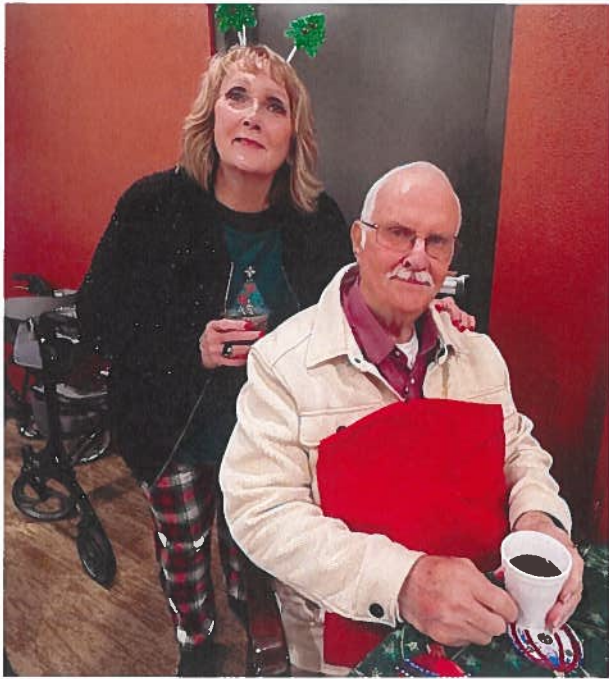
Also, I would like to thank Delores Gord's family for the donation of the beautiful rocking chairs for outside. Hope you have a great January!

~Linsey

Christmas Fun









Resident Birthdays

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



Employee Birthdays

Janet Breed	1/15
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Happy Anniversary!

Royal & Jan Young—January 4th

Birthday Party in the Community Room at 2:30 p.m. on January 10th



LARRY KOEPNICK

Larry was born January 13, 1938 at the Good Samaritan hospital in Sheldon, IA. He grew up on a farm in that area, doing farm work, driving the tractors, and working with the horses. He also worked for area farmers during his teenage years. Larry went to Archer consolidated schools, graduating from there. He has 1 sister and 1 brother. He went to University of Iowa, getting his BA & MA. He loved living in Iowa City, and got a job in research at the Iowa Veterans Hospital in Iowa City. He went back to school for his teaching degree, and taught in Gilman for 16 years, where he taught chemistry, biology, and physics in Gilman. He then moved to LeGrand where he taught high school science and junior high math for 17 years, retiring in 1997. When he was in high school he played the pipe organ for various churches.

Larry and Sharon were married in 1969. He has 2 kids-Kevin and Kimberly, 1 grandson and 1 grand daughter, all being Hawkeye fans. Sharon passed away suddenly in 1991. After she passed, he decided to do something different with his life. He went on theater tours in New York City on Broadway, and in London, came back home and taught ballroom dancing. He met a dance instructor in Marion, who introduced him to Cunard Cruise ships, where he worked as a dance instructor, traveling the world as a dance host. Larry has traveled to the British Isles, Iceland, Scandinavian countries-especially Norway-, France, Spain, the Straight of Gibraltar, Italy, Greece, the Caribbean, Columbia, the Panama Canal, Portugal, Netherlands, Germany and Switzerland, Tunisia, Algeria, and Syria. Larry sponsors his friend, Ben from Uganda, who studied at Drake for his PHD.

Larry moved here to the Embers 12-1-19, and loves this community, the many friends he has made here and playing for Vespers on Sunday night. He enjoys his computer, talking to people from around the world, and collecting antiques. Larry is a member of the First Congregational Church.



PAT PREECE

Pat was born on June 4, 1930 in Chicago where she was raised with her sister. She went to the Loring School for Girls, graduating from there. She then went to Iowa State University, getting her degree in Foods and Nutrition, graduating in 1952.

She and John were married December 27, 1952. She went with him while he was stationed at the F. E. Warren Air Force Base. They moved to Marshalltown, where she worked at the Sisters of Mercy (St. Thomas, and before it was Embers) as their dietician for 5 years, then worked at the Evangelical Hospital. Pat worked at Wolfe Eye Clinic as a consultant, retiring from there.

Pat has 4 daughters- Mary Elizabeth, Nancy, Annabel, and Cynthia (Boo), and 4 grand kids.

Pat moved here to the Ember's on 12-2-19. She loves being with her many friends here and being independent. She likes to read, belonging to a book club, plus her PEO group. She collects glassware and English pottery. Pat belongs to the First Congregational church.

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-11 am

- 8:00AM Exercise in the Pool
- 10:00 AM Catholic Communion (Mon. Sept 9th) starting October 1st Monday of the month.
- 6:30PM Game Night in The Perk Coffee Shop

Medical Appointments Van Runs 8am-11 am

Tuesday

- 10:00AM Exercise Class in the Community Room

1:15 PM **Alternating grocery stores**

Jan 7th - Wal-Mart

Jan 14th - Fareway

Jan 21st - Hy-Vee

Jan 28th - Wal-Mart



Wednesday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
- 10:00AM Play 500 in The Perk Coffee Shop
- 10:00AM Lutheran Communion 2nd Wednesday
- 12:50PM Bible Study in the 3rd Floor Game room
- 2:45 PM 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



January 2025 Activities



Thursday, January 2nd, Bingo with Lillie	2:30 PM	Community Room
Tuesday, January 7th, Coffee and Rolls	9:30 AM	Perk
Tuesday, January 7th, Cards with Joann	2:00 PM	Perk
Wednesday, January 8th, Jeopardy with Pam Wells	1:30 PM	Perk
Thursday, January 9th, Aldi's Grocery Store	2:15 PM	Sign up front desk
Friday, January 10th, Birthday Party	2:30 PM	Community Room
Monday, January 13th, Music with Birdy	2:00 PM	Community Room
Wednesday, January 15th, Hospice Education/ BP	1:30 PM	Perk
Thursday, January 16th, Julie & Curt Bousum sharing their adventure to Italy and The Mediterranean	2:00 PM	Theatre
Monday, January 20th, Casino with Cyndee	1:00 PM	Meet in Lobby
Wednesday, January 22nd, Angels Care with Krystal, Bingo and Hospice Care	1:30 PM	Perk
Thursday, January 23rd, Crafts	2:00 PM	Craft Room
Tuesday, January 28th, Steve Castell Singing	2:00 PM	Community Room
Friday, January 31st, Happy Hour	2:00 PM	Perk



January 2025

Dinner is served!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		MENU IS SUBJECT TO CHANGE	1 Tilapia Baked Potato Cream Corn Cookies	2 Chicken Spaghetti Almond Green Beans Garlic Toast Cheesecake	3 Pork Loin Oven Roasted Potatoes Veggies Ice Cream	4 Country Fried Steak Mashed and Gravy Veggie Cake
5 Brisket with Gravy Red Potatoes Veggie Pie	6 Stuffed Peppers White Rice Snap Peas Assorted Deserts	7 Tenderloin Sweet Potato Fries Veggies Monster Cookie Bar	8 Shrimp O'Brien Potatoes Candied Carrots Turnover	9 Orange Chicken Rice Asian Veggie Cake	10 Swedish Meat- balls Potatoes and Gravy Veggie Dream Bar	12 Italian Beef Sandwich with Cheese Sidewinders Brussel Sprouts Flip
12 Honey Mustard Chicken Loaded Mashed Veggie	13 Hawg Wings Scalloped Potatoes Cauliflower Assorted Dessert	14 Butter Crusted Cod Green Beans Garlic Mash Cake	15 Ribs Baby Bakers Corn Cookies	16 Hobo Pack Roll Crisp	17 Bacon Wrapped Turkey Tenders Baked Potato Asparagus Ice Cream	18. Chicken Potatoes and Gravy Cabbage Brownie
19 Glazed Ham Corn Stuffing W/ Gravy Pie	20 Chicken Parm Noodles Broccoli Assorted Dessert	21 Ham Balls Potatoes and Gravy Veggies Cookies	22 Asian Beef Rice Veggie Bars	23 Meatloaf Green Beans with Bacon Baked Potato Yellow Cake Res. Ruth Larson	24 Crispy Cheddar Pork Chops with Brussel Sprouts Garlic Mashed Pot Rice Crispy Treat	25 White Fish Twice Baked Potato Veggie Banana Bar
26 Pot Roast Mash with Gravy Carrots and Onion Pie	27 Smoked Sausage Au Gratin Potatoes Veggie Assorted Dessert	28 French Onion Meatballs Garlic Mash Veggie Lemon Bars	29 Chicken Cordon Blue Baby Bakers Veggie Cookies	30 Shrimp Scampi Butter noodles Veggie Cake	31 Burnt Ends Baked Beans Veggie Ice Cream	

Happy New Year



SUPPER January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		MENU IS SUBJECT TO CHANGE	1 Crispy Chicken Fries	2 Pigs In A Blanket Soup	3 Walking Taco	4 Sloppy Joe Potato Wedges
5 Chicken Salad Chips	6 Pancakes Sausage Hashbrowns	7 Chicken Wings Soup	8 Chicken and Noodles over Mashed Potatoes	9 Cheeseburger Sliders French Fries	10 Sub Sandwich Chips	11 Chef Salad
12 Scalloped Potatoes and Ham	13 Scrambled Eggs Hash Toast	14 Grilled Cheese Tomato Soup	15 Manicotti with Meat Sauce	16 Tuna Noodle Casserole Roll	17 Baked Spaghetti Garlic Toast	18 Tuna Salad Chips
19 French Dip French Fries	20 Sausage Skillet Parfait	21 Hot Dog Soup	22 Reuben Chips	23 Grilled Chicken Sandwich Cheeseballs	24 Taco Salad Rice	25 Roast Beef Salad Sandwich Chips
26 Egg Salad Sandwich Soup	27 Omelet Yogurt Sausage Toast	28 Turkey Sandwich Wisconsin Cheese Soup	29 Pork Patty Chips	30 Beef Stroganoff with Mushrooms Butter Noodles Roll	31 Lazy Lasagna Breadstick	