



Hello March

Hello March! Spring is just around the corner. The last few days of sunshine have been great! Spring brings severe weather, we live in Iowa and have seen our share of flooding and tornadoes.

We will participate in the statewide tornado drill on Wednesday, March 4th at 11:00am. If you are in your apartment, your safe place to be is in your bathroom with the door closed.

If you are out in about in our community we want you to stay away from windows and try to make it to the community room.

Don't forget about daylight savings on Sunday, March 8th. Set your clocks forward an hour the evening of Saturday, March 7th.

I really look forward to later sunsets and our rocking chairs outside so we can visit and get fresh air.

Please welcome our new residents: Albert & Janet Hawkins in apartment 131 and Marica Burgess in apartment 338.

If anyone needs a notary you do not need to leave the Embers, just come to my office and I am a notary so I will help you!

Have a great March~Linsey



BRUCE PILKINGTON

Bruce was born July 25, 1937 in McGregor, IA, graduating from there. He is the 2nd oldest of 10 kids. Two weeks after graduation he went into the Air Force in Biloxi, MS, staying there for 1 year. Then he was stationed in Germany for 3 years. When he came home, he lived in Boulder, CO, working at Ball Aerospace making test instruments for space shuttles. Bruce worked there for 20 years, retiring from there. He said many astronauts would come there to learn how to use the equipment, and would take them out to lunch many times.

Bruce met and married Sharon during this time. They have 2 kids whom they adopted- Jennifer and Jeffrey, and 4 grand kids.

Bruce and Sharon traveled often to see their out of state kids. Two or three weeks every summer they drove their motor home all over to go fishing. They traveled to the west coast and into Canada. Bruce has been to all 50 states, and they went to many countries- China, Australia, New Zealand, Japan, Fiji, England, Ireland, Scotland, Wales, Portugal, Spain, and Morocco. Sharon passed away in 2020.

In his younger years, Bruce liked to do woodworking and hunt elk. He enjoys reading and playing cards.

Bruce moved here June 16, 2025. He likes the good food and the nice people. He belongs to St Henry's church.



BEV GADE

Bev was born February 15, 1942 in Hampton, IA. She grew up on a farm close to Coulter, graduating from Franklin Consolidated school. She has 1 sister and 1 brother. After graduation she went to college at Mason City, then to the State teachers college, but ended up going to beauty school in Mason City. She was a beauty operator for 55 years, mostly in nursing homes.

Bev and Jerry met at a Fareway store where he worked, and were married August 29, 1965. He graduated from college in 1968, and began teaching math, then became a high school principal. They moved to Conrad in 1976, and were married for 60 years. Jerry passed in June of 2025. They have two kids-Kristen and John, 4 grand kids, and 1 great grandson.

Bev and Jerry camped a lot, and took bus trips to Washington DC and Maine. She went to Yellowstone NP and the Ark in KY with her niece. They enjoyed gardening and golfing. Bev was up at 5:30 each morning exercising and loves to cook. She was on the Hospice Board in Grundy Center for 15 years.

Bev moved here November 25, 2025. She likes the friends she has made, and going to the activities. Bev belongs to the Presbyterian church in Conrad.



March Birthdays

Resident Birthdays

Janice Wolken ~ March 12th

Betty Cook ~ March 18th

Mary Ryan ~ March 24th

Karen Vannatta ~ March 25th

Staff Birthdays

Stephanie Manning ~ March 4th

Cyndee Hilderbrand ~ March 12th

Diane Garrett ~ March 21st

Join Cecily's water aerobics class on
Monday, Wednesdays, and Fridays
from 8am-9am

Birthday Party Friday,
March 6th at 2:30pm
in the Community



Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-11 am

- 8:00AM Exercise in the Pool
10:00 AM Catholic Communion 1st Monday of the month
12:45 PM Book Club 2nd Monday in the 3rd Floor lounge
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

March 3rd - Fareway

March 10th - Hy-Vee

March 17th - Walmart

March 24th- Fareway

March 31st- Hy-Vee



Wednesday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
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 Room

10:00AM Exercise Class in the Community

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

MARCH 2026 ACTIVITIES

Wednesday, March 4th, More or Less with Pam	1:30PM	Perk
Thursday, March 5th Foot Clinic	Sign Up	Salon
Thursday, March 5th, Blood Pressure and Education	1:30PM	Perk
Thursday, March 5th, Presentation by Marguerite about Papua New Guinea	1:30PM	Chapel
Friday, March 6th, Birthday Party	2:30PM	Community Room
Monday, March 9th, I Should've Known with Pam	1:30PM	Perk
Tuesday, March 10th, Music with Steve	6:00PM	Community Room
Tuesday, March 10th, Crafts	2:00PM	Community Room
Wednesday, March 11th, Coffee and Rolls	9:00AM	Perk
Friday, March 13th, Bingo	2:00PM	Community Room
Tuesday, March 17th, St. Patty's Day Party, Irish Music with Billy	2:00PM	Community Room
Thursday, March 19th, Trip to Lillie Mae's Candy Shop	2:00PM	Sign Up
Friday, March 20th, Maid Rites	Sign Up	Perk 4:00 Pick Up
Tuesday, March 24th, Cards	2:00PM	Perk
Wednesday, March 25th, Jeopardy	1:30PM	Perk
Thursday, March 26th, Trip to Harvest to Home -13th Street	2:00PM	Sign Up
Friday, March 27th, Happy Hour	2:30PM	Perk
Tuesday, March 31st, Quilts of Valor	2:00PM	Community Room



MARCH 2026-SUPPER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chicken Sandwich Calif. Medley	2 Pancakes Smokies Tri Taters	3 Sloppy Joe Fries	4 Brat Burger Sweet Potato Fries	5 Beef Stroganoff Over Egg Noodles Roll	6 Cheese Ravioli Garlic Bread	7 Chicken Noodles Over Mashed Potatoes Roll
8 Chef Salad Breadstick	9 Scrambles Eggs Bacon Star Tots	10 Hot Slider Corn Chowder	11 Cheeseburger Onion Rings	12 Wrap Beef Stew	13 Grilled Cheese Tomato Soup	14 Chicken Strips Fries
15 Corn Bread Chili	16 Quiche Hashbrown Patty	17 Cheddarwurst Tater Tots	18 Crispy Chicken Sandwich Chips	19 Turkey Melt Cauliflower & Cheese soup	20 Baked Potato Bar Broccoli & Cheese Soup	21 Scalloped Potatoes Ham Roll
22 Pulled Pork Slaw	23 English Muffin Sausage Parfait	24 Tuna Noodles Roll	25 Patty Melt Fries	26 Walking Taco Chips	27 Manicotti W/ Sauce Garlic Bread	28 Tater Tot Casserole Bread
29 Roast Beef Cheddar Minestrone Soup	30 Sausage Skillet Toast	31 Ham & Bean Soup Cornbread				



MARCH 2026-DINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Roast Beef Carrots / Onions Mixed Veg Pie	2 Burnt Ends Potatoes & Gravy Carrots Assorted Dessert	3 Baked Chicken Cheesy Potatoes Bakes Beans Cake	4 French Onion Meatballs Stuffing & Gravy Cookie	5 PorkChop Broccoli Loaded Potatoes Banana Bar	6 Catfish Au gratin Green Beans Flip	7 Asian Beef Rice Snap Peas Ice Cream
8 Pork Roast w/ gravy Red Potatoes Mixed Veg Pie	9 Smoked Sausage Sauerkraut Scalloped Potatoes Zucchini Assorted Dessert	10 French Dip Fries Breaded Green Beans Muffin	11 Ranch Chicken Loaded Potatoes Corn Cookies	12 Swiss Steak Potatoes / Gravy California Mixed Veggies Cobbler	13 Cod Rice Mixed Veggie Ice Cream	14 Hobo Pack Roll Cake
15 Porkchop Cheesy Potatoes Corn Pie	16 Fried Chicken Green Beans Potatoes Gravy Assorted Dessert	17 Corned Beef Cabbage Carrots / Onions Baby Bakers Green Dessert	18 Spaghetti Spinach Garlic Bread Cookies	19 Hamballs Scalloped Potatoes Green beans Scotcheroo	20 Tilapia Potatoes / Gravy Cauliflower Turnover	21 Country Fried Steak Potatoes / Gravy Ice Cream
22 Chicken Breast Baked Potatoes Carrots Pie	23 Cooks Choice	24 Cubed Steak Potatoes / Gravy Squash Rice Crispy	25 Beef Tips Egg Noodles Corn Cookies	26 Tenderloin Baked Beans Sidewinders Cheesecake	27 Shrimp Rice Peas Ice Cream	28 Hot Turkey Plate Potatoes / Gravy Mixed Veg Pumpkin Bar
29 Ham Scalloped Potatoes Brussels Pie	30 Hamburger Steak Onion Potatoes / Gravy Assorted Dessert	31 Creamed Chicken / Over Biscuit Mixed Veg Cake	Resident Meal March 19th Sheila Rawe			