



Happy July! I can not believe we are already halfway through the year! I hope all of you have a great 4th of July. The 13th street district has a lot of activities going on, so stop down and enjoy the fun. Thursday, July 2nd they will be having a car cruise showing off classic cars at 6:30pm with a band from 5:30pm-7:30pm. Saturday, July 4th there will be a parade starting at 10am and then catch the fireworks at dusk.

They will be launching the fireworks from the 6th Street softball diamonds. If you sit outside on the front rockers you will be able to see them!

Our condolences go out the Ruth Raye's family. She was a resident of the Embers for 10 years and will definitely be missed. Ruth's family would like you to join them on Thursday, July 2nd in the Perk from 8:30am-10am for a breakfast celebration in honor of Ruth. There will also be a Celebration open house on September 6th from 1:00pm-3:00pm at the Elmwood Country Club.

Please welcome our new residents: Tom and Bonnie Ranson in Apt. 135, Case Hegeman in Apt. 315, Joan Redalen in Apt.134, and Vern and Audrey Harms in Apt. 442.

We will be resurfacing our entire parking lot sometime this month, it will take two full days. We will let you know ahead of time when we find out the exact dates and where you will need to park your vehicle if you are in an outdoor garage or the parking lot. Have a great July!

-Linsey



MARY JANE CALKINS

Mary Jane was born April 3, 1937, at home in Marshalltown. She went to school at Marshalltown schools, graduating in 1955. She has 6 brothers and 1 sister. After school, Mary Jane worked at the Ideal Bakery for 4 years, then worked at Fisher Controls for 33 1/2 years, retiring from there in 1994.

Mary Jane and Rodney were married October 4, 1986. Rodney worked at Fishers, also, retiring after 37 1/2 years. He passed in 2015. She had one son, Edward, who passed in 2020.

Mary Jane has traveled to HI and Vegas many times and has traveled to Germany, South America, Europe, Mexico, and Tijuana. Her hobbies are reading and she likes to gamble. She moved here June 7, 2025 liking the food, and not having to cook and clean.



Resident Birthdays

Bonnie Ranson~July 1st

Diana Clark~July 28th

Ann Lee Nichols~July 5th

Eleanor Rowden~July 31st

Karen Adams~July 7th

Naomi Anthony~July 31st

Merl Niederhauser~July 20th

Janet Hawkins~July 31st

Staff Birthdays

Steve Castell~July 5th

Lee Herman~July 14th

Birthday Party in the Community Room, 2:30PM on Friday, July 3rd

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
- 10:00 AM Catholic Communion 1st Monday of the month in Chapel
- 12:45 PM Book Club 1st Monday in the 3rd Floor lounge
- 6:30PM Game Night in The Perk Coffee Shop

Tuesday

Medical Appointments Van Runs 8am-12pm

- 10:00AM Exercise Class in the Community Room
- 11:15 PM Alternating grocery stores
- July 7th - Fareway
- July 14th- Walmart
- July 21st- HyVee
- July 28th- Fareway



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

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



JULY ACTIVITIES

Wednesday, July 1 st , Music with Birdy	2:00PM	Community Room
Thursday, July 2 nd , Blood Pressure and Education	1:30PM	Perk
Saturday, July 4 th , Grill Out	11:00AM	Dining Room
Wednesday, July 8 th , Coffee and Rolls	9:00AM	Perk
Friday, July 10 th , Birthday Party	2:30PM	Community Room
Monday, July 13 th , More or Less	1:30PM	Perk
Tuesday, July 14 th , Cards	2:00PM	Perk
Thursday, July 16 th , Luau *Crowning of King and Queen	11:00AM	Dining Room
Thursday, July 16 th , Bingo with Bruni	1:00PM	Perk
Friday, July 17 th , Crafts	2:00PM	Perk
Saturday, July 18 th , Foot Clinic	Sign Up Front Desk	Salon
Monday, July 20 th , Jeopardy	1:30PM	Perk
Wednesday, July 22 nd , Ragbrai Courtyard Games	2:00PM	Courtyard
Thursday, July 23 rd , Music with Steve	6:00PM	Community Room
Monday, July 27 th , I Should've Known	1:30PM	Perk
Monday, July 27 th , Treasured Music	6:00PM	Community Room
Tuesday, July 28 th , Bingo	2:00PM	Community Room
Thursday, July 30 th , Watermelon Feed	2:00PM	Deck
Friday, July 31 st , Happy Hour	2:00PM	Perk/Deck

July-Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cod Loaded Potatoes Green Beans Cookie	2 Swiss Steak White Rice Broccoli Ice Cream	3 Spaghetti Spinach Garlic Bread Pumpkin Bar	4 Pulled Pork Slaw Onion Rings Red, White & Blue rhooc::or::Lo
5 Pork Roast Red Potatoes Mixed Veggies Pie	6 Hamber Steak Potatoes & Gravy Zucchini Blend Assorted Dessert	7 Resident Of The Month Laurie Kasal	8 Chicken Potatoes & Gravy Broccoli Cookies	9 Shrimp Rice Peas & Carrots Ice Cream	10 Dried Beef O/Toast Mixed veggies Rice Crispy <i>Po-J-a +o</i>	11 Pork Cutlet Potatoes & Gravy Calif. Med. Veggies
12 Tilapia Rice Corn Pie	13 Smoked Sausage Sauerkraut & Cabbage Scalloped Potatoes	14 Porcupine Meatballs Potatoes & Gravy Squash	15 Pork Chop Baby Bakers Cauliflower Cookies	16 LUAU!! Hawaiian Sliders Sticky Wings Wild Rice w/ Ham Long Green Beans	17 Stuffed Chicken Loaded Potatoes Asparagus Fried Apples	18 Swedish Meatballs Potatoes & Gravy Carrots Cobbler
19 Asian Beef Snap Peas Rice Pie	20 Cod Cheesy Potatoes Cauliflower Assorted Dessert	21 Meatloaf Loaded Potatoes Calif. Med Veggies Lemon Bar	22 Chicken Cordon Bleu Au Gratin Potatoes Carrots	23 Cubed Steak Potatoes & Gravy Onion & Brussel Sprouts	24 White Fish Potatoes w/ Onions Mixed Veggies	25 Ranch Pork Chop Red Potatoes Corn Cake
26 Country Fried Steak Potatoes & Gravy Mixed Veggies Pie	27 Orange Chicken Egg Roll Broccoli Assorted Dessert	28 Tenderloin Sidewinders Baked Beans Cake	29 French Onion Meatballs Potatoes & Gravy Zucc. Blend Cookie	30 Fish Platter Hush Puppies Fries Scotcheroos	31 Fried Chicken Potatoes & Gravy Green Beans Muffin	

July-Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grilled Chicken Chips	2 Pinwheel Potato Soup	3 Taco Salad Tortilla Chips	4 Chicken Parmesan Garlic Bread
5 Grilled Burger w/ Lettuce, Tomato, Onion & Pickle Soup	6 Pancakes Sausage TriT	7 Italian Combo Sandwich Chicken Dumplings	8 Pork Burger Sweet Potato Fries	9 Club Wrap Veggie Soup	10 Cheese Tortellini Garlic Knots	11 Tater Tots Casserole
12 Egg Salad Corn Chowder Soup	13 Waffles W/ Strawberries Smokies	14 Cheddar Wurst Tater Tots	15 Subs W/ Lettuce, Tomato & Onions Chips	16 Chef Salad	17 Goulash Roll	18 Chicken Strips Fries
19 Loaded Chicken Salad Veggies Soup	20 Scrambled Eggs Sausage Bagels	21 BLT Chips	22 Cheeseburger Fries	23 Baked Potato Bar	24 Chicken Alfredo Garlic Stick	25 Maid Rite Chips
26 Turkey Club W/ Lettuce & Tomato Minestrone Soup	27 Biscuit & Gravy Potato Cake	28 Corn Bread Ham & Bean Soup	29 Grilled Cheese Tomato Soup	30 Reuben Chips	31 Sloppy Joe Tater Tots	