



Independence Day Celebration Thursday, July 3rd

At 11:00 AM, residents, families, & staff will parade through the halls to celebrate Independence Day!

Wear your red, white, and blue attire. Decorate your wheelchairs and walkers, and join the fun!

Lunch will follow right after the parade.

Then, at 2:30 PM, join us for Happy Hour with a spectacular live music show by Dave Wirtz!



Hiawatha Care Center July 2025 Newsletter

405 N 15TH Avenue Hiawatha, IA 52233

319-378-8583

kw Walton@hiawathacarecenter.com

At Hiawatha Care Center, we not only emphasize our quality of care, but also our quality of caring!

Department Head Directory

319-378-8583

Administrator: Kent Walton

Director of Nursing: Amanda Lauterwasser

Care Plan Coordinator: Kelly VanGinkel

Social Service Director: Becky Stebral

Accountant: Karen Chadwick

Dietary Manager: Stephanie Cross

Dietitian: Linda Green

Environmental Supervisor: Alex Studt

Activity Director: Hannah Waters

Restorative Therapy Director: Tammy Ronnebaum

Resident Council Leaders

Kay Riehl

Gayla Ruiz

Beth Taggart

Linda Spence

Mary Heck

Marlys Fischels

July Birthdays

Mary Darrow 7/28



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The menu is subject to change based on food supply availability.</p> <p>Thank you!</p>		<p>1 Oatmeal, Breakfast Ham Patty, Bagel, Cream Cheese, Lunch: Choice 1: Glazed Ham Balls, Choice 2: Beef Minute Steak, Sides: Broccoli, Baked Potato, Garlic Toast, Cantaloupe, Supper: Choice 1: BBQ Boneless Wings, Corn, Choice 2: Tuna Salad on Rye Bread, Sides: Ruby Tuesday Pasta Salad, Peaches</p>	<p>2 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail, Lunch: Choice 1: Hawaiian Sloppy Joe Sliders, Choice 2: Breaded Cod, Sides: Coleslaw, Peaches & Cream Cobbler, Supper: Choice 1: Meatball Sub Sandwich, Green Beans, Choice 2: Salami & Swiss Sandwich, Tomato Slices, Cucumber Slices, Sides: Italian Pasta Salad, Country Apple Dessert</p>	<p>3 Malt O Meal, Fruit & Yogurt Parfait, Danish, Lunch: Choice 1: Brown Sugar Glazed Pork Steak, Baked Sweet Potato, Peas, Choice 2: Crab Cakes, Sides: Baked Sweet Potato, Peas, Fresh Grapes, Supper: Choice 1: Chicken Philly Sandwich, Choice 2: Grilled Ham & Cheese Sandwich, Sides: Fried Potatoes, Country Trio Vegetables, Brownie</p>	<p>4 Oatmeal, Mini Waffles/Syrup, Maple Sausage Link, Lunch: Choice 1: Salad Bar, Tomato Wedges, Cucumber Slice, Crackers, Choice 2: Shaved Turkey Sandwich, L/T/O, Potato Chips, Sides: Jello Cake, Supper: Choice 1: Tator Tot Casserole, Breadstick, Choice 2: Pulled Pork/Bun, Sides: Carrots, Mandarin Oranges</p>	<p>5 Cream of Wheat, Scrambled Egg with Cheese, Toast, Fresh Strawberries, Lunch: Choice 1: Spaghetti, Italian Blend Vegetables, Garlic Toast, Choice 2: Deviled Egg Salad Sandwich, L/T/O, Potato Chips, Sides: Watergate Dessert, Supper: Choice 1: Chicken Bacon Swiss/Bun, Choice 2: Hot Dog/Bun Sides: Potato Salad, Calico Bean Bake, Lemon Fruit Cup</p>
<p>6 Malt O Meal, Sausage Link, Monkey Bread, Apricots, Lunch: Choice 1: Turkey Roast/Gravy, Choice 2: Beef Pepper Steak/Gravy, Sides: Mashed Potatoes, Broccoli/Cheese, Dinner Role, Pie, Supper: Choice 1: Grilled Patty Melt, Peas, Choice 2: Chicken Noodle Soup, 1/2 Ham Sandwich, Lettuce/Tomato Slice, Sides: Watermelon, Pudding</p>	<p>7 Oatmeal, Hard Boiled Egg, Toast, 1/2 Banana, Lunch: Choice 1: BLT Sandwich, Cottage Cheese, Choice 2: Crunchy Fish Sandwich, Tartar Sauce, L/T/O, Sides: Potato Chips, Oreo Fluff, Supper: Choice 1: Grilled Garlic Butter Chicken, Choice 2: BBQ Pork Ribette Sides: Baked Potato/ Marg., Capri Vegetables, Snickerdoodle Cookie</p>	<p>8 Cream of Wheat, Sausage Patty, Chocolate Chip Muffin Lunch: Choice 1: Breaded Chicken Fillet, Mashed Potatoes/Gravy, Sunshine Carrots, Dinner Roll, Choice 2: Chef Salad, Crackers, Sides: Cherry Cake, Supper: Choice 1: Chicken Meatball Sandwich, Choice 2: Italian Goulash, Breadstick, Sides: Mixed Vegetables, Mixed Berries</p>	<p>9 Malt O Meal, Scrambled Egg, Toast, Tropical Fruit, Lunch: Choice 1: Cheeseburger, L/T/O, Choice 2: Salami & Swiss with Lettuce & Tomato, Sides: Tater Roundabouts, Strawberry Milkshake Dessert, Supper: Choice 1: Dorito Taco Salad, Shredded Lettuce/Tomato, Sour Cream, Corn, Choice 2: Asiago Cauliflower Soup, 1/2 Deli Turkey Sandwich, L/T/O, Sides: Chocolate Chip Cookie</p>	<p>10 Oatmeal, Breakfast Egg Bite, Toast, Raspberries, Lunch: Choice 1: Grilled Sour Cream Dill Chicken Breast, Choice 2: Baked Ham, Sides: Roasted Ranch Red Potatoes, Country Trio Vegetables, Almond Joy Cake, Supper: Choice 1: Breaded Pork Tenderloin, Garlic Parmesan Mashed Potatoes, Choice 2: Cheddar Chicken Rice Bake, Sides: Mixed Vegetables, Summertime Gelatin Dessert</p>	<p>11 Cream of Wheat, Ham & Egg Croissant with Cheese, 1/2 Banana, Lunch: Choice 1: Honey Garlic Meatballs, Choice 2: Pork Steak, Sides: Parsley Noodles, Carrots, Garlic Toast, Candy Apple Dessert, Supper: Choice 1: BBQ Grilled Chicken Breast/Bun, Choice 2: Bratwurst/Bun, Sides: Seasoned Tots, Crab Pasta Salad, Pears</p>	<p>12 Malt O Meal, Fired Egg, Caramel Pecan Donut Bake, Mango, Lunch: Choice 1: Glazed Meatloaf, Sour Cream Mashed Potatoes, Green Beans, Bread/Marg., Choice 2: Dilly Egg Salad/Croissant, Cucumber Pasta Salad, Sides: Fruit Cocktail, Supper: Choice 1: Bacon Cheeseburger/Bun, Choice 2: Turkey Burger/Bun, Sides: L/T/O, Buttered Dill Baby Red Potatoes, Summer Swirl Cake</p>
<p>13 Oatmeal, Frittata, Toast, 1/2 Banana, Lunch: Choice 1: Beef Pot Roast/Beef Gravy, Choice 2: BBQ Ribette, Sides: Ranch Mashed Potatoes, Peas, Dinner Roll, Pie Supper: Choice 1: Sloppy Joe/Bun, Mixed Vegetables, Waffle Fries, Choice 2: Tuna Salad Sandwich, L/T/O, Sides: Raspberry Peaches</p>	<p>14 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Mixed Berries, Lunch: Choice 1: Smothered Pork Steak, Choice 2: Chicken Tenders, Sides: Roasted Diced Sweet Potatoes, Cascade Vegetables, Strawberry Shortcake, Supper: Choice 1: Beef & Broccoli, Rice, Crab Rangoon, Stir Fry Vegetables, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pineapple & Cherries</p>	<p>15 Malt O Meal, Sausage Patty, Toast, Cantaloupe, Lunch: Choice 1: Hot Dog/Bun, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: Funyun Chips, Coleslaw, Watermelon Cake, Supper: Choice 1: Pulled Pork/Hoagie Bun, Choice 2: Breaded Chicken/Bun, Sides: Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail</p>	<p>16 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch: Choice 1: Grilled Smokey Ranch Chicken, Choice 2: Beef Minute Steak/Gravy, Sides: Baked Potato/Marg., Broccoli, Dinner Roll, Strawberry Lemonade Cookie, Supper: Choice 1: Tator Tot Casserole, Carrots, Bread/ Marg., Choice 2: Turkey Club Slider with Lettuce/Tomato, Chips Sides: Tropical Fruit</p>	<p>17 Cream of Wheat, Skillet Breakfast, Toast, Honeydew, Lunch: Choice 1: Beef & Noodles, Choice 2: Breaded Pork Tenderloin, Sides: Bacon Ranch Green Beans, Garlic Toast, Chocolate Toffee Dessert, Supper: Choice 1: Ham & Swiss/ Croissant, Lettuce & Tomato Slice, Choice 2: Grilled Reuben Sides: Potato Chips, Pears</p>	<p>18 Malt O Meal, Fried Egg, Toast, Fresh Grapes, Lunch: Choice 1: Tacos, Shredded Lettuce/Tomato, Sour Cream, Salsa, Choice 2: Breaded Fish Fillet, Mixed Vegetables, Sides: Mexican Rice, Lemon Cream Cake, Supper: Choice 1: Deli Club Sandwich, Choice 2: Deli Chicken Sandwich, Sides: Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake</p>	<p>19 Oatmeal, Scrambled Egg Patty, Danish, 1/2 Banana, Lunch: Choice 1: Baked Ham, Choice 2: Swiss Steak, Sides: Baked Sweet Potato, Colorful Vegetable Casserole, S’more Pudding, Supper: Choice 1: Boneless Chicken Wings, Choice 2: BBQ Ribette, Sides: Corn Bake, Ranch Pasta Salad, Apple Slices & Strawberries</p>
<p>20 Cream of Wheat, Caramel Apple Muffins, Hard Boiled Eggs, Lunch: Choice 1: Glazed Pork Loin, Choice 2: Smothered Turkey Patty, Sides: Au Gratin Potatoes, Key West Vegetables, Dinner Roll, Pie, Supper: Choice 1: Corned Beef & Swiss on Rye, Choice 2: Ham & Cheese Quiche, Mixed Vegetables, Sides: Tomato Cucumber Slaw, Fruit Cocktail</p>	<p>21 Malt O Meal, French Toast Bites, Bacon, Strawberries, Lunch: Choice 1: Dorito Taco Salad, Shredded Lettuce/Tomato, Choice 2: Farmers Delight Sandwich, Sides: Cranberry Fruit Salad, Ice Cream Cup, Supper: Choice 1: Scalloped Potatoes & Ham, Caribbean Vegetables, Garlic Breadstick, Choice 2: Dill Pickle Chicken Salad Sandwich, L/T/O, Potato Chips, Sides: Caramel Mandarin Orange Cake</p>	<p>22 Oatmeal, Baked Cherry Cheesecake French Toast, Breakfast Ham Patty, Peaches, Lunch: Choice 1: Italian Cavatelli, Choice 2: Summertime Turkey Casserole Sides: Cheesy Garlic Bread, Normandy Vegetables, Brownie Batter Cheesecake, Supper: Choice 1: Cuban Slider, Tossed Salad, Choice 2: French Onion Beef Slider, Shredded Lettuce/ Tomato, Sides: Tater Tots, Emerald Pears</p>	<p>23 Cream of Wheat, Toast, Biscuit Egg Casserole, Lunch: Choice 1: Chicken BLT Salad, Salad Dressing, Crackers, Choice 2: BBQ Pork & Slaw Sandwich, Sides: Fluffy Lemon Raspberry Treat, Supper: Choice 1: Mushroom & Swiss Burger, L/T/O, Choice 2: Bratwurst/Hot Dog Bun, Sides: French Fries, Apple Crumb Bar</p>	<p>24 Malt O Meal, Fried Egg, Blueberry Toast Lunch: Choice 1: Honey BBQ Chicken, Baked Potato, Choice 2: Taco Baked Potato, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Honey Buttered Carrots, Hawaiian Fruit Cup, Supper: Choice 1: BBQ Ribs, Fried Potatoes, Corn, Choice 2: Italian Croissant, Club Pasta Salad, Sides: Flamingo Cake</p>	<p>25 Oatmeal, Maple Sausage Link, Cinnamon Toast, Lunch: Choice 1: Meat Lovers Pizza, Choice 2: Cheese Burger Sliders, Sides: Riviera Vegetables, Tossed Salad/Dressing, Toasted Coconut Caramel Dessert, Supper: Choice 1: Tuna Noodle Casserole, Dinner Roll, Choice 2: Grilled Chicken Sandwich, L/T/O, Sides: Peas, Strawberries & Blueberries</p>	<p>26 Cream of Wheat, Cinnamon Toast Lunch: Choice 1: Chicken Bacon Ranch Casserole, Cheddar Garlic Biscuit, Choice 2: Italian Grilled Cheese Sandwich, Sides: Italian Vegetables, Tropical Fruit, Supper: Choice 1: Cauliflower Cheese Soup, Choice 2: Beef Barley Soup, Sides: 1/2 Deli Turkey Sandwich, L/T/O, Fruit Cocktail Cake</p>
<p>27 Oatmeal, Cheese Omelet, Mini Donuts, Sunrise Fruit Blend, Lunch: Choice 1: French Onion Roast Beef, Mashed Potatoes/Beef Gravy, Choice 2: Pork Steak, Sides: Carrots, Dinner Roll, Pie Supper: Choice 1: Chicken Salad Sandwich, L/T/O, Marinated Cucumbers, Potato Chips, Choice 2: Chef Salad, Crackers, Sides: Mandarin Tapioca Fluff</p>	<p>28 Cream of Wheat, Toast, Cheesy Egg Bake, 1/2 Banana, Lunch: Choice 1: BBQ Ribette, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Fresh Grapes, Supper: Choice 1: Pizza, Tossed Salad, Choice 2: BBQ Meatballs, Cheesy Garlic Mashed Potatoes, Sides: Mixed Vegetables, Pineapple Tidbits</p>	<p>29 Malt-O-Meal, Toast, Sausage Link, Cantaloupe, Lunch: Choice 1: Chicken Bowtie Cordon Bleu, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes Sides: Green Beans, Garlic Toast, Blueberry Lemon Upside Down Cake, Supper: Choice 1: Grilled Brat Pattie, Choice 2: Chicken Club Sandwich, Sides: L/T/O, Seasoned Fries, Peaches</p>	<p>30 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch: Choice 1: Breaded Pork Tenderloin, Choice 2: Chicken Strips, Sides: Potato Wedges, Dilled Cucumbers, Pears, Supper: Choice 1: Alaska Pollock Wings, Choice 2: Italian Chicken Breast, Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake</p>	<p>31 Cream of Wheat, Breakfast Ham Patty, Blueberry Muffin, Honeydew Melon, Lunch: Choice 1: Glazed Meatloaf, Choice 2: Maple BBQ Pork Steak Sides: Parslied Red Potatoes, Corn, Cherry Cha Cha Dessert, Supper: Choice 1: Turkey Ranch Club Slider, L/T/O, Choice 2: Hot Dog/Bun, Ketchup, Mustard, Relish Sides: Deviled Egg Pasta Salad, Mixed Fruit</p>	<div>July Menu</div>	

American Civil War

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- CONSTITUTION
- SLAVERY
- SECESSION
- FORT SUMTER
- GOVERNMENT
- LINCOLN
- NORTH
- SOUTH
- TERRITORIES
- BORDER STATES
- CIVIL WAR
- DAVIS
- NAVY



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AMERICA

BARBECUE

BEAUTIFUL

BLUE

BRAVE

FIREWORKS

FLAG

FOURTH OF JULY

FREEDOM

INDEPENDENCE DAY

LAND OF THE FREE

MAJESTIC

MILITARY

RED

STARS

STATUE OF LIBERTY

STRIPE

UNCLE SAM

USA

WHITE

Hidden Message:

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>July Activ-</div>			1 10:00 Brain Teasers 10:30 Piano Music with Melinda 2:30 Movie & Popcorn	2 10:00 Movers & Shakers 2:30 Fourth of July Craft 4:30 Crafty Hour: Part 2 Shrinky Dinks	3 8:50 Catholic Mass @ the Church 11:00 Residents/Staff Parading for the 4th of July 2:30 4th of July Party & Live Music with Dave Wirtz 4:30 Who Am I.....	4 Independence Day Morning Independent Activities 2:30 Bingo Hour	5 Morning Independent Activities 2:30 Games with Lucy 4:30 Flute Music with Charlotte	
		6 10:00 Catholic Communion 2:30 Weekend Bingo Hour 4:00 King of Kings Lutheran Church Service	7 10:00 Manicures & Social 2:30 S'mores on the Patio 4:45 Bible Study Group	8 10:00 Gospel Light Baptist Church <i>All Day Puppy Visits</i> 2:30 Freeze Pops on the Patio	9 10:00 Movers & Shakers 2:30 Baking Hour: Sugar Cookies 4:30 Left– Right– Center	10 8:50 Catholic Mass @ the Church 10:00 Games with ARC Friends 2:30 Happy Hour with Live Music with the Parker/ Hart Trio Band 4:30 Memory Chain	11 10:00 Social on the Patio 2:30 Bingo Hour 4:00 Snacks & Reminisce	12 Morning Independent Activities 2:30 Live Music with the Parlor City Ramblers & Popcorn 4:30 Weekend Games
		13 10:00 Catholic Communion 2:30 Crafty Hour: Door Wreaths 4:30 Reminisce/Social	14 10:00 Manicures & Social 2:30 Snow Cones on the Patio 4:45 Bible Study Group	15 10:00 Brain Teasers 10:30 Piano Music with Melinda 2:30 History in Her Shoes: Betsy Ross	16 10:00 Puppy Visits with Kris 2:30 Live Music with Lena Adams 4:30 Farkle Hour	17 8:50 Catholic Mass @ the Church 10:00 Social & Reminisce on the Patio 2:30 Happy Hour & Live Music with the La La Ladies 4:30 Coloring Hour	18 10:00 Movers & Shakers 2:30 Bingo Hour 4:00 Snacks & Trivia	19 Morning Independent Activities 2:30 Live Music with the Flip Side 4:30 Weekend Games Weekend Popcorn
		20 10:00 Catholic Communion 2:30 Crafty Hour: Painting 4:00 King of Kings Lutheran Church Service	21 10:00 Manicures & Social 2:30 Ice Cream Social 4:45 Bible Study Group	22 10:00 Outdoor Games & Fun with Mother Goose Daycare Kids 2:30 Storytelling with August Green	23 10:15 Lovely Lane Methodist Church Service 2:30 Birthday Party with Live Music with Dave Marshall 4:30 Story Time with Joanne	24 8:50 Catholic Mass @ the Church 10:00 Social & Reminisce on the Patio 2:30 Happy Hour & Live Music with Harold Gray	25 10:00 Games with Friends from Discovery Living 2:30 Bingo Hour 4:00 Snacks/Social	26 Morning Independent Activities 2:30 Travel Adventures: To Peru
27 10:00 Catholic Communion 2:30 Weekend Bingo Hour	28 10:00 Manicures & Social 2:30 Watermelon on the Patio 4:45 Bible Study Group	29 10:00 Guess the Puzzle 2:30 Crafty Hour with Kris	30 10:00 Donkey Visits on the Patio 2:30 Guess that Cheesecake	31 8:50 Catholic Mass @ the Church 10:00 Social/Reminisce on the Patio 2:30 Happy Hour & Live Music with Clay Willie				