

VOTE FOR THE BEST DESIGNED BRA!

Support Breast Cancer Awareness

Enjoy our residents' design skills with a fun and creative display of individually designed wooden bra door décor! These unique wooden bras will be displayed on residents' doors.

Voting begins Thursday, October 16th.
Bring your quarters for voting to Hannah Waters, Activity Director, and cast your vote for your favorite bra design.
All proceeds will be donated to the Breast Cancer Foundation.

Winner will be announced on Thursday, October 20th at 2:00 PM.
The winner will receive a lunch of their choice with a guest of their choice.

Thank you for supporting breast cancer awareness!



Hiawatha Care Center October 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

October Birthdays

Janet Burrows 10/11

Terry Bernhardt 10/12

Kay Riehl 10/13

Ida Johnson 10/22

Margaret Dvorak 10/30

Haunt the Halls: Door Decorating Contest

Families, help us get into the Halloween spirit by decorating your loved one's door!
Staff will vote for the most creative Halloween door.

The winner will be announced on Thursday, October 30th at 2:00 PM and the winner will receive a Mini Halloween Goodie Basket.

Let's make our halls spooktacular!

Pet Visits

We love welcoming pets! For everyone's safety, a copy of current vet records is required *before* any pet can enter the building. Records must show up-to-date vaccinations and include the owner's contact info.

Please give records to Hannah Waters (Activity Director) or drop them off at the front office.

All dogs must be on a leash, and all pets must be clean, well-behaved, and with their owner at all times.

Thanks for helping us keep pet visits safe and fun for everyone!

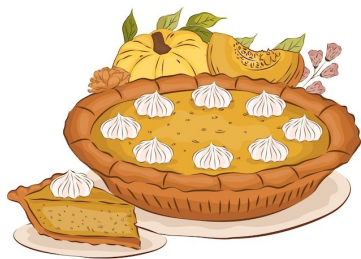
Holiday Events

11/23/2025

Resident/Family
Thanksgiving Lunch

12/23/2025

Resident Christmas Party

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  October Menu						
5 Oatmeal, Cheese Omelet, Mini Donuts, Sunrise Fruit Blend, <u>Lunch:</u> Choice 1: French Onion Roast Beef, Mashed Potatoes, Beef Gravy, Choice 2: Pork Steak, Sides: Carrots, Dinner Roll, Pie, <u>Supper:</u> Choice 1: Chicken Salad Sandwich, L/T/O, Marinated Cucumbers, Potato Chips, Choice 2: Chef Salad, Crackers, Sides: Mandarin Tapioca Fluff	6 Cream of Wheat, Toast, Cheesy Egg Bake, 1/2 Banana, <u>Lunch:</u> Choice 1: BBQ Ribette, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Fresh Grapes, <u>Supper:</u> Choice 1: Taco Twist Soup, Breadstick, Choice 2: BBQ Meatballs, Cheesy Garlic Mashed Potatoes, Sides: Tossed Salad, Pineapple Tidbits	7 Malt-O-Meal, Toast, Sausage Link, Cantaloupe, <u>Lunch:</u> Choice 1: Chicken Bowtie Cordon Bleu, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Green Beans, Garlic Toast, Blueberry Lemon Upside Down Cake, <u>Supper:</u> Choice 1: Grilled Brat Patty, Choice 2: Chicken Club Sandwich, Sides: L/T/O, Seasoned Fries, Peaches	8 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, <u>Lunch:</u> Choice 1: Breaded Pork Tenderloin Choice 2: Grilled Rueben, Sides: Potato Wedges, Dilled Cucumbers, Pears, <u>Supper:</u> Choice 1: Alaska Pollock Wings, Choice 2: Italian Chicken Breast, Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake	9 Cream of Wheat, Breakfast Ham Patty, Blueberry Muffin, Honeydew Melon <u>Lunch:</u> Choice 1: Glazed Meatloaf, Choice 2: Maple BBQ Pork Steak Sides: Parslied Red Potatoes, Corn, Cherry Cha Cha Dessert, <u>Supper:</u> Choice 1: Turkey Ranch Club Slider, L/T/O, Choice 2: Hot Dog/Bun, Ketchup, Mustard, Relish Sides: Deviled Egg Pasta Salad, Mixed Fruit	10 Malt O Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, <u>Lunch:</u> Choice 1: Chicken Strip, Choice 2: Baked Ham Sides: Macaroni & Cheese, Dilled Carrots, Watermelon, <u>Supper:</u> Choice 1: Cheeseburger/Bun Choice 2: Crunchy Fish Sandwich, Tartar Sauce, Sides: Lettuce, Pickles & Onion, Tomato Wedges, Potato Chips, Mixed Berries	11 Oatmeal, Scrambled Egg, Toast, 1/2 Banana, <u>Lunch:</u> Choice 1: Country Fried Steak, Baked Potato/ Marg., Green Beans, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Frosted Cake, <u>Supper:</u> Choice 1: Chili/Fixings, Cheese Sandwich, Choice 2: Hamburger Steak/Gravy, Mashed Potatoes, Caribbean Blend, Vegetables, Sides: Mandarin Oranges
12 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, <u>Lunch:</u> Choice 1: Herbed Pork Loin, Choice 2: Baked Chicken, Sides: Scalloped Potato, Cauliflower w/Cheese, Dinner Roll, Pie, <u>Supper:</u> Choice 1: Ham & Cheese Omelet, Tomato Wedges, Muffin, Choice 2: Turkey Burger/Bun, L/T/O, Sides: Hashbrowns, Apricots	13 Malt O Meal, Breakfast Egg, Bite, Toast, 1/2 Banana, <u>Lunch:</u> Choice 1: Taco Salad, Shredded Lettuce/Tomato, Southwest Vegetable Blend, Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Potato Chips, Sides: Twisted Strawberry Shortcake, <u>Supper:</u> Choice 1: Dilly Egg Salad/Croissant, Sun Chips, Choice 2: BLT Salad Plate, Crackers, Sides: Marinated Cucumbers, Pears & Blueberries	14 Oatmeal, Breakfast Ham Patty, Bagel, Cream Cheese, <u>Lunch:</u> Choice 1: Glazed Ham Balls, Choice 2: Beef Minute Steak, Sides: Broccoli, Baked Potato, Garlic Toast, Cantaloupe, <u>Supper:</u> Choice 1: BBQ Boneless Wings, Corn, Choice 2: Tuna Salad/Rye Bread, Sides: Ruby Tuesday Pasta Salad, Peaches	15 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail, <u>Lunch:</u> Choice 1: Hawaiian Sloppy Joe Sliders, Choice 2: Breaded Cod, Sides: Coleslaw, Peaches & Cream Cobbler, <u>Supper:</u> Choice 1: Meatball Sub Sandwich, Green Beans, Choice 2: Salami & Swiss Sandwich, Tomato Slices, Cucumber Slices, Sides: Italian Pasta Salad, Country Apple Dessert	16 Malt O Meal, Fruit & Yogurt Parfait, Danish, <u>Lunch:</u> Choice 1: Brown Sugar Glazed Pork Steak, Choice 2: Crab Cakes, Sides: Baked Sweet Potato, Peas, Fresh Grapes, <u>Supper:</u> Choice 1: Chicken Philly Sandwich, Choice 2: Grilled Ham & Cheese Sandwich, Sides: Fried Potatoes, Country Trio Vegetables, Brownie	17 Oatmeal, Mini Waffles/Syrup, Maple Sausage Link, <u>Lunch:</u> Choice 1: Salad Bar, Tomato Wedges, Cucumber Slice, Crackers, Choice 2: Shaved Turkey Sandwich, L/T/O, Potato Chips, Sides: Jello Cake, <u>Supper:</u> Choice 1: Tatar Tot Casserole, Breadstick, Choice 2: Pulled Pork/Bun Sides: Carrots, Mandarin Oranges	18 Cream of Wheat, Scrambled Egg with Cheese, Toast, Fresh Strawberries, <u>Lunch:</u> Choice 1: Spaghetti, Italian Blend Vegetables, Garlic Toast, Choice 2: Chicken Salad Sandwich, L/T/O, Chips, Sides: Watergate Dessert, <u>Supper:</u> Choice 1: Chicken Bacon Swiss/Bun, Choice 2: Hot Dog/Bun, Sides: Potato Salad, Calico Bean Bake, Lemon Fruit Cup
19 Oatmeal, Cheese Omelet, Cinnamon Roll Coffee Cake, <u>Lunch:</u> Choice 1: Turkey Roast/Gravy, Choice 2: Chicken Tenders, Sides: Stuffing, Green Beans, Dinner Roll, Pumpkin Pie, <u>Supper:</u> Choice 1: Shepherds Pie, Bread/Butter, Oregon Vegetables, Choice 2: Tomato Soup, Grilled Cheese, Sides: Strawberries	20 Cream of Wheat, Poached Egg, Cinnamon Bread, <u>Lunch:</u> Choice 1: Ravioli Bake, Choice 2: Breaded Cod Scrod, Mashed Potatoes, Sides: Key West Vegetables, Garlic Toast, Mango, <u>Supper:</u> Choice 1: Cuban Slider, Choice 2: Meatballs/Sauce, Sides: Tater Tots, Creamy Cucumber Salad, Apricots	21 Malt-O-Meal, Scrambled Eggs with Bacon, Toast, Banana Half, <u>Lunch:</u> Choice 1: Chicken & Noodles, Choice 2: Chili Mac Sides: Chalet Vegetables, Garlic Breadstick, Peaches <u>Supper:</u> Choice 1: French Onion Pork Loin Choice 2: Turkey Burger on Bun Sides: Sweet Potato Casserole, Country Trio Vegetables, Raspberries	22 Oatmeal, Sausage Patty, Toast, Sunrise Fruit Blend, <u>Lunch:</u> Choice 1: Swiss Steak/Gravy, Choice 2: BBQ Pork Chop Sides: Garlic Parmesan Mashed Potatoes, Peas, Bread/ Butter, Funfetti Blondie, <u>Supper:</u> Choice 1: Corned Beef & Vegetable Soup, Grilled Cheese Sandwich Choice 2: Cheddar Chicken Rice Bake, Mixed Vegetables Sides: Pears	23 Cream of Wheat, Mini Waffles, Maple Sausage Patty, <u>Lunch:</u> Choice 1: Chicken Fried Chicken, Corn Bake, Choice 2: Hamburger/ Bun, Potato Chips, Sides: Parslied Carrots, Cherry Crunch, <u>Supper:</u> Choice 1: Dinner Omelet, Choice 2: Hot Dog/Bun, Sides: Fried Potatoes & Onions, Green Beans, Fruit Danish	24 Malt-O-Meal, Sausage Link, Pancakes/Syrup, <u>Lunch:</u> Choice 1: Breaded Pollock, Choice 2: Baked Ham, Sides: Baked Potato/Topping, Riviera Vegetables, Bread/Butter, Lemon Mousse, <u>Supper:</u> Choice 1: Teriyaki Chicken, Rice, Broccoli, Crab Rangoon, Choice 2: Cottage Cheese Fruit Plate Sides: Mandarin Oranges	25 Oatmeal, Raisin Toast, Hard Boiled Egg, 1/2 Banana, <u>Lunch:</u> Choice 1: Baked Spaghetti, Choice 2: Chicken & Pasta Alfredo, Sides: Garlic Bread, Toss Salad/Dressing, Tropical Fruit, <u>Supper:</u> Choice 1: BBQ Rib Patty, Cheesy Mashed Potatoes, Pacific Vegetables, Choice 2: Grilled Rachel Sandwich, Potato Chips, Sides: Cranberry Upside Down Cake
26 Cream of Wheat, Fruit & Yogurt Parfait, Strudel Bites, <u>Lunch:</u> Choice 1: Glazed Ham Choice 2: Hamburger Steak/Gravy, Sides: Au Gratin Potatoes, Cascade Vegetables, Dinner Roll, Pie <u>Supper:</u> Choice 1: Chili & Fixings, Fritos Corn Chips, Choice 2: Loaded Baked Potato w/ Ham, Sides: Apricots	27 Malt-O-Meal, Bacon, Scrambled Eggs, Toast, <u>Lunch:</u> Choice 1: Baked Garlic Parmesan Chicken, Choice 2: BBQ Ribette, Sides: Garlic & Basil Pasta, Capri Vegetables, Garlic Bread, Pineapple & Cherries, <u>Supper:</u> Choice 1: BBQ Sloppy Joe/ Bun, Choice 2: Bratwurst Patty/Bun, Sides: French Fries, Toss Salad/ Dressing, Fruit Cocktail	28 Oatmeal, Everything Bagel Bake, 1/2 Banana, <u>Lunch:</u> Choice 1: Beef Mi-nute Steak,/Gravy, Choice 2: Turkey Rotini Bake, Cheddar Garlic Biscuit, Sides: Mashed Potatoes, Mixed Vegetables, Ambrosia Dessert, <u>Supper:</u> Choice 1: Wisconsin Cheese Soup, 1/2 Deli Chicken Sandwich, Choice 2: Turkey Cranberry Salad Palte/Dressing Sides: Creamy Cucumber Salad, Cinnamon Baked Apples	29 Cream of Wheat, Sausage Link, Banana French Toast Bake, <u>Lunch:</u> Choice 1: Baked Pork Chop, Stuffing, Broccoli, Cranberry Rice Bread, Choice 2: Beef Chicken Biscuit Casserole, Sides: Ice Cream Cup, <u>Supper:</u> Choice 1: Pork Tenderloin/ Bun, Choice 2: Chicken Taco Burger/ Bun, Sides: Lettuce/Tomato Slice, Potato Chips, Mandarin Oranges	30 Malt-O-Meal, Ham, Egg & Cheese Croissant, Mixed Fruit, <u>Lunch:</u> Choice 1: Beef Pot Roast Choice 2: Grilled Chicken Breast, Sides: Carlic & Herb Roasted Potatoes, Carrots, Bread/ Marg, Banana Foster Cake <u>Supper:</u> Choice 1: Harvest Vegetable Soup, 1/2 Turkey Ranch Slider, L/T/O, Choice 2: Reuben Sandwich, Potato Chips, Sides: Peaches	31 Oatmeal, Poached Egg, Pumpkin Coffee Cake, 1/2 Banana, <u>Lunch:</u> Choice 1: Baked Ham, Choice 2: Pecan Crusted Tilapia, Sides: Macaroni & Cheese, Creamy Coleslaw, Cornbread/Marg., Chocolate Raspberry Delight, <u>Supper:</u> Choice 1: Cheesy Tuna Casserole, Breadstick, Choice 2: Baked Pork Chop, Mashed Potatoes, Sides: Cascaded Vegetables, Blushing Pears	The menu is subject to change based on food supply availability. Thank you!

HALLOWEEN WORD FIND



Halloween	Silent	Lines	Trick
Costume	Spider	Pilot	Write
October	Brick	Reply	Fine
Pumpkin	Candy	Rhyme	Inch
Whisper	Ghost	River	Iron
Bigger	Given	Treat	
Height	Gouls		

H	M	L	R	R	H	F	L	Z	A	T	R	E	A	T	R	W
C	K	N	H	Z	U	Y	Q	V	T	Z	W	X	V	R	P	E
N	C	Y	Y	R	E	D	I	P	S	N	R	X	V	P	G	J
I	I	O	M	V	D	F	S	L	V	H	I	Y	K	A	K	X
G	R	I	E	M	Y	H	E	I	G	H	T	O	O	C	F	Y
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G	C	N	D	N	L	V	G	H	O	S	T	C	P	X	A	B

Annual Indoor Trick-or-Treat

Thursday, October 30th
begins at 6:30 PM and goes until
the candy is gone!

Residents, invite the whole family.
Staff, bring your little ghosts and ghouls.

Kids, come dressed in your best costume and
don't forget to bring a big bag for candy.

We cant wait to see you there!



*Families, please send one bag of candy for your
loved one to hand out. We'll keep their buckets
full so the fun lasts all evening!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Activities 			1 10:00 Reminisce on the Patio 2:30 Live Music with Lena Adams 4:00 Activity Hour	2 8:50 Mass at the Church 10:00 Solve the Puzzle 2:30 Happy Hour: Music with Dave Writz	3 10:00 Fuzzy Bunny Visits 2:30 Bingo Hour 3:30 Snack & a Show	4 Morning Independent Activities 2:30 Weekend Baking 4:30 Flute Music with Charlotte
5 10:00 Catholic Communion 2:30 Music with Richard Lee & Popcorn 4:00 King of Kings Lutheran Church Service	6 10:00 Manicures & Social 2:30 Name that Tune with Amber 4:45 Bible Study Group	7 10:00Memory Lane Project 10:30 Piano Music with Melinda 2:30 Jewelry Making 4:00 Activity Hour	8 10:00 Bingo Andrews Christian Academy Students 2:30 Live Music with the Oxford Junction Band 4:00 Activity Hour	9 8:50 Mass at the Church 10:00 Games with Friends from the ARC 2:30 Happy Hour: Music with the Flip Side	10 10:00 Movers & Shakers 2:30 Bingo Hour 3:30 Snack & a Show	11 Morning Independent Activities 2:30 Weekend Games Weekend Popcorn
12 10:00 Catholic Communion 2:30 Weekend Bingo Hour	13 10:00 Manicures & Social 2:30 Line Dancers: The Country Steppers 4:45 Bible Study Group	14 10:00 Gospel Light Baptist 2:30 Guess the Autumn Flavor 4:00 Activity Hour	15 Wear Your Pink Day Morning Visits With Sophie 10:00 Decks or Dice 2:30 Design a Wooden Bra (See Contest rules) 4:00 Activity Hour	16 8:50 Mass at the Church 10:00 Coffee/Cocoa Social 2:30 Happy Hour: Music with the La La Ladies	17 10:00 Halloween Ghost Craft with Guest-Emily 2:30 Bingo Hour 3:30 Snack & a Show	18 Morning Independent Activities 2:30 Movie & Popcorn Weekend Popcorn
19 10:00 Catholic Communion 2:30 Crafty Hour: Halloween Art 4:00 King of Kings Lutheran Church Service	20 10:00 Manicures & Social 2:30 Hot Apple/Pumpkin Pie Social 4:45 Bible Study Group	21 10:00 Memory Lane Project 10:30 Piano Music with Melinda 2:30 Tales & Legends of Halloween with Marci 4:00 Activity Hour	22 10:15 Lovely Lane Methodist Church Service 2:30 Birthday Party: Music with Dave Marshall 4:00 Activity Hour	23 9:30 Linn County Voting “City Council & Schools” Morning Table Activities 2:30 Happy Hour: Music with Harold Gray	24 10:00 Pumpkin Decorating with Friends from Discovery Living 2:30 Bingo Hour 3:30 Snack & a Show	25 Morning Independent Activities 2:30 Weekend games Weekend Popcorn
26 10:00 Catholic Communion 2:30 Weekend Bingo Hour	27 10:00 Manicures & Social 2:30 Witch Brew Ice Cream Social 4:45 Bible Study Group	28 10:00 Candy Corn Fun 2:30 Halloween Games 4:00 Activity Hour	29 10:00 Trick or Treating with Mother Goose Kids 2:30 Halloween Movie & Spooky Treats 4:00 Spooky Story Time	30 <i>Best Staff Costume Day</i> 10:00 Halloween Travels 2:30 Halloween Party with Clay Willie 6:30 Resident’s Family Trick or Treating	31 Happy Halloween 10:00 Movers & Shakers 2:30 Bingo Hour 3:30 Snack & a Show	All activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily schedule!