

HCC Activities, Events, & Reminders

Thursday's Catholic Mass trips over to St. Elizabeth's will be canceled if it's too cold or snowing.

[Join and like our Facebook page!](#)

Dr. Witt D.D.S will be here January 18th around 2:00 p.m.

Hiawatha Care Center would like to thank all those that reached our and contributed to our Giving Tree & Christmas party! Your generosity made Christmas extra bright for our residents, thank you!

What can you catch but never throw?

_____!

9

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

Hiawatha Care Center January 2023 Newsletter



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

January Birthdays

James Vick 1/5

Jeanette Kvach 1/6

Charlotte Stanford 1/6

Kay Mase 1/10

Christy Schmitt 1/19

Marcia Sackett 1/20

Richard Brewer 1/21

Carma Reiss 1/27

Randy Kulhavy 1/30

January Events

1/15 Strawberry Ice Cream Social

1/16: Martin Luther King Jr. Day


kindness

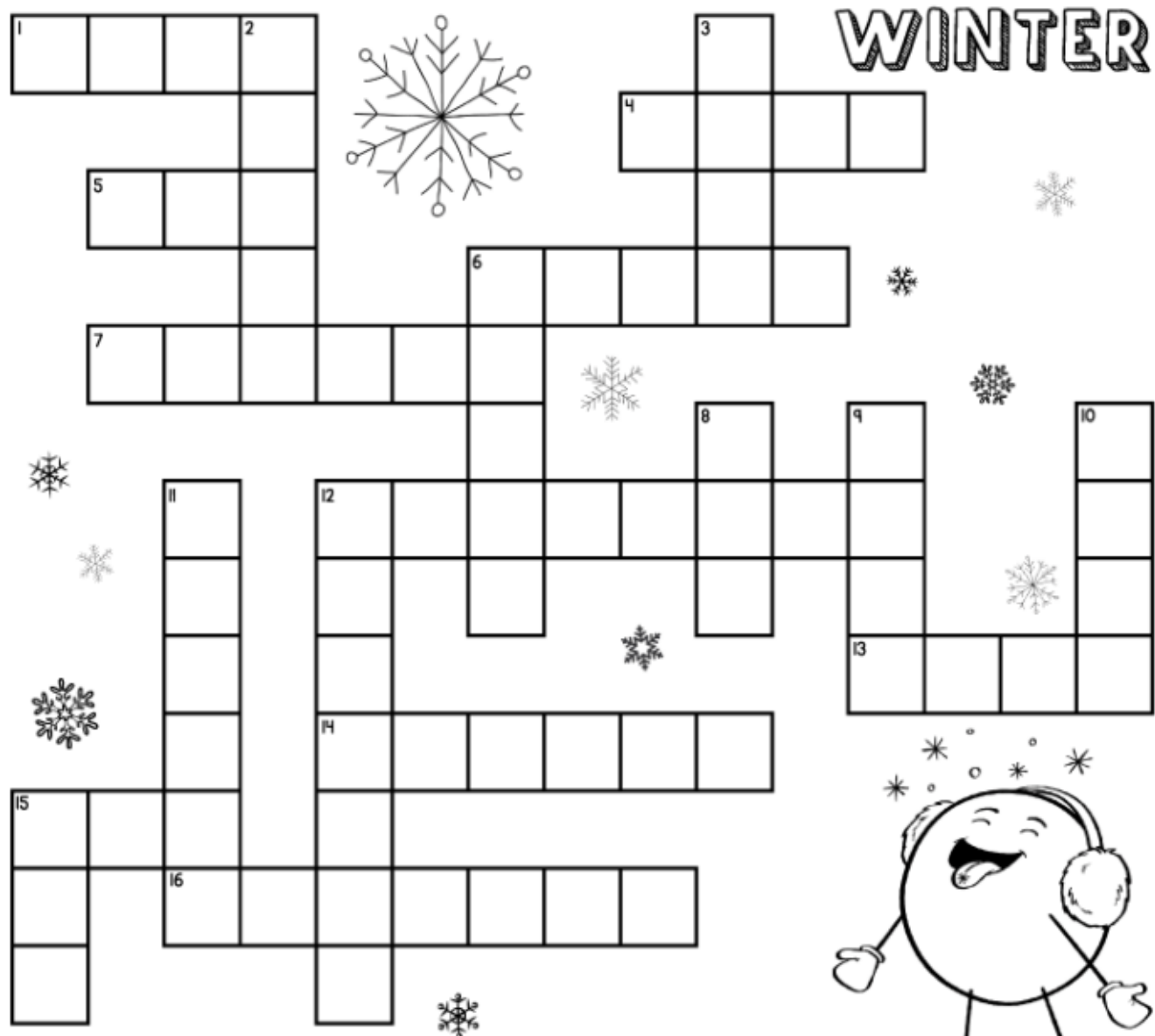
is like
snow-

it beautifies
everything
it covers.

-Kahlile Gibram



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 Oatmeal, Scrambled Egg, Mini Donuts, Mixed Berries, Lunch: Choice 1: Glazed Ham, Choice 2: Herb Baked Chicken Sides: Mashed Potatoes, Broccoli, Dinner Roll, Pie, Dinner: Choice 1: Sloppy Joe on Bun, Potato Chips, Choice 2: Biscuit Breakfast Sandwich, Hashbrowns Sides: Mandarin Oranges	2 Cream of Wheat, Scrambled Egg/Bacon, Raisin Toast, Banana Half, Lunch: Choice 1: Porcupine Meatballs, Baked Potato/Marg, Cauliflower w/Cheese Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pumpkin Chocolate Chip Square, Dinner: Choice 1: Potato Soup, Salami & Cheese Sandwich, Tossed Greens w/Dressing Choice 2: Creamed Turkey over Biscuit, Green Beans Sides: Fruit Cocktail	3 Malt-O-Meal, Fried Egg, Danish, Banana Half, Lunch: Choice 1: Lemon Pepper Chicken Breast, Choice 2: Hamburger Steak w/Gravy, Sides: Baked Sweet Potato, Peas, Cookies & Cream Brownie, Dinner: Choice 1: Beef Pot Roast, Choice 2: Breaded Chicken Tenders, Sides: Mini Baker Potatoes, Parslied Carrots, Mango & Bananas	4 Oatmeal, Poached Egg, Cinnamon Sour Cream Coffee Cake, Lunch: Choice 1: Ham Balls, Scalloped Potatoes, Choice 2: Hot Ham & Cheese Melt, Sides: Corn, Pineapple Upside Down Cobbler, Dinner: Choice 1: Cream of Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, Choice 2: Chef Salad, Dinner Roll/Marg. Sides: Winter Fruit Cup	5 Cream of Wheat, Bacon, Toast, Mango Lunch: Choice 1: Loaded Chicken Sandwich, Tater Roundabouts, Green Beans, Choice 2: Hamburger on Bun, Potato Chips, Lettuce/Tomato/Onion, Sides: Strawberries, Dinner: Choice 1: Chex Chicken Breast, Broccoli, Cheese Breadstick, Choice 2: Hot Dog on Bun, Potato Salad, Sides: Apricots, Chocolate Chip Cookie	6 Malt-O-Meal, Sausage Link, Chocolate Chip Pancakes/Syrup, Lunch: Choice 1: Breaded Pollock Filet, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Capri Vegetables, Ritzy Strawberry Dessert, Dinner: Choice 1: Pizza, Choice 2: Fish Sandwich on Bun, Sides: Mixed Vegetables, Tossed Salad w/Dressing, Cinnamon Applesauce Gelatin	7 Oatmeal, Hard Boiled Egg, Toast, Cinnamon Baked Apples, Lunch: Choice 1: Walking Taco, Shredded Lettuce/Tomato Choice 2: Baked Pork Chop, Pork Gravy, Mashed Potatoes, Sides: Chuckwagon Corn, Frosted Cake, Dinner: Choice 1: Meatball Sub Sandwich, Choice 2: Turkey Burger, Lettuce/Tomato/Onion, Sides: Carrots, French Fries, Peaches		
8 Oatmeal Scrambled Egg Patty, Toast/Marg, Lunch: Choice 1: Savory Roast Beef, Choice 2: Pork Chop Sides: Mashed Potatoes, Gravy, Candied Carrots, Hawaiian Roll/Marg, Pie, Dinner: Choice 1: Grilled Chicken Sandwich, Lettuce/Tomato/Onion, Choice 2: Cheddar Omelet, Roasted Potato Medley, Mixed Vegetables, Sides: Creamy Coleslaw, Sugar Cookie	9 Cream of Wheat, Scrambled Eggs, Bacon, Toast/Marg, Peaches, Lunch: Choice 1: Goulash, Choice 2: Breaded Pollock Filet, Sides: Broccoli, Garlic Toast, Banana Brownie, Dinner: Choice 1: Cheddar Chicken & Rice Bake, Seasoned Peas, Choice 2: Sliced Turkey on Croissant, Lettuce/Tomato/Onion, Potato Chips, Sides: Winter Fruit Cup	10 Malt-O-Meal, Cheese Omelet, Toast/Marg, Banana Half, Lunch: Choice 1: BBQ Ribette, Cheddar Ranch Scalloped Potatoes, Seasoned Peas, Choice 2: Taco Salad, Shredded Lettuce/ Tomato Sides: Pumpkin Honey Bun Cake, Dinner: Choice 1: Hamburger on Bun, Lettuce/ Tomato/Onion, Potato Salad, Choice 2: Ham and Bean Soup, Crackers, Cottage Cheese & Peaches, Maple Corn Bread, Sides: Ice Cream Cup	11 Oatmeal, Sausage Gravy, Biscuits, Fruit Cocktail, Lunch: Choice 1: Teriyaki Chicken Breast, Fried Rice, Crab Rangoons, Choice 2: Beef Minute Steak, Mashed Potatoes, Beef Gravy, Sides: Stir Fry Vegetables, Monster Bars, Dinner: Choice 1: Homemade Chili, Chili Fixings, Tossed Greens w/Drsg., Choice 2: Grilled Chicken Salad Plate, Sides: Breadstick, Pears	12 Cream of Wheat, Hard Boiled Egg, Pancakes/Diet Syrup, Lunch: Choice 1: Bacon Cheddar Meatloaf, Choice 2: Pork Tenderloin on Bun, Pickles & Onions, Sides: French Fries, Capri Vegetables, Hot Cocoa Cheese-cake, Dinner: Choice 1: Roasted Chicken Breast, Choice 2: Meatballs With Sauce, Sides: Mashed Potatoes, Gravy, Corn, Bread/Marg, Fruit Cocktail	13 Malt –O-Meal, Poached Egg, Toast, Winter Fruit Cup, Lunch: Choice 1: Beer Battered Tilapia, Choice 2: Pork Chop, Sides: Mini Baker Potatoes, Cascade Blend Vegetables, Cherry Angel Dessert, Dinner: Choice 1: Beef Stew, Biscuit, Honey Butter, Choice 2: Cream of Tomato Soup, Grilled Cheese Sandwich, Sides: Butterscotch Fluff	14 Oatmeal, Sausage Link, Raisin Toast/Marg, Banana Half, Lunch: Choice 1: Cheeseburger on Bun Choice 2: Chicken Club Sandwich, Sides: Tater Tots, Lettuce/Tomato/Onion, Dinner: Choice 1: Chicken Alfredo Choice 2: Beef & Noodles Sides: Green Beans, Garlic Toast, Peaches		
15 Cream of Wheat, Scrambled Eggs, Cinnamon Roll, Lunch: Choice 1: Chicken Fried Chicken, Choice 2: Herb Baked Fish, Sides: Mashed Potatoes, Chicken Gravy, Broccoli, Dinner: Choice 1: Chili Dog on Bun, Shredded Cheese / Diced Onion, Choice 2: Egg Salad, Lettuce/Tomato, Sides: Potato Chips, Mandarin Oranges	16 Malt-O-Meal, Sausage Patty, Maple Pecan Coffee Cake, Lunch: Choice 1: Braised Steak w/ Mushroom Gravy, Choice 2: Baked Ham, Sides: French Onion Rice, Sunshine Carrots, Bread/Marg, Peanut Butter Mousse, Dinner: Choice 1: Fish Sandwich, Choice 2: Turkey Burger, Sides: Lettuce/Tomato, Potato Salad, Blushing Pears	17 Cream of Wheat, Sausage Gravy, Biscuit, Mango, Lunch: Choice 1: Italian Goulash, Garlic Toast, Choice 2: Grilled Turkey, Bacon & Swiss Sandwich, French Fries, Sides: Mixed Vegetables, Frosted Pumpkin Bar, Dinner: Choice 1: Chicken Alfredo, Breadstick, Choice 2: Fish Sandwich, Sides: Sunshine Carrots, Mandarin Oranges	18 Cream of Wheat, Scrambled Eggs with Cheese, Toast/Marg, Fruit Medley, Lunch: Choice 1: Cola Glazed Ham, Choice 2: Grilled Chicken Breast, Sides: Hashbrown Casserole, Country Trio Vegetables, Berry 7-up Cobbler, Dinner: Choice 1: Wisconsin Cheese Soup, Roast Beef Sandwich, Choice 2: Hamburger on Bun, Baked Beans, Sides: Lettuce/Tomato/Onion, Mandarin Oranges	19 Malt-O-Meal, Toast/Marg, Cheesy Egg Bake, Lunch: Choice 1: Roasted Turkey, Turkey Gravy, Stuffing, Choice 2: Pork Chop, Pork Gravy, Sides: Green Beans, Dinner Roll, Cran Raspberry Fluff Dinner: Choice 1: Meatballs with Sweet & Sour Sauce, Choice 2: BBQ Chicken Breast on Bun, Sides: Sour Cream & Onion Potato Bake, Carrots, Pineapple	20 Oatmeal, Ham, Egg & Cheese Croissant, Banana Half, Lunch: Choice 1: Baked Spaghetti Pie, Choice 2: Breaded Cod Scrod, Baked Potato, Sides: Tossed salad, Garlic Toast, Apricot Oat Bar, Dinner: Choice 1: Classic Tuna & Noodle Bake, Seasoned Peas, Choice 2: Cottage Cheese Fruit Plate, Sides: Cinnamon Bakes Apples	21 Cream of Wheat, Cheese Omelet, Biscuit, Mango, Lunch: Choice 1: Cheddar Ranch Chicken Breast, Scalloped Potatoes, Mixed Vegetables, Choice 2: Hamburger on Bun, Lettuce/Tomato/Onion, Pasta Salad, Sides: Angel Food Cake, Whipped Topping, Dinner: Choice 1: Pulled Pork Cornbread Casserole, Green Beans, Choice 2: Chef Salad w/ Chicken, Crackers, Sides: Mixed Berries		
22 Malt– O-Meal, Poached Egg, Muffin, Lunch: Choice 1: Beef Pot Roast, Choice 2: BBQ Chicken, Sides: Roasted Vegetables, Roll, Pie, Dinner: Choice 1: Cheddarwurst on Bun, Peas & Carrots, Choice 2: Chicken Noodle Soup, Ham & Cheese Sandwich, Lettuce/Tomato, Sides: Pears, Chocolate Chip Cookie	23 Oatmeal, Sausage & Potato Breakfast Casserole, Toast/Marg, Lunch: Choice 1: Ranch Chicken Breast, Cheesy Rice, Broccoli Florets, Choice 2: Chef Salaf, Crackers, Sides: Strawberry Snickerdoodle Crunch, Dinner: Choice 1: Loaded Potato Soup, Roast Beef Sandwich on a Slider, Choice 2: Smoked Turkey & Cheese Slider, Vegetable Soup, Sides: Lettuce/Tomato, Peaches	24 Cream of Wheat, Sausage Gravy, Biscuit, Mango, Lunch: Choice 1: Italian Goulash, Garlic Toast, Choice 2: Grilled Turkey, Bacon & Swiss Sandwich, French Fries, Sides: Mixed Vegetables, Frosted Pumpkin Bar, Dinner: Choice 1: Chicken Alfredo, Breadstick, Choice 2: Fish Sandwich, Sides: Sunshine Carrots, Mandarin Oranges	25 Malt-O-Meal, Cheese Omelet, Toast, Mixed Fruit, Lunch: Choice 1: Smothered Pork Chop, Mashed Potatoes, Pork Gravy, Cascade Vegetables, Choice 2: Taco Salad, Shredded Lettuce/Tomato, Sides: Caramel Apple Crisp, Dinner: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Capri Vegetables, Choice 2: Cheeseburger Soup, Chicken Salad Croissant Sides: Blueberry Bread Pudding	26 Oatmeal, Danish, Fruit & Yogurt Parfait Lunch: Choice 1: Beef & Noodles, Green Beans, Garlic Toast, Choice 2: Pork Tenderloin on Bun, Lettuce/Tomato/Onion, Sides: Banana Split Fluff, Dinner: Choice 1: BBQ Rib Sandwich, Choice 2: Hot Dog on Bun, Sides: Potato Chips, Baked Beans, Mixed Berries	27 Cream of Wheat, Scrambled Egg with Ham, Toast, Banana Half, Lunch: Choice 1: Baked Cod, Choice 2: Hamburger Steak w/ Gravy, Sides: Baked Potato/Marg. Buttered Peas, Bread/Marg, Lemon Bar, Dinner: Choice 1: Scalloped Potatoes & Ham, Choice 2: Breaded Fish Fillet, Sides: Carrots, Cornbread/Margarine, Apricots	28 Malt-O-Meal, Hard Boiled Egg, Bacon, Raisin Toast, Banana Lunch: Choice 1: Meatloaf, Choice 2: Baked Pork Chop, Sides: Macaroni & Cheese, California Vegetables, Rosy Applesauce, Dinner: Choice 1: Chili, Toss Salad/Dt. Dressing, Cheese Breadstick, Choice 2: Cheeseburger on Bun, Lettuce/Tomato/Onion, Sides: Pineapple		
29 Oatmeal, Scrambled Egg, Mini Donuts, Mixed Berries, Lunch: Choice 1: Glazed Ham, Choice 2: Herb Baked Chicken Sides: Mashed Potatoes, Broccoli, Dinner Roll, Pie, Dinner: Choice 1: Sloppy Joe on Bun, Potato Chips, Choice 2: Biscuit Breakfast Sandwich, Hashbrowns Sides: Mandarin Oranges	30 Cream of Wheat, Scrambled Egg/Bacon, Raisin Toast, Banana Half, Lunch: Choice 1: Porcupine Meatballs, Baked Potato/Marg, Cauliflower w/Cheese Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pumpkin Chocolate Chip Square, Dinner: Choice 1: Potato Soup, Salami & Cheese Sandwich, Tossed Greens w/ Dressing Choice 2: Creamed Turkey over Biscuit, Green Beans Sides: Fruit Cocktail	31 Malt-O-Meal, Fried Egg, Danish, Banana Half, Lunch: Choice 1: Lemon Pepper Chicken Breast, Choice 2: Hamburger Steak w/Gravy, Sides: Baked Sweet Potato, Peas, Cookies & Cream Brownie, Dinner: Choice 1: Beef Pot Roast, Choice 2: Breaded Chicken Tenders, Sides: Mini Baker Potatoes, Parslied Carrots, Mango & Bananas					<h1>January 2023 Menu</h1>	



WINTER

ACROSS

1. soft, white pieces of frozen water that falls to the ground
4. opposite of hot
5. to move on snow with long narrow strips attached to the feet
6. footwear in the winter
7. Dress warm so you don't ____.
12. children like to throw one of these
13. "The snow is 2 feet ____."
14. the coldest season of the year
15. frozen water
16. "We like to go ____ on the pond in the winter."

DOWN

2. the color of fresh snow
3. a piece of clothing worn to keep warm
6. "The temperature fell ____ zero last night."
8. a covering to keep the head warm
9. an outdoor winter toy for kids to slide down snowy hills
10. Be careful not to __ and fall on the ice.
11. special shoes for ice
12. a model of a person made with snow
15. In the winter, the roads can be ____.

Tree Valley Academy



YUMMY HOT CHOCOLATE

WORD SEARCH PUZZLE

The words appear UP,
DOWN, BACKWARDS
and DIAGONALLY.
Find and circle each word.

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



CHOCOLATE
COCOA
CREAM
CUP
DARK
DRINK
ENJOY

HEAT
HOMEMADE
HOT
MARSHMALLOWS
MILK
MIX
MUG

ORDER
POWDER
SIP
SPOON
STEAM
STIR
SUGAR

SWEET
WARM
WATER
WHIPPED
WINTER

Sunday**Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

1 10:00 St. Elizabeth's Catholic Communion 2:15 Farkle Hour 4:00 Kings of Kings Lutheran Church Service	2 All Morning Independent Activities 2:30 Crafters Corners: Bird Feeders 4:45 Bible Study Group	3 All Morning Animal Adventures With Darcy's Farm 2:30 Movies & Popcorn	4 <u>National Trivia Day</u> 10:15 Trivia & Jokes 2:30 Cards/Games	5 10:15 Hot Cocoa/Coffee Bar & Social 2:30 Happy Hour with Dave Wirtz	6 11:00 Cathy's Bible Study Group 2:15 Bingo Hour	7 All Morning Independent Activities 2:15 Snow Cones & Social	
8 10:00 St. Elizabeth's Catholic Communion 2:15 Weekend Bingo	9 10:00 Manicures & Social 2:30 Indoor Golfing 4:45 Bible Study Group	10 10:00 Gospel Light Baptist Church Service 2:30 January Birthday Party with David Marshall	11 10:15 Fun & Crafts with Andrews Christian Academy 2:30 Cards/Games	12 10:15 Games & Fun with Friends from the A.R.C 2:30 Happy Hour with "The Flip Side"	13 10:00 Morning Farkle 2:15 Bingo Hour	14 All Morning Independent Activities 2:15 Reminisce & Popcorn <i>Weekend Popcorn</i>	
15 <u>National Strawberry Ice Cream Day</u> 10:00 St. Elizabeth's Catholic Communion 2:15 Strawberry Ice Cream Social 4:00 Kings of Kings Lutheran Church Service	16 <u>Martin Luther King Jr. Day</u> 10:00 Manicures & Social 2:30 History & Reminisce 4:45 Bible Study Group	17 10:00 Winter Baking & Social 2:30 Traveling Adventures to France	18 All Morning Puppy Visits with Beau 2:30 Cards/Games	19 10:15 Hot Cocoa/Coffee Bar & Social 2:30 Happy Hour with Music by Scott Engledow	20 11:00 Cathy's Bible Study Group 2:15 Bingo Hour	21 All Morning Independent Activities 2:15 Weekend Games & Fun <i>Weekend Popcorn</i>	
22 10:00 St. Elizabeth's Catholic Communion 2:15 Weekend Bingo 2:30 Music with Richard Lee	23 10:00 Manicures & Social 2:30 Pie a la Mode & Social 4:45 Bible Study Group	24 All Morning Puppy Visits with Beau 2:30 Corks & Canvas	25 10:15 Lovely Lane Methodist Church Service 2:30 Cards/Games	26 10:15 Games & Fun with Friends from the A.R.C 2:30 Happy Hour with Harold Gray	27 10:00 Manicures & Social 2:15 Bingo Hour	28 All Morning Independent Activities 2:15 Jewelry Making Hour <i>Weekend Popcorn</i>	
29 <u>National Puzzle Day</u> 10:00 St. Elizabeth's Catholic Communion 2:15 Crafter Corners: Puzzle Art	30 10:00 Manicures & Social 2:30 Afternoon Serenity Spa 4:45 Bible Study Group	31 <u>yaD sdrawkcaB lanoitA</u> Building Snowmen 10:15 Wheel of Fortune 2:30	 Activities 2023			Activities are subject to change. See the daily white boards for the current day's activities.	