

Activities-Events-Reminders



Residents & Families Bird Feeder Notice



HCC needs to know who owns their bird feeders and whether you prefer to:

-Fill your own feeders and store the feed in a container, such as a Rubbermaid container.

-Have HCC fill your bird feeders once a week with seed for a small monthly fee of \$20.

Please contact Hannah Waters, Activity Director, **NO LATER** than Monday, July 15th, 2024.

Unclaimed feeders will be removed after this date!!

The Courtyard Fire Pit

Beginning July 3rd, the fire pit under the gazebo will be available for use!

Contact Hannah Waters, Activity Director, to reserve the use of the outdoor fire pit.

Hiawatha Care Center July 2024 Newsletter



405 N 15TH Avenue, Hiawatha, Ia 52233

319-378-8583

kwalton@hiawathacarecenter.com

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

July Birthdays

Sandra Frese	7/1
Jack Henningson	7/9
Mike Huntington	7/9
Skip Johnson	7/14
Brenda Goff	7/23
Lorraine Schrader	7/27

Resident Council Leaders

President: Mildred "Kay" Riehl
Vice-President: Blanche Zakaib
Secretary: Carma Reiss

Upcoming Events

- 7/3: 4th of July parade
- 7/3: 4th of July party with music by Grant Beck
- 7/4: Independence Day
- 7/10: Donkey Visits on the Patio



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1 Malt-O-Meal, Poached Egg, Toast, Banana Half, **Lunch: Choice 1:** Nacho Dorito Bake, **Choice 2:** Tenderloin/Bun, Pickles & Onions **Sides:** Chuckwagon Corn, Twisted Strawberry Shortcake, **Supper: Choice 1:** Bacon Dill Egg Salad on Croissant, Sun Chips, Marinated Cucumbers, **Choice 2:** Grilled Chicken Salad Plate, Crackers **Sides:** Peas & Blueberries

2 Oatmeal, Hot Breakfast Slider, Peaches **Lunch: Choice 1:** Glazed Ham Balls, **Choice 2:** Beef Minute Steak, **Sides:** Broccoli, Baked Potato, Garlic Toast, Cantaloupe, **Supper: Choice 1:** BBQ Boneless Wings, **Choice 2:** Tuna Salad/Croissant **Sides:** Potato Wedges, Big Mac Pasta Salad, Chocolate Peanut Butter Cup Parfait

3 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail **Lunch: Only Choice:** Hot Dogs/Bun, **Sides:** Coleslaw, Green Beans, Red-White-Blue Dessert **Supper: Choice 1:** Italian Combo Sandwich, **Choice 2:** Meatball Sub Sandwich, **Sides:** Italian Pasta Salad, Dreamsicle Gelatin

4 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, **Lunch: Choice 1:** Glazed Pork Chop, **Choice 2:** Hamburger Steak/Gravy, **Sides:** Baked Sweet Potato, Peas, Fresh Fruit Cup, **Supper: Choice 1:** French Dip Sandwich, **Choice 2:** Breaded Chicken Fillet on Bun, **Sides:** Cheddar Cheese Munchers, County Trio Vegetables, Brownie

5 Oatmeal, Breakfast Griddle Sandwich, **Lunch: Choice 1:** Salad Bar, Tomato Wedges, Cucumber Slices, Crackers, **Choice 2:** Turkey Sandwich, L/T/O, Potato Chips, **Sides:** Jell-O Cake, **Supper: Choice 1:** Tatar Tot Casserole, **Choice 2:** BBQ Pork Steak, **Sides:** Carrots, Breadstick, Mandarin Oranges

6 Cream of Wheat, Scrambled Eggs & Cheese, Toast, Strawberries **Lunch: Choice 1:** Spaghetti, Italian Vegetables, Garlic Toast, **Choice 2:** Chicken Salad Sandwich, L/T/O, Cucumber Pasta Salad, **Sides:** Watergate Dessert, **Supper: Choice 1:** Hot Dog/Bun **Choice 2:** Bratwurst Patty/Bun **Sides:** Potato Salad, Calico Bean Bake, Fresh Grapes

7 Malt-O-Meal, Sausage Link, Mini Donuts, Apricots, **Lunch: Choice 1:** Turkey Roast/Gravy, **Choice 2:** Pepper Steak/Gravy, **Sides:** Mashed Potatoes, Broccoli/Cheese, Roll, Pie **Supper: Choice 1:** Grilled Patty Melt, Peas, **Choice 2:** Chicken Noodle Soup, 1/2 Ham Sandwich, Lettuce & Tomato **Sides:** Watermelon, Pudding

8 Oatmeal, Hard Boiled Egg, Toast, Banana Half, **Lunch: Choice 1:** Cheeseburger, L/T/O, **Choice 2:** Tavern Battered Cod, Cascade Vegetables, **Sides:** Tater Roundabouts, Almond Joy Cake, **Supper: Choice 1:** Grilled Garlic Butter Chicken, **Choice 2:** BBQ Pork Ribette, **Sides:** Cheesy Rice, Capri Vegetables, Snickerdoodle Cookie

9 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup, **Lunch: Choice 1:** Beef Pot Roast, Mashed Potatoes/Gravy, Sunshine Carrots, **Choice 2:** Chef Salad w/Chicken, Crackers, **Sides:** Dinner Roll, Cherry Pie Crisp, **Supper: Choice 1:** Ham Salad Sandwich, Potato Chips, Lettuce & Tomato Slice, **Choice 2:** Italian Goulash, Mixed Vegetables, **Sides:** Mixed Berries

10 Malt-O-Meal, Scrambled Eggs, Toast, Tropical Fruit, **Lunch: Choice 1:** BLT's, Cottage Cheese, Peaches **Choice 2:** Salami & Swiss Sandwich with L/T, **Sides:** Potato Chips, Oreo Fluff, **Supper: Choice 1:** Dorito Taco Salad, L/T, Sour Cream, Corn, **Choice 2:** Cheesy Chicken Tortilla Soup, 1/2 Deli Turkey Sandwich, L/T/O, **Sides:** Italian Cream Cake

11 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, Strawberry Shortcake, **Supper: Choice 1:** Pork Tenderloin Filet, **Choice 2:** Cheddar Chicken & Rice Bake, **Sides:** Mixed Vegetables, Dinner Roll, Lime Crunch

12 Cream of Wheat, Ham/Egg /Cheese/ Croissant, Banana Half, **Lunch: Choice 1:** Honey Garlic Meatballs, **Choice 2:** Pork Steak, **Sides:** Parsley Noodles, Carrots, Garlic Toast, Candy Apple Dessert, **Supper: Choice 1:** Bratwurst on Bun, **Choice 2:** BBQ Grilled chicken on Bun **Sides:** Seasoned Tots, Twisted Layer Salad, Pears

13 Malt-O-Meal, Fried Egg, Caramel Pecan Donut Bake, Mango, **Lunch: Choice 1:** Meatloaf, Sour Ceram Mashed Potatoes, Green Beans, Bread/Butter **Choice 2:** Roast Beef Swiss/Croissant, Cucumber Pasta Salad, **Sides:** Fruit Cocktail **Supper: Choice 1:** Bologna & Cheese Sandwich, **Choice 2:** Turkey Burger on Bun **Sides:** Coleslaw Pasta Salad, Brownie

14 Oatmeal, Frittata ,Toast, Banana Half, **Lunch: Choice 1:** Lasagna, **Choice 2:** BBQ Ribette, **Sides:** Tossed Salad/ Dressing, Peas, Garlic Toast, Pie **Supper: Choice 1:** Sloppy Joe/Bun, Mixed Vegetables, Waffle Fries, **Choice 2:** Tuna Salad Sandwich, L/T/O, Potato Chips, **Sides:** Raspberry Peaches

15 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Mixed Berries, **Lunch: Choice 1:** Hot Dog/Bun, **Choice 2:** Tavern Battered Cod, **Sides:** French Fries, Coleslaw, Scotcharoos, **Supper: Choice 1:** Beef & Broccoli, Rice, Crab Rangoon, Stir Fry Vegetables, **Choice 2:** Cottage Cheese Fruit Plate, Crackers, **Sides:** Pineapple & Cherries

16 Malt-O-Meal, Sausage Patty, Toast, Cantaloupe **Lunch: Choice 1:** Smothered Pork Chop, **Choice 2:** Chicken Tenders, **Sides:** Mashed Potatoes/Gravy, Cascade Vegetables, Strawberry Shortcake, **Supper: Choice 1:** Pulled Pork/Hoagie, **Choice 2:** Breaded Chicken Fillet/Bun, **Sides:** Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail

17 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, **Lunch: Choice 1:** Grilled Smokey Ranch Chicken, **Choice 2:** Beef Minute Steak/Gravy, **Supper: Choice 1:** Tatar Tot Casserole, Carrots, Bread/ Marg, **Choice 2:** Turkey Club Slider, with Lettuce/Tomato, Potato Chips, **Sides:** Tropical Fruit

18 Cream of Wheat, Skillet Breakfast, Toast, Honeydew Melon **Lunch: Choice 1:** Beef & Noodles, Bacon Ranch Green Beans, Garlic Toast, **Choice 2:** Tacos, Shredded Lettuce, Tomatoes, Sour Cream, **Sides:** Chocolate Toffee Dessert, **Supper: Choice 1:** Ham & Swiss/ Croissant, Lettuce & Tomato Slice, **Choice 2:** Grilled Reuben **Sides:** Potato Chips, Pears

19 Malt-O-Meal, Poached Egg, Banana Half, **Lunch: Choice 1:** Pork Tenderloin Filet, **Choice 2:** Lemon Pepper Tilapia Filet, **Sides:** Fried Potatoes, Sunshine Carrots, Raspberry Ripple, **Supper: Choice 1:** Deli Club Sandwich, **Choice 2:** Deli Roast Beef Sandwich, **Sides:** Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake

20 Oatmeal, Scrambled Egg Patty, Danish, Grapes, **Lunch: Choice 1:** Baked Ham **Choice 2:** Swiss Steak **Sides:** Baked Sweet Potato, Colorful Vegetable Casserole, Smores Pudding, **Supper: Choice 1:** Boneless Chicken Wings, **Choice 2:** BBQ Ribette, **Sides:** Corn Bake, Twisted 7 Layered Salad, Apple Slices & Strawberries

21 Cream of Wheat, Caramel Apple Muffins, Hard Boiled Egg, **Lunch: Choice 1:** Pork Loin, **Choice 2:** Smothered Turkey Patty, **Sides:** Au Gratin Potatoes, Key West Blend Vegetables, Dinner Roll, Pie **Supper: Choice 1:** Corned Beef & Swiss on Rye, Party Pasta Salad, **Choice 2:** Ham & Cheese Quiche, Mixed Vegetables, **Sides:** Fruit Cocktail

22 Malt-O-Meal, Funfetti Pancakes/ Syrup, Bacon, Strawberries, **Lunch: Choice 1:** Walking Cheeseburger, L/T/O, **Choice 2:** Farmers Delight Sandwich, **Sides:** Cranberry Fruit Salad, **Supper: Choice 1:** Scalloped Potatoes & Ham, Green Beans, Garlic Breadstick, **Choice 2:** Bacon Cheddar Ranch Chicken Salad Wrap, **Sides:** Caramel Mandarin Orange Cake

23 Oatmeal, Baked Cherry Cheese cake, French Toast, Breakfast Ham Patty, Sliced Peaches **Lunch: Choice 1:** Chicken BLT Salad, Crackers **Choice 2:** BBQ Pork & Slaw Sandwich **Sides:** Fluffy Lemon Raspberry Treat, **Supper: Choice 1:** Cuban Sliders, Tater Tots, **Choice 2:** Beef & Cheese Nacho Tots, Shredded Lettuce/Tomato, **Sides:** Emerald Pears

24 Cream of Wheat, Toast, Biscuit Egg Casserole, Mango & Pineapples, **Lunch: Choice 1:** Italian Cavatelli, Cheesy Garlic French Bread, **Choice 2:** Chicken Gyro, **Sides:** Normandy Blend Vegetables, Brownie Batter Cheesecake, **Supper: Choice 1:** Mushroom & Swiss Burger, **Choice 2:** Bratwurst/Hot Dog Bun **Sides:** French Fries, California Vegetables, Apple Crumb Bar

25 Malt-O-Meal, Fried Egg, Blueberry Toast, **Lunch: Choice 1:** Honey BBQ Chicken, Crispy Fried Potatoes w/ Bacon, Honey Buttered Carrots, **Choice 2:** Taco Baked Potato, Shredded Lettuce/Tomato, **Sides:** Hawaiian Fruit Cup, **Supper: Choice 1:** BBQ Ribs, Twice Baked Mashed Potatoes, Corn, **Choice 2:** Italian Croissant, Club Pasta Salad, **Sides:** Flamingo Cake

26 Oatmeal, Sausage Hashbrown Cup, Banana & Mandarin Oranges, **Lunch: Choice 1:** Meat Lovers Pizza **Choice 2:** Cheeseburger Slider, **Sides:** Riviera Vegetables, Tossed Salad/Dressing, Fruit Cocktail Cake, **Supper: Choice 1:** Tuna Noodle Casserole, Buttered Peas, Dinner Roll **Choice 2:** Grilled Chicken Sandwich, L/T/O, **Sides:** Strawberries & Blueberries

27 Cream of Wheat, Cinnamon Toast, Poached Egg, Raspberries & Peaches, **Lunch: Choice 1:** Chicken Bacon Ranch Casserole, Cheddar Garlic Biscuit, **Choice 2:** Italian Grilled Cheese Sandwich, **Sides:** Italian Blend Vegetables, Tropical Fruit, **Supper: Choice 1:** Cauliflower Cheese Soup, Crackers **Choice 2:** Beef Barley Soup, **Sides:** 1/2 Deli Turkey Sandwich, L/T/O, Cherry Lemon Bar

28 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges **Lunch: Choice 1:** French Onion Roast Beef **Choice 2:** Pork Chop **Sides:** Mashed Potatoes/Gravy, Carrots, Dinner Roll, Pie, **Supper: Choice 1:** Garden Vegetable Soup, Deli Roast Beef Sandwich, **Choice 2:** Chef Salad, Crackers **Sides:** Reese's Krispie Treat

29 Cream of Wheat, Sausage Link, Pancake/Syrup, Banana Half **Lunch: Choice 1:** BBQ Ribette, **Choice 2:** Tavern Battered Cod, **Sides:** Baked Sweet Potato, Broccoli, Fresh Grapes, **Supper: Choice 1:** Pizza, **Choice 2:** BBQ Pork Steak, **Sides:** Tossed Salad, Mixed Vegetables, Pineapple Tidbits

30 Malt-O-Meal, Toast, Scrambled Eggs/ Ham & Cheese, Cantaloupe, **Lunch: Choice 1:** Chicken Bowtie Cordon Bleu, **Choice 2:** Salisbury Steak/Brown Gravy, Mashed Potatoes **Sides:** Green Beans, Garlic Toast, Blueberry Lemon Upside-Down Cake **Supper: Choice 1:** Cheddar Wurst/Bun **Choice 2:** Grilled Chicken Sandwich, L/T/O **Sides:** Seasoned Fries, Peaches, Brownie/ Chocolate Cream Cheese Frosting

31 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin **Lunch: Choice 1:** Breaded Pork Tenderloin **Choice 2:** Chicken Strips **Sides:** Potato Wedge, Dilled Cucumbers, Pears **Supper: Choice 1:** Dr. Pepper Meatballs, **Choice 2:** Italian Chicken Breast **Sides:** Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake

July 2024 Menu



4TH OF JULY PICNIC



WORD SEARCH PUZZLE

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

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

- | | | | |
|----------|--------------|-----------|------------|
| BEANS | COOKIES | ICE CREAM | RIBS |
| BROWNIES | CORN | ICE TEA | SALAD |
| CAKE | CUPCAKES | LEMONADE | STEAK |
| CHICKEN | FRENCH FRIES | PASTA | VEGETABLES |
| CHIPS | FRUIT | PIE | WATERMELON |
| COBBLER | HAMBURGERS | POPSICLES | WINGS |
| COLESLAW | HOT DOGS | PUNCH | |

HCC Parading for the 4th

Wednesday, July 3rd @ 11:00 am

Residents and Families

Dress up in your patriot attire and decorate your wheelchairs and walkers. Let's celebrate the 4th in style as we parade around the facility!

Don't miss out on the fun!

4th of July Party

Wednesday, July 3rd @ 2:30 pm

As the celebration continues, join us for more 4th of July fun with festive snacks and live patriotic songs performed by

Grant Beck

4 Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>All Activities are subject to change. Refer to the white boards in the dining rooms for the daily Activities!</p> </div>	<p>1 10:00 Manicures & Social 2:30 Snow Cones on the Patio 4:45 Bible Study Group</p>	<p>2 10:00 Games on the Patio 2:30 Cards/Games</p>	<p>3 11:00 HCC 4th of July Parade 2:30 4th of July Party with Grant Beck 4:00 Activity Hour</p>	<p>4 <u>Independence Day</u> All Morning Independent Activities 2:30 Music Hour with Dave Wirtz</p>	<p>5 All Morning Independent Activities 2:15 Bingo Hour 3:30 Independent Social Hour</p>	<p>6 All Morning Independent Activities 2:30 Weekend Games 4:30 Flute Music with Charlotte Weekend Popcorn</p>
<p>7 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:15 Weekend Bingo 4:00 King of Kings Lutheran Church</p>	<p>8 10:00 Manicures & Social 2:30 Entertainment with the Country Steppers 4:45 Bible Study Group</p>	<p>9 10:00 Gospel Light Baptist Church Service 2:30 Sugar Cookie Decorating</p>	<p>10 10:00 Guess that Puzzle 2:30 Donkey Visits on the Patio 4:00 Activity Hour</p>	<p>11 8:50 Catholic Mass 10:00 Bingo with Friends from The ARC 2:30 Happy Hour with the Flip Side 4:00 Book Reading</p>	<p>12 10:00 Guess the Flavor 2:15 Bingo Hour 3:30 Independent Social Hour</p>	<p>13 All Morning Independent Activities 2:30 Parlor City Ramblers Weekend Popcorn</p>
<p>14 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Krafts with Karen & Kate</p>	<p>15 10:00 Manicures & Social 2:30 Wheel of Fortune 4:45 Bible Study Group</p>	<p>16 10:00 Jokes/Reminisce 10:30 Piano Music with Melinda 2:30 Guess Speaker: Besty Ross</p>	<p>17 National Tattoo Day 10:00 Tropical Fruit on the Patio 2:30 Tattoos on the Patio 4:00 Activity Hour</p>	<p>18 8:50 Catholic Mass 10:15 Lemonade Social on the Patio 2:30 Happy Hour with Clay Willie 4:00 Book Reading</p>	<p>19 10:15 Story Time 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:30 Independent Social Hour</p>	<p>20 All Morning Independent Activities 2:30 Popsicles on the Patio Weekend Popcorn</p>
<p>21 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Weekend Bingo 4:00 King of Kings Lutheran Church Service</p>	<p>22 10:00 Manicures & Social 2:30 July Birthday Party with Dave Marshall 4:45 Bible Study Group</p>	<p>23 10:00 Outdoor Fun with Mother Goose Daycare Kids 2:30 Story Telling with August Green</p>	<p>24 10:15 Lovley Lane Methodist Church Service 2:30 Ice Cream Social 4:00 Activity Hour</p>	<p>25 8:50 Catholic Mass 10:15 Lemonade Social on the Patio 2:30 Happy Hour with Harold Gray 4:00 Book Reading</p>	<p>26 10:00 Bingo with Friends from Discovery Living 2:15 Bingo Hour 3:30 Independent Social Hour</p>	<p>27 All Morning Independent Activities 2:30 Craft: Tye Dying Weekend Popcorn</p>
<p>28 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Craft: Lipstick Making</p>	<p>29 10:00 Manicures & Social 2:30 Movie & Popcorn 4:45 Bible Study Group</p>	<p>30 10:00 Jokes/Reminisce 10:30 Piano Music with Melinda 2:30 Cards/Games</p>	<p>31 Kernels Ball Game All Morning Independent Activities 2:30 Bingo Hour</p>	 <p><i>July</i>  <i>Activities</i></p>		