

Activities-Events-Reminders

Important Update on Hair Services

At this time, our hair services are available exclusively for our long-term residents.

Short-term residents are welcome to arrange for their personal stylist to come into the facility and schedule a time to use our beauty shop with their own supplies.

If you have any questions, please contact Hannah Waters, Activity Director.

Thank you for your understanding and cooperation.



Hiawatha Care Center June 2024 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!

June Birthdays

Frank Byrns	6/1
Joan Spoden	6/8
Linda Spence	6/17
Eileen Baird	6/23
Emelia Jacobson	6/23
Rosemary Rott	6/27
Elmer Boie	6/27
Jim Wehr	6/28
Neil Breure	6/28
Wilma Funk	6/29

Resident Council Leaders



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

Upcoming Events

- 6/13 Father's Day Dinner
- 6/19 The Freeze Ice Cream Truck
- 6/21 Visits with the Llamas

"When all else fails, take a vacation!"

-Betty Williams

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June 2024 Menu</h1>						
<p>2 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</p>	<p>3 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</p>	<p>4 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</p>	<p>5 Malt-O-Meal, Scrambled Eggs, Toast, Tropical Fruit, Lunch: Choice 1: BLT's, Cottage Cheese, Peaches Choice 2: Salami & Swiss Sandwich with Lettuce/Tomato, Sides: Potato Chips, Oreo Fluff, Supper: Choice 1: Dorito Taco Salad, Lettuce, Tomato, Sour Cream, Corn, Choice 2: Cheesy Chicken Tortilla Soup, 1/2 Deli Turkey Sandwich, L/T/O, Sides: Italian Cream Cake</p>	<p>6 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</p>	<p>7 Cream of Wheat, Ham & Egg Croissant/Cheese, 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</p>	<p>8 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</p>
<p>9 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, Lettuce/Tomato/Onion, Potato Chips, Sides: Raspberry Peaches</p>	<p>10 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Mixed Berries, Lunch: Choice 1: Hot Dog/Bun, Choice 2: Tavern Battered Cod, Sides: French Fries, Coleslaw, Scotcheroos, Supper: Choice 1: Beef & Broccoli, Rice, Crab Rangoon, Stir Fry Vegetables, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pineapple & Cherries</p>	<p>11 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 on Bun, Sides: Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail</p>	<p>12 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</p>	<p>13 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</p>	<p>14 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</p>	<p>15 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</p>
<p>16 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, Pie, Dinner Roll, Supper: Choice 1: Corned Beef & Swiss on Rye, Party Pasta Salad, Choice 2: Ham & Cheese Quiche, Mixed Vegetables, Sides: Fruit Cocktail</p>	<p>17 Malt-O-Meal, Funfetti Pancakes/Syrup, Bacon, Strawberries, Lunch: Choice 1: Walking Cheeseburger, Lettuce/Tomato, 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</p>	<p>18 Oatmeal, Baked Cherry Cheesecake, 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</p>	<p>19 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 on Hot Dog Bun Sides: French Fries, California Vegetables, Apple Crumb Bar</p>	<p>20 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</p>	<p>21 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</p>	<p>22 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</p>
<p>23 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</p>	<p>24 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,</p>	<p>25 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</p>	<p>26 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</p>	<p>27 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Banana Half Lunch: Choice 1: Meatloaf, Choice 2: Maple BBQ Pork Chop Sides: Parslied Red Potatoes, Corn, Cherry Cha Cha Supper: Choice 1: Hot Dog/Bun, Choice 2: Turkey Ranch Club Sandwich, L/T/O, Sides: Deviled Egg Pasta Salad, Mixed Fruit</p>	<p>28 Malt-O-Meal, Sausage & Potato Breakfast Casserole, Toast, Jelly, Fresh Strawberries, Lunch: Choice 1: Butter Crumb Pollock, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Cascade Vegetables, Watermelon, Supper: Choice 1: Cheeseburger on Bun, Choice 2: Crunchy Fish Sandwich, Sides: L/T/O, Potato Chips, Mixed Berries</p>	<p>29 Oatmeal, Scrambled Egg, Toast, Honeydew, Lunch: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Green Beans, Choice 2: Cottage Cheese Sides: Frosted Cake, Supper: Choice 1: Chili Mac, Choice 2: Hamburger Steak/Gravy, Mashed Potatoes, Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>30 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch: Choice 1: Baked Ham, Choice 2: Baked Chicken, Sides: Scalloped Potatoes, California Vegetables, Roll, Pie, Supper: Choice 1: Turkey Burger on Bun, French Fries, L/T/O, Choice 2: Ham & Cheese Omelet, Carrots, Muffin/Marg, Sides: Apricots</p>	 <p>If summer had one defining scent, it'd definitely be the smell of barbecue.</p> <p>KATIE LEE</p>					

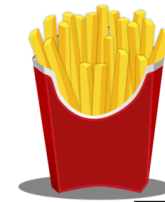
WE'RE GRILLN'
AND CHILLN'
WITH EXCITEMENT!

Father's Day


Families of our gentlemen residents,
join us Thursday, June 13th @ 5:15 pm
on the patio for BBQ dinner and
music entertainment by the one and
only Grant Beck!

RSVP to Hannah Waters,
Activity Director, no later than
Monday, June 10th!

319-368-2626



Fast Food Restaurants

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

Word list:

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|------------|-------------|--------------|-------------|
| ARBYS | DOMINOS | MCDONALDS | SONIC |
| BURGERKING | DUNKIN | PANDAEXPRESS | STARBUCKS |
| CARLSJR | FIVEGUYS | PANERABREAD | SUBWAY |
| CHICKFILA | HARDEES | PAPAJOHNS | TACOBELL |
| CHIPOTLE | JERSEYMIKES | PIZZAHUT | WENDYS |
| DAIRYQUEEN | KFC | POPEYES | WHATABURGER |



June Activities 2024

<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>1</p> <p>All Morning Independent Activities</p> <p>2:45 Dance Group with the Point of School Dance Studio</p> <p>4:30 Flute Music with Charlotte In the West Dining Room</p> </div> <div style="width: 70%;"></div> <div style="width: 15%; text-align: right;"> <p>8</p> <p style="text-align: center;">All Day Independent Activities</p> </div> </div>						
<p>2</p> <p>10:00 Catholic Communion with St. Elizabeth Ann Seton Church</p> <p>2:30 Music with Richard Lee</p> <p>4:00 King of Kings Lutheran Church</p>	<p>3</p> <p>10:00 Manicures & Social</p> <p>2:30 Harold & Robert Band</p> <p style="text-align: center;">NO Bible Study</p>	<p>4</p> <p>10:00 Jokes/Reminisce</p> <p>10:30 Piano Music with Melinda</p> <p>2:30 Outdoor Social on the Patio</p>	<p>5</p> <p>10:00 Outdoor Games on the Patio</p> <p>2:30 Music with Lena Adams</p> <p>4:00 Activity Hour</p> <p><i>4:00 Music Therapy (Private Group)</i></p>	<p>6 D-Day</p> <p>8:50 Catholic Mass</p> <p>10:15 Lemonade Social on the Patio</p> <p>2:30 Happy Hour with Dave Wirtz</p>	<p>7</p> <p>10:15 Jokes/Reminisce</p> <p>11:00 Cathy's Bible Study Group</p> <p>2:15 Bingo Hour</p> <p>3:30 Independent Social Hour</p>	
<p>9</p> <p>10:00 Catholic Communion with St. Elizabeth Ann Seton Church</p> <p>2:15 Weekend Bingo with Lucy</p>	<p>10</p> <p>10:00 Manicures & Social</p> <p>2:30 Root Beer Floats on the Patio</p> <p>4:45 Bible Study Group</p>	<p>11</p> <p>10:00 Gospel Light Baptist Church</p> <p>2:30 Cards or Games</p>	<p>12</p> <p>10:00 Manicures & Social</p> <p>2:30 Music with the Oxford Junction Band</p> <p>4:00 Activity Hour</p> <p><i>4:00 Music Therapy (Private Group)</i></p>	<p>13 HCC Father's Day Dinner</p> <p>8:50 Catholic Mass</p> <p>10:00 Guess that Puzzle with Friends from the ARC</p> <p>2:30 Happy Hour with the Flip Side</p>	<p>14 Flag Day</p> <p>10:00 Bingo with Friends from Discovery Living</p> <p>2:15 Bingo Hour</p> <p>3:30 Independent Social Hour</p>	<p>15</p> <p style="text-align: center;">All Morning Independent Activities</p> <p>2:30 Kraft's with Karen & Kate</p> <p style="text-align: center;">Weekend Popcorn</p>
<p>16 Happy Father's Day</p> <p>10:00 Catholic Communion with St. Elizabeth Ann Seton Church</p> <p>2:30 Fishing on the Patio</p> <p>4:00 King of Kings Lutheran</p>	<p>17</p> <p>10:00 Manicures & Social</p> <p>2:30 Campfire & Smores on the Patio</p> <p>4:45 Bible Study Group</p>	<p>18</p> <p>10:00 Guess the Puzzle</p> <p>2:30 Guest Speaker: Jackie Kennedy</p>	<p>19</p> <p>10:00 Outdoor Games on the Patio</p> <p>2:30 Ice Cream with the Freeze Truck from Marion</p> <p>4:00 Activity Hour</p> <p><i>4:00 Music Therapy (Private Group)</i></p>	<p>20 1st Day of Summer</p> <p>8:50 Catholic Mass</p> <p>10:00 Lemonade Social on the Patio</p> <p>2:30 Happy Hour with the La La Ladies</p> <p>4:00 Outdoor Book Reading</p>	<p>21</p> <p>10:00 Llama Visits Outdoors with Friends from Promise House</p> <p>2:15 Bingo Hour</p> <p>3:30 Independent Social Hour</p>	<p>22</p> <p style="text-align: center;">All Morning Independent Activities</p> <p>2:30 Movie & Popcorn</p>
<p>23</p> <p>10:00 Catholic Communion with St. Elizabeth Ann Seton Church</p> <p>2:30 Weekend Bingo with Lucy</p>	<p>24</p> <p>10:00 Manicures & Social</p> <p>2:30 Travel Adventures</p> <p>4:45 Bible Study Group</p>	<p>25</p> <p>10:00 Outdoor Activities with Mother Goose Daycare</p> <p>2:30 Story Telling with August Green</p>	<p>26</p> <p>10:15 Lovley Lane Methodist Church Service</p> <p>2:30 June Birthday Party with Dave Marshall</p> <p>4:00 Activity Hour</p> <p><i>4:00 Music Therapy (Private Group)</i></p>	<p>27</p> <p>8:50 Catholic Mass</p> <p>10:00 Bingo with Friends from the ARC</p> <p>2:30 Happy Hour with Harold Gray</p> <p>4:00 Outdoor Book Reading</p>	<p>28</p> <p>10:00 Card Games with Friends from Discovery Living</p> <p>2:15 Bingo Hour</p> <p>3:30 Independent Social Hour</p>	<p>29</p> <p style="text-align: center;">All Morning Independent Activities</p> <p>2:30 Kraft's with Karen & Kate</p> <p style="text-align: center;">Weekend Popcorn</p>

30

10:00 Catholic Communion with St. Elizabeth Ann Seton Church

2:30 Outdoor Social and Snacks on the Patio



All Activities are subject to change. Refer to the white boards in the dining rooms for the daily Activities!