

Hiawatha Care Center March 2024 Newsletter



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

Activities-Events- Reminders

St. Patrick's Day Happy Hour!

We will be celebrating St. Patrick's Day with live music by the Parker & Hart Trio Band!

Thursday, March 14th @ 2:30

St. Joseph's Day

We will be serving Kolaches on Thursday, March 21st in honor of St. Joseph's Day!



**"Saturday, March 30th, @ 3:00 PM
Prestige Dance Students will be putting on a small performance in the west dining room!"**

March Birthdays

Marjorie Daft	3/2
Nancy Kandt	3/11
Eldred Gerhold	3/15
Arlene Kolter	3/19
Bill Nost	3/25
Dean Walker	3/26
John Paul	3/31

Resident Council Leaders

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

Important Events

- 3-14 St. Patrick's Day Party
- 3-17 Cedar Rapids Symphony Orchestra
- 3-21 Kolaches for St. Joseph's Day
- 3-24 Annual Easter Egg Hunt
- 3-29 Good Friday
- 3-31 Easter Sunday



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March Menu



3 Oatmeal, Cheese Omelet, Frosted Cinnamon Roll, Strawberries, **Lunch: Choice 1:** Turkey Roast, Turkey Gravy **Choice 2:** Pork Chop, **Sides:** Mashed Potatoes, Carrots, Dinner Roll, Pie **Supper: Choice 1:** Shepherds Pie, Bread/Marg, **Choice 2:** Cream of Tomato Soup, Grilled Cheese Sandwich, **Sides:** Oregon Vegetables, Sugar Cookie

10 Cream of Wheat, Fruit & Yogurt Parfait, Strudel Bites **Lunch: Choice 1:** Cherry Glazed Ham, **Choice 2:** Hamburger Steak w/Gravy **Sides:** Au Gratin Potatoes, Cascade Vegetables, Roll, Pie, **Supper: Choice 1:** Chili, Chili Fixings, Fritos corn Chips **Choice 2:** Loaded Baked Potato w/ Ham **Sides:** Apricots

17 Malt-O-Meal, Frittata, Frosted Cinnamon Roll, **Lunch: Choice 1:** Chicken Fried Steak/Gravy **Choice 2:** Mesquite Turkey on Bun **Sides:** Mashed Potatoes, Country Trio Vegetables, Dinner Roll, Pie **Supper: Choice 1:** Hamburger on Bun, **Choice 2:** Chicken Salad Sandwich, Lettuce/Tomato/Onion **Sides:** Baked Beans, Fritos Corn Chips, Pears

24 Oatmeal, Sausage Link, Danish, Honeydew, **Lunch: Choice 1:** Beef Pot Roast, Beef Gravy, **Choice 2:** Swiss Steak, **Sides:** Mashed Potatoes, Green Beans, Roll, Pie, **Supper: Choice 1:** Hot Dog On a Bun, **Choice 2:** Breaded Fish Filet, **Sides:** Macaroni and Cheese, Toss Salad, Blueberries

31 Cream of Wheat, Apple Streusel Coffee Cake, Hard Boiled Eggs, **Lunch: Choice 1:** Garlic Roasted Pork, Chalet Vegetables **Sides:** Cheesy Mashed Potatoes, Roll, Pie, **Supper: Choice 1:** Broccoli Cheddar Soup, Deli Roast Beef Sandwich, Lettuce, Tomato, Onion, **Sides:** Mandarin Oranges.

4 Cream of Wheat, Poached Egg, Cinnamon Bread, **Lunch: Choice 1:** Ravioli Bake, **Choice 2:** Breaded Cod, Mashed Potatoes, **Sides:** Key West Vegetables, Garlic Toast, Mango, **Supper: Choice 1:** Cuban Slider, **Choice 2:** Meatballs with Sauce **Sides:** Tater Tots, Creamy Cucumber Salad, Apricots

11 Malt-O-Meal, Bacon, Scrambled Egg, Toast, Mango **Lunch: Choice 1:** Baked Garlic Parmesan Chicken, Pasta w/Marinara Sauce **Choice 2:** BBQ Ribette, Mashed Potatoes, **Sides:** Capri Vegetables, Garlic Bread, Caramel Brownie, **Supper: Choice 1:** BBQ Sloppy /Bun **Choice 2:** Bratwurst Patty/Bun **Sides:** French Fries, Toss Salad/Dressing, Fruit Cocktail

18 Oatmeal, Pumpkin Pancakes, Breakfast Ham Patty, Banana Half, **Lunch: Choice 1:** Baked Spaghetti, Italian Bled Vegetables, Garlic Bread, **Choice 2:** Chef Salad, Crackers **Sides:** Chocolate Peanut Butter Quake **Supper: Choice 1:** Meatballs w/Sweet & Sour Sauce, **Choice 2:** Alaskan Pollock Wings **Sides:** Fried Potatoes, Bacon, Tomato, Cucumber Salad, Apricots

25 Cream Of Wheat, Poached Egg, Banana Half, Toast, **Lunch: Choice 1:** Swedish Meatloaf, **Choice 2:** Baked Ham, **Sides:** Mashed Potatoes, Chalet Garlic Buttered Vegetables, Bread/Marg., Strawberry Cheesecake Fluff, **Supper: Choice 1:** Breaded Chicken Fillet, **Choice 2:** Mesquite Turkey Burger, **Sides:** Fried Potatoes, Creamy Coleslaw, Mandarin Oranges



5 Malt-O-Meal, Scrambled Eggs w/Bacon, Banana Half, **Lunch: Choice 1:** French Onion Pork Loin **Sides:** Sweet Potato Crunch Casserole, Country Trio Vegetables, Raspberries, **Supper: Choice 1:** Chicken & Noodles, Chalet Garlic Buttered Vegetables, **Choice 2:** Chef Salad, **Sides:** Fresh Baked Bread, Margarine, Peaches

12 Oatmeal, Everything Bagel Bake, Dragon Fruit, **Lunch: Choice 1:** Country Fried Steak/Gravy, **Choice 2:** Breaded Fish, Herbed Rice **Sides:** Mashed Potatoes, Mixed Vegetables, Ambrosia Dessert **Supper: Choice 1:** Wisconsin cheese Soup, 1/2 Deli Roast Beef Sandwich, Creamy Cucumber Salad, **Choice 2:** Creamed Chicken/Biscuit **Sides:** Cinnamon Baked Apples

19 Cream of Wheat, Breakfast Pizza, **Lunch: Choice 1:** Grilled Turkey & Swiss Sandwich, **Choice 2:** BBQ Chicken Tenders **Sides:** Sweet Potato Fries, Creamy Coleslaw, Mandarin Orange Fluff **Supper: Choice 1:** Cheddar Chicken & Rice Bake, **Choice 2:** Breaded Pork Tenderloin **Sides:** Buttered Peas, Fresh Baked Bread, Mixed Berries

26 Malt-O-Meal, Scrambled Egg With Cheese, Chocolate Chip Coffee Cake, **Lunch: Choice 1:** BBQ Ribette, Baked Sweet Potato, Peas, Bread/Marg, **Choice 2:** Deli Roast Beef Slider, Lettuce/Tomato/Onion, **Sides:** Chocolate Fluffernutter Bar, **Supper: Choice 1:** Turkey Tetrazzini, **Choice 2:** Baked Pork Chop, Garlic Mashed Potatoes, **Sides:** Carrots, Garlic Toast, Mixed Fruit

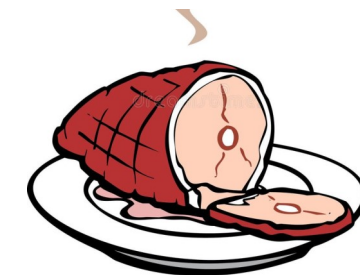


6 Oatmeal, Sausage Patty, Toast, Sunrise Fruit Blend, **Lunch: Choice 1:** Swiss Steak/Brown Gravy **Choice 2:** BBQ Pork Steak **Sides:** Garlic Parmesan Mashed Potatoes, Peas, Bread/Marg, Candy Bar Blondie, **Supper: Choice 1:** Corned Beef & Vegetable Soup, Crackers **Choice 2:** Creamed Turkey, **Sides:** Biscuit, Pears

13 Cream of Wheat, Sausage Link, Banana French Toast Bake, **Lunch: Choice 1:** Baked Pork Chop, Stuffing, Dinner Roll, **Choice 2:** Pulled Turkey on Bun **Sides:** Broccoli, Ice Cream Cup **Supper: Choice 1:** Corn Chip Chicken, Shredded Lettuce/Tomato, Refried Beans **Choice 2:** Pork Tenderloin on Bun, Lettuce & Tomato, Potato Chips **Sides:** Mandarin Oranges

20 Malt-O-Meal, Breakfast Egg Bite, Toast, Cantaloupe, **Lunch: Choice 1:** Cowboy Meatloaf Casserole, **Choice 2:** Baked Ham **Sides:** Green Beans, Sour Cream Mashed Potatoes, Carmel Apple dessert. **Supper: Choice 1:** Homemade Chicken Noodle Soup, Crackers, 1/2 Deli Ham Sandwich, Lettuce/Tomato/Onion, **Choice 2:** Sloppy Joe On A Bun, Chips, **Sides:** Glazed Apple Maple Blondie

27 Oatmeal, Sausage Patty, French Toast, Strawberries, **Lunch: Choice 1:** Apple Cranberry Chicken, Chicken Gravy, **Choice 2:** Beef Minute Steak, Beef Gravy **Sides:** Stuffing, Riviera Vegetables, Coffee Cream Dessert, **Supper: Choice 1:** Cheeseburger on Bun, **Choice 2:** BBQ Pork Steak on a Bun, **Sides:** French Fries, Toss Salad, Apricots



7 Cream of Wheat, Blueberry Crunch Breakfast Bake, **Lunch: Choice 1:** Chicken Fried Chicken, Corn Bake, **Choice 2:** Hamburger on Bun, Potato Chips, **Sides:** Parslied Carrots, Cherry Crunch, **Supper: Choice 1:** Dinner Omelet, **Choice 2:** Hot Dog on Bun, **Sides:** Fried Potatoes & Onions, Green Beans, Mixed Fruit, Danish

14 Malt-O-Meal, Ham, Egg & Cheese Croissant, Mixed Fruit, **Lunch: Choice 1:** Beef Pot Roast **Choice 2:** Baked Chicken **Sides:** Garlic & Her Roasted Potatoes, Carrots, Bread/Butter, Banana Foster Poke Cake, **Supper: Choice 1:** Grilled Reuben, Waffle Fries, **Choice 2:** Ham & Bean Soup, Cottage Cheese & Peaches, Dinner Roll **Sides:** Peaches

21 Oatmeal, Denver Scrambled Eggs, Toast, Banana Half, **Lunch: Choice 1:** Beef Tips w/ Gravy, **Choice 2:** Black Oak Smoked Sausage, **Sides:** Mashed Potatoes, Carrots, Pumpkin Crisp, **Supper: Choice 1:** Pulled Pork Salad, Cornbread, **Choice 2:** Breaded Chicken Patty On Bun, Creamy Coleslaw, **Sides:** Brownie Pie

28 Cream of Wheat, Cheese Omelets, Raisin Toast, **Lunch: Choice 1:** Mexican Lasagna, Shredded Lettuce, Tomato, Sour Cream, **Choice 2:** Chicken Tenders, Mashed Potatoes, **Sides:** Corn, Peach Cobbler w/ Cinnamon Whipped Topping, **Supper: Choice 1:** Cabbage Roll Soup, Crackers, Garlic Cheese Bread, **Choice 2:** Loaded Baked Potato w/ Ham, **Sides:** Pears, Peanut Butter Cookie

1 Oatmeal, Scrambled Egg Patty, Pumpkin Muffin, Pineapple Tidbits, **Lunch: Choice 1:** Breaded Fish Filet, **Choice 2:** Baked Chicken, **Sides:** Fried Potatoes, Mixed Vegetables, Fresh Baked Bread, Strawberry Cheese Cake, **Supper: Choice 1:** Layered Taco Salad, Cornbread, **Choice 2:** Tuna Salad on Croissant, Potato Chips, Lettuce/Tomato/Onion, **Sides:** Apple Crisp

8 Malt-O-Meal, Sausage Link, Pancakes/Syrup, Mandarin Oranges, **Lunch: Choice 1:** Breaded Pollock, Tartar Sauce **Choice 2:** Baked Ham, **Sides:** Baked Potato/Topping, Riviera Vegetables, Bread/Marg., Lemon Mousse, **Supper: Choice 1:** Teriyaki Chicken Breast, Rice, Broccoli, Crab Rangoon, **Choice 2:** Cottage Cheese Fresh Fruit Plate **Sides:** Monster Bars

15 Oatmeal, Poached Egg, Pumpkin Coffee Cake, Banana Half, **Lunch: Choice 1:** Baked Ham **Choice 2:** Beer Battered Tilapia **Sides:** Macaroni & Cheese, Creamy Coleslaw, Cornbread/margarine, Chocolate Raspberry Delight, **Supper: Choice 1:** Cheesy Tuna Casserole **Choice 2:** Baked Pork Chop, Mashed Potatoes, **Sides:** Cascade Vegetables, Breadstick, Blushing Pears

22 Cream Of Wheat, Fried Egg, Hashbrown Patty, Banana, **Lunch: Choice 1:** Breaded Cod Scrod, **Choice 2:** Hamburger Steak w/ Gravy, **Sides:** Garden Blend Rice, Riviera Vegetables, Cherry Delight, **Supper: Choice 1:** Cream of Tomato Soup, Crackers, Grilled Cheese Sandwich, **Choice 2:** Cheeseburger Mac, **Sides:** Toss Salad, Peaches

29 Malt-O-Meal, Egg & Sausage Biscuit, Banana Half, **Lunch: Choice 1:** Cheesy Tuna Casserole, Bread/Marg, **Choice 2:** Grilled Cheese Sandwich, Cream of Tomato Soup, **Sides:** Mixed Vegetables, Peaches, **Supper: Choice 1:** Breaded Fish Filet, **Choice 2:** Meatballs With Sauce, **Sides:** Cascade Blend Vegetables, Potato Wedge, Cupcake

2 Cream of Wheat, Sausage Patty, Pancakes, Banana Half, **Lunch: Choice 1:** Chicken Fried Chicken, Country Gravy, **Choice 2:** Baked Pork Chop, Gravy, **Sides:** Mashed Potatoes, Normandy Blend Vegetables, Smores Pudding, **Supper: Choice 1:** Meatball Sub Sandwich, Corn, **Choice 2:** Wisconsin Cheese Soup, Grilled Ham & Cheese Sandwich, **Sides:** Pears

9 Oatmeal, Hard Boiled Egg, Raisin Toast, Mixed Berries **Lunch: Choice 1:** Baked Spaghetti, Garlic Toast **Choice 2:** Baked Chicken, Tater Tots **Sides:** Toss Salad/Dressing, Fruited Gelatin, **Supper: Choice 1:** BBQ Rib Patty, Cheesy Mashed Potatoes, Pacific Vegetables, **Choice 2:** Grilled Rachel Sandwich, Potato Chips **Sides:** Cranberry Upside Down Cake

16 Cream of Wheat, Hard Boiled Egg, Bacon, English Muffin **Lunch: Choice 1:** Salisbury Steak/Gravy **Choice 2:** BBQ Ribs **Sides:** Baked Potato/Mag, Sunshine Carrots, Cookies & Cream Dessert, **Supper: Choice 1:** Pizza, Toss Salad, **Choice 2:** Cheeseburger on Bun, Potato Chips, **Sides:** Mixed Vegetables, Tropical Fruit

23 Malt-O-Meal, Hard Boiled Egg, Blueberry Toast, **Lunch: Choice 1:** Enchilada Crispito, Shredded Lettuce, Tomato, Sour Cream, Refried Beans, **Choice 2:** Pork Chop, Mashed Potatoes **Sides:** Corn, Cinnamon Apples, **Supper: Choice 1:** Chili, Chili Fixings, Pears, **Choice 2:** Cottage Cheese Fruit Plate, **Sides:** Apple Spice Cake w/ Cinnamon Cream Cheese Frosting

30 Oatmeal, Bacon, Toast, Blueberries, **Lunch: Choice 1:** Baked Ham, Garlic Bread Stick, **Choice 2:** Sloppy Joe on a Bun, Potato Chips, **Sides:** Dilled Carrots, Oatmeal Butterscotch Bar, **Supper: Choice 1:** BBQ Chicken Tenders, Pasta Salad, Country Trio Vegetables, **Choice 2:** Homemade Chicken Noddle Soup, Ham Salad Sandwich, **Sides:** Cinnamon Baked Apples



EASTER

Word Search



- BAKING
- BASKET
- BONNET
- BUNNY
- CANDY
- CELEBRATION
- CHICKS
- CHOCOLATE
- DAFFODIL
- DECORATIONS
- DUCKS
- EGGS
- FAMILY
- FESTIVE
- FLOWERS
- FUN
- GIFTS
- GRASS
- HAM
- HOLIDAY
- HUNT
- JELLY BEANS

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- LILIES
- MARSHMALLOWS
- PARADE
- PASTEL
- PEEPS
- PLASTIC EGGS
- PRIZES
- SPRING



Easter Egg Hunt Extravaganza!

Date: Sunday, March 24th

Time: 2:30 pm

Location: Outdoor Courtyard

Who's Invited!

- Residents
- Resident's Families & Friends
- Staff and their Families

Easter Egg Hunt!

We will divide the kids up in groups by age.

Group 1: Ages 1-3

Group 2: Ages 4-6

Group 3: Ages 7-9

Group 4: Ages 10-13

There will be fun, candy, and a special appearance from the Easter Bunny!

Contact Hannah Waters with questions:

Phone: 319-368-2626

Email: hwaters@hiawathacarecenter.com

March activities 2024

					<p>1 10:15 Jokes/Reminisce 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:30 Social Hour</p>	<p>2 All Day Independent Activities</p>
<p>3 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 4:00 King of Kings Lutheran Church Service</p>	<p>4 10:00 Manicures & Social 2:30 Serenity Spa Hour 4:45 Bible Study Group</p>	<p>5 10:00 Short Stories 10:30 Piano Music with Melinda 2:30 Baking Cookies 3:45 Movie & Snacks</p>	<p>6 10:00 Table Bowling 2:30 Cards/Games 4:00 Activity Hour 4:00 Music Therapy (Private Group)</p>	<p>7 10:00 Coffee & Cocoa Social 2:30 Happy Hour with Dave Wirtz 4:00 Book Reading with Kate</p>	<p>8 10:00 Bingo with Friends from Discovery Living 2:15 Bingo Hour 3:30 Social Hour</p>	<p>9 All Morning Independent Activities 2:30 Music with the Parlor City Ramblers 4:00 Weekend Games</p>
<p>10 Day Light Savings 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Music Entertainment with Richard Lee</p>	<p>11 The Chicks Are Back  2:30 Travel Adventures to Malaysia 4:45 Bible Study Group</p>	<p>12 10:00 Gospel Light Baptist Church Service 2:30 Movie & Popcorn</p>	<p>13 10:00 Manicures & Social 2:30 Wheel of Fortune 4:00 Activity Hour 4:00 Music Therapy (Private Group)</p>	<p>14 10:00 Uno with Friends from the ARC 2:30 St. Patrick's Party with the Parker/Hart Band 4:00 Book Reading</p>	<p>15 10:15 Jokes/Reminisce 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:30 Social Hour</p>	<p>16 All Day Independent Activities 4:30 Flute Music with Charlotte</p>
<p>17 St. Patrick's Day 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Music with the Cedar Rapids Symphony Orchestra 4:00 King of Kings Lutheran Church Service</p>	<p>18 10:00 Manicures & Social 2:30 Movement of Motion & Games 4:45 Bible Study Group</p>	<p>19 1st Day of Spring 10:00 Short Stories 10:30 Piano Music with Melinda 2:30 Guess Speaker: "Unsinkable Molly Brown" 3:45 Movies & Snacks</p>	<p>20 10:00 Bingo with Andrews Christian Students 2:30 Cards/Games 4:00 Activity Hour 4:00 Music Therapy (Private Group)</p>	<p>21 HCC: St. Joseph's Day 10:00 Coffee & Kolaches 2:30 Happy Hour with Clay Willie 4:00 Book Reading</p>	<p>22 10:00 Crafts with Friends from Discovery Living 2:15 Bingo Hour 3:30 Social Hour</p>	<p>23 All Morning Independent Activities 2:30 Krafts with Karen & Kate 4:15 Movies & Popcorn</p>
<p>24 Palm Sunday 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 HCC'S Annual Easter Egg Hunt</p>	<p>25 10:00 Manicures & Social 2:30 Ice Cream Social 4:45 Bible Study Group</p>	<p>26 10:00 Guess that Picture 2:30 Story Telling with August Green 3:45 Movies & Snacks</p>	<p>27 10:15 Lovely Lane Methodist Church Service 2:30 March Birthday Party with Dave Marshall 4:00 Activity Hour 4:00 Music Therapy (Private Group)</p>	<p>28 10:00 Bingo with Friends from the ARC 2:30 Happy Hour with Harold Gray 4:00 Book Reading</p>	<p>29 Good Friday 10:00 Dying Easter Eggs 2:15 Bingo Hour 3:30 Social Hour</p>	<p>30 All Day Independent Activities 3:00-3:30 Dancing Entertainment from Prestige Dance Students</p>

31 **Easter Sunday**
10:00 Catholic Communion with St. Elizabeth Ann Seton Church

4:00 King of Kings Lutheran Church: Easter Service



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