

## HCC Activities, Events, & Reminders

Be sure to check out the information bulletin board, located near the west dining room, outside of the activity room for the latest information and upcoming events.

Hiawatha Care Center Thanksgiving Meal will be Tuesday, November, 22nd @ 5:00. We will provide everything for the meal. Please be sure to R.S. V. P by Sunday, November 13th.

Christmas Giving Tree will be going up on Tuesday, November 29th see inside of newsletter for detail.

**Join and like our Facebook page!**

The eye doctor will coming in December!

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

319-378-8583

## Hiawatha Care Center November 2022 Newsletter



**405 N 15TH AVENUE, HIAWATHA, IA 52233**

**319-378-8583**

[hccinfo@hiawathacarecenter.com](mailto:hccinfo@hiawathacarecenter.com) or [kwalton@hiawathacarecenter.com](mailto:kwalton@hiawathacarecenter.com)

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

## What does a turkey eat for dessert?

### November Birthdays

Marjorie Witte 11/1

Lorraine Sakulin 11/2

Dorothy Jordan 11/7

Keith Drexler 11/12

Beverly Welch 11/16

Nanci liams 11/22

Rosalind Henneberry 11/24

THERE IS ALWAYS SOMETHING  
TO BE *thankful* FOR



### November Events

11/22: Hiawatha Care Center  
Thanksgiving Dinner

11/24: Happy Thanksgiving Day



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# Menu 2022

6 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

7 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

13 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

14 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

20 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

21 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

27 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

28 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

1 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

8 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

15 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

22 Oatmeal, Hard Boiled Egg, Bacon, Toast/Marg, Mixed Berries, **Lunch:** Minestrone Soup, Crackers, Ham and Cheese Slider w/ Lettuce, Tomato, Cookie.

**Dinner: Thanksgiving  
Dinner with  
Family @ 5pm**

29 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

2 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:** Blue-

9 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

16 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

23 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

30 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:** Blue-

3 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

10 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

17 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 Cheesecake, **Dinner: Choice 1:** Roasted Chicken Breast, **Choice 2:** Meatballs With Sauce, **Sides:** Mashed Potatoes, Gravy, Corn, Bread/Marg, Fruit Cocktail

24 Malt-O-Meal, Toast/Marg, Cheesy Egg Bake, **Lunch: Choice 1:** Roasted Turkey, Turkey Gravy, Stuffing, Green Beans, Dinner Roll, Cran Raspberry Fluff **Dinner: Choice 1:** Meatballs with Sweet & Sour Sauce, Sour Cream & Onion Potato Bake, Carrots, Pineapple



4 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

11 Malt-O-Meal, Sausage Link, Chocolate Chip Pancakes/Syrup, **Lunch: Choice 1:** Breaded Pollock Filet, **Choice 2:** Baked Ham, **Sides:** Macaroni & Cheese, Capri Vegetables, Ritz Strawberry Dessert, **Dinner: Choice 1:** Pizza, **Choice 2:** Fish Sandwich on Bun, **Sides:** Mixed Vegetables, Tossed Salad w/Dressing, Cinnamon Applesauce Gelatin

18 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

25 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

5 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

12 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

19 Oatmeal, Sausage Link, Raisin Toast/Marg, Banana Half, **Lunch: Choice 1:** Meatloaf, **Choice 2:** Baked Pork Chop, **Sides:** Macaroni & Cheese, California Bled Vegetables, Rosy Applesauce, **Dinner: Choice 1:** Chili, Tossed Salad/Dressing, Cheese Breadstick, **Choice 2:** Cheeseburger on Bun, Lettuce/Tomato/Onion, Potato Chips, **Sides:** Pineapple

26 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





## Hiawatha Care Center's Thanksgiving Meal

Come celebrate with us on  
Tuesday, November 22nd @ 5:00 p.m.

Families we ask that you **R.S.V.P** no  
**later** than Sunday, November 13th to  
be guaranteed a seat.

Contact Hannah Waters,  
Activity Director

319-368-2626

[hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)



## Gift Giving Tree

Every year Hiawatha Care Center sets up a gift giving  
opportunity for those that wish to give gifts to our  
**Long-term** residents.

Each long-term resident will have a gift tag with their  
name on it and gift idea on the back of the tag.

The giving tree will be located at the front office area  
starting Tuesday, November 29th.

Before taking a name, please be sure you fill out the  
information clipboard on the wall next to the tree. This  
way, we can contact you if needed.

Please have the gifts wrapped and returned to the  
Activities Department no later than  
**Tuesday, December 20th!**

**If you have any questions please contact  
Hannah or Mary at (319) 368-2626  
[hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)**

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

<b>November</b> 										
		1 9:30 Voting for 2022 Elections  2:30 Corks & Canvas  4:00 Afternoon Movies	2 10:00 Morning Puppy Exercises & Visits  2:30 Cards or Games	3 8:45 Catholic Mass at St. Elizabeth's <i>(Weather Pending)</i> 10:15 Coffee & Reminisce Group 2:30 Happy Hour with Dave Wirtz	4 11:00 Cathy's Bible Study Group  2:15 Bingo Hour	5 10:30 Donuts & Jokes with Hannah 2:15 Weekend Games in the Activity Room 4:30 Popcorn & Flute Music with Charlotte				
6 10:00 St. Elizabeth's Catholic Communion 2:30 Book Reading & Adventures with Kate 4:00 Kings of Kings Lutheran Church Service	7 10:00 Manicures & Social 2:30 Serenity Spa & Relaxation Hour 4:45 Bible Study Group	8 10:00 Gospel Light Baptist Church Service 2:30 November Birthday Party with David Marshall 4:00 Afternoon Movies	9 10:00 Editable Art in the Activity Room 2:30 Cards or Games	10 8:45 Catholic Mass at St. Elizabeth's <i>(Weather Pending)</i> 10:00 Bingo with A.R.C Friends 2:30 Happy Hour with "The Flip Side"	11 <b>Veterans Day</b> 10:00 Veterans Day Brunch 2:15 Bingo Hour	12 2:15 Weekend Games in the Activity Room 3:45 Popcorn & Movies				
13 10:00 St. Elizabeth's Catholic Communion 2:30 Music with Lena Adams 4:00 Group Social	14 10:00 Manicures & Social 2:30 Country Music Steppers 4:45 Bible Study Group	15 10:00 Holiday Craft Creations 2:15 Traveling Adventures to Switzerland 4:00 Room to Room Social Visits	16 10:00 Morning Puppy Exercises & Visits 2:30 Cards or Games	17 8:45 Catholic Mass at St. Elizabeth's <i>(Weather Pending)</i> 10:15 Hot Cocoa Bar 2:30 Happy Hour with the La La Ladies	18 11:00 Cathy's Bible Study Group 2:15 Bingo Hour	19 All Morning Independent Activities. 2:30 Music Entertainment with "The Parlor City Ramblers" 3:45 Popcorn & Social				
20 10:00 St. Elizabeth's Catholic Communion 2:30 Music Entertainment with Richard Lee 4:00 Kings of Kings Lutheran Church Service	21 10:00 Manicures & Social 2:30 Resident Council Meeting 4:45 Bible Study Group	22 10:15 Morning Movies 2:30 Music with Harold Gray <b>5:00 FAMILY THANKSGIVING DINNER</b>	23 10:15 Lovely Lane Methodist Church Service 2:30 Card or Games	24 All Moring Independent Activities <b>Happy Thanksgiving</b> 2:15 Crafts & Jokes with Kate	25 All Moring Independent Activities 2:15 Buck-Out Bingo	26 2:15 Weekend Games in the Activity Room 3:45 Popcorn & Movies				
27 10:00 St. Elizabeth's Catholic Communion 2:15 Weekend Bingo	28 10:00 Manicures & Social 2:30 Cards & Games 4:45 Bible Study Group	29 10:00 Holiday Goodie Baking  2:30 Music with Dale March and the Cedar Rapids Orchestra	30 10:00 Morning Puppy Exercises & Visits 2:30 Music with Clay Willie "The Midnight Rider"							