

Hiawatha Care Center October 2022 Newsletter



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

hccinfo@hiawathacarecenter.com or kwalton@hiawathacarecenter.com

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



October Events

- 10/14: Prestige Dance Performance
- 10/27 Trick or Treating & Fun @ 6:00 pm
- 10/31: Halloween Costume Contest

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.

Attention Families & Residents

On Monday, October 10th, Hiawatha Care Center will be having a Flu Vaccine Clinic. If you DO NOT wish for your loved one to have the flu vaccine, please contact Amy Jons, Infection Preventionist, No Later than Thursday, October 6th.

(319) 378-8583

ajons@hiawathacarecenter.com

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October Menu



						<p>1 Oatmeal, Scrambled Egg Patty, Danish, Fresh Grapes, Lunch: Choice 1 Baked Ham . Choice 2 Swiss Steak Sides: Baked Potato, Sour Cream , Colorful Vegetable Casserole, Smores Pudding. Supper: Choice 1: Boneless Chicken Wings, Choice 2: BBQ Ribette, Sides: Corn Bake, Twisted 7 layered Salad, Cantaloupe</p>
<p>2 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges, Lunch: Choice 1: French Onion Roast Beef, Beef Gravy Choice 2: Pork Chop Sides: Mashed Potatoes, Honey Dill Carrots, Pie, Dinner: Choice 1: Garden Vegetable Soup, Roast Beef Sandwich on Hoagie Bun w/ Lettuce/Tomato, Choice 2: Chef Salad, Crackers Sides: Reese's Krispie Treat</p>	<p>3 Cream of Wheat, Sausage Link, Pancakes, Banana Half Lunch: Choice 1: BBQ Ribette Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Salted Caramel Pudding, Dinner: Choice 1: Supreme Pizza Choice 2: Pulled Pork on Bun, Sides: Tossed Salad w/Dressing, Mixed Vegetables, Mango & Pineapple</p>	<p>4 Malt-O-Meal, Sausage Gravy, Biscuit, Cantaloupe, Lunch: Choice 1: Chicken Bacon Ranch Casserole, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Peas, Garlic Toast, Fresh Grapes, Dinner: Choice 1: Cheddarwurst/Bun Choice 2: Grilled Chicken Sandwich on Bun, Lettuce/Tomato/Onion, Sides: Seasoned Fries, Peaches, Brownie w/ Chocolate Cream Cheese Frosting</p>	<p>5 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch: Choice 1: Chicken Strips, Choice 2: Pork Tenderloin/Bun, Pickles, Onions, Sides: Potato Salad, Creamy Cucumber Salad, Ice Cream Cup Dinner: Choice 1: Dr. Pepper Meatballs, Seasoned Asparagus, Fried Potatoes Choice 2: Ham & Swiss Sandwich, Lettuce/Tomato/Onion Sides: Pears</p>	<p>6 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Banana Half, Lunch: Choice 1: Philly Meatloaf, Parslied Red Potatoes, Choice 2: Turkey Noodle Casserole, Sides: Corn, Bread/Marg., Black Forest Cheesecake, Dinner: Choice 1: Turkey Ranch Club Sandwich Choice 2: Hot Dog on Bun, Pickle Relish, Ketchup/ Mustard Sides: Coleslaw, Baked Beans, Mixed Fruit</p>	<p>7 Malt-O-Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, Lunch: Choice 1: Butter Crumb Pollock, Tartar Sauce, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Cascade Blend Vegetables, Watermelon, Dinner: Choice 1: Cheeseburger on Bun, Choice 2: Crunchy Fish Sandwich/Bun Tartar Sauce Sides: Lettuce/Tomato/Onion</p>	<p>8 Oatmeal, Scrambled Egg, Toast, Margarine/Jelly, Honeydew Melon Lunch: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Green Beans Choice 2: Cottage Cheese Fruit Plate, Crackers Sides: Carrot Cake, Dinner: Choice 1: Chicken and Noodles, Choice 2: Hamburger Steak w/Gravy , Mashed Potatoes Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>9 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch: Choice 1: Spiced Ham Choice 2: Herb Baked Chicken, Sides: Swiss Scalloped Potatoes, Asparagus, Dinner Roll, Pie Dinner: Choice 1: Hamburger on Bun, Lettuce/Tomato/Onion, French Fries, Choice 2: Ham & Cheese Quiche, Carrots, Muffin/Marg. Sides: Apricots</p>	<p>10 Malt-O-Meal, Poached Egg, Toast, Margarine/Jelly, Banana Lunch: Choice 1: Chicken Enchilada Casserole Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Mashed Potatoes, Sides: Chuckwagon Corn, Twisted Strawberry Shortcake Dinner: Choice 1: Mini Egg Salad/Slider, Multi Grain Sun Chips, Marinated Cucumbers, Choice 2: Grilled Chicken Salad, Dinner Roll/Marg. Sides: Pears & Blueberries</p>	<p>11 Oatmeal, Fried Egg, Everything Bagel Bake, Lunch: Choice 1: Creamy Swedish Meatball Bake, Choice 2: Beef Minute Steak, Mashed Potatoes, Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe Dinner: Choice 1: Turkey & Swiss on Croissant, Choice 2: Tuna Salad on Croissant, Sides: Lettuce/Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>12 Cream of Wheat, Blueberry Toast/ Marg. Sausage Patty, Fruit Cocktail, Lunch: Choice 1: Cod Scrod Choice 2: BBQ Meatballs, Sides: Baked Potato/ Marg. Broccoli, Peaches & Cream Cobler, Dinner: Choice 1: Hot Ham & Cheese Melt, Choice 2: Meatball Sub Sandwich, Sides: Coleslaw, Fruited Gelatin</p>	<p>13 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, Lunch: Choice 1: Smothered Pork Chop, Choice 2: Turkey Burger/Bun, Lettuce/Tomato/Onion Sides: Baked Sweet Potato, Peas, Frosted Brownie, Dinner: Choice 1: Sloppy Joe/Bun Choice 2: Breaded Chicken Fillet/Bun Sides: Parmesan French Fries, Country Trio Vegetables, Fresh Melon Cup</p>	<p>14 Oatmeal, Apple Fritter French Toast Bake, Banana Half, Lunch: Choice 1: Swiss Steak w/Tomatoes, Beef Gravy Choice 2: Lemon Pepper Tilapia Filet Sides: Mashed Potatoes, Corn, Cherry Pineapple Fluff, Dinner: Choice 1: TatorTot Casserole, Choice 2: Porcupine Meatballs, Sides: Carrots, Breadstick, Mandarin Oranges</p>	<p>15 Cream of Wheat, Scrambled Egg with Cheese, Fresh Strawberries, Lunch: Choice 1: Spaghetti, Garlic Toast, Choice 2: Chicken Salad Sandwich, Sides: Tossed Salad w/Dressing, Ice Cream Cup, Dinner: Choice 1: Hot Dog on Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>16 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 Cole-slaw, Sugar Cookie</p>	<p>17 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</p>	<p>18 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</p>	<p>19 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</p>	<p>20 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</p>	<p>21 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</p>	<p>22 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</p>
<p>23 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</p>	<p>24 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</p>	<p>25 Oatmeal, Hard Boiled Egg, Bacon, Toast/Marg, Mixed Berries, Lunch: Choice 1: Unstuffed Green Pepper Casserole, Choice 2: Swiss Steak w/ Tomatoes, Cheesy Mashed Potatoes, Sides: Cascade Blend Vegtibles, Breadstick, Mango, Dinner: Choice 1: Taco Pie, Mexican Coleslaw , Choice 2: Sweet Potato Fish Filet, Mashed Potatoes, Garlic Bread stick, Sides: Strawberries & Bananas</p>	<p>26 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</p>	<p>27 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, Cran Raspberry Fluff, Dinner Roll, Dinner: Choice 1: Meatballs with Sweet & Sour Sauce, Choice 2: BBQ Chicken Breast on Bun, Sides: Sour Cream & Onion Potato Bake, Carrots, Pineapple</p>	<p>28 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</p>	<p>29 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</p>
<p>30 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 Noddle Soup, Ham & Cheese Sandwich, Lettuce/Tomato, Sides: Pears, Chocolate Chip Cookie</p>	<p>31 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</p>					

HALLOWEEN WORD SEARCH



B H F I G E A N S A M O I C P L J E K D
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|---------|--------------|---------|-----------|---------|
| Ghost | Costume | Broom | Spider | Spooky |
| Boo | Frankenstein | Bat | Black Cat | Potion |
| Witch | Skeleton | Mummy | Halloween | Haunted |
| Pumpkin | Candy | Vampire | Fall | Zombie |
- PaperTrailDesign.com

Hiawatha Care Center



Trick - or - Treating



Date: Thursday, October 27th

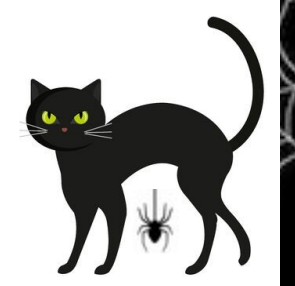
Time: 6:00 P.M.

Location: 15th Ave North Side

Parking Lot

Come join us for some Trick -
or -Treating, games,
candy, and fun!

***Weather Permitting*



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All Activities are subject to change at any time. Please refer to the daily activity white boards located in the dining rooms.



October 2022



1
All Day Independent Activities
4:30 Flute Music with Charlotte

2
10:00 St. Elizabeth's Catholic Communion
4:00 Kings of Kings Lutheran Church "Men of God Group"

3
10:00 Manicure Monday
2:30 Leo Shima Band
4:45 Bible Study Group

4 **National Golfing Day**
10:00 Reminiscing on the Patio
2:30 Miniature Golf & Games

5
10:00 Edible Art Class
2:30 Cards or Games

6
8:45 Catholic Mass at St. Elizabeth's
10:30 Coffee Bar
2:30 Happy Hour with Dave Wirtz

7
11:00 Cathy's Bible Study Group: "What Heaven is Like"
2:15 Bingo Hour
3:45 Story Time with Kate

8
2:30 Music Entertainment with "The Parlor City Ramblers"
4:00 Popcorn & Movie

9
10:00 St. Elizabeth's Catholic Communion
2:00 Book Reading with Kate
4:00 Social Hour & Movies

10
10:00 Manicure Monday
2:30 Serenity Spa & Relaxation
4:45 Bible Study Group

11
10:00 Gospel Light Baptist Church Service
2:30 October Birthday Party with David Marshall

12
10:00 Puppy Visits Room to Room
2:30 Cards or Games

13
8:45 Catholic Mass at St. Elizabeth's
10:00 Adventures with ARC Friends
2:30 Happy Hour with "The Flip Side"

14
10:00 Dining Room Volleyball
2:15 Bingo Hour
6:00 Prestige Dance Studio Dancers

15 **National I Love Lucy Day**
2:15 Candy Making Activity
4:00 "I love Lucy" Marathon & Popcorn

16
10:00 St. Elizabeth's Catholic Communion
2:30 Music Entertainment with Richard Lee
4:00 Kings of Kings Lutheran Church Service

17
10:00 Manicure Monday
2:30 Corks & Canvas Art
4:45 Bible Study Group

18
10:00 Pumpkin Activities & Fun
2:15 Pie & Ice Cream Social

19
10:00 Puppy Visits Room to Room
2:30 Cards or Games

20
8:45 Catholic Mass at St. Elizabeth's
10:30 Coffee Bar
2:30 Happy Hour with the La La Ladies

21
11:00 Cathy's Bible Study Group
2:15 Bingo Hour
3:45 Story Time with Kate

22
2:15 Pumpkin Decorating
4:00 Popcorn & Group Social

23
10:00 St. Elizabeth's Catholic Communion
2:00 Book Reading with Kate
4:00 Social Hour & Movies

24
10:00 Manicure Monday
2:30 Halloween Crafts
4:45 Bible Study Group

25
10:00 Dining Room Volleyball
2:30 Fall Treats & Sweets Art

26
10:15 Lovely Lane Methodist Church Service
2:30 Card or Games

27 **HCC HALLOWEEN DAY**
8:45 Catholic Mass at St. Elizabeth's
10:00 Adventures with ARC Friends
2:30 Halloween Happy Hour with Harold Gray
6:00 HCC Halloween Trick or Treating

28
10:00 Friday Manicures
2:15 Spooky Bingo Hour

29
2:15 Weekend Games
4:00 Halloween Movies & Spooky Treats

30
10:00 St. Elizabeth's Catholic Communion
2:15 Weekend Bingo
4:00 Weekend Halloween Movies

31 **Happy Halloween**
10:30 Halloween Games
2:30 Halloween Costume Contest & Treats
4:45 Bible Study Group

