

HCC Activities, Events, & Reminders

- Sunday, September 11th is our annual Grandparents' Day Fall Carnival. Residents and families, come and join us for lots of fun, food, games, prizes, and animals at our annual carnival.
- Check out the NEW information bulletin board, located across from the west dining room.
- We are Excited to have Prestige Dance Studio come and perform for us on Saturday, September 17th @1:30 pm in the West Dining Room for National Dance Day.

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

Hiawatha Care Center September 2022 Newsletter



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

September Birthdays

Sharon O'Brien 9/5

Joanne Karns 9/10

Russell Rae 9/15

Ellen Henningson 9/18

Beverly Wren 9/19

Joan Tarbox 9/20

Linda Cole 9/22

Patricia Seevell 9/25

Ione LeHew 9/26



September Events

9/5: Labor Day

9/10: Cy-Hawk Tailgate Party

9/11: Grandparents Day Fall Carnival

9/17: Dance Performance by "Prestige Dance Studio"

9/22: First Day of Autumn

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September Menu



4 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

5 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

6 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

7 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

1 Cream of Wheat, Skillet Breakfast, Toast, Honeydew Melon, **Lunch : Choice 1:** Nacho Chicken, Shredded Lettuce/Tomato, Sour Cream, Spanish Rice, **Choice 2:** Beef & Noodles, Bread/Marg. **Sides:** Chuckwagon Corn, Chocolate Toffee Dessert, **Dinner:** **Choice 1:** Ham & Swiss/Croissant, Lettuce & Tomato Slice, Potato Chips, **Choice 2:** Cottage Cheese Fruit Plate, Assorted Crackers, **Sides:** Pears

2 Malt-O-Meal, Poached Egg, Toast, Banana Half, **Lunch : Choice 1:** Lemon Pepper Tilapia Filet, Fried Potatoes, Cornbread/Marg. **Choice 2:** Pork Tenderloin/Bun, **Sides:** Sunshine Carrots, Raspberry Ripple, **Dinner:** **Choice 1:** Deli Chicken Sandwich on Bun, **Choice 2:** Ham Salad Sandwich on Bun, **Sides:** Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake

3 Oatmeal, Scrambled Egg Patty, Danish, Fresh Grapes, **Lunch : Choice 1:** Baked Ham, **Choice 2:** Swiss Steak, **Sides:** Baked Potato/Marg., Sour Cream, Colorful Vegetable Casserole, Smores Pudding, **Dinner:** **Choice 1:** Boneless Chicken Wings, **Choice 2:** BBQ Ribette, **Sides:** Corn Bake, Twisted 7 Layer Salad, Cantaloupe

11 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

12 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

13 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

14 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 Cobbler, **Dinner:** **Choice 1:** Hot Ham & Cheese Melt, **Choice 2:** Meatball Sub Sandwich, **Sides:** Coleslaw, Fruited Gelatin

15 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

16 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

17 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

18 Malt-O-Meal, Sausage Link, Mini Donuts, Apricots, **Lunch : Choice 1:** Turkey Roast, Turkey Gravy, **Choice 2:** Cheddarwurst, Sauerkraut **Sides:** Mashed potatoes, Broccoli with Cheese, Dinner Roll, Pie, **Dinner:** **Choice 1:** Creamed Chipped Beef/Toast, Peas **Choice 2:** Chicken Noodle Soup, Roast Beef Sandwich, Lettuce & Tomato Slice **Sides:** Watermelon, Pudding

19 Banana Half, **Lunch : Choice 1:** Cheeseburger Deluxe **Choice 2:** Tavern Battered Cod, Tartar Sauce, Cascade Vegetables, **Sides:** Tater RoundABOUTs, Oh Henry Bar, **Dinner:** **Choice 1:** Chicken Parmesan Sandwich, **Choice 2:** BBQ Ribette on Bun, **Sides:** Rotini Pasta Salad, Mango & Bananas, Snickerdoodle Cookie

20 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup, **Lunch : Choice 1:** Open Face Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, **Choice 2:** Chicken & Rice Bake, Tossed Salad w/Dressing, **Sides:** Sunshine Carrots, Cherry Pie Crisp, **Dinner:** **Choice 1:** Cream of Potato Soup, Crackers, Egg Salad on Slider Bun, Lettuce/Tomato Slices, **Choice 2:** Italian Goulash, Mixed Vegetables **Sides:** Mixed Berries

21 Malt-O-Meal, Scrambled Egg, Toast, Tropical Fruit, **Lunch : Choice 1:** BLT, Cottage Cheese, Potato Chips, **Choice 2:** Turkey A La King, Flaky Biscuit, **Sides:** Peaches, **Dinner:** **Choice 1:** Cheesy Spaghetti Bake, Garlic Toast, Green Beans, **Choice 2:** Taco Salad, Shredded Lettuce, Tomatoes, Salsa, Sour Cream, **Sides:** Italian Cream Cake

22 Oatmeal, Sausage Gravy, Flaky Biscuit, Raspberries, **Lunch : Choice 1:** Sour Cream Dill Chicken Breast **Choice 2:** Baked Ham, **Sides:** Roasted Ranch Red Potatoes, Asparagus, Strawberry Shortcake, **Dinner:** **Choice 1:** Turkey & Rice Casserole, **Choice 2:** Tenderloin/Bun, Lettuce/Tomato, **Sides:** Mixed Vegetables, Apple Cranberry Crunch

23 Cream of Wheat, Ham & Egg Croissant/Cheese, Banana Half, **Lunch : Choice 1:** Chicken Alfredo, **Choice 2:** Beef & Noodles, **Sides:** Broccoli Florets, Garlic Toast, Blueberry Gelatin Dessert, **Dinner:** **Choice 1:** Bratwurst/Bun, Seasoned Tots **Choice 2:** Fiesta Potato Platter, Shredded Lettuce/Tomatoes **Sides:** Twisted 7 Layer Salad, Pears

24 Malt-O-Meal, Fried Egg, Caramel Roll, Mango, **Lunch : Choice 1:** Glazed Meatloaf, Sour Cream Mashed Potatoes, Carrots, Bread/Marg. **Choice 2:** Roast Beef & Swiss on Croissant, Cucumber Pasta Salad **Sides:** Fruit Cocktail, **Dinner:** **Choice 1:** Walking Taco Casserole, **Choice 2:** Turkey Burger/Bun, Lettuce/Tomato, **Sides:** Chuckwagon Corn, Brownie

25 Baked Oatmeal Casserole, Frittata, Toast, **Lunch : Choice 1:** Lasagna, **Choice 2:** Beef Minute Steak, **Sides:** Tossed Salad w/Dressing, Peas, Garlic Toast, Pie, **Dinner:** **Choice 1:** Beef Stroganoff, Bread/Marg. **Choice 2:** Sloppy Joe on Bun, **Sides:** Mixed Vegetables, Raspberry Peaches

26 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, **Lunch : Choice 1:** Brisket Grilled Cheese, **Choice 2:** Tavern Battered Cod, Tartar Sauce, **Sides:** French Fries, Coleslaw, Mango & Pineapple, **Dinner:** **Choice 1:** Teriyaki Chicken Casserole, Crab Ragoon, **Choice 2:** Philly Beef Sandwich w/ Onions & Peppers, Potato Chips, **Sides:** Monster Bars

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

28 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, **Lunch : Choice 1:** Smokey Ranch Chicken, Potato Salad, **Choice 2:** Beef Minute Steak, Mashed Potatoes, Beef Gravy, **Sides:** Green Beans, Scotcharoos, **Dinner:** **Choice 1:** Cheeseburger Tot Casserole, Carrots. Bread/Marg., **Choice 2:** Turkey Club Slider with Lettuce/Tomato, Potato Chips, **Sides:** Tropical Fruit

29 Cream of Wheat, Skillet Breakfast, Toast, Honeydew Melon, **Lunch : Choice 1:** Nacho Chicken, Shredded Lettuce/Tomato, Sour Cream, Spanish Rice, **Choice 2:** Beef & Noodles, Bread/Marg. **Sides:** Chuckwagon Corn, Chocolate Toffee Dessert, **Dinner:** **Choice 1:** Ham & Swiss/Croissant, Lettuce & Tomato Slice, Potato Chips, **Choice 2:** Cottage Cheese Fruit Plate, Assorted Crackers, **Sides:** Pears

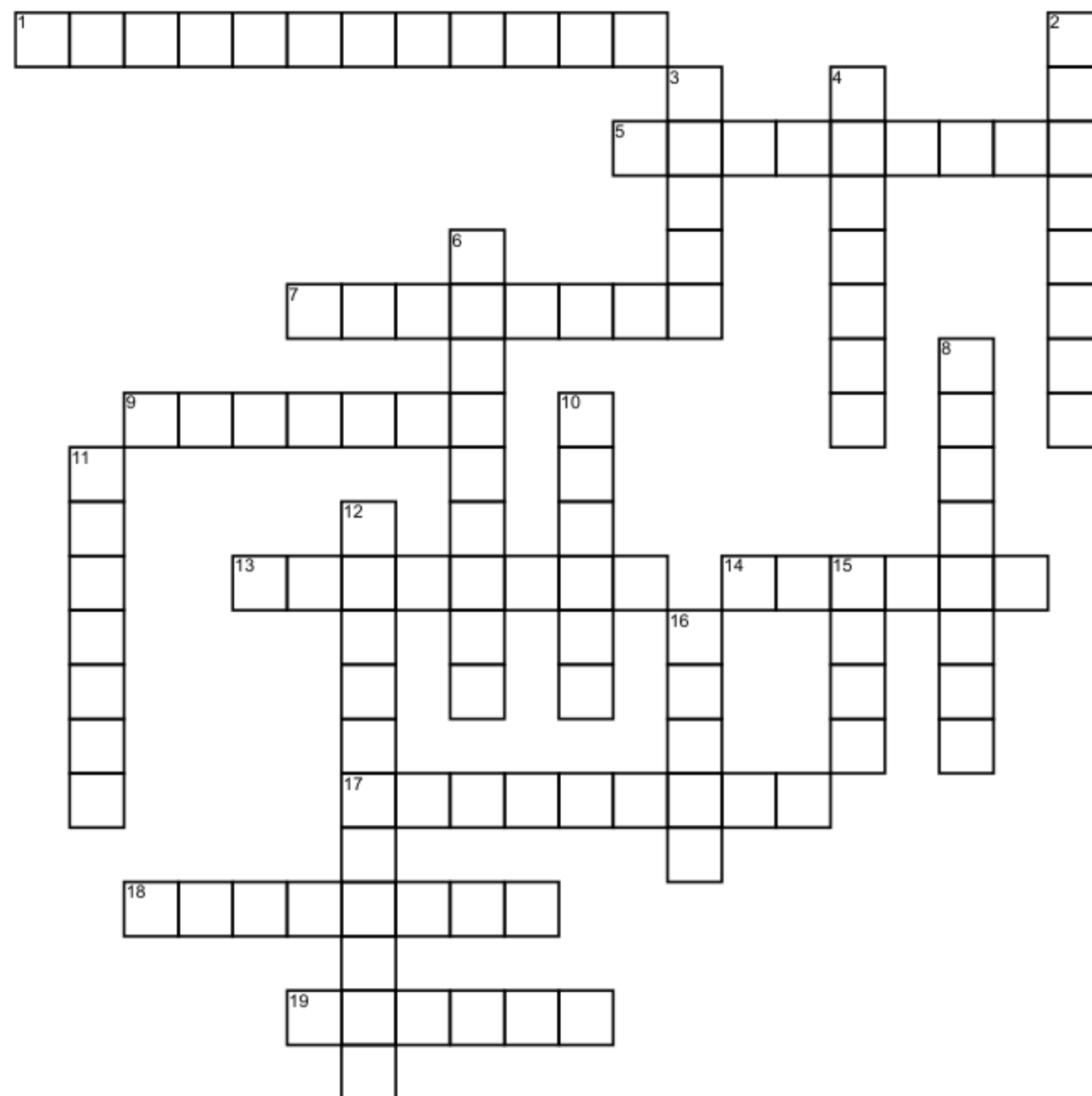
30 Malt-O-Meal, Poached Egg, Toast, Banana Half, **Lunch : Choice 1:** Lemon Pepper Tilapia Filet, Fried Potatoes, Cornbread/Marg. **Choice 2:** Pork Tenderloin/Bun, **Sides:** Sunshine Carrots, Raspberry Ripple, **Dinner:** **Choice 1:** Deli Chicken Sandwich on Bun, **Choice 2:** Ham Salad Sandwich on Bun, **Sides:** Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake



Fall Trivia Quiz

- 1, What is the first day of fall called?
a. Fall b. Autumn c. Autumnal equinox
- 2, What is the full moon which occurs closest to the autumnal equinox called?
a. The Harvest moon b. The Fall moon c. The Blue moon
- 3, What does September means in Latin?
a. Scepter b. Stars c. Seven
- 4, What are the 3 Zodiac signs of fall?
a. Libra, Scorpio, Sagittarius b. Scorpio, Sagittarius, Capricorn c. Virgo, Libra, Scorpio
- 5, In the Northern Hemisphere, autumn begins in September. When does it begin in the Southern Hemisphere?
a. October b. March c. November
- 6, What English Romantic poet wrote the poem "To Autumn"?
a. Oscar Wilde b. John Milton c. John Keats
- 7, Before the 16th century, fall was called?
a. Harvest b. Autumn c. Close of the year
- 8, According to superstition, catching leaves in autumn brings what?
a. Good luck b. Bad luck c. Money
- 9, In what 'autumn' movie can you see Richard Gere and Winona Ryder walking through beautiful fall trees and leaves?
a. A Walk to Remember b. Autumn in New York c. October Sky
- 10, What country did Halloween originate from?
a. England b. Spain c. Ireland
- 11, According to NASA, autumn is
a. Clear Space Season b. Aurora Season c. Clear moon Season
- 12, In what city was the first OktoberFest held?
a. Munich b. Geneva c. Paris

FALL CROSSWORD



Across

1. Holiday often featuring turkey
5. Spooky holiday
7. Former military folks
9. Gather crops
13. Fall sport on gridiron
14. Another word for Fall
17. Chases birds away

18. September bank holiday

19. These fall off trees

Down

2. Fall spice
3. Gathers leaves
4. Burning woodpile
6. Month when Fall begins
8. Christopher _____ sailed in 1492.

10. Red fruit


11. Orange squash

12. Baseball finale

15. What changes in October

16. Fall nut

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

<p>All Activities are subject to change at any time. Please refer to the daily activity white boards located in the dining rooms.</p>				<p>1 8:45 Catholic Mass at St. Elizabeth's 10:15 Kitchen Creations 2:30 Happy Hour with Dave Wirtz</p>	<p>2 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:45 Story Time with Kate</p>	<p>3 2:00 Weekend Games 4:00 Movies & Popcorn in the East & West Dining Rooms</p>
<p>4 10:00 St. Elizabeth's Catholic Communion 2:00 Weekend Bingo 4:00 Kings of Kings Lutheran Church Service</p>	<p>5 Happy Labor Day 2:30 Music Entertainment with the Oxford Junction 4:15 Farkle in the Activity Room</p>	<p>6 National Read a Book Day 10:00 Outdoor Reminisce & Book Reading 2:30 Corks & Canvas</p>	<p>7 10:00 Editable Art Activity 11:00 Select Group: Music Therapy 2:30 Cards or Games 4:00 Visits with Kate</p>	<p>8 8:45 Catholic Mass at St. Elizabeth's 10:00 Adventures with ARC Friends 2:30 Happy Hour with "The Flip Side"</p>	<p>9 11:00 September 11th Memorial Service 2:15 Bingo Hour</p>	<p>10 2:45 Hawks Vs. Cyclones Tailgate Party Wear Black /Gold or Red/Gold</p>
<p>11 September 11th 10:00 St. Elizabeth's Catholic Communion Grandparent's Day Annual Carnival 2:00 - 4:00</p>	<p>12 10:00 Manicure Monday's 2:30 Entertainment with the Country Steppers 4:45 Bible Study Group</p>	<p>13 10:00 Gospel Light Baptist Church Service 2:30 August Birthday Party with David Marshall 4:00 Visits with Tesa</p>	<p>14 10:00 Name that Tune & Sing-a-long 11:00 Select Group: Music Therapy 2:30 Cards or Games</p>	<p>15 8:45 Catholic Mass at St. Elizabeth's 10:15 Kitchen Creations 2:30 Happy Hour with the La La Ladies</p>	<p>16 11:00 Cathy's Bible Study Group: What is Heaven Like? 2:15 Bingo Hour 3:45 Story Time with Kate</p>	<p>17 National Dance Day 1:30 Dance Performance by Prestige Dance Studio 4:00 Movies & Popcorn in the West & East Dining Rooms</p>
<p>18 10:00 St. Elizabeth's Catholic Communion 2:30 Music Entertainment with Richard Lee 4:00 Kings of Kings Lutheran Church Service</p>	<p>19 10:00 Manicure Monday's 2:30 The Serenity Spa 4:45 Bible Study Group</p>	<p>20 10:00 Outdoor Reminisce & Exercises on the Patio 2:15 Ice Cream Social & Music With Terry McCuley</p>	<p>21 10:00 Baking & Tasting 11:00 Select Group: Music Therapy 2:30 Cards or Games 4:00 Visits with Kate</p>	<p>22 First Day of Fall 8:45 Catholic Mass at St. Elizabeth's 10:00 Adventures with ARC Friends 2:30 Happy Hour with Harold Gray</p>	<p>23 10:00 All Morning Activities Fall Decorating 2:15 Bingo Hour</p>	<p>24 Health & Fitness Day 2:00 Fun Active Weekend Games & Fun 3:30 Weekend table Games</p>
<p>25 10:00 St. Elizabeth's Catholic Communion 2:00 Crafters Corner: Fall Leaves 4:00 Social Hour & Movies</p>	<p>26 10:00 Manicure Monday's 2:30 Movie & Popcorn 4:45 Bible Study Group</p>	<p>27 10:00 Outdoor Reminisce & Exercises 2:30 Game :Wheel of Fortune 4:00 Visits with Tesa</p>	<p>28 10:15 Lovely Lane Methodist Church Service 11:00 Select Group: Music Therapy 2:30 Card or Games</p>	<p>29 8:45 Catholic Mass at St. Elizabeth's 10:15 Kitchen Creations 2:30 Happy Hour with Treasured Music</p>	<p>30 10:00 Friday Manicures 2:15 Bingo Hour 3:45 Story Time with Kate</p>	