

405 N 15TH Avenue Hiawatha, IA 52233

319-378-8583

[kw Walton@hiawathacarecenter.com](mailto:kw Walton@hiawathacarecenter.com)

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

# Hiawatha Care Center's Resident King & Queen

*(Long-Term Residents)*

- Cast your vote at any nurses' station
- Ballots count only if the voter's name is written at the bottom
- Voting ends **Wednesday, February 11th**

The new King & Queen will be announced at the Valentine's Party on Thursday, February 12th

## Department Head Directory

319-378-8583

Administrator: Kent Walton

Dietary Manager: Stephanie Cross

Director of Nursing: Amanda Lauterwasser

Dietitian: Linda Green

Care Plan Coordinator: Kelly VanGinkel

Environmental Supervisor: Alex Studt

Social Service Director: Becky Stebral

Activity Director: Hannah Waters

Accountant: Karen Chadwick

Restorative Therapy Director: Tammy Ronnebaum

## February Birthdays

Evie Covington 2/22

Mary Heck 2/22

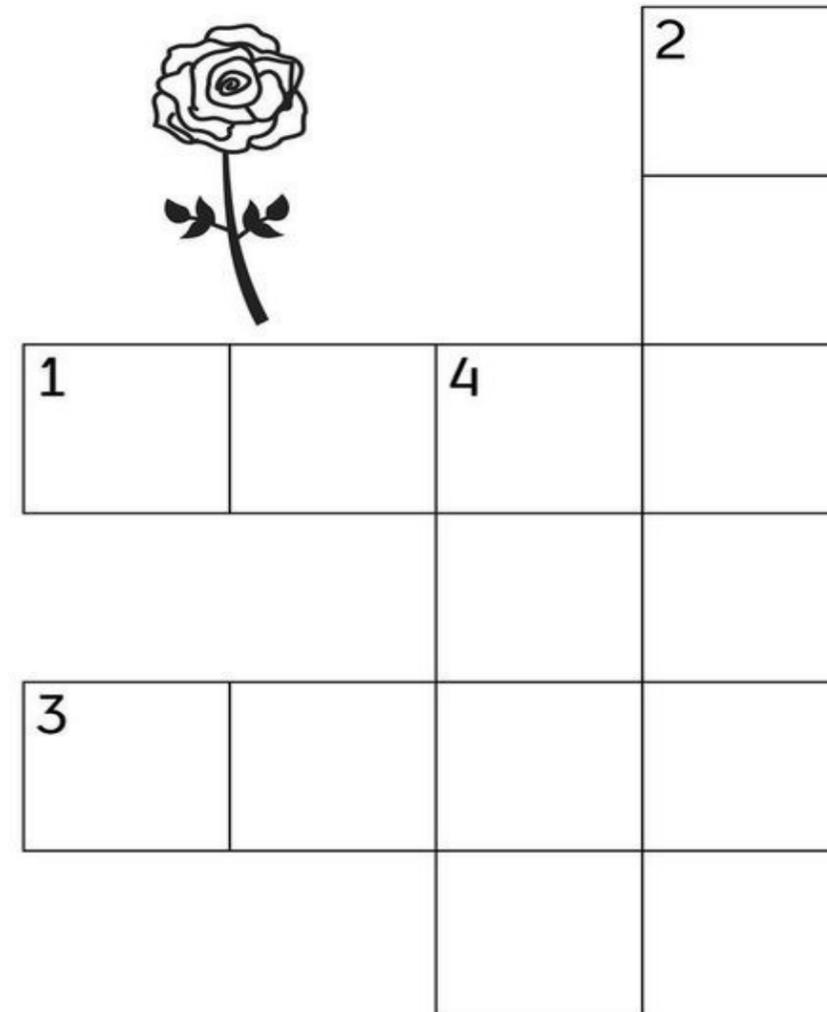
Dorothy Bach 2/27

## Resident Council Leaders

Gayla Ruiz Beth Taggart

Linda Spence Mary Heck

Marlys Fischels



## **DOWN**

- 2. A COLOR OF A APPLE
- 4. A FLOWER THAT IS A SYMBOL OF LOVE

## **ACROSS**

- 1. A PIECE OF PAPER WITH A MESSAGE OR GREETING ON IT
- 3. TO HOPE FOR SOMETHING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Oatmeal, Cheese Omelet, Cinnamon Roll Coffee Cake, <b>Lunch: #1</b> Turkey/Gravy <b>#2</b> Chicken Tenders, <b>Sides:</b> Stuffing, Green Beans, Roll, Pumpkin Pie, <b>Supper: #1</b> Shepherds Pie, Bread/Marg., <b>#2</b> Tomato Soup, Grilled Cheese Sandwich, <b>Sides:</b> Oregon Vegetables, Strawberries	2 Cream of Wheat, Poached Egg, Cinnamon Bread, <b>Lunch: #1</b> Ravioli Bake, <b>#2</b> Breaded Cod, Mashed Potatoes <b>Sides:</b> Key West Vegetables, Garlic Toast, Mango, <b>Supper: #1</b> Cuban Slider, <b>#2</b> Meatballs/Sauce <b>Sides:</b> Tater Tots, Creamy Cucumber Salad, Apricots	3 Malt O Meal, Scrambled Egg w/ Bacon, Toast, 1/2 Banana, <b>Lunch: #1</b> Chicken & Noodles, <b>#2</b> Chili Mac, <b>Sides:</b> Chalet Vegetables, Garlic Breadstick, Peaches, <b>Supper: #1</b> French Onion Pork Loin, <b>#2</b> Turkey Burger/Bun, <b>Sides:</b> Sweet Potato Crunch Casserole, Country Trio Vegetables, Raspberries	4 Oatmeal, Sausage Patty, Toast, Sunrise Fruit Blend, <b>Lunch: #1</b> Swiss Steak/Gravy, <b>#2</b> BBQ Pork Chop, <b>Sides:</b> Garlic Parmesan Mashed Potatoes, Peas, Bread/Butter, Funfetti Blondie, <b>Supper: #1</b> Corned Beef Vegetable Soup, Grilled Cheese Sandwich, <b>#2</b> Cheddar Chicken Rice Bake, Mixed Vegetables, <b>Sides:</b> Pears	5 Cream of Wheat, Waffles, Maple Sausage Link, <b>Lunch: #1</b> Chicken Fried Chicken, Corn Bake, <b>#2</b> Hamburger/Bun, Potato Chips, <b>Sides:</b> Parslied Carrots, Cherry Crunch, <b>Supper: #1</b> Dinner Omelet, <b>#2</b> Hot Dog/Bun, <b>Sides:</b> Fried Potatoes & Onions, Carrots, Mixed Fruit, Danish	6 Malt O Meal, Sausage Link, Pancakes/Syrup, <b>Lunch: #1</b> Breaded Pollock/Tartar Sauce, <b>#2</b> Baked Ham, <b>Sides:</b> Baked Potato/Toppings, Riviera Vegetables, Bread/Butter, Lemon Mousse, <b>Supper: #1</b> Teriyaki Chicken, Rice, Broccoli, Crab Rangoon, <b>#2</b> Cottage Cheese Fruit Plate, <b>Sides:</b> Mandarin Oranges	7 Oatmeal, Raisin Toast, Hard Boiled Egg, 1/2 Banana, <b>Lunch: #1</b> Baked Spaghetti, <b>#2</b> Chicken & Pasta Alfredo, <b>Sides:</b> Garlic Bread, Toss Salad/Dressing, Tropical Fruit, <b>Supper: #1</b> BBQ Rib Patty, Cheesy Mashed Potatoes, Pacific Vegetables, <b>#2</b> Grilled Rachel Sandwich, Potato Chips, <b>Sides:</b> Cranberry Upside Down Cake
8 Cream of Wheat, Fruit & Yogurt Parfait, Strudel Bites, <b>Lunch: #1</b> Glazed Ham, <b>#2:</b> Hamburger Steak/Gravy, <b>Sides:</b> Au Gratin Potatoes, Cascade Vegetables, Dinner Roll, Pie, <b>Supper: #1</b> Chili/Fixings, Fritos Corn Chips, <b>#2</b> Loaded Baked Potato/Ham <b>Sides:</b> Apricots	9 Malt-O-Meal, Bacon, Scrambled Eggs, Toast, <b>Lunch: #1</b> Baked Garlic Parmesan Chicken, <b>#2</b> BBQ Ribette, <b>Sides:</b> Garlic & Basil Pasta, Capri Vegetables, Garlic Bread, Pineapple & Cherries, <b>Supper: #1</b> BBQ Sloppy Joe/Bun, <b>#2</b> Bratwurst Patty/Bun, <b>Sides:</b> French Fries, Toss Salad/Dressing, Fruit Cocktail	10 Oatmeal, Everything Bagel Bake, 1/2 Banana, <b>Lunch: #1</b> Beef Minute Steak,/Gravy, <b>#2</b> Turkey Rotini Bake, Cheddar Garlic Biscuit, <b>Sides:</b> Mashed Potatoes, Mixed Vegetables, Ambrosia Dessert, <b>Supper: #1</b> Wisconsin Cheese Soup, 1/2 Deli Chicken Sandwich, <b>#2</b> Turkey Cranberry Salad Palte/Dressing, <b>Sides:</b> Creamy Cucumber Salad, Cinnamon Baked Apples	11 Cream of Wheat, Sausage Link, Banana French Toast Bake, <b>Lunch: #1</b> Baked Pork Chop, Stuffing, Broccoli, Cranberry Rice Bread, <b>#2</b> Beef Chicken Biscuit Casserole, <b>Sides:</b> Ice Cream Cup, <b>Supper: #1</b> Pork Tenderloin/Bun, <b>#2</b> Chicken Taco Burger/Bun, <b>Sides:</b> Lettuce/Tomato Slice, Potato Chips, Mandarin Oranges	12 Malt-O-Meal, Ham, Egg & Cheese Croissant, Mixed Fruit, <b>Lunch: #1</b> Beef Pot Roast, <b>#2</b> Grilled Chicken Breast, <b>Sides:</b> Garlic & Herb Roasted Potatoes, Carrots, Bread/Marg., Banana Foster Cake, <b>Supper: #1</b> Harvest Vegetable Soup, 1/2 Turkey Ranch Slider, L/T/O, <b>#2</b> Reuben Sandwich, Potato Chips, <b>Sides:</b> Peaches	13 Oatmeal, Pumpkin Coffee Cake, Poached Egg, 1/2 Banana, <b>Lunch: #1</b> Baked Ham, <b>#2</b> Pecan Crusted Tilapia, <b>Sides:</b> Macaroni & Cheese, Creamy Coleslaw, Cornbread/Marg., Chocolate Raspberry Delight, <b>Supper: #1</b> Cheesy Tuna Casserole, Breadstick, <b>#2</b> Baked Pork Chop, Mashed Potatoes, <b>Sides:</b> Cascaded Vegetables, Blushing Pears	14 Cream of Wheat, Hard Boiled Egg, Bacon, English Muffin, <b>Lunch: #1</b> Salisbury Steak/ Mushroom Gravy, <b>#2</b> BBQ Ribs, <b>Sides:</b> Baked Potato/Marg., Sunshine Carrots, Cookies & Cream Dessert, <b>Supper: #1</b> Pizza, Mixed Vegetables, <b>#2</b> Cheeseburger/Bun, Potato Chips, <b>Sides:</b> Toss Salad, Tropical Fruit
15 Malt O Meal, Frittata, Cinnamon Roll Casserole, <b>Lunch: #1</b> Pork Loin/Gravy, <b>#2</b> Turkey Fillet, <b>Sides:</b> Mashed Potatoes, Riviera Vegetables, Dinner Roll/Marg., Pie, <b>Supper: #1</b> Chicken Bacon Swiss/Bun, L/T/O, <b>#2</b> Pulled Pork/Bun, <b>Sides:</b> Baked Beans, Pears	16 Oatmeal, Pancakes, Breakfast Ham Patty, <b>Lunch: #1</b> Spaghetti, Italian Vegetables, Garlic Bread, <b>#2</b> Chef Salad, Crackers, <b>Sides:</b> Chocolate Peanut Butter Quake, <b>Supper: #1</b> Meatballs /Sauce, <b>#2</b> Pollock Wings, <b>Sides:</b> Fried Potatoes, Bacon Tomato Cucumber Salad, Apricots	17 Cream of Wheat, Biscuits & Gravy, <b>Lunch: #1</b> Cheddar Chicken & Rice Bake, <b>#2</b> Tater Tot Casserole, <b>Sides:</b> Peas, Cheese Breadstick, Mixed Berries, <b>Supper: #1</b> Grilled Turkey & Swiss, <b>#2</b> Breaded Pork Tenderloin, <b>Sides:</b> Cheddar Potato Spudz, Creamy Coleslaw, Mandarin Oranges	18 Malt O Meal, Egg Bite, Toast, Cantaloupe, <b>Lunch: #1</b> Meatloaf, Sour Cream Mashed Potatoes, <b>#2</b> Cottage Cheese Fruit Plate, <b>Sides:</b> Green Beans, Banana Split Cake, <b>Supper: #1</b> Chicken Noodle Soup, Deli Ham Sandwich, <b>#2</b> Vegetable Beef Soup, Grilled Cheese Sandwich, <b>Sides:</b> Crackers, L/T/O, Fruit Cocktail	19 Oatmeal, Denver Scrambled Eggs, Toast, 1/2 Banana, <b>Lunch: #1</b> Beef Tips/Brown Gravy, <b>#2</b> BBQ Ribs, <b>Sides:</b> Mashed Potatoes, Carrots, Pumpkin Crisp, <b>Supper: #1</b> Chicken Patty/Bun, L/T/O, Creamy Coleslaw <b>#2</b> BBQ Chicken Salad Plate, Cornbread, <b>Sides:</b> Brownie Pie	20 Cream of Wheat, Fried Egg, Toast, <b>Lunch: #1</b> Cod Scrod, <b>#2</b> Hamburger Steak/Gravy, <b>Sides:</b> Garden Rice, Riviera Vegetables, Blushing Pears, <b>Supper: #1</b> Cream of Tomao Soup, Grilled Cheese Sandwich, <b>#2</b> Cheeseburger Mac, Garlic Breadstick, <b>Sides:</b> Toss Salad/Dressing, Peaches	21 Malt O Meal, Hard Boiled Egg, Blueberry Toast, <b>Lunch: #1</b> Queso Chicken & Rice Bake, Lettuce & Tomato, Refried Beans, <b>#2</b> Baked Pork Chop, Mashed Potatoes <b>Sides:</b> Corn, Cinnamon Applesauce, <b>Supper: #1</b> Chili/Fixings, Cheddar Cornbread, Pears, <b>#2</b> Cottage Cheese Fruit Plate/Crackers, <b>Sides:</b> Cinnamon Roll Cake
22 Oatmeal, Sausage Link, Danish, Baked Spice Fruit Cup, <b>Lunch: #1</b> Beef Pot Roast, <b>#2</b> Swiss Steak, <b>Sides:</b> Mashed Potatoes/Gravy, Green Beans, Dinner Roll, Pie, <b>Supper: #1</b> Fish Filet, <b>#2</b> Hot Dog/Bun, <b>Sides:</b> Macaroni & Cheese, Toss Salad/Dressing, Blueberries	23 Cream of Wheat, Poached Egg, Toast, 1/2 Banana, <b>Lunch: #1</b> Glazed Ham, <b>#2</b> Smothered Turkey Patty, <b>Sides:</b> Mashed Potatoes, Chalet Vegetables, Bread/Marg., Strawberry Cheesecake Fluff, <b>Supper: #1</b> Breaded Chicken, <b>#2</b> Baked Pork Chop, <b>Sides:</b> Fried Potatoes, Corn, Mandarin Oranges	24 Malt O Meal, Scrambled Egg/ Cheese, Peanut Butter Coffee Cake, <b>Lunch: #1</b> Baked Penne & Sausage, <b>#2</b> French Onion Beef Casserole, <b>Sides:</b> Peas, Bread/Butter, Mixed Fruit, <b>Supper: #1</b> Turkey French Dip, <b>#2</b> Autum Chicken Breast, Garlic Mashed Potatoes, Garlic Bread, <b>Sides:</b> Carrots, Snickerdoodle Pumpkin Dessert	25 Oatmeal, Maple Sausage, French Toast, Strawberries, <b>Lunch: #1</b> Chicken Lasagna, Breadstick, <b>#2</b> Beef Cube Steak/Gravy, Loaded Mashed Potatoes, <b>Sides:</b> Riviera Vegetables, Chocolate Dream Dessert, <b>Supper: #1</b> Cheeseburger/Bun, <b>#2</b> BBQ Pork Steak/Bun <b>Sides:</b> L/T/O, French Fries, Apricots	26 Cream of Wheat, Cheese Omelet, Raisin Toast, <b>Lunch: #1</b> Taco in a Bag, Lettuce/Tomato/Sour Cream, <b>#2</b> Chicken Tenders, Mashed Potatoes, <b>Sides:</b> South-west Vegetables, Birthday Cake Blondie, <b>Supper: #1</b> Chicken & Dumpling Soup, Crackers, Garlic Bread, <b>#2</b> Loaded Baked Potato/Ham, <b>Sides:</b> Pears, Peanut Butter Cookie	27 Malt O Meal, Egg & Sausage Biscuit, 1/2 Banana, <b>Lunch: #1</b> Cheesy Tuna Casserole, Mixed Vegetables, Bread/Marg., <b>#2</b> Grilled Cheese Sandwich, Tomato Soup, <b>Sides:</b> Peaches <b>Supper: #1</b> Breaded Fish, <b>#2</b> Meatballs/Sauce <b>Sides:</b> Cascade Vegetables, Potato Wedges, Frosted Cake	28 Oatmeal, Bacon, Blueberries, Toast, <b>Lunch: #1</b> Turkey Meatloaf, Au Grain Potatoes, Garlic Breadstick, <b>#2</b> Sloppy Joe/Bun, Potato Chips, <b>Sides:</b> Dilled Carrots, Oatmeal Butterscotch Bar, <b>Supper: #1</b> BBQ Chicken Tenders, Herb Baby Baker Potatoes, <b>#2</b> Chicken Noodle Soup, Grilled Ham & Cheese, <b>Sides:</b> Country Trio Vegetables, Cinnamon Baked Apples



# February Menu 2026



# Valentines Day

## WORD SCRAMBLE

ATREH \_\_\_\_\_

LWORFES \_\_\_\_\_

UDPIC \_\_\_\_\_

AELTHOCC \_\_\_\_\_

VOLE \_\_\_\_\_

WETHARSETE \_\_\_\_\_

NYADC \_\_\_\_\_

IDIPERFNHS \_\_\_\_\_

RWARO \_\_\_\_\_

RFEYBARU \_\_\_\_\_

RCAD \_\_\_\_\_

KPNI \_\_\_\_\_

## VALENTINE ROSE BOUQUETS & COOKIE SALE

Celebrate Valentine's Day by treating someone special to a bouquet of roses and the sweet indulgence of a homemade Valentine's cookie.

### ORDER DETAILS

Orders and payment must be submitted to Hannah Waters, Activity Director, **no later than**

**12:00 p.m., Tuesday, February 10th.**

Payment Accepted: cash or check  
*(Checks payable to Hiawatha Care Center)*

### DELIVERY & PICKUP

- Resident orders will be delivered on Friday, February 13th.
- All other orders must be picked up by 4:00 PM on Friday, February 13th.

### PRICING

Frosted Valentine Cookie	\$6.00
3-Stem Rose Bouquet	\$25.00
6-Stem Rose Bouquet	\$40.00
12-Stem Rose Bouquet	\$55.00

*HCC SPECIAL: \$1.00 off a cookie with the purchase of a 6-stem rose bouquet!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Catholic Communion  4:00 King of Kings Lutheran Church Service	2 <b>Ground Hogs Day</b> 10:00 Manicures & Social  2:30 Guess the Puzzle & Beat the Dealer  4:45 Bible Study Group	3 10:00 Reminiscing 10:30 Piano Music with Melinda 2:30 Crafts: Valentines Wreaths 4:00 Activity Hour	4 10:00 Card Bingo 2:30 Music with the Famous Lena Adams 4:00 Activity Hour	5 10:00 Exercise Games 2:30 Happy Hour with Dave Wirtz 4:00 Activity Hour	6 10:00 Coffee/Cocoa Social 2:30 Bingo Hour 3:45 Snack & a Show	7 Morning Independent Activities 2:30 Book Reading & Snacks with Joanne 4:30 Flute Music with Charlotte
8 10:00 Catholic Communion  2:30 Music with Richard Lee Weekend Popcorn	9 10:00 Manicures & Social 2:30 Card Games 4:45 Bible Study Group	10 10:00 Gospel Light Baptist Church Service 2:30 Jewelry Making 4:00 Activity Hour	11 10:00 Crafts with Students from Andrews Academy 1:30 Kenndy Students 2:30 Music with the Oxford Junction Band 4:00 Activity Hour	12 <b>Crowning King &amp; Queen</b> 10:00 Games with Friends from the A.R.C 2:30 Valentines Party with the Hart/Parker Trio Band 4:00 Activity Hour	13 Morning Independent Activities 2:30 Bingo Hour 3:45 Snack & a Show	14 <b>Valentines Day</b>  All Day Independent Activities (Activity Room will have setup activities)
15 10:00 Catholic Communion  4:00 King of Kings Lutheran Church Service	16 <b>President's Day</b> 10:00 Manicures & Social 2:30 Ice Cream Social 4:45 Bible Study Group	17 <b>Mardi Gras</b> 10:00 Reminiscing 10:30 Piano Music with Melinda 2:30 Jewelry Craft: Mardi Gras Bracelets 4:00 Activity Hour	18 <b>Ash Wednesday</b> 11:00 Atoning of the Ashes With St. Eilizabeth Ann Seaton Church 2:30 Serenity Spa Hour 4:00 Activity Hour	19 10:00 Exercise Games 2:30 Happy Hour with the Flip Side 4:00 Activity Hour	20 10:00 Coffee/Cocoa Social 2:30 Bingo Hour 3:45 Snack & a Show	21 Morning Independent Activities 2:30 Science Fun  Weekend Popcorn
22 10:00 Catholic Communion 2:30 Weekend Bingo 4:00 Activity Hour	23 10:00 Manicures & Social 2:30 Movie & Popcorn 4:45 Bible Study Group	24 10:00 Card Games 2:30 Resident Council Meeting 3:30 Snacks & Social 4:00 Activity Hour	25 10:15 Lovely Lane Methodist Church Service 2:30 Birthday Party with Dave Marshall 3:00 Pet Visits with Eartha 4:00 Activity Hour	26 10:00 Coffee/Cocoa Social 2:30 Happy Hour with Harold Gray 4:00 Activity Hour	27 10:00 Games with Friends From Discovery Living 2:30 Bingo Hour 3:45 Snack & a Show	28  All Day Independent Activities (Activity Room will have setup activities)

# February Activities