

CHOICES VOICES

Issue 164 - February 2024

Day & Residential Happenings



If you would like to receive this newsletter by E-mail, please give your E-mail address to Choices Network, Inc. by contacting Kenna Boyce at kboyce@choicesnetwork.net. This newsletter can also be accessed via the website at www.choicesnetwork.net. Or you can follow us on "Facebook" by entering Choices Network, Inc. and tapping the "like". Choices Network, Inc. Day and Residential Management can be reached between 8:00 am to 3:00 pm at 785-820-8018, after hours Day can be reached at 785-714-0036 and Residential at 785-714-0095.

HAPPY VALENTINE'S DAY

Choices is celebrating 25 years with monthly drawings!!!

And the January winners are...

Season Wacker

Twila



FEBRUARY BIRTHDAYS

Amy B	2/5
Kamden C	2/7
Ethan R	2/7
Jillian B	2/11
Chris F	2/11
Ethan L	2/11
Pamela S	2/14
Tianna W	2/14
Jonah R	2/17
Cody P	2/18
Cody R	2/18
Ezra G	2/19
Daniel L	2/20
Nick W	2/22
Brenda M	2/23
Ashley P	2/23
Beau S	2/24
Jaxson F	2/28

STOP WINTER FALLS WALK LIKE A PENGUIN

- Knees Relaxed
- Toes Pointing Out
- Short Steps
- Slow And Deliberate
- Hands Free



Edited By Kenna

CALENDAR



Office Closed:

2024

February 19 President's Day
March 29 Good Friday
May 27 Memorial Day
June 19 Juneteenth
July 4 Independence Day
September 2 Labor Day
October 14 Columbus Day
Nov 27, 28, 29 Thanksgiving
Dec 24, 25, 26 Christmas
Jan 1, 2025 New Year's Day

Upcoming CPR Dates

February 21st @ 1:00



If you haven't renewed in the last 12 months, you must do so within the next 90 days.

Please RSVP to Matt Garretson at (785) 820-8018.

Choices Network, Inc. Lawn and Maintenance Crew

If you are needing

Lawn Maintenance • Lawn Clean-up •
Trash Removal • Leaf Raking • Hedge
Trimming • Tree Pruning •
Snow removal

(Whatever your needs may be.

Give us a call!) Please contact Broc Tanner at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

Good News...
Brent will be back
on Choices Voices
next month!!!
Thank Goodness!!!

SPOTLIGHT:

Come say hello to Julie Pickering!



Julie started at Choices Network in August. She is originally from Tescott and moved to Salina shortly after she graduated from high school. Dillon's has been blessed to have Julie as a courteous clerk for the last 33 years. She enjoys helping people with their groceries. When Julie is not at work she spends time doing crossword puzzles and latch hook. Another activity that Julie loves is shopping either for clothing, cool stuff, or groceries. Her favorite meal to help make for all the ladies she lives with is shepherd's pie. Julie's favorite color is pink and she is always up for an outfit with bling, much like her sparkling personality!

Ongoing Activities:

Rolling Hills – Limited by membership
The Garage – Limited by membership
YMCA – Personal membership required
K-State Salina – Membership required

Walking Group – Daily 8:00-9:00
Lunch-n-Bowl – Wednesday's \$13.00
Lunch in the park – Weather permitting

UPCOMING ACTIVITIES:



Wichita Thunder Hockey Game - Feb 18th - Game starts at 4:00
Cost is \$25 (payable to Choices) plus spending and food money that will need to be on a gift card as this is a cashless venue!
Space is limited so please contact Jessie or Mike ASAP to reserve your spot!

Recipe Corner:

VALENTINES S'mores Bark

Ingredients:

3/4 C of butter
2 sleeves of graham crackers, broken into halves and quarters
3/4 C brown sugar
4 full-sized Hershey Bars or 2 giant Hershey Bars
3 to 4 C mini marshmallows
Valentine's M&M's



Instructions:

Step 1 - Preheat the oven to 350°. Line a 15x10x1 jelly-roll pan with parchment paper and top with broken graham crackers. Cover the pan completely.

Step 2 - In a small saucepan, slowly melt the butter completely over low heat.

Step 3 - Add the brown sugar all at once. Stir until smooth and melted. Allow the mixture to boil while stirring constantly for about 2 minutes, or until it begins to thicken.

Step 4 - Remove the butter mixture from the heat and evenly pour over the top of the graham crackers. Use a spatula to smooth the mixture evenly, and place it into the oven for 5 minutes.

Step 5 - Take the pan out of the oven, and immediately sprinkle small squares of chocolate, marshmallows, and Valentine M&M's all over the top.

Step 6 - Place the pan back into the oven for 2-4 minutes, or until you notice the marshmallows have started to puff up. Allow the pan to cool fully before breaking it up into squares.

Enjoy!

FEBRUARY CRAFT -



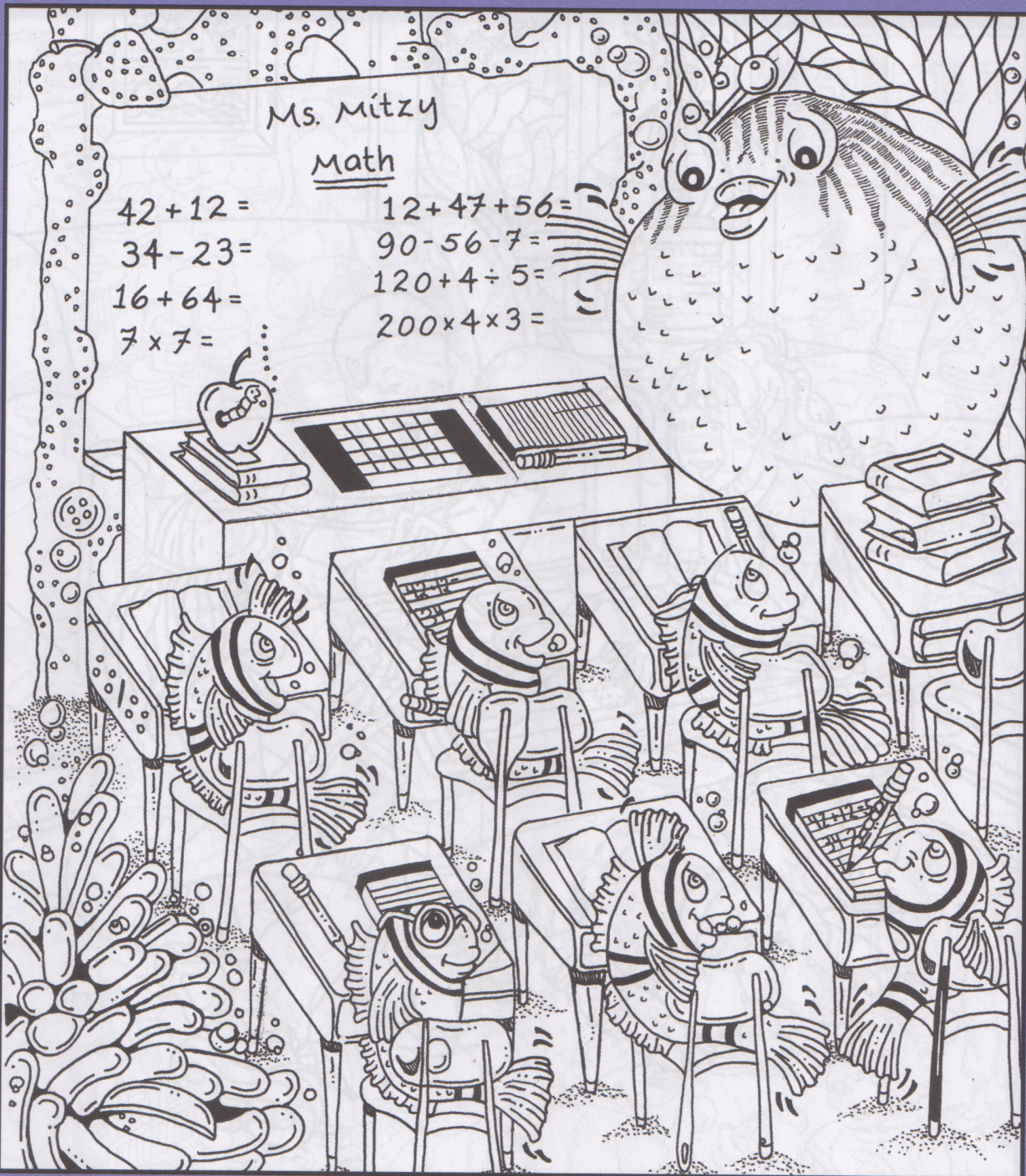
Supplies Needed:

- Paint chips
- Heart shaped paper punch
- Circular hole punch
- Ribbon
- Stickers

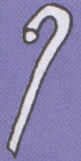
Instructions:

1. Carefully place the heart shaped punch in the dead center of each color on the paint chip. With firm, even pressure, push down on the punch to create a heart cutout. Or place stickers in the center of the paint chip.
2. Using the circular hole punch, create a centered hole at the top of the paint chip for your ribbon tassel.
3. Cut pieces of ribbon twice as long as the desired length of your tassel. Fold the ribbon in half, and place the ends of the ribbon through the circular hole.
4. Insert the two ends of the ribbon through the loop.
5. Gently pull up on the ends of the ribbon until the ribbon is taut and secure.

Fish School



Art by René Mitchell-Mills



cane



lollipop



mushroom



seashell

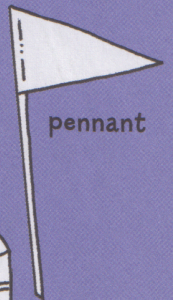


oar



needle

balloon



pennant



tube of paint



domino



canoe



candle



strawberry



toothbrush



crescent moon



mug



heart



whistle



hairbrush



flower



button



slice of cake



Y V O W I Y C P K B D A P N F Y K
K L P K C M O S L L A B W O N S Z
Z I V O D R C B O O T S H P D F W
E C E E V I O V S A U L M K L X S
H A C I J F A Q K M L F E U E G C
S F R I G I D S I W J V R V A Y A
D E D M X T E O I X F R E S O O R
E S K I U T J Q N F I R E Y E H F
C K X A A F F M G E G V R Y M U S
E B H K L E F H S R O A F Y I Q O
M W S X S F J S E L U W R D T Z D
B W R N E D W E G R F A O E T J A
E J N C L R N O B O U F Z L E X L
R V G Z C A Q E N N N L E S N L K
E H U E I Z F C A S Q G N Y S R Y
T R N B C Z T J E C A L P E R I F
A Y H V I I Z A H S U L S G X O N
E B S L H L A W O R E T N I W E B
W G U L T B D L O C Y J T L D C O
S N A M W O N S M B X H Y X O I E

**BLIZZARD BOOTS COAT COCOA COLD DECEMBER EARMUFFS
EVERGREEN FEBRUARY FIREPLACE FLURRIES FRIGID FROZEN GLOVES
ICE ICICLES JANUARY MITTENS SCARF SHOVEL SKATES SKIING SLED
SLUSH SNOWBALL SNOWFLAKES SNOWMAN SWEATER WINTER**



Goofing around!



Rachel enjoying a snow day!



Thomas calling BINGO!



Winner winner!



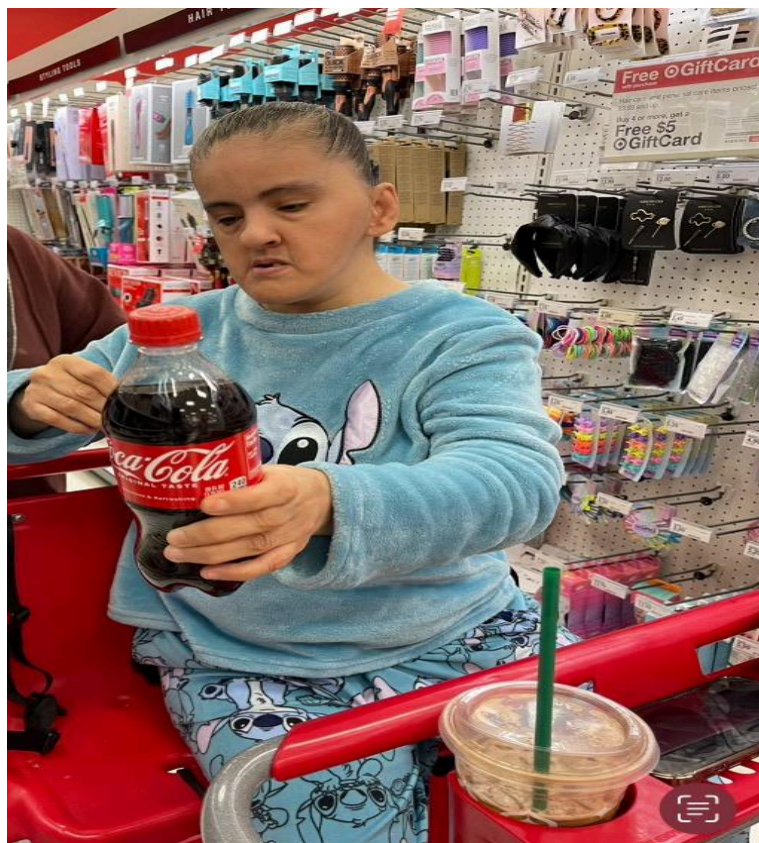
Showing off his dance skills!



On pace for a score of 150!



Getting his IHOP fix!



Marina doing her shopping!

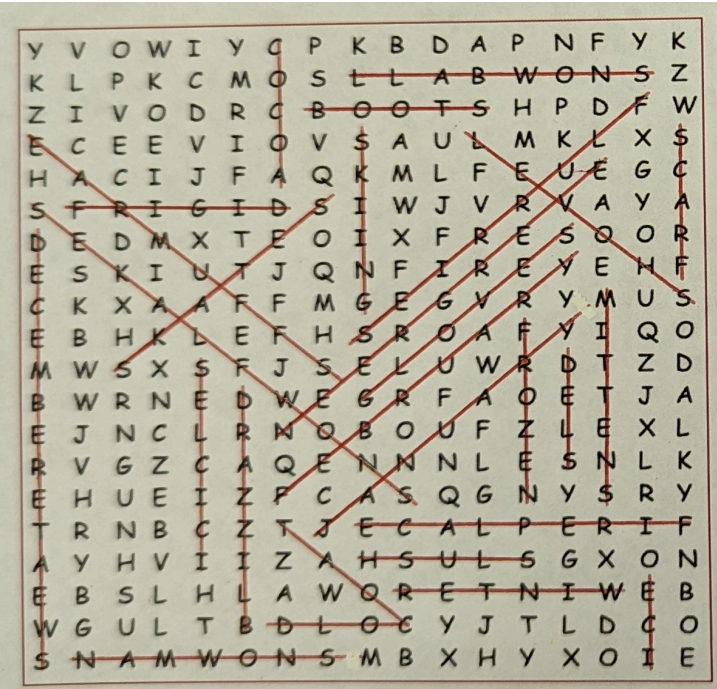


Twinning!



Round table shenanigans!

WORD SEARCH & HIDDEN PICTURE KEYS



BLIZZARD BOOTS COAT COCOA COLD
 DECEMBER EARMUFFS EVERGREEN
 FEBRUARY FIREPLACE FLURRIES FRIGID
 FROZEN GLOVES ICE ICICLES JANUARY
 MITTENS SCARF SHOVEL SKATES SKIING
 SLED SLUSH SNOWBALL SNOWFLAKES
 SNOWMAN SWEATER WINTER

