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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.

MARCH PROJECT

ST. PATRICK'S DAY ORNAMENT



Supplies:

Empty toilet paper roll
Yarn
Hot Glue
Scissors

Directions:

1) Cut a 1 cm slice from an empty toilet roll. Then, cut approximately 35 strands of yarn (30cm in length). Note: You may need more or less yarn. It will depend on the weight/thickness of the yarn.

2) Loop all the strands (one at a time) through the cardboard roll and pull tight. Continue until the entire cardboard piece is covered.

3) Push all the yarn down through the centre of the roll to create a hat "brim", and tie the top of the hat (about an inch from the top) with a piece of matching yarn. Tie a loop (at the top of the piece of yarn used to tie the top of the hat) to create a hanger for the ornament.

4) Trim the top of the hat to make a pom pom, and use hot glue to attach a felt shamrock to the front of the yarn hat.



You'll need to make the hat (above), and then you'll need to make a pom pom for the beard.

1) Wrap yarn around your hand approximately 60 times (or more if the yarn is a lighter weight/thickness).

2) Carefully remove the yarn from your hand and tie a piece of yarn tightly around the centre.

3) Cut the loops with sharp scissors, and trim the pom pom until it is round and fluffy.

4) Then, assemble the ornament. Use hot glue to attach the hat to the handmade pom pom.



5) Use hot glue to attach the pom pom nose.

CALENDAR OF EVENTS



Office Closed:

March 29 – Good Friday
 May 27 – Memorial Day
 June 19 – Juneteenth
 July 4 – Independence Day
 September 2 – Labor Day
 October 14 – Columbus Day
 November 27, 28, 29 – Thanksgiving
 December 24, 25, 26 – Christmas
 January 1, 2025 – New Years Day

Upcoming CPR Dates

Thursday, March 7th @ 1:00
 Wednesday, April 17th @ 1:00



If you have not 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.

Recipe Corner: RAINBOW FRUIT SALAD PARFAITS

Ingredients:

- 2 c strawberries diced
- 2 c mandarin oranges
- 2 c pineapple chunks
- 2 c kiwi diced
- 2 c blueberries
- 2 c purple grapes
- 1 ½ tsp pure vanilla extract
- ¾ c powdered sugar



Instructions:

1. Put each fruit into a separate bowl.
2. Add ¼ tsp vanilla and 2 tablespoons of powdered sugar to each bowl of fruit.
3. Mix until the powdered sugar is dissolved.
4. Evenly distribute the fruit into clear glasses.
5. Starting with the grapes, then the blueberries, the kiwi, the pineapple, the mandarin oranges, and ending with the strawberries.
6. Top with whipped cream. Eat right away.

★ Staff Recognition ★

Corina Chihuahua – 10 years
Misty McNelly – 1 year
Mike Highsmith – 1 year
Zebadiah Hensley – 3 years

Belinda Roy – 10 years
Vicki Ryan – 5 years
Hope Ochoa – 1 year

March Birthdays

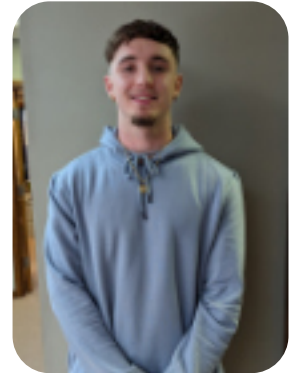
Damion H.	6th
Luke M.	6th
Jeff M.	9th
Chelsea A.	10th
Brittany C.	14th
Tessa B.	18th
Zackary P..	18th
Zackary F.	19th
Eric J.	20th
Harley L.	24th
Kevin F.	24th
Debbie H.	25th
Shane M.	28th
Anthony B.	30th
Kayla R.	30th
Kyler R.	30th

SPOTLIGHT: Julian Urioste has joined our team!

I started working at Choices Network Inc. in January of 2024. I am originally from Portales, New Mexico, but have been in the Salina area since 2020. I play football for Kansas Wesleyan University and graduated last May, where I obtained a bachelor's degree in Kinesiology (exercise Science). With one more year of eligibility left, I will be playing football and working on my master's degree in the fall.

I'm a diehard Jayhawk, Steelers, and Clippers fan, as my family are big sports fans. I have 2 siblings, a younger brother who is 21 and an older sister that is 25. I'm the middle child, being 23 years old. My family and I enjoy taking vacations, such as attending sporting events and spending quality time together.

We have 3 amazing dogs at home whose names are Honey, Theo, and Lilly. In my free time I enjoy playing video games and spending time with my friends.



BASKETBALL WORD SEARCH



BACKBOARD BASKET BLOCK CENTER CHARGE COURT DRIBBLE
FASTBREAK FOUL FORWARD FREETHROW GUARD HOOP LAYUP PASS PIVOT
PRESS REBOUND SHOOT SLAMDUNK TEAM TIPOFF TRAVELING TURNOVER

Show and Tell



arrow



banana



pear



golf club



shovel



snake



ice-cream bar



closed umbrella



slice of cake



magnifying glass



needle



suitcase



thimble



sock



kite



mushroom



flag

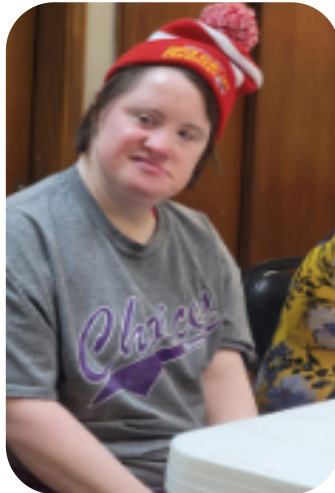
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CONSUMER CORNER:



Alexander showing his Chiefs pride!



Debbie is ready for the Chiefs Super Bowl!



Games at the Chiefs Party!



Go Chiefs!



Jesse is ready for the game!



Lindsey is ready to ref the big game!



Pamala rocking her Chiefs red.jpeg!



Blake's in the kingdom!



Chiefs Kingdom!



Fun at the Chiefs Party!



Chiefs Party at Rejoicing Spirits!



Throwback Thursday Fun!



Lindsey showing her hippie side!



Singing to a friend!



Happy Valentine's Day Birthday Girl!



February winner-Thomas Wilkinson!



February winner-Keith Luther!

CALENDAR OF COMMUNITY ACTIVITIES AVAILABLE IN SALINA:

Discovery Center and Park, 1323 E. Iron, Salina, KS. The nature center displays many educational stations that help connect people with the local wildlife through discovery and exploration. The park offers 5 acres of trails.

Salina Art Center, 242 S. Santa Fe, Salina, KS. The Art Center's programming is connected to a schedule of contemporary visual art exhibitions of work by regional, national, and international artists in a wide variety of media.

Central Kansas Flywheels Yesteryear Museum, 1100 W. Diamond Dr. Salina, KS. An interactive and informational museum focusing on the agricultural history of Kansas.

Smoky Hill Museum, 211 W. Iron, Salina, KS. The Smoky Hill Museum explores history in unexpected ways with interactive fun around every corner. It's a big-city museum in a small package intentionally designed to make kids eager to stay longer and adults want to come back for more.

Sculpture Tour Salina, Downtown Salina, KS. Sculpture Tour Salina (STS) is an annual juried competition and exhibition. The exhibition is open to all artists creating works suitable for outdoor display. Between 20 and 30 sculptures are selected and carefully sited in historic downtown Salina to be displayed for one year.

Rolling Hills Zoo 625 N. Hedville Rd. Salina, KS. Here you can get face-to-face with a majestic snow leopard, an Indian rhino, a curious orangutan, an ornery aardvark, or many of the other 100+ species of wildlife at home in our Zoo.

Fossett Plaza 2035 Beechcraft Rd. Salina, KS. The monument honoring Steve Fossett's record setting around-the-world, solo, nonstop flight in the Global Flyer. The historic 22,936-mile, 67-hour flight started and ended at the Salina Regional Airport.

Salina Fieldhouse, 145 N. 5th, Salina, KS. The Salina Fieldhouse features multi-purpose hardwood and synthetic courts, as well as turf fields. Three hardwood and three synthetic basketball courts are cross lined to include eight volleyball courts and six futsal courts. While turf fields accommodate soccer, football, kickball, baseball, softball and field hockey, hardwood and synthetic courts accommodate volleyball, futsal, dodgeball, cheer, dance, and other activities. The facility also contains specialized equipment such as drop-down batting cages and pitching tunnels.

The Alley, 115 E Ash St, Salina, KS. Bowling, Arcade, Laser tag, Hologate & AJ's Sports Grill.

The Garage – The Garage will contain both classic and custom cars, interactive exhibits, concessions, and gift shop for your family to experience.

Hiking Trail in and around Salina, KS.

Indian Rock Trail is a 1.2 mile moderately trafficked loop trail located near Salina, Kansas

Marty Bender Nature Area Trail 3028 S Holmes Rd, Salina, KS is a 2.8-mile loop trail located near Salina, Kansas and is good for all skill levels. The trail is primarily used for hiking.

Salina Levee Trail, The Salina Levee Trail traverses the flood control levee along the west bank of the Smoky Hill River in Salina. You can access it from E. Crawford at Bill Burke Park or E. Magnolia Soccer Complex.

Jerry Ivey Loop is a 1.4-mile loop trail located in Salina that is good for all skill levels.

YMCA Loop, A trail along river around YMCA. It is a single-track in the middle of the city

Ongoing Activities:

Rolling Hills Zoo – limited by membership

The Garage - limited by membership

YMCA – personal membership required

K-State Salina – membership maintained by Choices

Walking Group – daily 8:00-9:00

Lunch-n-bowl – Wednesday's 11:00-1:00 \$13.00

Lunch in the park – weather permitting

Water walking – summer months

Upcoming Events:

Choices is sponsoring a Green Day Dance on March 15th at the Friendship Center! (See attached flyer!) Please let us know if you plan on attending so we can be sure and have enough snacks and drinks! It should be a fun time!

Omaha Zoo Trip



Choices Network is planning a trip to the Omaha Zoo sometime in the spring! Details are limited at this time but we will be looking at spending a couple of nights there and enjoying some of the activities available, such as the Baseball Museum, the Airforce Museum, and a drive-thru safari. We are starting a list of those who might be interested in joining us on this trip so please send your interest to mhighsmith@choicesnetwork.net or jdeines@choicesnetwork.net.

Word Search & Hidden Picture Keys



BACKBOARD BASKET BLOCK
CENTER CHARGE COURT
DRIBBLE FASTBREAK FOUL
FORWARD FREETHROW GUARD
HOOP LAYUP PASS PIVOT PRESS
REBOUND SHOOT SLAMDUNK
TEAM TIPOFF TRAVELING
TURNOVER





JOIN US FOR OUR



GREEN DAY DANCE



Friday, March 15

6:00 pm til 8:00 pm

FRIENDSHIP CENTER

746 COMMACHE AVE.

SALINA KS

- * AGENCY STAFF PARTICIPATION REQUIRED
- * MINORS ACCOMPANIED BY AN ADULT
- * CASUAL **Green** ATTIRE

FREE EVENT - TICKET REQUIRED

QUESTIONS OR TICKETS CONTACT

CHOICES NETWORK INC.

785-820-8018

Sponsored by:

