



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.

MAY PROJECT MAY DAY BASKET



Materials:

- 12" round paper doilies
- Scissors
- Glue
- Coffee Filters
- Washable markers

Instructions:

To make the basket

1. Take a large 12" doily and roll it into a cone. Glue the edge of the doily down and hold it until it dries.

2. Use Strings or ribbons to attach to each side of the doily to create a handle.

To make flowers

3. Stack three to four coffee filters together. Fold your stack of coffee filters into fourths.

4. Use washable markers to make marks all over the folded coffee filters. Make marks, any kind of mark. Draw slowly so that the marker has time to saturate through the layers of coffee filters a bit.

5. Use a spray bottle full of water to saturate the still folded coffee filters. Spray them and then turn them over and spray them from the other side. Lay them on paper towels or scrap paper until dry.

6. Keep the filter folded into fourths (for easier cutting) or fold again so that your coffee filter is folded into eighths. There is no right or wrong way to cut the flower petals. Try something different with each flower. Try rounded petals, short and long petals together, and straight cuts that make fringe-y petals.

Use a pipe cleaner (or half a pipe cleaner) to poke through the center of a single coffee filter. Curl the top of the pipe cleaner over to form a little loop where the center of the flower be.

May Birthdays

| | |
|--------------|------|
| Nestor D-M. | 1st |
| Heather G. | 1st |
| Curtis D. | 3rd |
| Bekah S. | 4th |
| Sam P. | 5th |
| Robert C. | 9th |
| Jesse S. | 9th |
| Stephanie P. | 12th |
| Clay S. | 12th |
| Daniel B. | 14th |
| Trevor A. | 16th |
| Karly H. | 20th |
| Darius T. | 20th |
| Cody L. | 21st |
| Courtney P. | 21st |
| Benjamin W. | 22nd |
| Janelle G. | 24th |
| Isaac T. | 24th |
| Eduardo V. | 24th |
| Ricardo V. | 24th |
| Steve L. | 27th |
| Tristian M. | 28th |

CALENDAR OF EVENTS



Office Closed:

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

Wednesday, May 15th @ 1:00
Wednesday, June 12th @ 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.

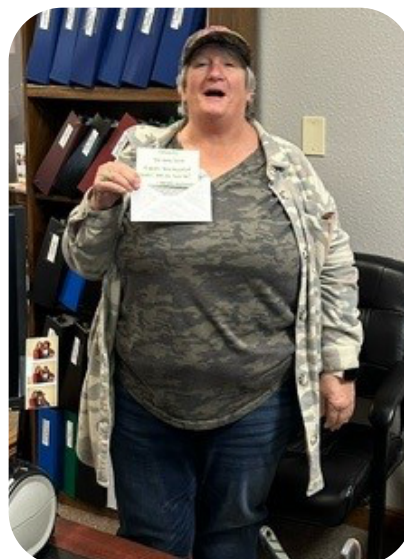


The Garage and Choice's Network LLC are teaming up again this year! The Garage will once again offer Choice's Network consumers and staff any of their annual memberships at a 50% discount if it is purchased in the month of May. This can be purchased at the Garage any day they are open in the month of May, mention that you are with Choices Network to take advantage of the half price offer. Please check their website for membership options. Please contact Mike Highsmith at Choices Network through the office if you have any questions about the discount.

25th ANNIVERSARY WINNERS FOR APRIL

Megan L. – won a game console (on the left)

Carolyn A. – won 4 hours of vacation pay (on the right)



SPOTLIGHT: Leslie Shober, Case Manager

Hello Choices Family! I have worked for Choices as a Targeted Case Manager since Feb 2020...right at the beginning of the Covid epidemic. It was a transition, as at the time I was previously doing occupational therapy in Rehab at Salina Regional, but I haven't looked back since! I love doing case management and appreciate all the consumers and families that I get to support!

I will have been married to my husband Josh for 20 years in August. We have 2 daughters Sloan (10) and Ellen (8). They keep us busy with activities all year long and we like to spend time going to our place at Kanopolis Lake during the summer with family and friends.



CAT WORD SEARCH

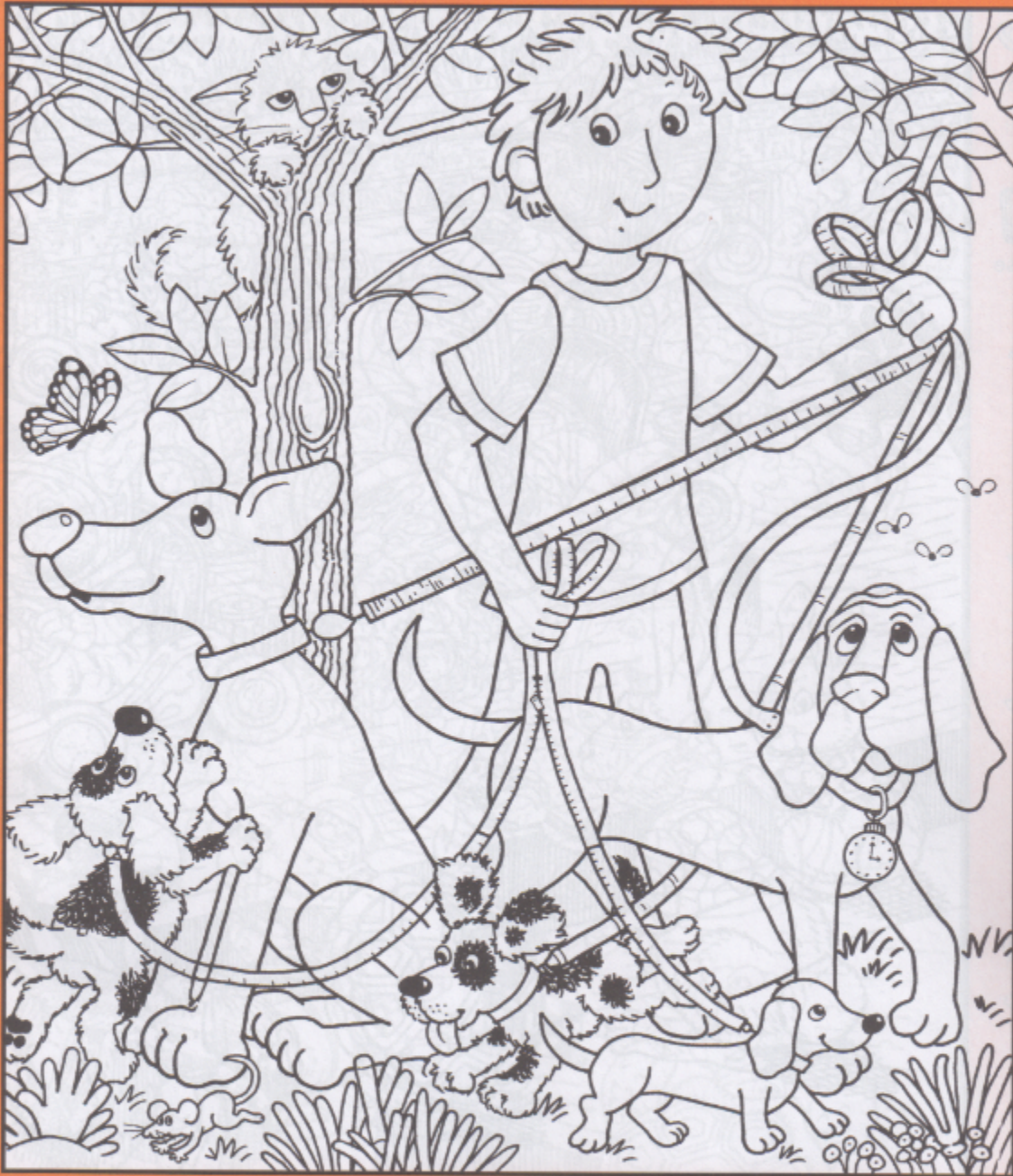


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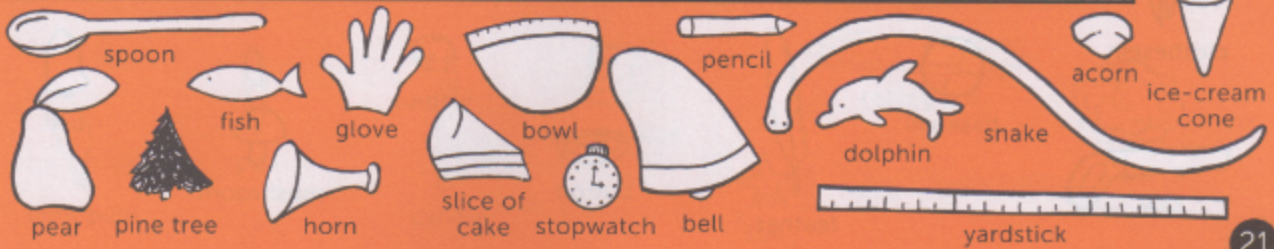


**AFRICA ASIA BOBCAT CARACAL CATS CHEETAH CLAWS CLIMB CUBS
 FELINE FUR GEOFFROY JAGUAR LEOPARD LIGER LYNX OCELOT PAWS
 PUMA PURR MANE ROAR SEVIL SPOTS STRIPES TAIL TIGER TIGON
 WHISKERS**

Walking the Dogs



Art by Susan T. Hall



Consumer Corner:



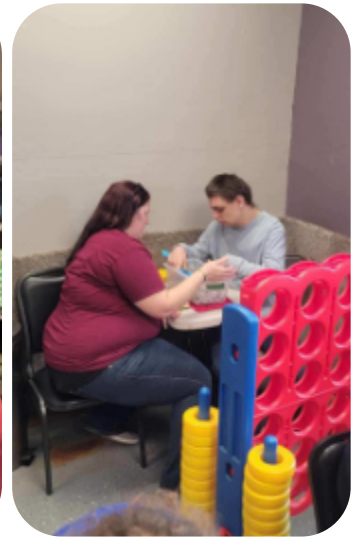
Alexander trying on Julian's football helmet!



Crafting!



Kevin trying on Julian's football helmet!



Doing tactile activities!



Enjoying the nice weather!



Evan taking in the eclipse!



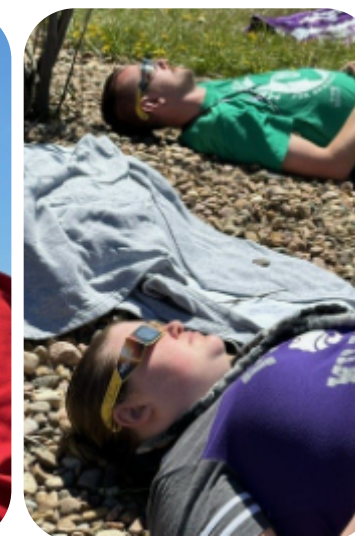
Getting our glasses on for the eclipse!



Getting the perfect angle for watching the eclipse!



Thomas enjoying the eclipse!



Lazy days eclipse fun!



Michael taking in the sun & eclipse!



Singing with a friend!



Watching the eclipse!



Damion gave a thumbs up to the eclipse!



Relaxing during the eclipse!



The eclipse crew!



Recipe: Strawberry Crumb Bars

Ingredients:

1 ½ C flour
 ½ C sugar
 ½ t baking powder
 ¼ t salt
 ½ C unsalted butter
 1 large egg
 1 t vanilla extract



Strawberries:

2 C strawberries, chopped
 1 T lemon juice
 1 t vanilla extract
 ¼ C sugar
 1 T cornstarch

Instructions:

Preheat oven to 375 degrees and grease a 8x8" pan or line with parchment paper

FOR THE CRUST:

Whisk together the flour, sugar, baking powder, and salt. Cut in the butter with a fork until mixture is

crumbly. Mix in the egg and vanilla. *Note: If you're using a food processor you can just add everything to the food processor and pulse until crumbly. Then add in the egg and vanilla and process until combined.

Press ½ of the mixture into the prepared pan. Reserve the other ½ for later

FOR THE STRAWBERRIES:

Toss strawberries with lemon juice and vanilla extract. Sprinkle with the sugar and cornstarch.

Toss to coat.

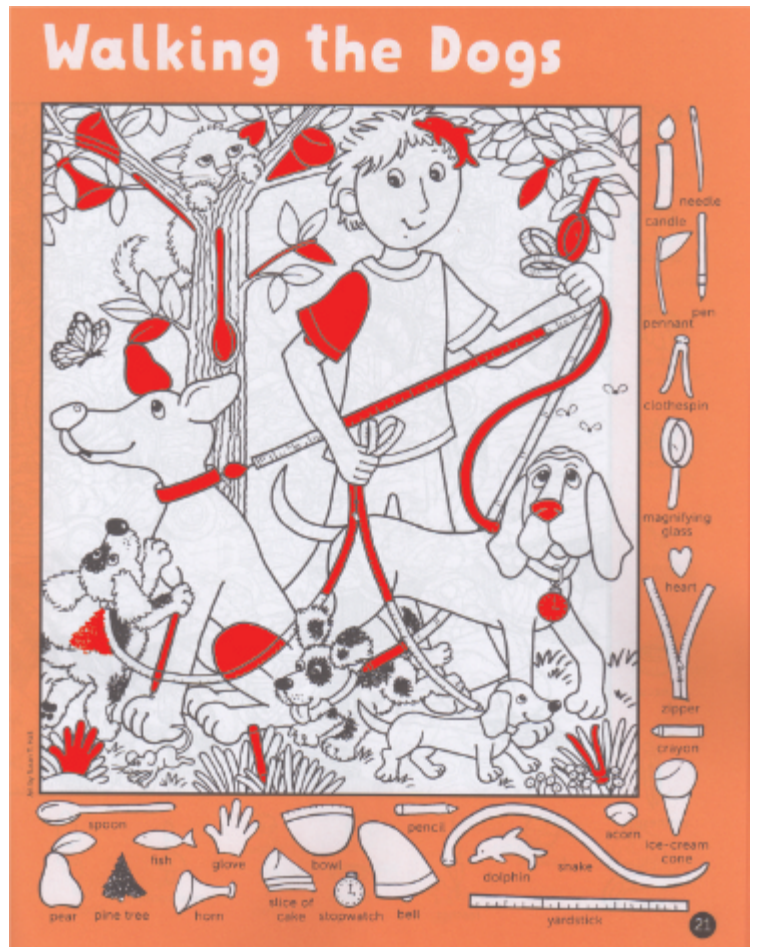
Spoon strawberries over the bottom crust, discarding the liquid at the bottom of the strawberries. Sprinkle reserved dough on top of strawberries.

Bake for 35-45 minutes or until topping is lightly browned. Cool completely and cut into bars. Store in the refrigerator but I like to serve closer to room temperature.

Word Search & Hidden Picture Keys



**AFRICA ASIA BOBCAT CARACAL
 CATS CHEETAH CLAWS CLIMB
 CUBS FELINE FUR GEOFFROY
 JAGUAR LEOPARD LIGER LYNX
 OCELOT PAWS PUMA PURR MANE
 ROAR SEVIL SPOTS STRIPES TAIL
 TIGER TIGON WHISKERS**



Ongoing Activities:

Monday – Tour Rolling Hills Zoo from 10am to 1pm. Bring sack lunch.

Monday through Friday - Walking at Jerry Ivey Park at 8am to 9am during the spring and fall seasons and **water walking during the summer**. Walking at the Central Mall at 8am to 9pm during the winter season or inclement weather days.

Monday, Tuesday, Thursday, and Friday - Exercise at the K-State Salina gym from 9:30am to 11:45am

Tuesday and Thursday – YMCA exercises 9:30am to 11:30. Must have a membership. (Choices Network staff can assist individuals with applications for reduced rate memberships at request.)

Wednesday - Lunch and Bowl at The Alley from 11am to 1:00pm. Cost is \$13.00.

Friday – BINGO at Choices 10am to 11am.

Friday - The Garage

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