

# CHOICES VOICES

Issue 173- November 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.

## NOVEMBER PROJECT WHAT I'M THANKFUL FOR LEAF ART!



### Supplies:

Large Leaves  
White Construction Paper  
Large Candle  
Watercolor Paint  
Paintbrush  
Hole Punch  
String

### Directions:

1. Place a leaf between 2 pieces of construction paper.
2. Roll the candle over the leaf to make an impression in the paper.
3. Use various watercolor paints to paint over the impression and let dry.
4. Once dry, cut out the leaf and write what you're thankful for on the back.
5. Using a hole punch, punch 2 holes in the leaf and place a string through the holes to make a hanger! You can also string multiple leaves together and hang as a banner!

## 25<sup>th</sup> Anniversary October Drawing Winners:



DeEtta is the October Winner of a coffee maker!



Alexander is the October winner of an art kit!

## November Birthdays

Scott M.	5th
Janessa W.	7th
Anne A.	9th
Sarah F.	9th
Marcus B.	12th
Jaclyn S.	12th
Andrea L.	16th
Quinn M.	17th
Kaleb H.	18th
Paul K.	20th
Sara C.	22nd
Emerson M.	22nd
Adelyne S.	22nd
Betty Jo C.	24th
Rita D.	27th
Carla A.	29th

## CALENDAR OF EVENTS



### Office Closed:

November 27, 28, 29 –

Thanksgiving

December 24, 25, 26 – Christmas

January 1, 2025 – New Years Day

### Upcoming CPR Dates

Wednesday Nov. 13th 1:00-3:00

Wednesday Dec 11<sup>th</sup> 1:00-3:00



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.

## THANKSGIVING WORD SEARCH



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



TURKEY PILGRIMS PUMPKIN YAMS NOVEMBER CORN INDIANS HARVEST  
STUFFING CRANBERRY FEAST PIE POTATOES HOLIDAY FAMILY  
SHARING CARVE CORNUCOPIA PLYMOUTH MAYFLOWER  
THANKSGIVING SETTLERS FOOD MAIZE FALL GRAVY

## **SPOTLIGHT:** Welcome to Jessica Pickering to our TCM Department!

My husband and I have 5 kiddos and 2 dogs. I have spent 15 years mostly in the childcare world, most of which allowed me to be home with my kids.

We live in Lindsborg and I love our little town! I enjoy sewing, crafting and puzzling. Camping with my family is my happy place! I am honored to be a part of Choices. It feels like I was invited to sit at the cool table!



### **Upcoming Events:**

#### **Thanksgiving Dinner!**



We will once again, be serving a Thanksgiving meal at Choices on Thanksgiving Day from 12:00-2:00! This is open to anyone in our services who would like to come and share a meal, good conversation, and friendship! Please let Broc or Kenna know by November 22nd if you would like to attend so we can be sure to have enough food!

#### **Christmas Open House**

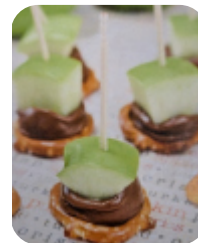


Choices will be holding our annual Christmas Open House on December 12th from 11:00-1:00! Please stop by and celebrate the season with us!

### **WINTER WEATHER IS FAST APPROACHING!**

**Just a reminder**, if USD 305 closes for winter weather, Choices Network closes! Please listen to KSAL, go to KSALink or watch KSN, KAKE, or KWCH for closures or delays.

#### **Recipe Corner: Caramel Apple Bites**



#### **Ingredients:**

2 Green Apples, 1 pkg. mini pretzel twists,  
1 pkg. Rolo candy, Toothpicks

#### **Instructions:**

- Preheat Oven to 250 degrees.
- On a baking sheet, lay pretzels in a single layer and place a Rolo candy on each pretzel.
- Put these in the oven for about 3-4 minutes, or until the candy is soft but not melted.
- Chop the apple into small chunks. Squeeze a little lemon juice on them if you would like to help keep them from turning brown.
- Place one apple on the end of a toothpick and push it into one of the Rolo pretzels. Repeat until all the Rolo pretzels have apples!

### **NOVEMBER STAFF ANNIVERSARIES:**



**DeEtta Larsen 15 years**  
**Clyde Miller 3 years**  
**Sheila Luther 1 year**





# "This Way, Hikers!"



banana



heart



drinking cup



mushroom



artist's brush



carrot



Art by Jennifer Harney



fork



worm



pushpin



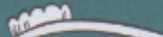
magnifying glass



ice-cream cone



key



toothbrush



pencil



slice of bread

8



snowman



mitten



book



wastebasket



wedge of lemon



rabbit



feather

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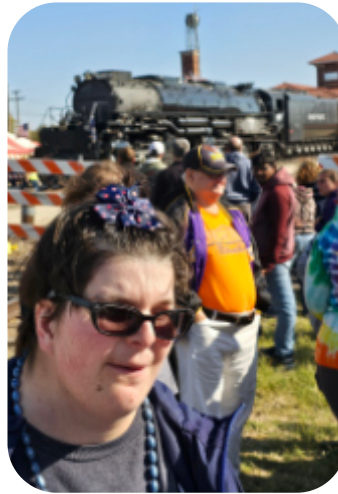
## Consumer Corner:



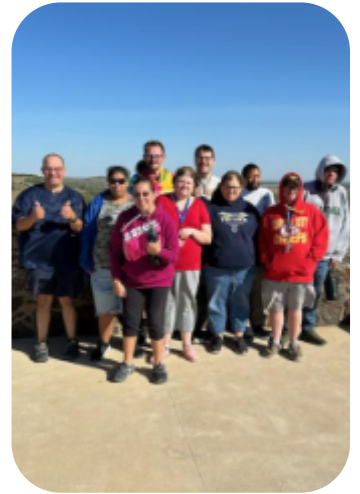
Another rock has been found!



Ben deciding if he wants to give up his rock!



Checking out the steam engine!



Conquering Coronado Heights!



Enjoying the petting zoo!



Evan hanging out with Beetlejuice!



Feeding the fish!



Finding a tiny pumpkin!



Lizards, snakes and all that creepy stuff!



Making our way through the reptile house!



Strolling in the park!



Taking a break!

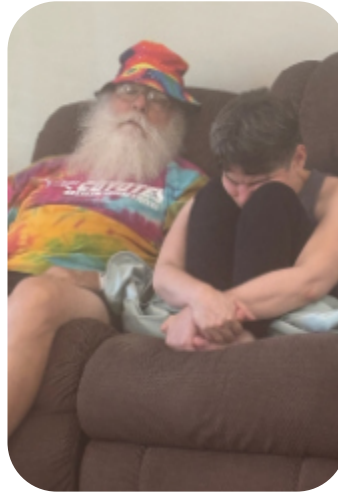




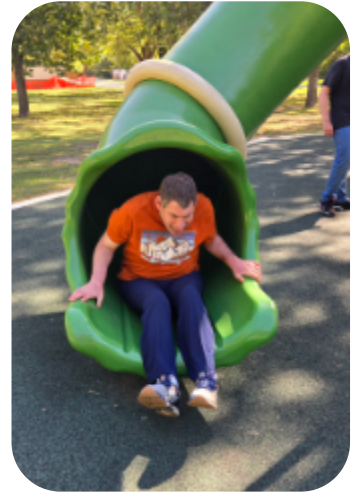
The Horse Whisperer!



Paul checking out the Dala Horse!



Golda and her dad taking a snooze!



Having a great time!



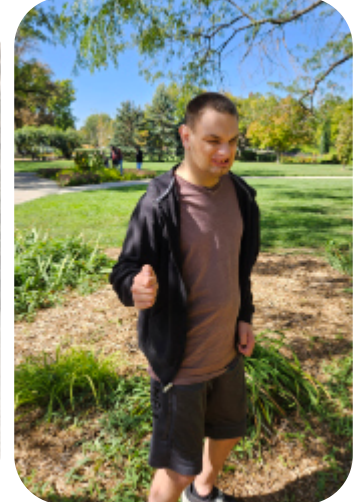
Dancing it out on the patio!



When you can't stop laughing!



Hiding painted rocks!



Enjoying the nice weather!



Sliding into fun!!



I'm not scared!



ZZ Top AKA Patrick Mahomes copping a squat!



Spending time at Rolling Hills!





The Beetlejuice Gang!



Exploring Lindsborg!



Look like a fish everyone!!



3 friends on a bench!!



Coronado Heights!



Friends taking a quick road trip!





Picnic in the park!



Seeing the Big Boy Steam Engine!



Watching a piece of history!



Hiding rocks on the walking trails!



Shannon's Family doing Fe for a Cure Walk!



Alan spinning the big wheel!



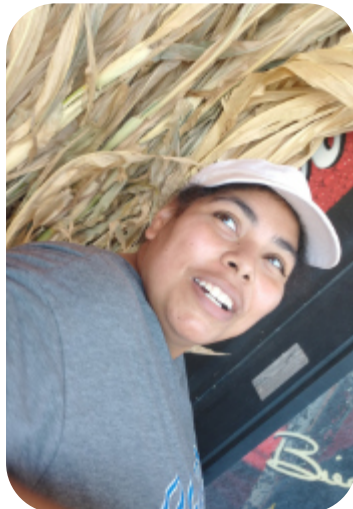
Keely trying to get a \$1.00!





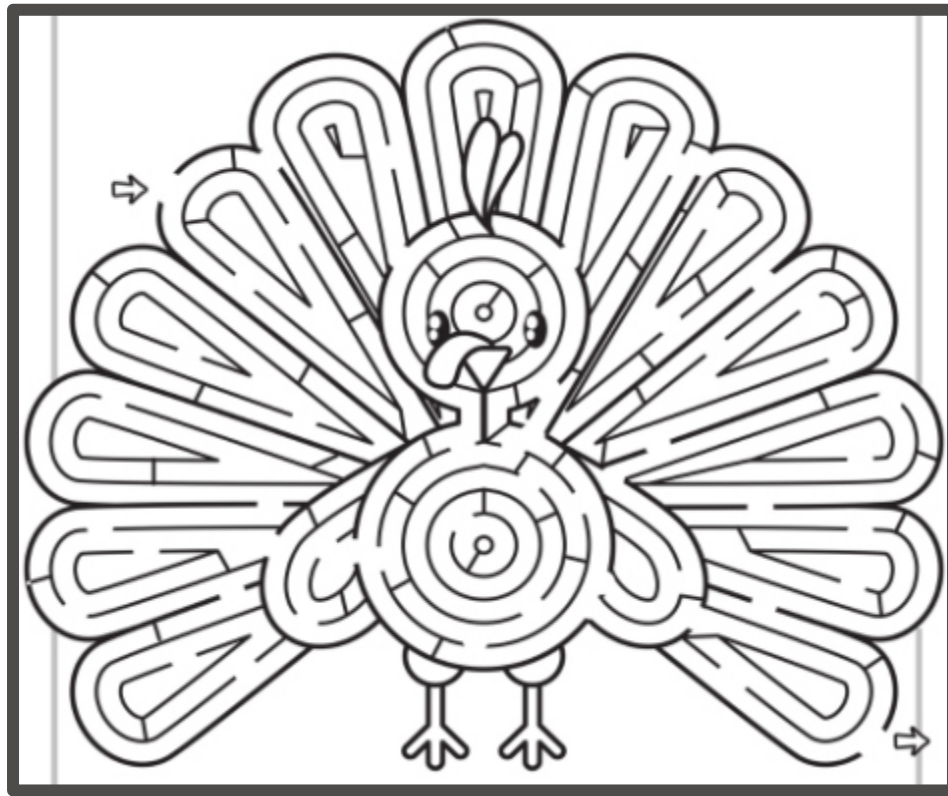
Just a game of Cards!

### **Sunny Side Pumpkin Patch**





**T  
U  
R  
K  
E  
Y**



**M  
A  
Z  
E**

*Word Search & Hidden Picture Keys*

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

**TURKEY PILGRIMS PUMPKIN YAMS**  
**NOVEMBER CORN INDIANS HARVEST**  
**STUFFING CRANBERRY FEAST PIE**  
**POTATOES HOLIDAY FAMILY**  
**SHARING CARVE CORNUCOPIA**  
**PLYMOUTH MAYFLOWER**  
**THANKSGIVING SETTLERS FOOD**  
**MAIZE FALL GRAVY**





## Ongoing Activities:

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

**Monday through Friday** - Walking at Jerry Ivey Park at 8:00am to 9:00am during the spring and fall seasons and **water walking during the summer**. Walking at the Central Mall at 8:00am to 9:00am 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 armadillo, 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