

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.

August Project Coffee Filter Butterflies



Supplies:

Dollar Store Coffee Filters
Dollar Store Washable Markers
Dollar Store Pipe cleaners
Dollar Store Pony Beads
Dollar Store Zippered Bags – Gallon Size
Spray Bottle filled with water

Directions:

1. Flatten out a coffee filter on top of a gallon size zippered bag. Draw random designs on the coffee filter with a variety of colors.

Remember that color combinations next to each other on the color wheel will become muddy once blended – red and green; blue and orange; yellow and purple.

2. Mist coffee filter with water from a spray bottle and then let dry completely. Set aside to dry but it's super fun to watch the colors mix and blend!

3. Create two tie-dyed coffee filters for each butterfly.
4. Fan fold two coffee filters to create each butterfly.

5. Stack fan folded coffee filters on top of each other, as pictured.
6. Fold chenille stem in half and place coffee filters one-third from base. Twist the bottom loop of the chenille stem. Twist once above the folded coffee filters, creating a tight section.

7. Leave a ½" loop and twist again to create the butterfly head. Leave the antennae straight.

8. Open and fluff out the wings of the butterfly. Pinch at the ends to retain the folds.

9. Thread a pony bead on the end of each antennae and curl into a swirl. And there you have it! So easy and colorful!

August Birthdays

Mason S	1st
Hollie W	1st
Alan M	2nd
Tim D	4th
Michael H	4th
Rachel D	5th
Shy G	6th
Kara W	6th
Shannon P	7th
Blake G	8th
Robin L	8th
Mark M	8th
Brent B	9th
Brian F	14th
Marisa M	14th
Brenden C	18th
Kurtis U	18th
Scott K	19th
Jeremy R	20th
Keely B	21st
Jake S	22nd
Luci W	22nd
Lindsey D	23rd
Ariisa G	25th
Shaun L	25th
Eli L	26th
Melissa D	27th
William T	27th
Kayl R	28th
Dorothy S	29th
Deshawn W	30th

CALENDAR OF EVENTS



Office Closed: 2025

September 1st – Labor Day

October 13th – Columbus Day

November 26, 27, 28th – Thanksgiving

December 24, 25, 26th – Christmas

2026

January 1st – New Year's Day

Upcoming CPR Dates

August 13th - 1:00-3:00
September 10th - 1:00-4:00



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 Mike Highsmith at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

BEACH WORD SEARCH



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



Sand Waves Ocean Seashell Towel Swimsuit Sunscreen Thongs Umbrella
Bucket Shovel Sunglasses Crab Starfish Lifeguard Float Surfboard Bikini
Cooler Sandcastle Seagull Snorkel Tide Breeze Shore Jellyfish Boardwalk
Bonfire Splash Driftwood

SPOTLIGHT: Choices welcomes Donnie Kelley to our services!

My name is Donnie Kelley! I am 51 years old, and my birthday is in November.

I enjoy listening to classical music on my CD player and my favorite classical composer is Joseph Haydn! I play the keyboard and cello.

My favorite treat to eat is ice cream and my favorite drink is Dr Pepper. I have several family members that I talk to regularly!

I enjoy talking about wheat harvesting and combines, and about cars and trucks. I attend Crossroads 3 days a week and attend church regularly. I'm excited to be part of the Choices community!



Recipe Corner: **Frozen Yogurt Bark**

Ingredients

- 2 cups vanilla (or any flavor) yogurt
- 1 cup mixed fruit (strawberries, blueberries, bananas, etc.)
- 1-2 tbsp honey or maple syrup (optional)
- Crushed granola or mini chocolate chips (optional)

Instructions

Line a baking sheet with parchment paper.

Spread the yogurt evenly across the paper (about ½ inch thick).

Sprinkle chopped fruit evenly on top.

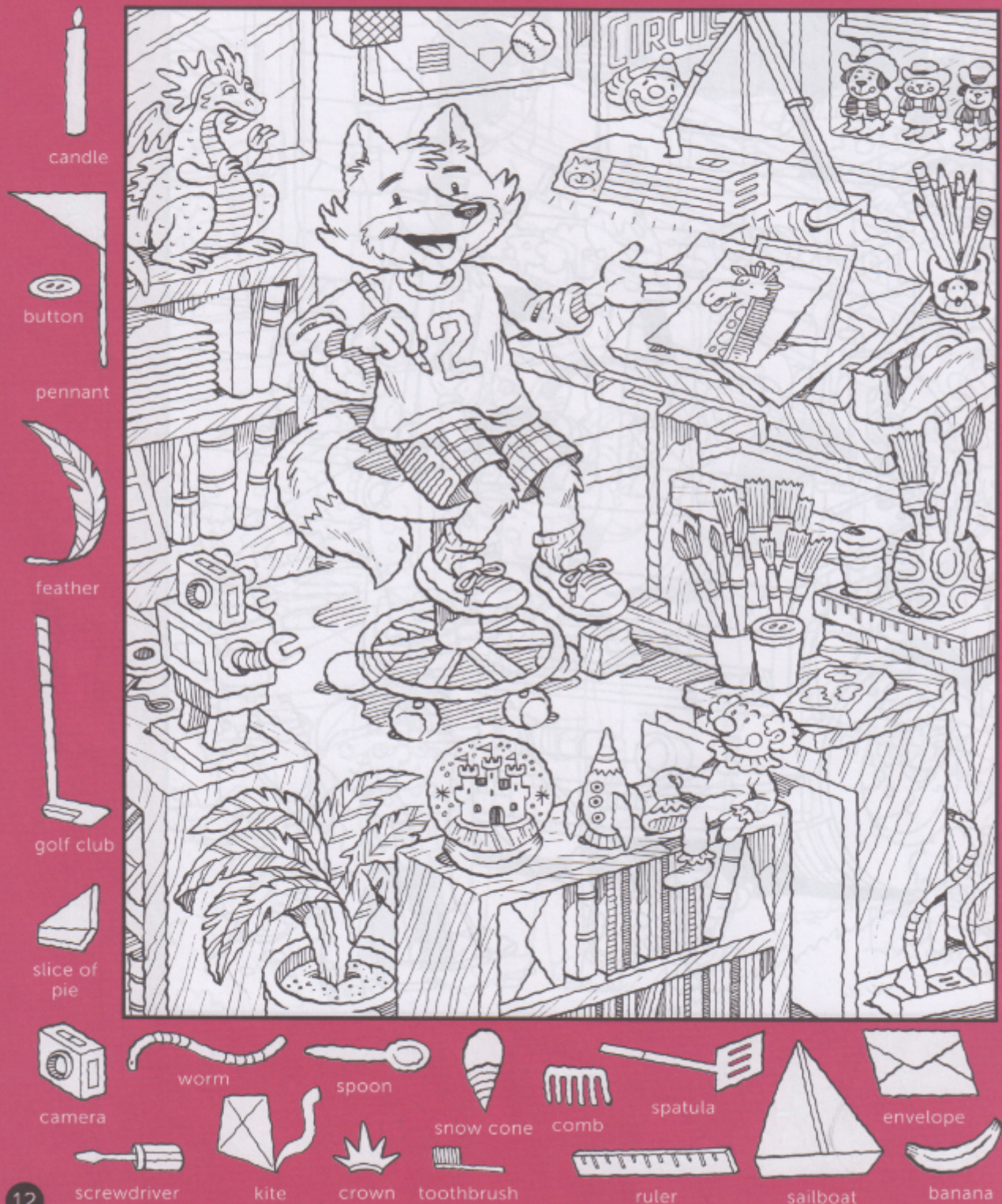
Drizzle honey or syrup if using, then add any extras like granola or chocolate chips.

Freeze for 2-3 hours, or until solid.

Break into pieces and enjoy! Store leftovers in a sealed container in the freezer.



The Artist at Work



12

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CONSUMER CORNER



Hitching a ride!



Busting a move!



Catching bubbles!



Cooling down at the spray park!



Dancing in the water!



Bubbles and sunshine!



Bubbles everywhere!



Dancing to the beat!



Friends and fun!



Fun and bubbles!



How you doin'?



Yeehaw!



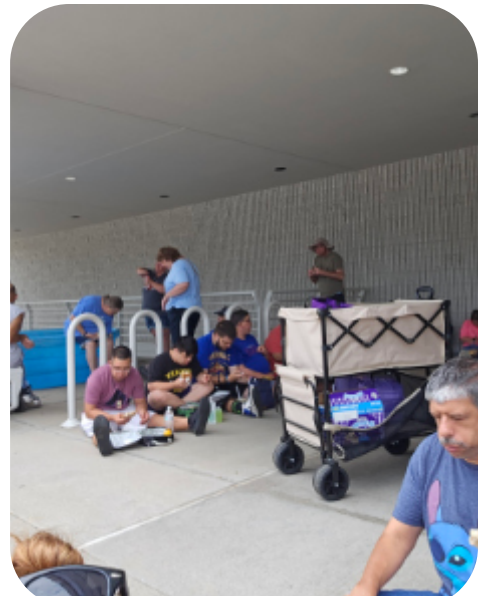
Having fun on a nice day!



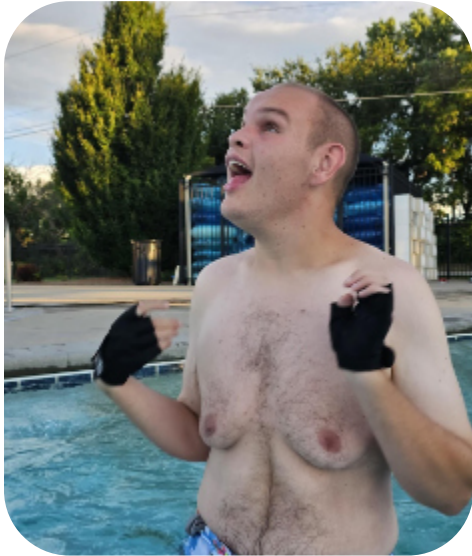
Hanging out!

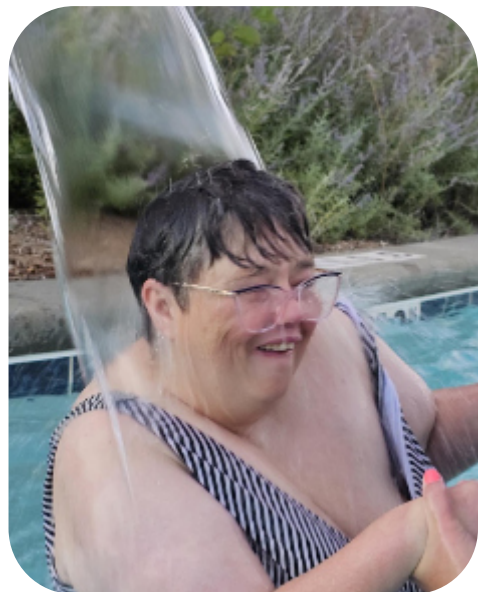
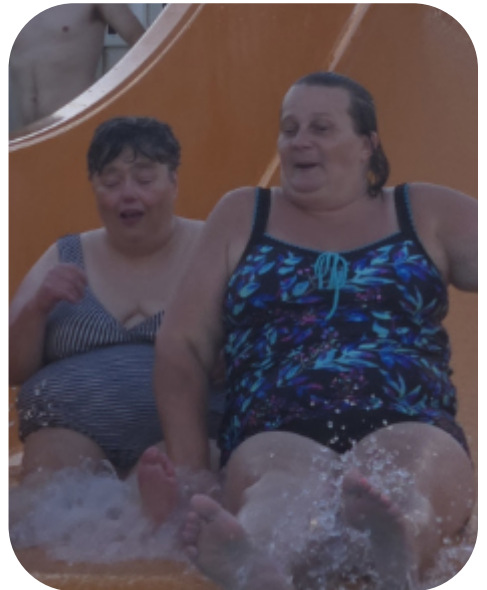
Kansas Cosmosphere Trip





Sensory Night at Kenwood Cove





Choices Network Wants To Say Thank You!

Come Help Us Celebrate

September 19th

11:00 - 2:00

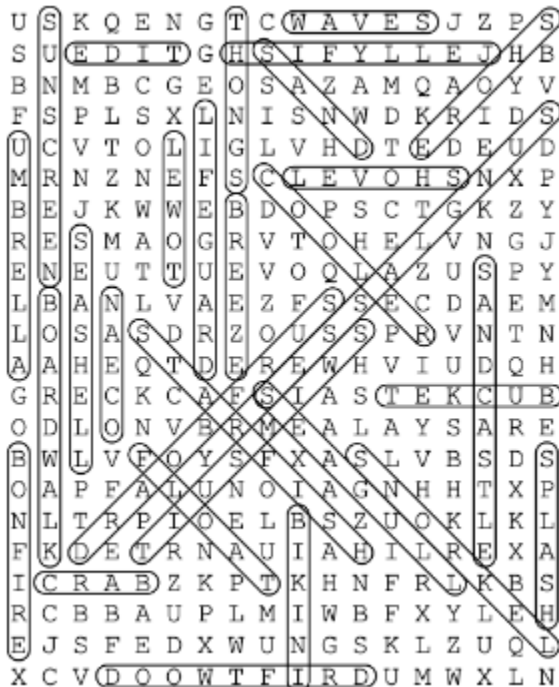
2151 Centennial Rd, Salina

*celebrating
26 Years!*

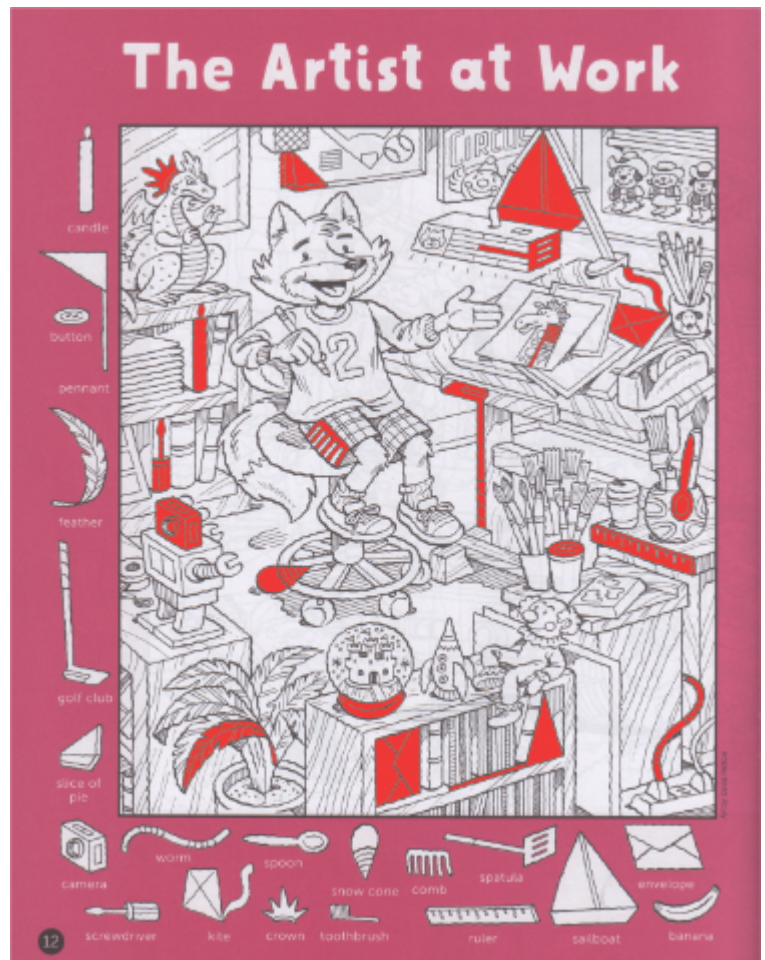
*Food & Snow
Cones!*



Word Search & Hidden Picture Keys



**SAND WAVES OCEAN SEASHELL TOWEL
SWIMSUIT SUNSCREEN THONGS
UMBRELLA BUCKET SHOVEL
SUNGLASSES CRAB STARFISH
LIFEGUARD FLOAT SURFBOARD BIKINI
COOLER SANDCASTLE SEAGULL
SNORKEL TIDE BREEZE SHORE
JELLYFISH BOARDWALK
BONFIRE SPLASH DRIFTWOOD**



Ongoing Activities:

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. **Water walking: If you have a time preference, please let Shannon or Mike know.**

Available walking times are 8:15-9:15; 9:15-10:15; 10:15-11:00.

Wednesday - Lunch and Bowl at The Alley from 11am to 1:00pm. Cost is \$14.50.

Friday - BINGO at Choices 10am to 11am.

Friday - The Garage

Friday (Sometimes on Mondays) - Tour Rolling Hills Zoo from 10am to 1pm.

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

Upcoming Events:



It's time for the Tri-Rivers Fair! The parade kicks off the events on July 31st at 6:30! Choices will again be entering a variety of items in open class so please be sure and take a look!

We will again be visiting the Field of Dinosaurs – Derby, KS in August!



Date: August 21st - We will leave at 9:30 and return to Salina at 3:30.

Cost: \$15

Everyone will need to bring a cold sack lunch!

Kansas State Fair



Choices has purchased tickets and will be attending the Kansas State Fair on Sept. 5th, 9th, 11th and 12th! Please let Mike or Shannon know if you want to attend and if you have a preference of what day you attend!

We will provide more details closer to the date, such as what time we will be leaving and returning, what to bring, etc!

AUGUST STAFF ANNIVERSARIES:



Lillianna Cerra 1 yr

Jason Nielsen 1 yr



