

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.

September Project Pinecone Snowy Owl



Supplies:

- Pine cones – you'll want them to be a good size. Not huge, but not small either.
- Black, yellow, and white felt
- Googly eyes – large
- Sharpie marker
- Cotton balls – about 15 per owl
- Hot glue or Tacky Glue

Directions:

- The first step in making this pine cone snowy owl craft is to stuff the pine cones with cotton balls.
- Pull the cotton balls apart into smaller pieces before stuffing the pine cones. A full cotton ball won't fit, and they won't look as fluffy that way either. We tore our cotton balls into 3-4 pieces each.
- Poke the cotton in between the scales of the pine cone. Our pine cones were a little poky, but it didn't bother anyone too much.

Once your pine cone is adequately "snowy," it's time to move on to making the eyes, beak, and wings.

- Cut out wings from white felt. We used a black Sharpie marker to draw some patterns on the wings.



- Cut out a beak from black felt, and two circles from yellow felt. You'll want the yellow circles to be slightly larger than your googly eyes. Glue the googly eyes to the yellow circles with hot glue or Tacky glue. Then you're ready to assemble your owl! Glue on the eyes, beak, and wings.

NOTE: Make sure that each item is glued to the actual pine cone in at least one spot. If the felt is glued only to the cotton balls, you can pull it right off again because the cotton is not really attached to the pine cone. Then find a place to display your owls!

September Birthdays

Jerred M.	2nd
Drake C.	3rd
Jaquelin G.	7th
Thomas W.	7th
James F.	8th
Colton L.	8th
Bellatrix R.	8th
Monica E.	11th
Haylee H.	11th
Wes N.	11th
Titus P.	14th
Jason R.	15th
Miguel D.	16th
Abigail B.	17th
Amy F.	17th
Zachary L.	18th
Tristan C.	19th
Xavier B.	21st
Breanna D.	21st
Kheaven W.	21st
Robbie W.	21st
Brycten C.	22nd
Aaron M.	22nd
Corey P.	22nd
Alexander S.	25th
Golda S.	26th
Felicita R.	27th
Jacob R.	28th
Evan O.	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

September 10th - 1:00-4:00

October 15th - 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

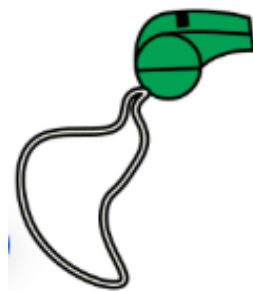
Lawn Maintenance • Lawn Clean-up
• Trash Removal • Leaf Raking •
Hedge Trimming • Tree Pruning •
Snow removal

(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.

FOOTBALL WORD SEARCH



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



TOUCHDOWN FIELDGOAL KICKOFF ENDZONE QUARTERBACK LINEBACKER
WIDEOUT CORNERBACK SAFETY TACKLE BLOCK SNAP HUDDLE FUMBLE
INTERCEPTION PENALTY REFEREE COACH TEAMWORK OVERTIME PASS RUSH
BLITZ CLEATS HELMET JERSEY SIDELINE CHAINS SCOREBOARD SUPERBOWL

SPOTLIGHT: This month we welcome Nestor!

Nestor is a funny guy and likes making people laugh! He loves music, singing, and dancing!

One of his favorite things to do is watch singing and dancing videos on TikTok!

He also enjoys dressing up in costumes! Family is very important to him, and he has 3 sisters and a baby brother.

Nestor has been a great addition to Choices! Just come and look for that great big smile on his face!



Recipe Corner: **Fast English Muffin Pizzas**

Ingredients

- 4 English muffins, split
- ½ cup canned pizza sauce
- 2 cups shredded mozzarella cheese
- 16 slices of pepperoni

Instructions

1. Gather all ingredients. Preheat the oven to 375 degrees F (190 degrees C).
2. Arrange the English muffin halves cut-side up on a baking sheet.
3. Spread pizza sauce evenly on top of each one.
4. Sprinkle with mozzarella cheese and top with pepperoni slices.
5. Bake in the preheated oven until cheese is melted and browned on the edges, about 10 minutes.

Cooking Note: You can toast the muffins first if you prefer a crispier crust.



Flu Shot Clinic

We will be having a flu shot clinic on October 7th starting at 9:00 am. Please let Broc or Kenna know if you would like to get your shot here.

Monkeying Around



Art by Bucky Fuller



cane



lollipop



arrow



teacup



musical note



heart



spool of thread



leaf



adhesive bandage



magnet



crescent moon



fish



mallet



boomerang



muffin



butterfly



sailboat



spoon

27

Consumer Corner



Spending time at The Garage!



Getting silly at The Garage!



Travis found a new friend!



Fun times at the derby!



Blake's in good company!



Demo Derby Fun!



What a group of fun guys!



Hanging out at the park!



Checking out the cars at
The Garage!



Soaking up the sun!



Just chilling with friends?



Swinging at the park!



Doing bumper cars for his
birthday fun day!



Round and round we go?



Perfecting my swing!



Pumping Iron!



More birthday fun!

WRESTLING



Field Station: Dinosaurs

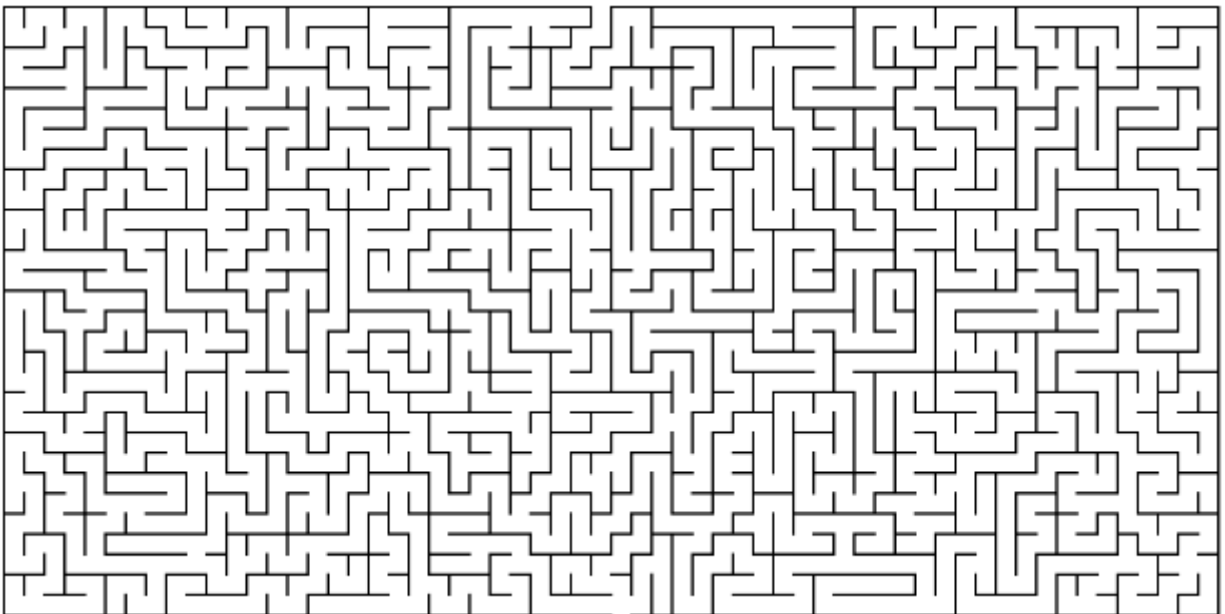


Tri-Rivers Fair



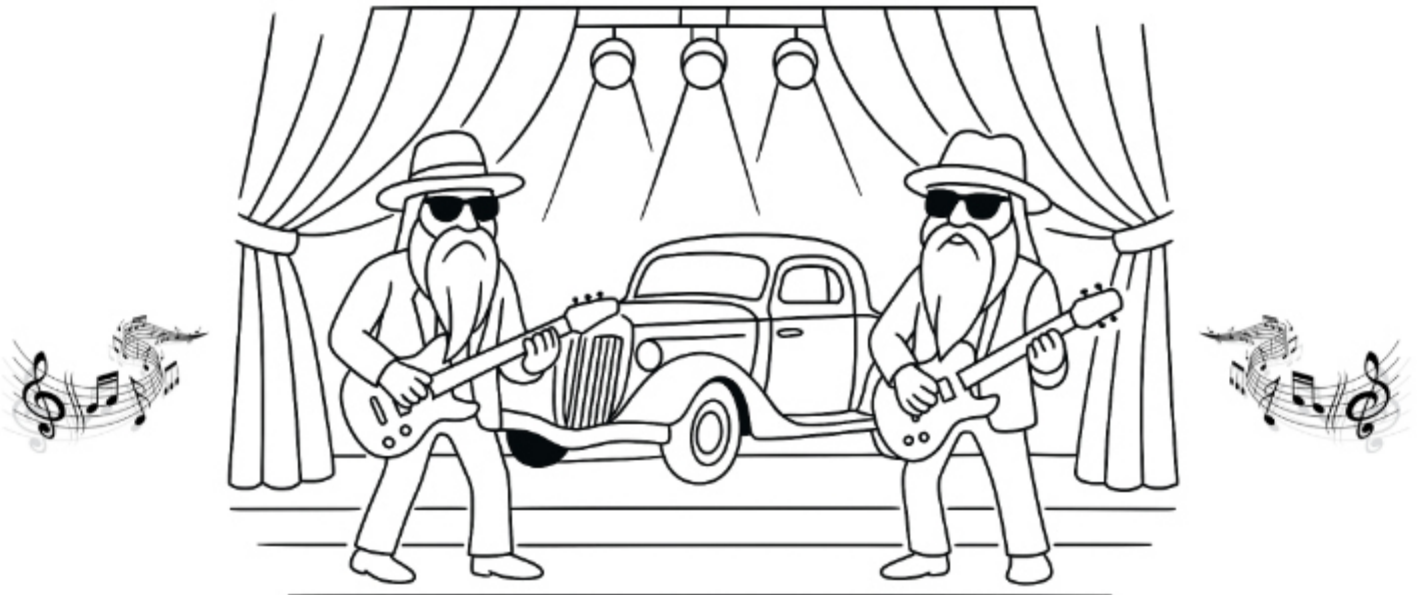


start



end

ZZ TOP





Congratulations to Amika for her 10 years working at K-State Salina!



We would like to say congratulations to Linda and Kent for 50 years of wedded bliss!!!

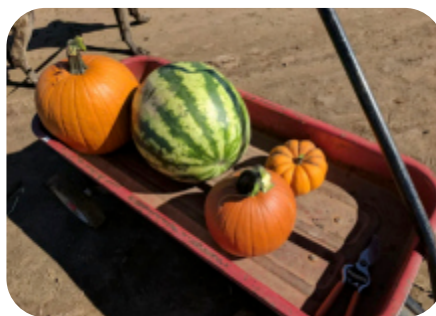
Upcoming Events:

September



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!

October



We will be taking a trip to Sunnyside Pumpkin Patch! Date(s) to be announced later!



We will also be going to P&M Pumpkin Patch! Date(s) to be announced later!

November



We will be following the yellow brick road in November to the Wizard of Oz Museum in Wamego! Date and information to be announced!

December

**CHOICES CHRISTMAS OPEN HOUSE -
December 4th – 11:00-1:00**

Please join us for fun, fellowship and treats! Then decorate a cookie to take home with you!

SEPTEMBER STAFF ANNIVERSARIES:



Nick Carmichael – 3 years



Choices Network Wants To Say Thank You!

Come Help Us Celebrate

September 19th

11:00 - 2:00

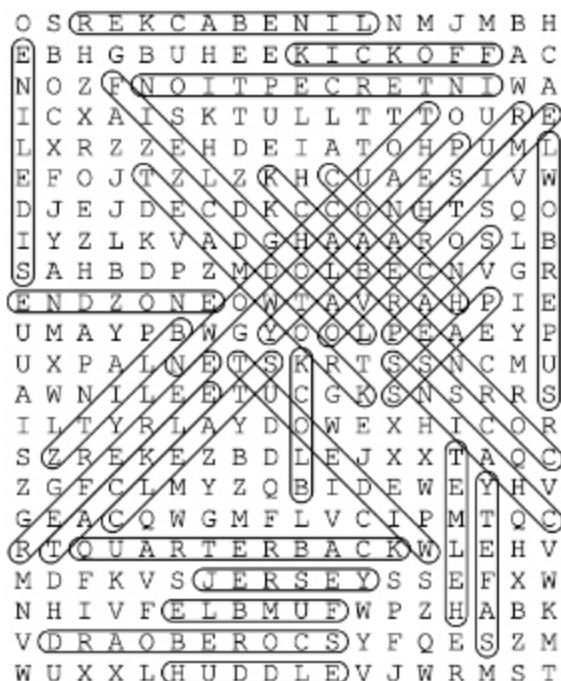
2151 Centennial Rd, Salina

*celebrating
26 Years!*

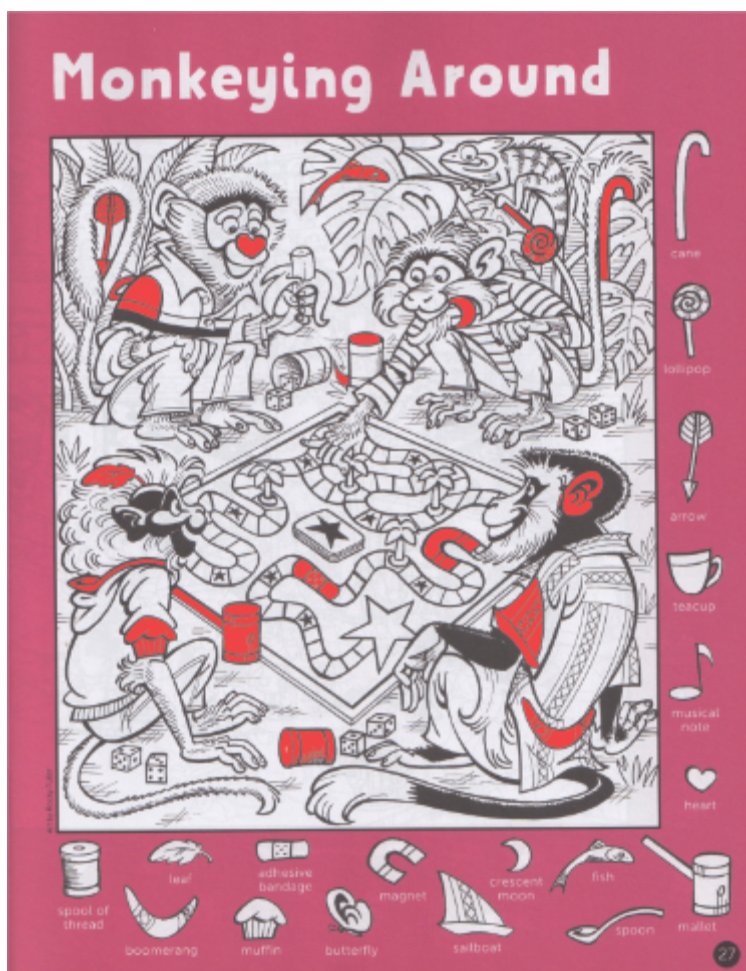
*Food & Snow
Cones!*



Word Search & Hidden Picture Keys



TOUCHDOWN FIELDGOAL KICKOFF ENDZONE
QUARTERBACK LINEBACKER WIDEOUT
CORNERBACK SAFETY TACKLE BLOCK SNAP
HUDDLE FUMBLE
INTERCEPTION PENALTY REFEREE COACH
TEAMWORK OVERTIME PASS RUSH
BLITZ CLEATS HELMET JERSEY SIDELINE
CHAINS SCOREBOARD SUPERBOWL



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

