

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.

October Project Easy Paper Pumpkins



Supplies:

- Cardstock or construction paper (orange, patterned, or any color you like)
- Scissors or paper trimmer
- Glue stick
- Hole punch
- Green pipe cleaner
- Brown paper scrap (optional – for stem)

Directions:

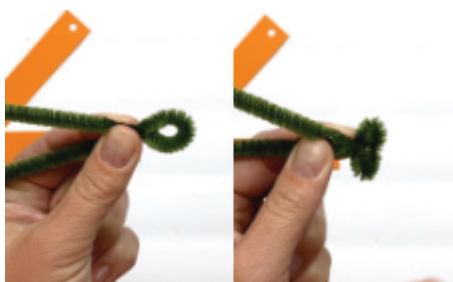
1. Cut paper into strips: For a small pumpkin (about 4 inches wide), cut 4 strips that are 1 inch by 11 inches. For a large pumpkin (about 6 inches wide), cut 8 strips that are 1.5 inches by 9 inches.
2. Glue the strips together at the center in a plus (+) shape. For a large pumpkin, glue 8 strips together in a fan shape like spokes of a wheel.



3. Punch a hole at both ends of each strip.



4. Fold a green pipe cleaner in half and twist the fold into a small loop.



5. Thread the pipe cleaner through the holes in each strip, one by one, bringing them up into a pumpkin shape.



6. Twist the pipe cleaner on top to secure the strips, then curl the ends around a pencil to look like pumpkin vines.
7. Optional: Roll a piece of brown paper into a stem shape and glue it on top.

October Birthdays

Brayden E.	1st
Carrie P.	1st
Giovani G.	2nd
Loretta F.	4th
Elliot L.	4th
Alysabeth K.	8th
Karl A.	9th
Joseph S.	10th
Julie P.	11th
Nicholas M.	15th
Reagan S.	15th
Xander G.	17th
Jeff F. Sr.	18th
Morgan F.	19th
Konner K.	19th
Emma N.	20th
Kaiden A.	21st
John B.	21st
Shelby W.	21st
Jon S.	22nd
Jennie F.	25th
Nea A.	26th
Megan L.	26th
Ashaundra T.	27th
Tanner W.	28th
Dodge F.	30th
Kylee M.	30th

CALENDAR OF EVENTS



Office Closed: 2025

October 13th – Columbus Day

November 26, 27, 28th – Thanksgiving

December 24, 25, 26th – Christmas

2026

January 1st – New Year's Day

Upcoming CPR Dates

October 15th - 1:00-4:00
November 12th - 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.

HALLOWEEN WORD SEARCH



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

Pumpkin Witch Ghost Skeleton Candy Spider Haunted Costume Monster Vampire Zombie
Bat Cat Cauldron Broomstick Mummy Scarecrow Graveyard Lantern Mask Goblin
Creepy Trick Treat Shadow Moonlight Tombstone Howl Potion Fright

SPOTLIGHT: PLEASE SAY HELLO TO BLAYNE!

Blayne is 21 years old and has many interests! He loves music and especially enjoys playing his keyboard.

He also likes drawing on his dry erase board and his favorite color is blue! Blayne enjoys being outdoors, spending time with horses and listening to the sounds of lawn mowers.

Although Blayne doesn't say much, he is always listening! His favorite place to be is at church at Heartland Worship Center.

Blayne lives in Lindsborg with his parents, 2 siblings and the family's cats and dogs who bring him much joy!

Please stop by and say hello to Blayne!



Recipe Corner: Mummy Hot Dogs

Ingredients

- 1 (8-oz.) can Crescent dough
- 3 slices American cheese
- 12 hot dogs
- 2 Tbsp. melted butter
- Dijon mustard

Instructions

Step 1

Preheat oven to 375° and line a large baking sheet with parchment paper. Separate crescent dough into 4 rectangles, pinching together seams as necessary. Cut each rectangle lengthwise into thin strips.

Step 2

Cut each slice of American cheese into 4 strips.

Step 3

Place a hot dog on top of a piece of cheese, then wrap with crescent dough to look like bandages. (You'll need about 4 pieces of crescent dough per hot dog.) Repeat with remaining ingredients.

Step 4

Place on prepared baking sheet and brush with melted butter.

Step 5

Bake until crescent dough is golden and cooked through, 12 to 15 minutes.

Step 6

Using a toothpick, dot mustard onto each hot dog to create eyes.



Walk in the Woods



Art by Linda Weller



pickax



candle



giraffe



scissors



ice-cream cone



party hat



bowling pin



handbell



chicken



hat



canoe



fish



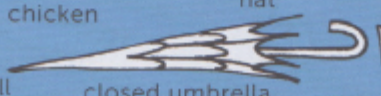
butterfly



slice of pie



sailboat



closed umbrella



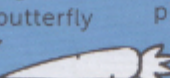
crown



muffin



duck



carrot

Upcoming Events:

Friday, October 17th Pumpkin Patch Day!

There will be two options on the same day so please review the details of each (maybe check out their websites) and then let Shannon or Mike know what you are wanting to do! A cold sack lunch will be required on either of the trips.

P&M Pumpkin Patch

45 Mins South of Salina

\$10.00 per person

Buses heading out at 10:00am and
returning around 3:00pm

Larger facility, lots of walking, gravel
pathways that have proven to be difficult for
wheelchairs and unsteady walkers, lots of
activities including petal carts, sports barn,
ziplines, big slides, obstacle courses, pig races
and more!

Sunny Side

15 Mins South of Salina

\$7.00 per person

Buses heading out at 10:45am and
returning around 1:30pm

Smaller facility, not as much walking, jump
pad, crop mazes, slides, pedal carts,
petting zoo, games and fun in an
activities area, and one shot per person
from the giant slingshot that can sling a
pumpkin up to 500 feet!



THURSDAY, NOVEMBER 13TH

CHOICES NETWORK DAY SERVICES WILL BE GOING TO

OZ MUSEUM IN WAMEGO KS



The cost of this outing will be \$11 per person.

We will be leaving the office at 10:00am
and will be returning around 4:30pm.



Individuals going will need to bring a cold sack lunch and any
medications that are scheduled to be given during that time period!

Please let Shannon or Mike know if you are wanting to go!

October Anniversaries:



Carolyn Augustine – 10 years

Tanya Barnes – 1 year

Jesse Bebb – 1 year

Jamica Cathey – 5 years

Rhianna Gremmel – 1 year

Neil Woodward – 1 year

Melissa Yunk – 1 year



Consumer Corner



Jazzy catching a ride!



Do you have any food for us Haylee?



Talking Turkey!



Megan taking a quick break!



It's a rainy day at the fair!



Lunch time!



New HR Director!



Blake teaching Brady about Pokemon!



Brady hanging with the tough guys!



Taking a break at the Garage!



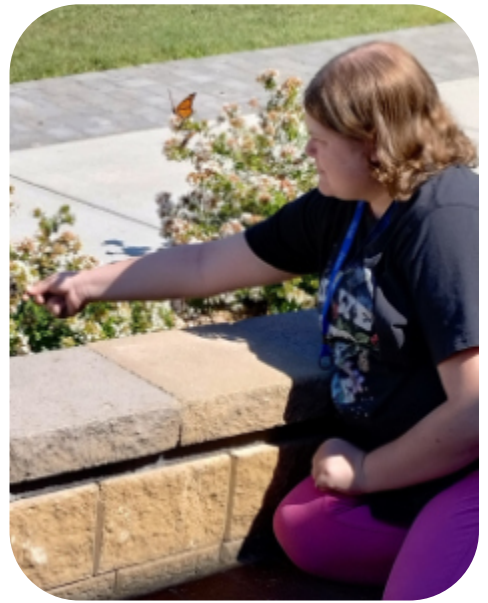
Spending time at the Garage! Who is that masked woman?

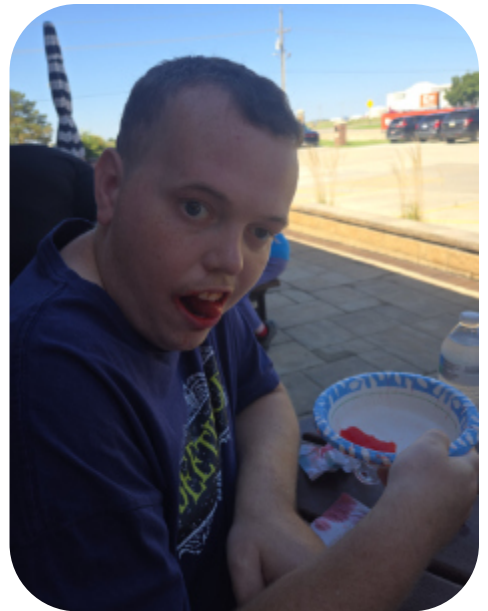


Friends!



Stretching!



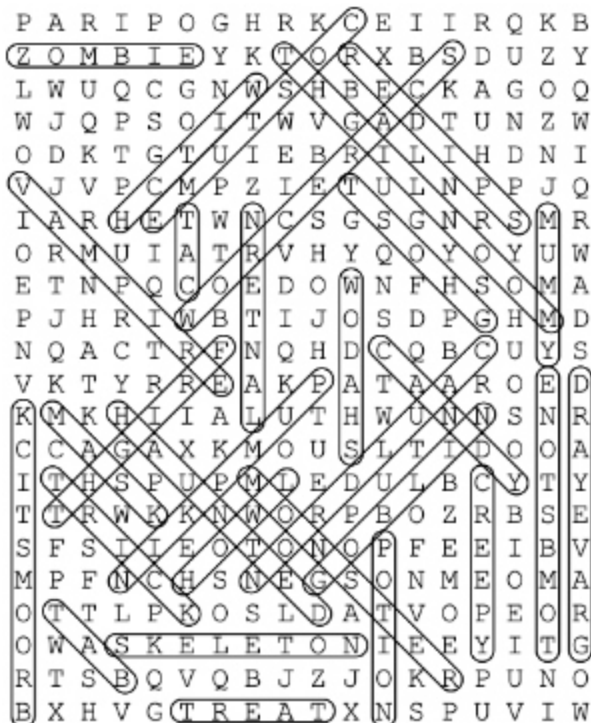




Flu Shot Clinic

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.

Word Search & Hidden Picture Keys



Pumpkin Witch Ghost Skeleton Candy Spider
 Haunted Costume Monster Vampire Zombie
 Bat Cat Cauldron Broomstick Mummy
 Scarecrow Graveyard Lantern Mask Goblin
 Creepy Trick Treat Shadow Moonlight
 Tombstone Howl Potion Fright



Ongoing Activities:

Monday through Friday - Walking at Jerry Ivey Park at 8:00am to 9:00am 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.

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 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

