

CHOICES VOICES

Issue 188- February 2026

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.

February Project Monet-Style Sponge Painting



Make a soft "impressionist" scene inspired by Claude Monet using sponges for the background and a brush for lily pads and details.

Materials:

- Thick paper or cardstock
- Washable paints (blue, green, white + optional pink/purple/yellow)
- Sponge (cut into small pieces)
- Small paintbrush
- Paper plate/tray, table covering

Instructions:

Step 1: Sponge Background

Dip sponge in blue and dab or lightly swipe across the paper. Add green around the edges and blend with white (and optional accent colors) for a dreamy water look.

2: Add a Horizon (Optional)

Draw a light horizontal line across the page (sky above, water below). Sponge lighter colors above the line for sky, and darker blues/greens below for water.

3: Paint Lily Pads & Flowers

Use a small brush to paint oval lily pads in green. Add small dots or short strokes of pink/white/yellow for flowers. Layer a second color to make them pop.

4: Add a Bridge (Optional)

Paint a simple curved bridge shape across the horizon line. Add a few darker strokes underneath to suggest reflection in the water.



Step 5: Dry

Let dry completely before handling.

Tip: Dabbing (not rubbing) keeps the soft Monet look. Every painting turns out different—and that's the fun!

February Birthdays

Kamden C. 7th

Ethan R. 7th

Jillian B. 11th

Chris F. 11th

Ethan L. 11th

Pam S. 14th

Tianna W. 14th

Jonah R. 17th

Cody P. 18th

Cody R. 18th

Ezra G. 19th

Danial L. 20th

Nick W. 22nd

Brenda M. 23rd

Ashley P. 23rd

Beau S. 24th

Jackson F. 28th

CALENDAR OF EVENTS



Office Closed: 2026

February 16th – President's Day
 April 3rd – Good Friday
 May 25th – Memorial Day
 June 19th – Juneteenth
 July 3rd – Independence Day
 September 7th – Labor Day
 October 12th – Columbus Day
 November 25, 26, 27th –
 Thanksgiving
 December 24, 25th – Christmas

Upcoming CPR Dates

February 11th - 1:00-4:00
 March 11th - 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.

VALENTINE'S DAY WORD SEARCH



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

LOVE HEART CUPID VALENTINE ROSES CHOCOLATE CANDY SWEET
 HUG KISS ARROW PINK RED DATE ROMANCE TEDDY FLOWERS
 CARD AFFECTION BEAMINE XOXO SWEETHEART CRUSH SMILE
 GIFT LACE RIBBON CHARM TOGETHER KINDNESS

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

Building Homes



Art by S. Michael Pollan



shovel



golf club



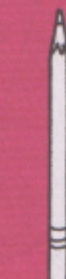
baseball bat



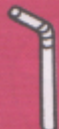
candle



tack



pencil



drinking straw



funnel



open book



needle



toothbrush



heart



banana



ring



teacup



snake



nail

3

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SPOTLIGHT: This month we would like to spotlight The Alley!

The individuals at Choices go bowling at The Alley each Wednesday!

This is quite an undertaking since there are between 40 and 50 individuals plus staff! With the amazing help of the staff at The Alley, everything goes off without a hitch, week after week!

We are so appreciative of the great service and care they provide to Choices Network!



Recipe Corner:

Valentine's Chocolate-Covered Strawberry Bark

Ingredients

1½ cups chocolate chips (milk or dark)
1 cup fresh strawberries, chopped small
Valentine sprinkles or pink/red candy (optional)
Parchment paper

Directions

Melt the chocolate

Place chocolate chips in a microwave-safe bowl. Heat in 30-second bursts, stirring each time, until smooth.

Spread the chocolate

Line a baking sheet or tray with parchment paper. Pour the melted chocolate onto the paper and spread it into a thin layer.

Add the toppings

Sprinkle chopped strawberries and decorations evenly over the melted chocolate. Gently press them in.

Chill and set

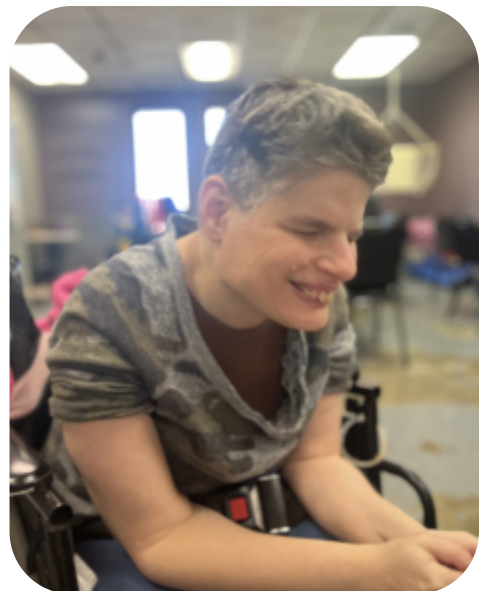
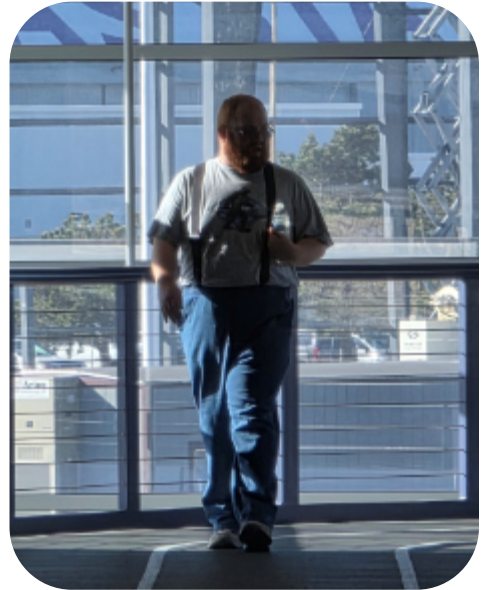
Place in the refrigerator for 20–30 minutes, or until firm.

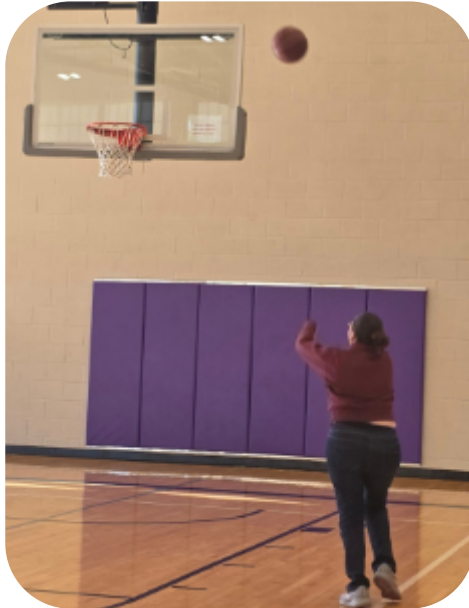
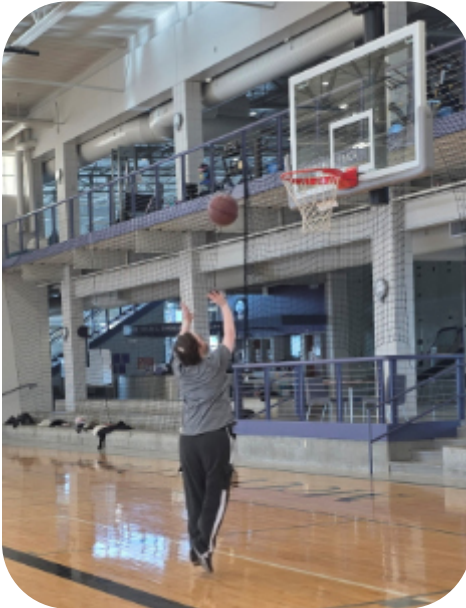
Break and serve

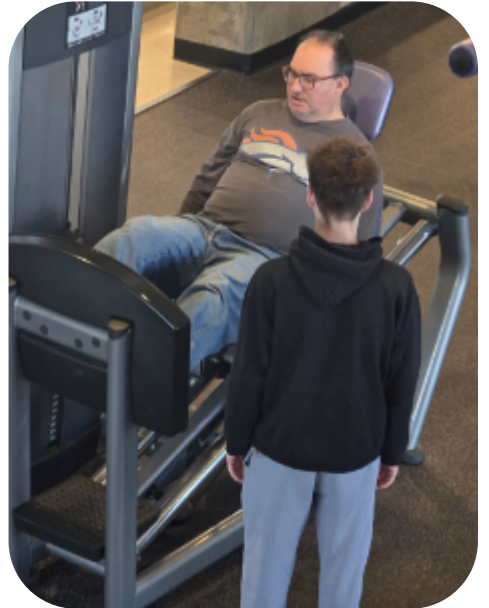
Once set, break into pieces and enjoy—or share with someone special!



Consumer Corner







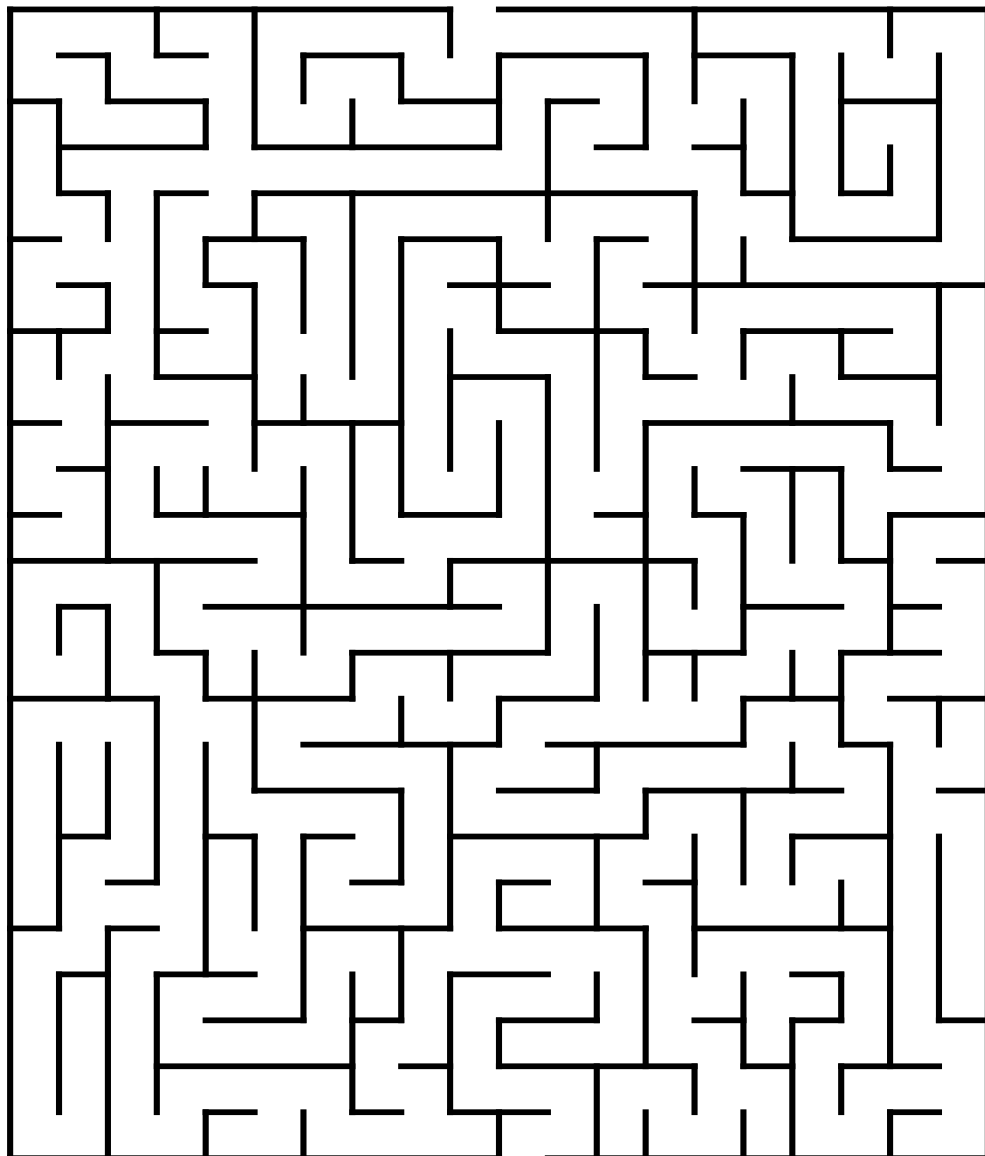
Sternberg Museum Trip







START



END

Upcoming Events:

Choices Network Day services will be going to FLINT HILLS DISCOVERY CENTER



in Manhattan, KS on February 19th!
Price for admission will be \$10 per person.

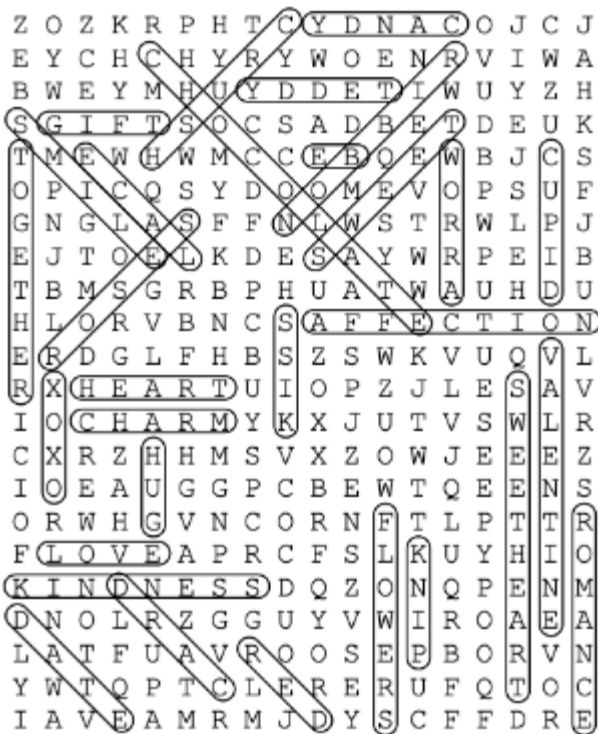


Buses will leave at 10am and return around 3:30pm

As always, please pack a cold sack lunch and any medications needed during this time frame.

Please let Shannon or Mike know if you are wanting to participate in this outing. List will be finalized Feb 16th!

Word Search & Hidden Picture Keys



Love Heart Cupid Valentine Roses
Chocolate Candy Sweet Hug Kiss
Arrow Pink Red Date Romance
Teddy Flowers Card Affection
Be Mine XOXO Sweetheart Crush
Smile Gift Lace Ribbon Charm
Together Kindness



