

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.

May Project Mason Jar Aquarium



Supplies Needed:

- 16-ounce plastic mason jar with a lid (plastic recommended)
- Aquarium gravel
- Plastic aquarium plants (you can trim these if they are too tall)
- Plastic fish or figurines (like mermaids or small sea creatures)
- Seashells or small stones
- Filtered water (to ensure the "aquarium" stays clear)
- Blue food coloring (optional, for a deep-sea effect)
- Submersible LED tea light (optional, to create a night light)
- Waterproof glue (like E6000, if attaching a light or sealing the lid)

Directions:

1. Prepare the Light (Optional): If you want your aquarium to glow, use waterproof glue to attach a submersible LED light to the inside of the jar lid. Let it dry completely before moving to the next steps.

2. Add the Greenery: Place your plastic aquarium plant into the empty jar.

3. Secure with Gravel: Using a spoon, carefully pour aquarium gravel around the base of the plant until it stays upright and the bottom of the jar is covered.

4. Decorate: Add your plastic fish, seashells, and any other figurines. Position them around the plant to create a miniature underwater scene.



5. Add the Water: If you want blue water, mix a drop or two of blue food coloring into a separate container of filtered water first. Slowly pour the water into the jar, leaving a small amount of space at the top.

6. Seal It Up: Screw the lid on tightly. If you aren't using a light and want to prevent spills, you can apply a small amount of glue to the rim before closing.

7. Enjoy: Place your new aquarium on a shelf or bedside table. To turn on the light, simply unscrew the lid, click the switch, and put the lid back on!

May Birthdays

- | | |
|--------------|------|
| Nestor D. | 1st |
| Heather G. | 1st |
| Curtis D. | 3rd |
| Bekah S. | 4th |
| Sam P. | 5th |
| Robert C. | 9th |
| Jesse S. | 9th |
| Stephanie P. | 12th |
| Clay S. | 12th |
| Daniel B. | 14th |
| Trevor A. | 16th |
| Karly H. | 20th |
| Hayden R. | 20th |
| Darlus T. | 20th |
| Cody L. | 21st |
| Courtney P. | 21st |
| Benjamin W. | 22nd |
| Janelle G. | 24th |
| Issic T. | 24th |
| Braxton K. | 24th |
| Steve L. | 27th |
| Tristian M. | 28th |

CALENDAR OF EVENTS



Office Closed: 2026

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

May 13th - 1:00-4:00
 June 17th - 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.

SPRINGTIME WORD SEARCH



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

BLOOM BLOSSOM GARDEN RAIN RAINBOW SUNSHINE FLOWERS
 POLLEN SPROUT BUDDING BUTTERFLY CATERPILLAR BEES BIRDS
 NEST TULIP DAFFODIL LILAC GRASS GREEN FRESH WARMTH
 BREEZE SEEDS FERTILE RENEWAL EQUINOX UMBRELLA PICNIC MAYPOLE

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.

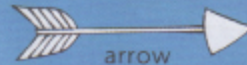
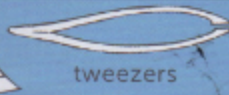
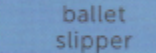
Jerry Ivey Loop is a 1.4-mile loop trail located in Salina that is good for all skill levels.

YMCA Loop, A trail along river around YMCA. It is a single-track in the middle of the city

Manatee Tea Party



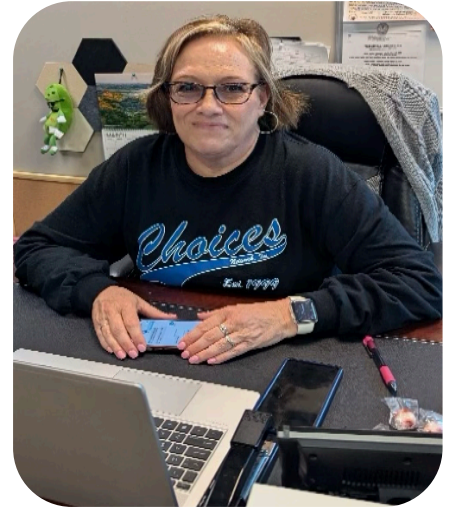
Art by Mark Catcomen



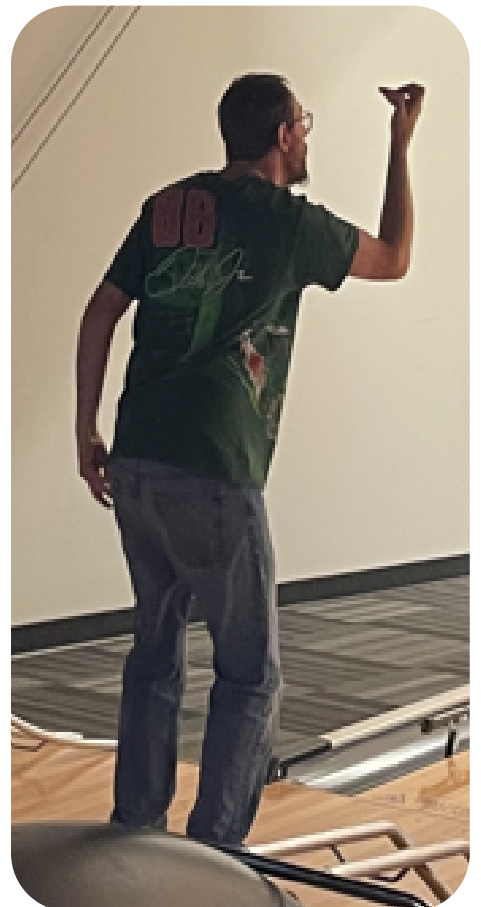
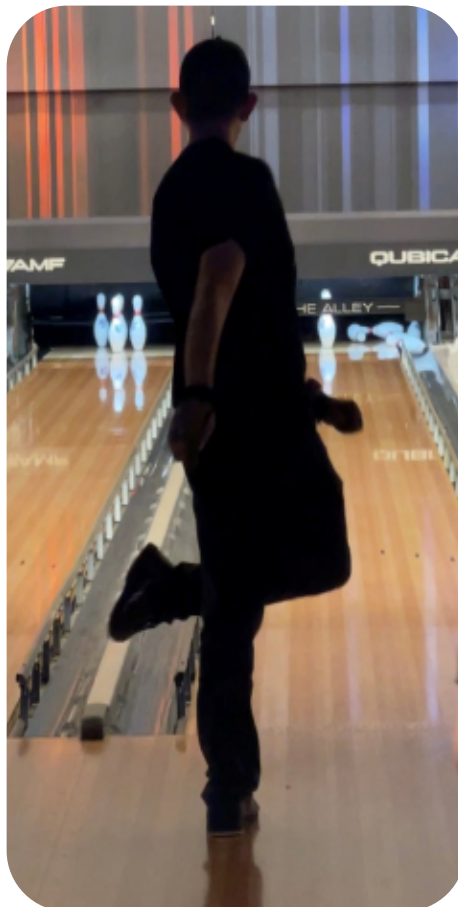
SPOTLIGHT: Please say hello to Julie, who is now a Community Support Specialist!

Julie began working for Choices in March of 2022 as a direct support worker, spending most of her time at Beloit House!

She moved to Salina 9 years ago and enjoys spending time with her grandchildren and working in the garden. If you're in the office, please stop by and say hello!



May's bowling poses of the month



Consumer Corner

















Staff Anniversaries: Our apologies for overlooking a few valued employees! You are all very appreciated!



March Anniversaries:

Monica Brown – 10 years

Janee Doherty – 10 years

Candice Crowder – 10 years

Zeb Hensley – 5 years

Tami Lauffer – 20 years



April Anniversaries:

Alicia Farmer – 10 years

Sylvia Haggard – 20 years

May Anniversaries:

Jace Durham – 15 years



Upcoming Events:



Once again, The Garage is offering ½ price memberships during the month of May to Choices Network!

The Garage is a favorite spot for individuals to spend some time exploring and looking at all the different vehicles that pass through the museum! If you would be interested in a membership, simply mention you are with Choices Network and they will hook you up! But hurry, this is only for the month of May!

On Friday, May 22nd, Choices Day services will be going to



EXPLORATION PLACE

THE SEDGWICK COUNTY SCIENCE AND DISCOVERY CENTER

traveling exhibits

live science shows

Video in the Dome

permanent exhibits

Tickets are \$8.00. Buses will leave at 10:00am and return to town around 3:30pm. Cold sack lunch is needed as well as any medications given during this time period. Please let Shannon or Mike know if you want to go by May 18th.



Water Walking:



OUR SEASON OF WATER WALKING IS ALMOST HERE! CHOICES WILL AGAIN BUY PASSES FOR THE DAY SERVICE TO UTILIZE IN THE MORNINGS. DATES AND TIMES TO COME!



VOLUNTEERS NEEDED!

Volunteers are needed for the charity golf tournament supporting The Arc of Saline County, Inc.

WEDNESDAY
JUNE 17

GREAT LIFE GOLF COURSE
Opportunities available :
8:30a.m. -12:00PM
12:00PM-3:30 PM
Or all day

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If interested in volunteering please contact Irl Johnson at sbluethunder@gmail.com



CHOICES NETWORK WILL BE PURCHASING WRISTBANDS AGAIN THIS YEAR FOR THE RIVER FESTIVAL! IF YOU WOULD LIKE TO ATTEND THE RIVER FESTIVAL WITH CHOICES DAY SERVICES FRIDAY, JUNE 12TH, PLEASE BRING A COLD SACK LUNCH SO WE CAN EAT AT THE PARK! WE WILL BE GOING AS SOON AS THEY OPEN TO WALK AROUND THEN WILL FIND A SPOT TO EAT LUNCH AND LISTEN TO THE MUSIC. PLEASE BRING ANYTHING YOU NEED TO PROTECT FROM THE SUN! WE DO HAVE SUNSCREEN AVAILABLE AS WELL.



Project Salina
 PO Box 2861
 Salina KS 67402-2861
 Email: projectsalina@gmail.com
 Website: www.projectsalina.com

Choices Network will be collecting rice for Project Salina throughout the month of May! Our goal is to collect 500 boxes or bags by the end of May! Please bring your donation to the office and register to win a prize to be drawn at the end of the month!



Recipe Corner

3-Ingredient Peanut Butter Oatmeal Bars

Ingredients

- 1 cup creamy peanut butter
- 1/2 cup honey (or maple syrup)
- 2 to 3 cups rolled oats

Note: Use 2 cups for a softer bar, or up to 3 cups for a firmer, heartier consistency.

Directions

Option 1: No-Bake (Chewy)

Mix: In a large bowl, stir together the peanut butter, honey, and oats until thoroughly combined.

Press: Line a square pan with parchment paper and press the mixture firmly into an even layer.

Set: Place in the refrigerator or freezer for at least 30 minutes before slicing.



Option 2: Baked (Toasted)

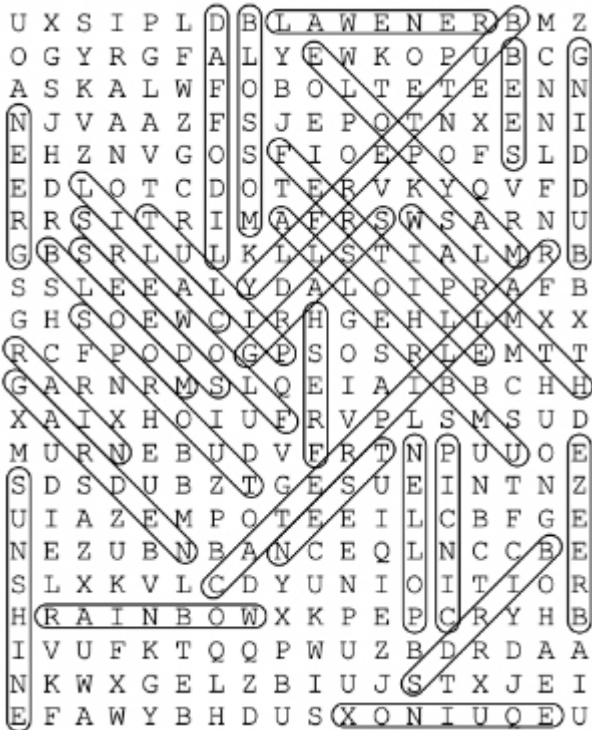
Prep: Preheat your oven to 177°C (350°F) and grease or line a baking dish.

Mix & Press: Combine all ingredients and press the mixture firmly into the dish.

Bake: Bake for 12–15 minutes until the edges are lightly golden brown.

Cool: Allow the bars to cool completely in the pan before cutting to ensure they hold their shape.

Word Search & Hidden Picture Keys



- BLOOM BLOSSOM GARDEN RAIN RAINBOW
 SUNSHINE FLOWERS POLLEN SPROUT
 BUDDING BUTTERFLY CATERPILLAR BEES
 BIRDS NEST TULIP DAFFODIL LILAC GRASS
 GREEN FRESH WARMTH BREEZE SEEDS
 FERTILE RENEWAL EQUINOX UMBRELLA
 PICNIC MAYPOLE**



