

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.

July Project Aluminum Fish Puppet



3. **Wrap with Foil:** Cut two pieces of foil slightly larger than your fish. Lay a foil sheet over the front of each fish, wrap the extra edges tightly around to the messy cardboard back, and smooth down. Press gently around the yarn so the ridges pop up.



4. **Add the Puppet Handle:** Pick one foil fish half to be the back. Flip it over to the messy cardboard side and tape the top half of your jumbo popsicle stick securely to the bottom edge.



5. **Glue Together and Color:** Put a generous amount of glue on the messy backs of both fish. Press the two halves together back-to-back, sandwiching the popsicle stick in the middle. Once secure, color all over the shiny foil with markers to finish your double-sided puppet!

Supplies Needed:

- **Fish Template:** Make 2 fish halves from the 8x10 outlines from this newsletter.
- **Cardboard:** An old cereal or snack box.
- **Aluminum Foil:** Standard kitchen foil.
- **Coloring:** Permanent markers (Sharpies work best).
- **Glue and tape:** A glue stick, some school glue, and sturdy Tape.
- **Decorations:** Yarn, twine, or cut up plastic straws.
- **Handle:** One large popsicle or Tongue depressor.

Step-by-Step Instructions

1. **Prep the Base:** Glue your two newsletter fish templates flat onto your cardboard. Let them dry, then cut out both fish shapes so you have a matching front and back piece.
2. **Glue the Yarn:** Lines On both cardboard fish, trace your printed dotted lines with school glue. Press your yarn or twine directly into the wet glue. Let them dry completely.

July Birthdays

- Edward B. 1st
- Brooklyn H. 1st
- Jason W. 1st
- Matthew R. 1st
- Jennifer G. 2nd
- Alexander B. 6th
- Zackary H. 6th
- Declan H. 8th
- Jesse H. 10th
- Alexis H. 10th
- Brandon T. 14th
- Erik G. 14th
- Caroline C. 21st
- Michael W. 23rd
- Samuel M. 24th
- Christopher F. 27th
- Cody J. 27th
- Adam M. 28th
- John W. 28th
- Gunner H. 29th
- Craig M. 30th
- Sebastian B. 30th

CALENDAR OF EVENTS



Office Closed: 2026

- July 3rd – Independence Day
- September 7th – Labor Day
- October 12th – Columbus Day
- November 25, 26, 27th – Thanksgiving
- December 24, 25th – Christmas

Upcoming CPR Dates

July 15th - 1:00-4:00
 Aug 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.

4TH OF JULY WORD SEARCH



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

4th July



**AMERICA BANNER BARBECUE BLUE BRAVE CELEBRATION COLONIES COUNTRY
 DEMOCRACY EAGLE ENGLAND FIREWORKS FLAG FOURTH FREEDOM HOTDOG
 INDEPENDENCE JULY PARADE PARTY PATRIOTIC PICNIC RED ROCKETS
 SPARKLERS STARS STRIPES SUMMER UNITY WATERMELON WHITE**

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 - Water walking at Kenwood Cove is back!

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

When Pigs Fly

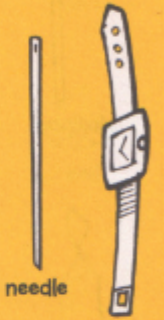


Art by Rocky Fuller



banana

golf club



needle

wristwatch



notebook



mushroom



crescent moon



teardrop



pencil



toothbrush



glove



balloon



heart



spoon



letter



check mark



shovel

113

SPOTLIGHT: It's only fitting to make this spotlight about Blake!

Blake has been a fixture at Choices for many years! His love of the Kansas City Chiefs is well known throughout the halls!

Blake and his family recently moved out of state, which we are all so happy for them, but very sad for us!

There will be no one to call the guys "old man," no one to chant "The Man, The Myth, The Legend, Blake Matthew Glassburn," no one to fire people when Matt isn't available, and no one to take the guys to IHOP for breakfast!

We are all blessed for having had Blake in our lives and he will be missed. Have fun in the next phase of your life!



Recipe Corner

Simple Fruit & Yogurt Parfait

Ingredients:

- 1/2 cup vanilla yogurt
- 1/4 cup berries (blueberries or sliced strawberries)
- 1/4 cup granola or crushed graham crackers

Equipment:

- A clear plastic cup or small bowl
- A spoon

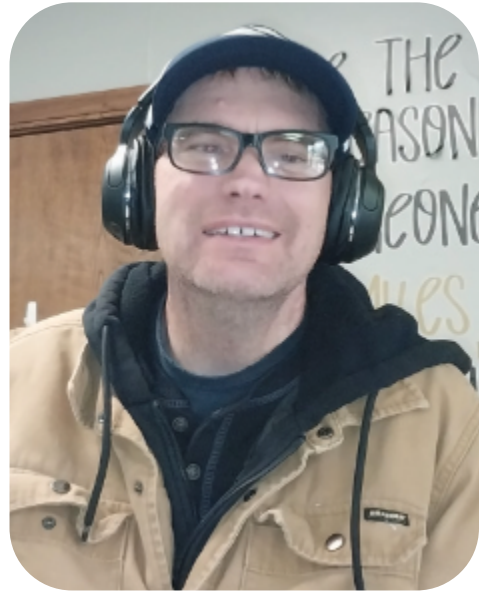
Steps:

1. First Layer: Spoon half of the vanilla yogurt into the bottom of your cup.
2. Second Layer: Add all of the berries right on top of the yogurt.

3. Third Layer: Spoon the rest of the yogurt over the berries.
4. Top: Sprinkle the granola or crushed graham crackers on the very top for a crunch. Eat right away with a spoon!



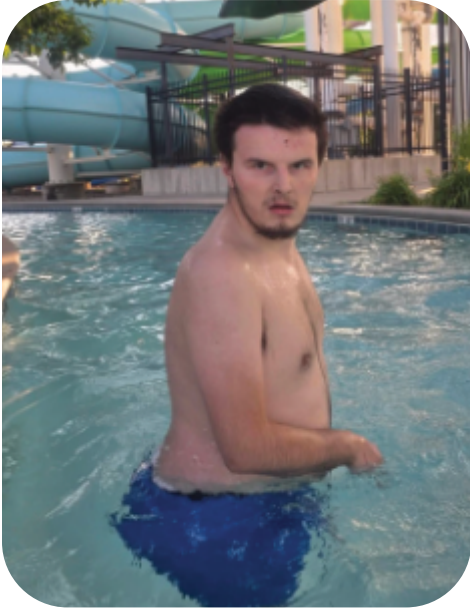
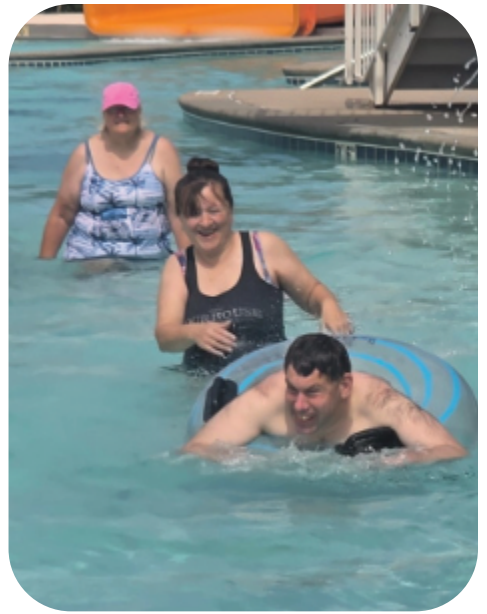
Consumer Corner





Water Walking





River Festival





Juneteenth







Golf Tournament

Golf



Galaxy S21+ 5G



Staff Anniversaries: July 2026



Shannon Mog – 1 year



Cooper Dailey - 1 year



Emma McGinnis – 1 year



CONGRATULATIONS!

Upcoming Events:

July 17th Choices Network Day services

will be going to **THE ARCADE** in Wichita!
WHERE THE GAME IS NEVER OVER

**COST: \$20
INCLUDES PIZZA,
A DRINK, AND
UNLIMITED PLAY
TIME!
LEAVE BY 9:30AM
RETURN BY 3:30PM**

*Please pack meds that need to be given during this time.
This outing is not for everyone and is not wheelchair friendly as it is a tight and busy space.
We will finalize the list on July 13th!
Please let Shannon or Mike know by that date if you are wanting to participate in this outing!*

The 2026 Tri-Rivers Fair in Salina, Kansas, will take place from Thursday, July 30, to Sunday, August 2, with the community parade kicking off the festivities on Wednesday, July 29.



If you are wanting to submit fair projects for judging, please have them to the office by July 24th so we can get them dropped off!

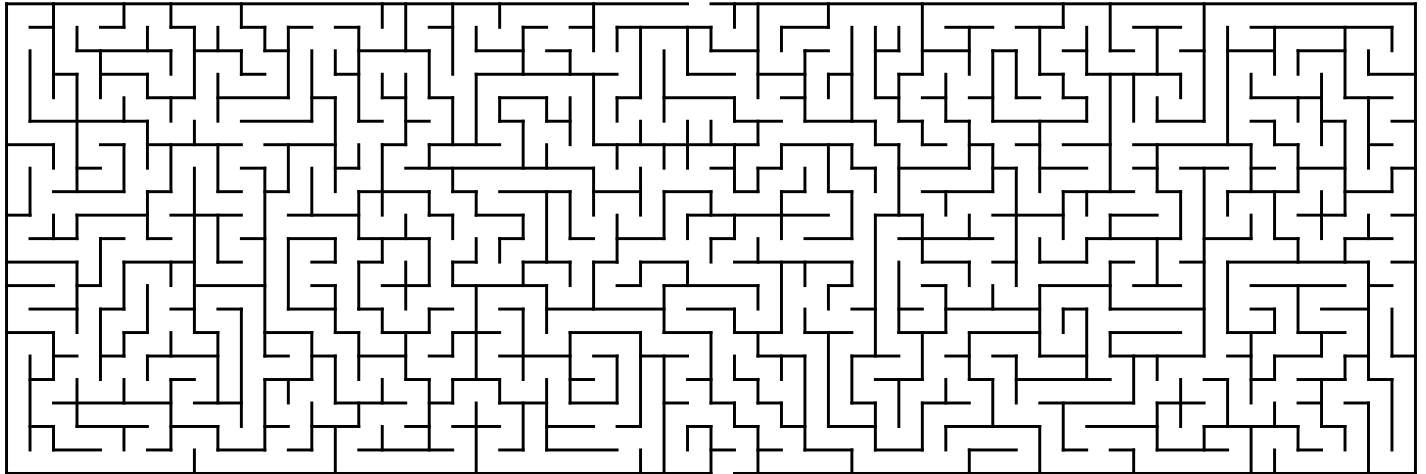
Choices Day services will be going to



IN WICHITA, KS
THURSDAY AUGUST 20TH

We will be leaving the office around 9:30am and returning by 3:30pm. Cost is \$10 per person. Please bring a cold sack lunch to eat there and any meds that need to be administered during that time. If you would like to attend this outing or have any questions, please contact Mike or Shannon by August 17th

START



END

Word Search & Hidden Picture Keys

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 D M C S S E N R E D L I W R I V E R
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TENT CAMPFIRE LANTERN BACKPACK
 SLEEPINGBAG MARSHMALLOW
 HIKING COMPASS CANOE FISHING TRAIL
 WILDERNESS BINOCULARS
 CAMPGROUND MOSQUITO FIREWOOD
 COOLER HAMMOCK FLASHLIGHT
 WILDLIFE RIVER MOUNTAINS STARS
 BONFIRE KAYAK SURVIVAL
 RANGER PICNIC CABIN ADVENTURE



