



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 Mason Jar Spooks



Supplies Needed

- Smooth Jars: 16oz plastic or glass mason jars
- Base Coatings: Orange, lime green, or white paint; or white gauze rolls
- Face Details: Pre-cut black vinyl/foam stickers & googly eyes
- Lighting: Battery operated LED tea lights
- Tools: Foam sponge brushes, paper plates, wet wipes

4-Step Crafting Guide

1. Set Up Stations:

Place a jar, foam brush, and a small paint plate on each participant's tray. Keep pre-cut vinyl face pieces in small shared bowls.

2. Apply the Base:

- Jack-o'-Lantern:

Brush 1-2 coats of orange paint onto the jar exterior.

- Ghost: Brush 1-2 coats of white paint onto the jar exterior.
- Frankenstein: Paint the jar lime green, leaving the top rim clear for black hair.



- Mummy (No Paint): Wrap white medical gauze around a clear jar and secure with double-sided tape.



3. Add Face Features:

Press pre-cut black vinyl or foam shapes onto the jar for eyes, mouths, triangles, and stitches. Stick googly eyes onto mummies.

- 4. **Light It Up:** Drop a battery-operated LED candle inside, turn off the room lights, and watch them glow!

October Birthdays

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

CALENDAR OF EVENTS



Office Closed: 2026

October 12th – Columbus Day

November 25, 26, 27th –

Thanksgiving

December 24, 25th – Christmas

2027

January 1st – New Year's Day

Upcoming CPR Dates

October 14th - 1:00-4:00

November 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

New for 2027, we will be only mowing and maintaining properties related to Choices Network. We would like to thank all of our loyal customers! We have enjoyed being your lawn crew over the years!

HALLOWEEN WORD SEARCH



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

Bubble Buddies



Art by John Nez



shovel



bell



paper clip



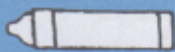
lock



croquet mallet



horseshoe



crayon



pitcher



ruler



pail



nail



car



paper airplane



light bulb



swim goggles



wishbone



spoon



broccoli

15

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Consumer Corner





Staff Anniversaries: October 2026



Matt Garrettson – 15 years

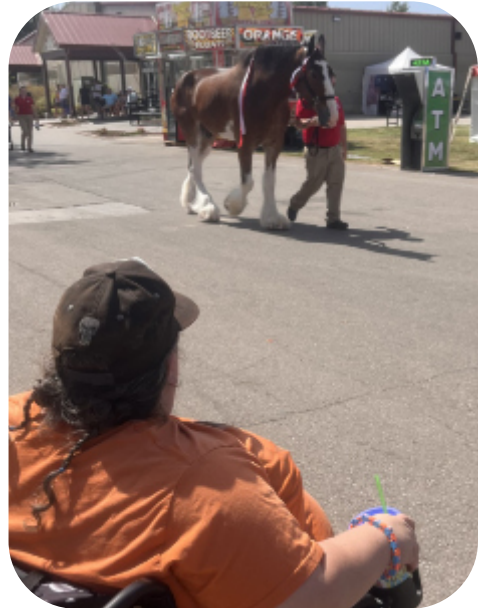


CONGRATULATIONS!

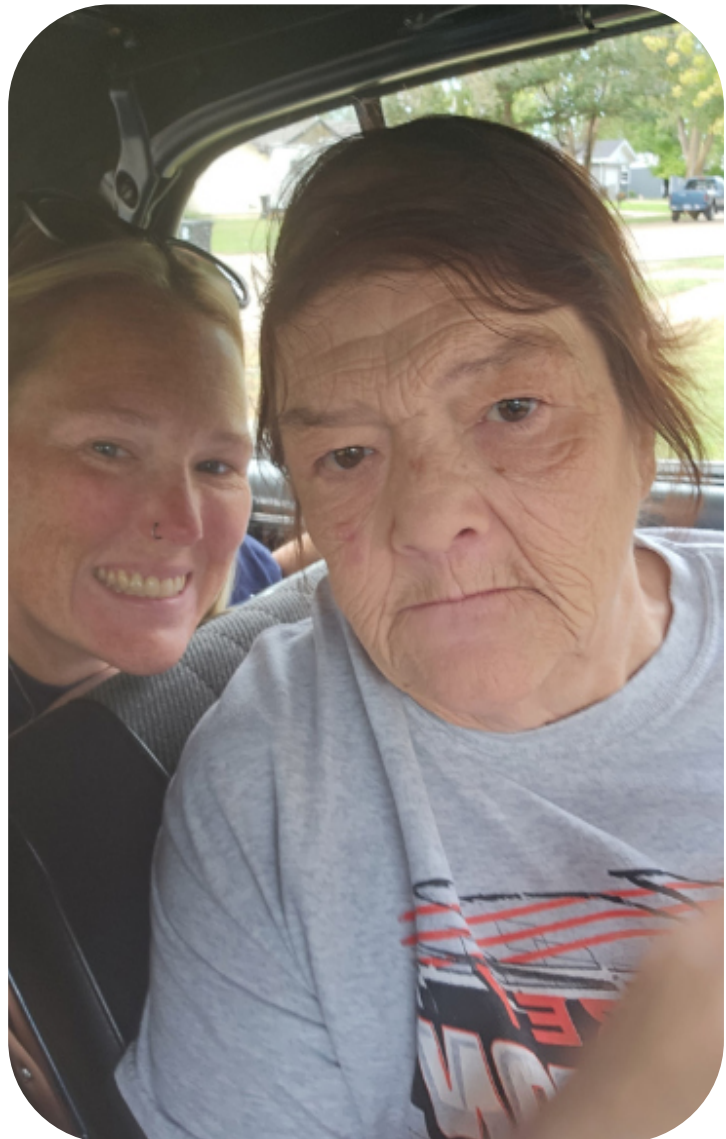


State Fair







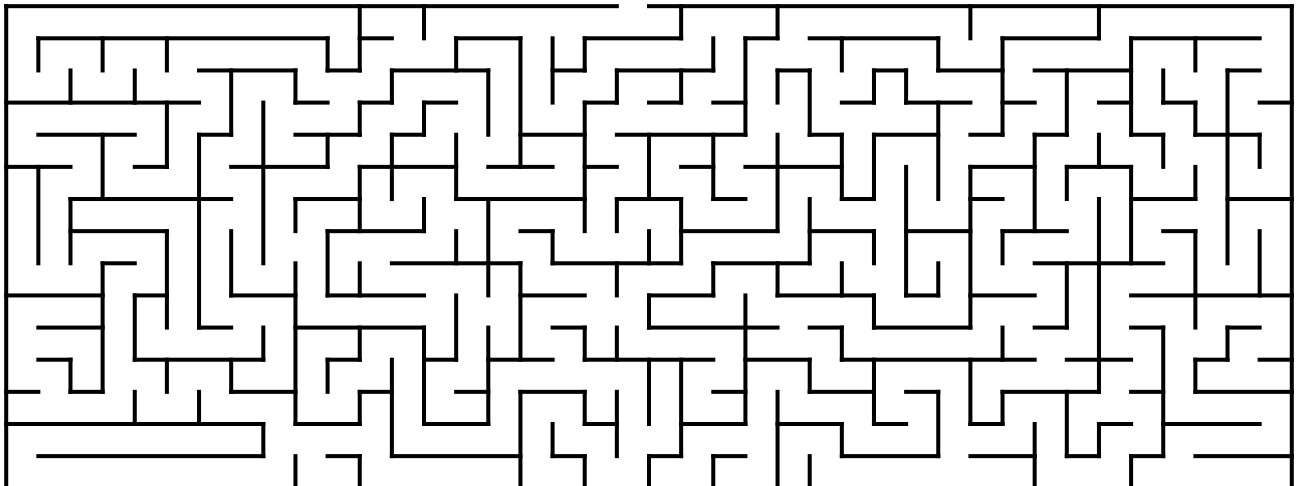


Out Cruising!

Rolling Hill Zoo



START



END

Labor Day Picnic



Upcoming Events:

FYI:

Bowling lists/orders for each week are finalized on TUESDAY!



Money and orders need to be in on Tuesday or you will not be on the list to go!



**October 16, 2026
Pumpkin Patch Day!**



There will be two options on the same day so please let Shannon or Mike know which patch you are wanting to go to! A cold sack lunch will be required on either of the trips.

P&M Pumpkin Patch

45 Mins South of Salina

Buses heading out at 10:00am and
returning around 3:30pm

Cost will be \$12 per person plus \$3.50
if you want to ride the train!

Sunny Side

15 Mins South of Salina

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

Cost will be \$8 per person



We will not be purchasing pumpkins on these outings

October 8th, 2026
CHOICES NETWORK WILL BE
HOLDING A FLU SHOT CLINIC!
IF YOU ARE WANTING TO PARTICIPATE,
PLEASE CONTACT CHOICES TO LET US KNOW.

SPOOKY PRETZEL SPIDER WEB BARK

INGREDIENTS YOU NEED

- 1  1 cup White Chocolate Melting Wafers
- 2  30 Pretzel Sticks
- 3  Candy Eyeballs
- 4  Halloween Sprinkles

TOOLS YOU NEED

-  Microwave Bowl
-  Mixing Spoon
-  Baking Sheet with Parchment Paper

MAKE IT! (Step-by-Step Instructions)

1 MELT CHOCOLATE

Put white chocolate in a microwave bowl. Melt 30 seconds. Stir. Melt 30 more seconds. Stir until smooth.



2 MAKE WEB PATTERN

On parchment paper, lay pretzel sticks. Arrange them in stars like spider webs (use 6 sticks per star).



3 POUR & SPREAD

Using the spoon, pour melted white chocolate over the center of each pretzel star. Spread it to cover the web.



4 DECORATE & CHILL

Quickly add candy eyes and sprinkles to your webs. Put the tray in the fridge for 15 minutes to harden.



ENJOY YOUR SPOOKY TREATS!



SPOTLIGHT: We are highlighting our awesome staff!

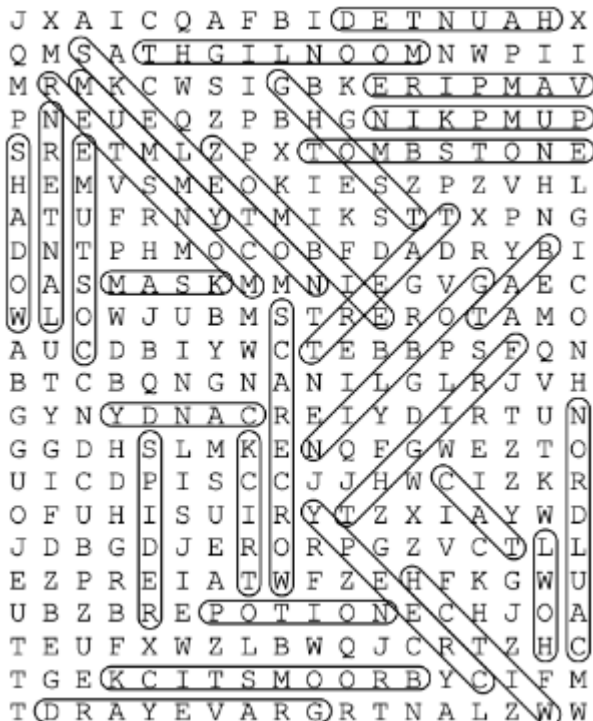
We would like to share a compliment we recently received from a medical clinic in Salina!

One of our management team members had an appointment and was wearing a Choices Network shirt. The physician stated she loves it when Choices is the provider that comes to appointments with individuals because they are always kind and respectful to the person they're with!

It just goes without saying, even when you think no one is watching, someone is! Thank you for representing Choices and those in our services in such a great way!



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

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 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.

