

August 2011

# The Village Voice

Newsletter of The Cedars Village



## Carma's Commentary

If you could create a bumper sticker that sums up a successful life, what would it say? Christopher Morley, the author of **Parnassus on Wheels**, would suggest something like: “The three key ingredients in life are learning, earning, and yearning.” Mr. Morley’s main character in his book states, “A man should be learning as he goes, and he should be earning bread for himself and others; and he should be yearning too, yearning to know the unknowable.”

Yearning for the unknowable takes a certain amount of spunk and usually shows up in individuals that are discontented with the status quo in life. When you think about it, many of the great things in life are done by discontented people. George Herbert wrote in “The Pulley” (1633), “When God first made man, he had a ‘glass of blessings’ standing by. He poured on man all the blessings in His reservoir: strength, beauty, wisdom, honor, pleasure—and then He refrained from giving him the last of them, which is contentment. God saw that if man is contented he will never win his way to Him. Let man be restless so that he will eventually find his way back to Him.”

Restless people would probably like a bumper sticker that says, “If you’re not living on the edge, you are just taking up space.” For those of us who are too tired to “live on the edge”, there still might be a way to create a good life. We can be curious about everything around us, asking questions of others—and actually listening to the answers. In **Parnassus on Wheels** a middle-aged “old maid” seizes an opportunity and ventures out across the country selling books. (She would prob-

ably like a bumper sticker that says, “Women who behave rarely make history.” ☺

The old maid quickly learns that to be really successful she has to listen to the stories told by her potential customers and find a void in their life that she can fill. Isn’t that what we are all doing—looking for a void to fill for others so that we know we are needed? Again, when we quit listening, we quit learning.

Along with learning—we also need to be earning. It seems that success follows the man who does a good job no matter what that job might be. Even if it’s only shoveling coal into a furnace, he can balance the shovel neatly, swing the coal on the fire and not spill it on the floor. If it is only peeling potatoes, he can put into it the best he has.

A boss of mine years ago commented that people usually become more successful in life when they are willing to do jobs along the way that others won’t do. In other words, anyone can do the glamorous jobs. I used to think of that every time I got called in during the middle of the night to take care of a problem or clean up a combative patient who had been incontinent. If I’d gotten hung up on what was my job instead of what was best for the team, I think I would have been a very unhappy person at this point in my life. As it is—I look back and smile.

As you look back over your life, I’m guessing you might agree with me in choosing the following bumper sticker to communicate success. “You may not like the situation you are in, but it is imperative that you like yourself in the situation.” It just seems to work . . .

-- Carma Wall, CEO  
cwall@thecedars.org

*The Village Voice* is published the first of each month.  
Editor, Bonnie Ward, 1208 Darlow Drive  
ph: 241-3676 E-mail: [jkwbjw@aol.com](mailto:jkwbjw@aol.com)

**THIS 'n THAT**  
from around *The Village*

**AUGUST \*\* POTLUCK\*\***

When: Tuesday, the 16<sup>th</sup>, 12:00 noon  
Where: Wellness Center Banquet Room  
Menu: It's strictly up to us!  
Hosts: All of us

**Please Note:** Reservations are not needed this month. *You are invited to bring a donation of food or a check for the McPherson County Food Bank.*

**An Open Invitation from the Chaplains**

Most Independent Living residents at the Cedars are able to attend community Sunday services of their choice, and Assistant Living folks often travel to local churches, as well. Health Care residents, however, rarely travel outside the Cedars community, so some of them choose to take advantage of the devotional events offered by the Chaplains' office.

Chapel services are held on Monday, Wednesday, and Friday mornings in the chapel near the main office entrance, and those who attend are privileged, indeed, to share worship experiences with many of the McPherson community's most interesting and exciting persons. The programs are quite varied, often including aspects of the leader's faith/life journey, and are preceded by a half hour of musical offerings – piano, organ, guitar, voice, etc.

Please know that all of the devotional events, Bible studies, and interest groups are open to Cedars residents and staff, and to the larger community, as well. The current

schedule of events is posted in each monthly Village Voice. For further information please call Chaplain Florence at 241-4386.

**Dr. Luke, the Great Physician**

Healing, wholeness, health, holiness-- these are the topics discussed by the Village Study Group at 10:15 on Wednesdays in the Meditation Chapel. Luke tells of 24 acts of healing by Jesus. Lively discussions.

**Village Garage Sale Report**

I want to thank everyone who gave us items to sell at the sale. Also, I want to thank all who helped with the sale. We took in \$200+ which all goes to the Coffee Shop. We probably would have done better had it been cooler, but I feel it was a good sale. The items left over from the sale all went to Goodwill. -- Elva Jean Naylor

**In Memoriam**

**Gail E. Stauffer**  
**1920 – 2011**

**A note of thanks**

“ We want to thank you for your prayers, cards, visits, and kind words during Gail's illness and after his passing. It's so wonderful to have friends close by. God bless you all.” Marge Stauffer,

Jim and Diane Stauffer and Family  
Pat and Ward Nippert and Family

**August Breakfast Menus**

4<sup>th</sup> – Pancakes with assorted sides  
11<sup>th</sup> -- Omelet Day w/assorted sides  
18<sup>th</sup> – Eggs Benedict with assorted sides  
25<sup>th</sup> -- Omelet Day w/assorted sides

(This 'n That continued on page 3)

**From our library**

I've been busy reading this month. I read *A Night of Long Knives* by Rebecca Cantrell. It is a novel set in Berlin during 1933. Hitler is at the height of his power. The title refers to the night he decided to rid the SS and the SA of all homosexuals. He grabbed them up and without an iota of proof, shot them. Some were homosexual and some were not.

This novel is the story of a reporter (Jewish) who gets caught up in the whole situation because of a previous encounter with an SS officer who fathered a child she has in her custody. The book paints a fascinating, yet horrible picture of a scary time when all Germans feared the power of the Fuhrer. The book is in the Cedars Library.

I also read *Betrayal of Trust* by J.A. Jance. Some of you may recognize her as the author of Joanna Brady mysteries set in Arizona. This book features J.P. Beaumont, a Seattle detective, who has grown older in each of Jance's mysteries. Today, he is an aging detective who needs knee replacements but is in denial. The plot features a dead teenager who plays a dangerous game.

Beau and his wife Mel follow the path of corruption to its very end. This book is also in the Cedars Library.

Finally, Lois and Gerald Neher have placed a beautiful copy of their book *Life Among the Chibok* in the Cedars Library. It is a thorough study of the life and habits of a group of people in Nigeria. The book is replete with pictures, charts, indices etc. It is beautifully written and beautifully designed. As I read, I kept finding similarities to young men and women all around the world. One passage reads, "Among the young men, most of their talk is about girls. The girls are

similar as they want to talk about the boys, and they do not like to be mixed with the adult women." This book is worthy of serious reading. It is in the Cedars Library in the History section.

Come in and browse when you have time. Remember, the Library extension is on the way to the dining room on the right as you go down the hall. --Betty Stanley

\* \* \* \* \*

**AUGUST EVENTS**  
**Bob Baldwin, contact person,**  
**unless otherwise indicated**

**Swim and Pool Activities**

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

**Van to Wal-Mart**

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

**Pool**

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

(August Activities continued on p. 4)

(August Activities continued from p. 3)

### **See you at Village Breakfast** (Menus – p. 2)

Join friends in the large dining room at the Health Care Center and have breakfast together **Thursdays at 8:15 am**; the charge is \$4. Dates are **August 4, 11, 18, and 25**. Try eating at noon in the HCC (The Cedars Café) or The Courts.

### **Tai Chi classes – twice weekly**

With the YMCA we are offering introductory Tai Chi classes **each Monday (1, 8, 15, 22 and 29; and Thursday (4, 11, 18, and 25) in August at 11:15 am in the W/CC.**

### **Youth Choir Concert, August 4**

The United Center Youth Group Choir will perform an acappella concert for our enjoyment **at 7:00pm in the Wellness Conference center on Thurs. August 4**. They will also bring refreshments for all--maybe ice cream. Come and hear the great music.

### **Using the Wii**

**Every Friday afternoon from 1:00 to 3:00 pm**, Bob will have the Wii game ready to go, in the W/CC fitness room.

### **Friday morning coffees**

Take a coffee break and come to **The Courts on Friday mornings at 9:30am — August 5, 12, 19, and 26**. Enjoy the fellowship with our friends there.

### **2<sup>nd</sup> Tuesday Coffees – August 9**

**Men's and Women's groups – 10:00am**

**Men: at the Health Care Chapel** for visiting, coffee, and occasional speaker.

**Women: at W/CC Coffee Shop.**

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the Coffee Shop.

### **Red Hatters to meet**

(Shirley Eickstadt)

**The Red Hat group will lunch together on Wed. Aug. 10, at Pizza Hut at 11:30am.** Corky Flood will be out of town. If you have questions or need transportation, phone Shirley at 245-0627.

### **Village Pot Luck, August 16<sup>th</sup>**

(June Switzer)

**On Tuesday, August 16 we will have our Village Luncheon at noon.** It will be a Pot Luck, so you might begin to think about what you could bring to share. This is a good time to try a new recipe or prepare a favorite for all to enjoy. If cooking isn't something you feel like doing right now, do something simple and easy for you. Mrs. Dillon and Mrs. Wal-Mart are both very helpful! ☺ If you'd like a ride, please call Switzers (504-6141). We will send a chariot, a wheelbarrow, ...or maybe even a car to pick you up! Come and enjoy the food and fellowship. Oh yes...don't forget to bring items for the food bank!

### **Book Club - Aug. 22**

(Bonnie Fruth)

The Book Club meets on the 4th Monday, **Aug. 22 at 3:00 in W/CC Bd. Room.**

If you read books or listen to books on tape or would like to listen to informal sharing about books, you're invited. Sometimes we borrow books from each other or get a title we want to check out from the Public Library. Grab a beverage from the coffee shop and join us. New folks are welcome.

### **Hearing Impairment Speaker**

Dr. Irene Wagner will present a talk on Hearing Impairments and help on **Tuesday Aug. 23 in the WCC, starting at 3:00 pm.** This will be an informative speech on problems and the help they can offer. Plan to attend.

(August Activities continued on p. 5)

## **August Recycling, the 24th**

(by Ed Switzer)

Kudos! The McPherson Area Solid Waste Utility Transfer (Recycling) Station is pleased with the response of the Cedars Village Residents. The past two months we have nearly filled three different bins of the trailer. Thank you for thinking recycle! Keep those recycle items coming! (It's always the fourth Wednesday of the month.)

There are always a couple or three questions, which is good. Here is a little review for all of us. There are nine bins on the trailer. They are for the following:

- 1) #1 Plastic,
- 2) #2 Plastic,
- 3) Plastic milk, juice and distilled water jugs.
- 4) Glass of any color
- 5) Aluminum cans (no foil)
- 6) Magazines (slick paper)
- 7) Newspaper
- 8) Mixed paper (shredded, mail, advertising, letters, etc.)
- 9) Tin cans (metal)

There is a separate bin for each of the above, so....even though it is not required it may speed up your stop if you sort items before you arrive. We will do all we can to have at least two of us there to help you unload.

Items for which there is no bin include: plastic bags, # 5 plastic, lids for plastic, glass bottles and jugs, Styrofoam, electronics, ceramic dishes, trash, liquid or food residue.

Again, thank you for recycling and being friendly to our earth. We will give you a friendly reception when you arrive!

(Personal note: I am proud to be a part of a village community that supports the recycle program!)

## **Concert – August 24th**

The Cedars will be hosting “The Prowell Family Band.” The Prowell family plays a variety of string instruments: mandolin, banjos, guitar, fiddle, bass guitar and djembe.

They sing a more contemporary gospel music with a message to lift up and encourage. Come and join us on **Wednesday, August 24<sup>th</sup> at 2:30pm in The Cedars Conference Center.**

## **Dressed to “Kilt”**

(Bonnie Fruth)

Ty Kaufman has played the bagpipe for more than 30 years, and he is the Pipe Major of the City of McPherson Pipe Band. He's coming here to the **Wellness Center on Thursday, August 25 at 3:30.** He'll be “dressed to Kilt” in his tartan and all the trimmings.

We'll hear the bagpipe being played and we'll learn about that very unusual instrument. A bit of Scottish history and customs will be included in Ty's presentation. Ty will tell about his outfit, and he'll share about the annual Scottish Festival which takes place the fourth weekend each September right here in McPherson.

Bring your neighbors and friends for an interesting afternoon. Maybe you have some Scottish friends/relatives you'd like to invite to this program. Be sure to encourage folks who are new to The Village to come along with you. This program is another opportunity for you to continue being a life-long learner.

We'll serve Scottish shortbread for refreshments. Donations.

(August Activities continued on p. 6)

**Movie Night - Friday, August 26****(Dave and Bonnie Fruth)**

Come to the W/CC for the movie “**Billy Elliot**” at **7:00 Friday, August 26**. The film is set during the 1984-5 UK miners’ strike and centers on 11-year-old Billy Elliott, his love of dance and his hope to become a professional ballet dancer. Billy’s father takes him to the Sports Center to learn boxing but Billy struggles and dislikes the sport. The boy then happens upon a ballet class that is using the gym while their studio is being temporarily used as a soup kitchen for the striking miners. Much drama follows to the end of the movie.

Come on over and join the group. We have several new Village residents who might be more likely to come if someone calls and then stops by to pick them up. Refreshments! (donations)

**Trip to Salina: State Highway Patrol Training Center and Sculpture Tour****(David and Bonnie Fruth)**

Mark **Tuesday, August 30**, on your calendar if you want to take an interesting road trip. We plan to take a tour of the **State Highway Patrol Training Academy Headquarters in Salina**. The required training to become a state trooper is rigorous ! We appreciate the work the troopers do for our protection. It’s a dangerous job. The main part of this presentation is in a classroom where you will be sitting down.

Next we’ll take a little walking tour in downtown Salina to check out their 19 unique and inviting sculptures which are exhibited along the street. The three-block walking tour features creations from artists across the United States. Artists place their sculptures in the program for one year. At the end of that time, one piece will be selected as the People’s Choice and that sculpture will be relocated to a permanent

place in Salina. You are free to stroll along and check out as many of those pieces as you wish depending on your energy level. We’ll eat lunch close by at Wood Fashion Cafe which features sandwiches, interesting quesadillas, salads, a specialty called wild rice bowls, pie, and more. The cafe uses locally grown and natural ingredients when possible. Should be a fun place to eat.

We’ll **leave from the Wellness Center at 9:10** and charge **\$5 for the van**. If we need additional space, you can pay your driver the same. **Contact us (245-0674) by Saturday, August 27th** so we can arrange transportation and notify the restaurant how many people to expect. We’re making this a short trip in case you’re looking for a mini-trip out of town. We should be back in McPherson by around 2 pm.

Think about it. You **NEED** to get away, and this is a perfect learning opportunity for you. If you’re new to The Cedars, this would be a good chance for you to get acquainted with some of your neighbors. If you’ve traveled with us before, encourage others to join the group.

\* \* \* \* \*

<b>Village Council Meeting Minutes</b> <b>July 18, 2011</b> <b>Wellness Center Board Room</b>
---

The Village Council met on Monday, July 18th at 1:30 p.m. Present were Betty Stanley, Lois Neher, Norman Knocke and Jody Miller.

Not having a quorum present, the meeting was adjourned. The next meeting will be August 15th.

-- Jody Miller, Secretary

**August 2011**

**Director of Independent Living & Wellness/Conference Center**

**Bob Baldwin**

## **Village Survey Results**

I want to thank all of you that returned the survey to me. It is in this manner that we can see where we need to improve. Our survey produced some very good numbers but there is always room for improvement. I am going to take the three lowest scores and see how we can improve on them. They had to do with the meals that we present, the confidence of the training that our employee's receive and the efficiency of the maintenance requests. I will use those topics as a starting point for discussion when we have another Village meeting this fall. I very much want your input and ideas as to how we can better serve you our residents. Please think about these three topics and make notes so that when we discuss them, you can give us some good ideas.

### “Coffee” Money

A few years ago, I heard a financial planner refer to the concept of “coffee money”. Basically what he was saying was that even if we budget properly for our mortgage payments, utilities, groceries, etc., the amount of money that people spend on their morning coffee can be enough to seriously threaten—or even ruin—their financial health. That seemingly insignificant \$1.70 each morning, even if we only drink one small cup, and only during the work week, adds up to nearly \$40 a month! Double that if both adults in the household have the same caffeine addiction. Nearly everyone has something that takes **small** but **regular** amounts of money out of their wallet. Take a second to think about what yours might be. A weekly dinner at a nice restaurant? A traditional Saturday morning trip downtown that inevitably results in an impulse purchase? Or even just taking the change out of your pocket each evening which then ends up sitting in a container on your nightstand for months on end not doing you or anyone else any good.

As an alternative, I am asking you to think about how that money might be better used. Instead of whichever of your change-drawer-draining purchases you’re currently thinking about, what if that money instead went to help your neighbors through the Resident Assistance Fund? Or to train the staff that cares for our residents each day by building our Scholarship Endowment? With little more than your signature and deposit slip or voided check on a form available through the Development office, you can direct that \$40 each month to The Cedars instead. Your monthly gift in **any** amount you choose, taken directly from your checking or savings account with no effort or hassle on your part, is fully tax-deductible and is combined with similar gifts already being given by other donors. Gifts don’t have to be big affairs in order to make a **HUGE** difference. Remember the fable of the Tortoise and the Hare? Slow and steady wins the race. —Eric Litwiller, Dr. of Development

### A Million Ways to Help

The closer we get to October 7, the higher my blood pressure seems to go! What if no one comes to our Gala? What if I can’t get anyone to donate items for our auction? What if it conflicts with a “home” football game? (It doesn’t, by the way.) Several residents have stepped forward to help by

agreeing to contribute beautiful, hand-crafted items like painted china plates, native American art, hand-made wooden furniture and home accessories, personalized quilts and other types of wall hangings, etc. And thank you so very much for your help! However, a great deal more remains to be done. If you have time to call guests to follow-up on RSVP’s, I could use your help starting in early September. If you know people who **could** contribute but are not currently, I’d love an introduction. If you don’t have a hobby that is conducive to our live auction, several stores in town have agreed to sell items for this function at-cost so that you can donate products or services in your name without having to pay retail. Not sure what would be helpful? Think “unique experiences”. Tickets to a concert or play at local colleges. A weekend stay at a Bed and Breakfast. A flying lesson in the skies of McPherson. A chamber music group to play in someone’s home for a private anniversary supper. There are no bad ideas. Everyone’s help is much appreciated to make this Gala a success. Thanks!

-- Eric Litwiller, Dr. of Development

#### ***From the Editor:***

*Over the years I’ve made many errors: typos, omissions, and the far worse kind—incorrect information. Thanks to the person who pointed out the latter kind in the last month’s Village Voice:*

“Ms Ward - I received your newsletter, and appreciate getting to know The Cedars a bit better.

I do want to offer one correction - you had a box on page 7, "Did You Know?" You offered incorrect information - the fact of five Fridays, Saturdays, and Sundays happens more frequently than 823 years. I have seen similar emails, and it is incorrect - January 2010 had the same calendar dates as July 2011, and March 2013 will be the next time.

I caught myself earlier this month telling someone of the same rarity, only to find out it isn't as rare as we think.”

*I regret the misinformation and thank the letter writer for calling it to our attention. There’s enough incorrect info floating around “out there” without perpetuating more! I’d like to say it won’t happen again, but it probably will. bjw*





## WELLNESS / CONF. CTR. - DEVOTIONAL EVENTS - August 2011

**Mondays** - 10:15 AM - Meditation Chapel - Ready Writers  
**1st Mon** - 6:30 PM - Meditation Chapel - Grief Support Group  
**Wednesdays** - 10:15 AM - Meditation Chapel - Village Study Group  
**Friday 8/19** - 11:15 AM - Meditation Chapel - Advocates/Friends  
**Fridays** - 10:15 AM - Coffee Shop - Just for Laughs

## MAXWELL / CEDAR HOUSES - DEVOTIONAL EVENTS

**Mondays** - 9:30 AM - 803 - Inspirational Music - Lucille Hand  
**Wednesday** - 9:30 AM - 805 - Insp. Music - Rosalie Black  
**Wed 8/31** - 9:30 AM - 801 - COMMUNION - Joe S., others TBA  
**Wednesday** -10:00AM - 807 - Inspirational Music -8/3 Joanna H.  
-8/10 Emma Ruth S. -8/17 Eloise L. -8/24 Noleen B. -8/31 Elva Jean N.  
**Thursdays** - Chaplain Chris visits in houses.  
**Fridays** - 9:30 AM - 801 - Inspirational Music - Joe Shook  
**Fridays** - 3:30 PM - 805 - Bible Study - Anne Albright

## ASSISTED LIVING - DEVOTIONAL EVENTS AT THE COURTS

**Tuesdays** - 11 AM - PDR 8/2 & 8/9 - Bible Study - Paul Willard  
8/16, 23, 30 " " - Miriam Hoover  
**Thursdays** - 4 PM - 2<sup>nd</sup> floor - Bible Study - Susan Ballou  
**Fridays** - 9:30 AM - Dining Room - Piano - Royal Eickstadt

## SUNDAY WORSHIP

**TV** - 10:15 AM - Ch 13 - Worship - Church of the Brethren  
-Can be viewed on giant screen - Courts, 2<sup>nd</sup> floor, Activities Room  
**Radio** - 10:30 AM - FM 96.7 - Worship - Free Methodist  
**Courts** - 6:00 PM - 2<sup>nd</sup> floor - Worship - Susan Ballou, Leader  
- communion served on 2nd Sunday

## OTHER

**COMMUNION** provided for Catholic residents on a weekly basis  
- usually on a Thursday - St. Joseph's Catholic Church

## AUGUST 2011

Mon	Tue	Wed	Thu	Fri
August 1	2	3	4	5
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed Rice Vegetable Blend Yellow Squash Brownie	Lemon Lime Jell-O Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Coleslaw Pepper Steak Pork & Kraut Buttered Penne Pasta Broccoli Corn Dinner Roll Cookies and Cream Pie	Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans Vegetable Medley Bread Stick Root Beer Cake
8	9	10	11	12
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake	Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée Peas Yellow Squash Cookie	Tomato & Mozzarella Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad Lasagna Rolls w/ Meat Sauce Chicken Tetrizzini Creamed Corn Zucchini Lime Layer Dessert	Heavenly Mold Meatloaf Red Beans and Rice Baked Potato Scandinavian Vegetable Turnips Mango Cheesecake
15	16	17	18	19
Coleslaw Fried Catfish Meatball Sub Au Gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb Pie	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan Pie Bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake	Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green Beans Chef's Choice Vegetable 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
22	23	24	25	26
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet & Sour Chicken Garlic bread Italian Blend Vegetables Rice Cookie	Cottage Cheese Jell-O Salad King Ranch Chicken Pineapple Glazed ham Green Beans Baked Amaretto Apples	Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed Potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding
29	30	31		
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed Rice Vegetable Blend Yellow Squash Brownie	Lemon Lime Jell-O Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Coleslaw Pepper Steak Pork & Kraut Buttered Penne Pasta Broccoli Corn Dinner Roll Cookies and Cream Pie		

## AUGUST

<u>DATE</u>	<u>EVENT</u>
<u>August 1-5</u>	
Mon. 1	9:00am Exercise group, fitness, ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC
Wed. 3	9:00am Exercise group, fitness ctr. 10-11:30; 2-4pm Sew&Tie quilts, S-DUR 10:15am Village Study, Med. Chp.
Thr. 4	8:15am Village Breakfast (menu p.2) 9:00am China painting; S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart 7:00pm Youth Choir Concert, W/CC-p.4
Fri. 5	9:00am Exercise group, fitness ctr. 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm. W/CC

### August 8-12

Mon. 8	9:00am Exercise group, fitness ctr. 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC
Tue. 9	10:00am Men's Coffee, HCC 10:00am Women's Coffee, Coffee Shop
Wed 10	9:00am Exercise group, fitness ctr 10-11:30; 2-4pm Sew&tie quilts. S-DUR 10:15am Village Study, Med. Chp. 11:30am Red Hats, Pizza Hut; p .4
Thu. 11	8:15am Village breakfast, HCC; menu-p.2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri.12	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC

### August 15-19

Mon. 15	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. chp 11:15am Tai Chi, W/CC 1:30pm Village Council, Bd. Rm, W/CC
Tue.16	12:00noon Village Pot Luck; W/CC

(See column 2 for Wed., Thurs. Fri.,17,18 & 19

## CALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>August 17-19</u>	
Wed.17	9:00am Exercise group, fitness ctr. 10-11:30 Sew&Tie quilts, S-DUR 10:15am Village Study. Med. Chp.
Thr. 18	8:15am Village Breakfast, HCC; menu-2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 19	9:00am Exercise group, fitness ctr. 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm, W/CC

### August 22-27

Mon.22	9:00am Exercise group, fitness ctr. 10:15am Ready Writers 11:15am Tai Chi, W/CC 3:00pm Book Club, Bd. Rm; W/CC
Tue.23	3:00pm Hearing Impairment spker; W/CC
Wed.24	Document Shred, all day; Office & Courts 8:00-noon Recycling; W/CC Parking Lot 9:00am Exercise group, fitness ctr 10-11:30; 2-4pm Sew& tie quilts, S-DUR 10:15am Village Study, Med. Chp. 2:30pm Prowell Concert, W/CC; p. 5
Thu.25	8:15am Village Breakfast, HCC; menu p.2 9:00am China Painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wall-Mart 3:30pm "Dressed to 'Kilt';" W/CC
Fri. 26	9:00am Exercise group, fitness ctr. 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3pm Wii Games, Exercise Rm., W/CC 7:00pm Movie Night, W/CC; pp5-6
Sat. 27	Last day to reserve for Salina Trip; p.6

### August 29-31

Mon. 29	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC
Tue. 30	9:10am Leave for Salina trip; W/CC, p.6
Wed 31	9:00am Exercise group, fitness ctr. 10-11:30; 2-4 Sew&Tie quilts, S-DUR 10:15am Village Study Group, Med. Ch