

CHOICES VOICES



Issue 176- February 2025

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 HEART WREATH



Supplies:

- 3 sheets of 8.5"x11" card stock paper
- Ribbon
- Scissors
- Stapler

Directions:

Cut out 9 strips of paper about 1 1/4" wide by 11" long (Each strip of paper will become one heart in your wreath. If you add more than 9 hearts to your wreath it will start to get a little droopy!)

Fold each strip of paper in half. Curve the ends of the paper inwards to make a heart shape and staple the 2 ends to hold it together.

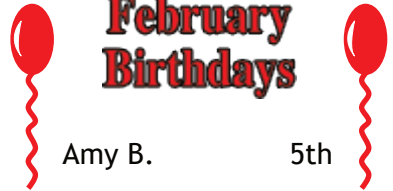
If you plan to hang up your wreath, you'll want to attach a ribbon to hang it from. It looks

nice if you staple the ribbon right into the middle of 2 of the hearts. Cut a piece of ribbon about 18" long. Make your paper heart shape as you did before, but this time slide the ribbon between the 2 curved ends of the paper. Staple the ribbon and paper in place. Staple the ribbon into a second heart, making sure you plan out your color pattern (if you have one!)

Once you've made the 2 hearts that the ribbon will hang from, go ahead and staple the rest of the strips of paper into heart shapes. To connect the hearts together, line up the bottom points of 2 heart shapes, then staple them together about half way between the bottom and top of the heart. Try to staple close to the back edge, so that the staple isn't obvious when you look at it from the front.

Staple one heart in between two hearts with ribbons, again, making sure you line up the bottom points of each heart and stapling halfway between the bottom and tops of the hearts. Then continue stapling the hearts together-close to the back edge-until you've made it all the way around the circle. As long as you use cardstock paper and don't add more than 9 hearts to your wreath, it keeps its shape really well when you hang it up!

February Birthdays



Amy B.	5th
Kamden C.	7th
Ethan R.	7th
Jillian B.	11th
Chris F.	11th
Ethan L.	11th
Pamela S.	14th
Tiana W.	14th
Jonah R.	17th
Cody P.	18th
Cody R.	18th
Ezra G.	19th
Daniel L.	20th
Nick W.	22nd
Brenda M.	23rd
Ashley P.	23rd
Beau S.	24th
Jason F.	28th

CALENDAR OF EVENTS



Office Closed: 2025

- February 17th – President’s Day
- April 18th – Good Friday
- May 26th – Memorial Day
- July 4th – Independence Day
- September 1st – Labor Day
- October 13th – Columbus Day
- November 26, 27, 28th – Thanksgiving
- December 24, 25, 26th – Christmas

Upcoming CPR Dates
 February 12th 1:00-3:00
 March 5th 1:00-3:00



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.

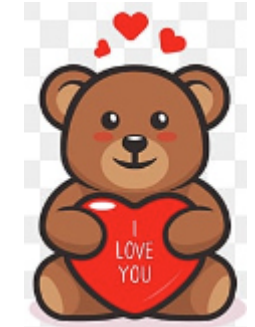
Choices Network, Inc. Lawn and Maintenance Crew

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 Broc Tanner at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

VALENTINE'S DAY WORD SEARCH



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

**LOVE HEART CUPID ROMANCE AFFECTION SWEETHEART
 ADORE FOREVER KISS HUG CHERISH CHOCOLATE ROSES
 BOUQUET TEDDY GIFT ARROW DATE ADMIRE BELOVED DARLING
 PROMISE CUDDLE SOULMATE FEBRUARY PASSION XOXO**

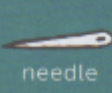
SPOTLIGHT: In Memory of Sharon Krisher

On November 25, 2024, the Choices Network family lost a long-time fixture in our services. Sharon was loved by us all and definitely kept us in line! She was a talented painter and often drew and painted pictures for family and friends. She enjoyed a good game of Pitch, as well as many other card and board games. Sharon was a Christian and enjoyed her Belmont Nazarene Church family.

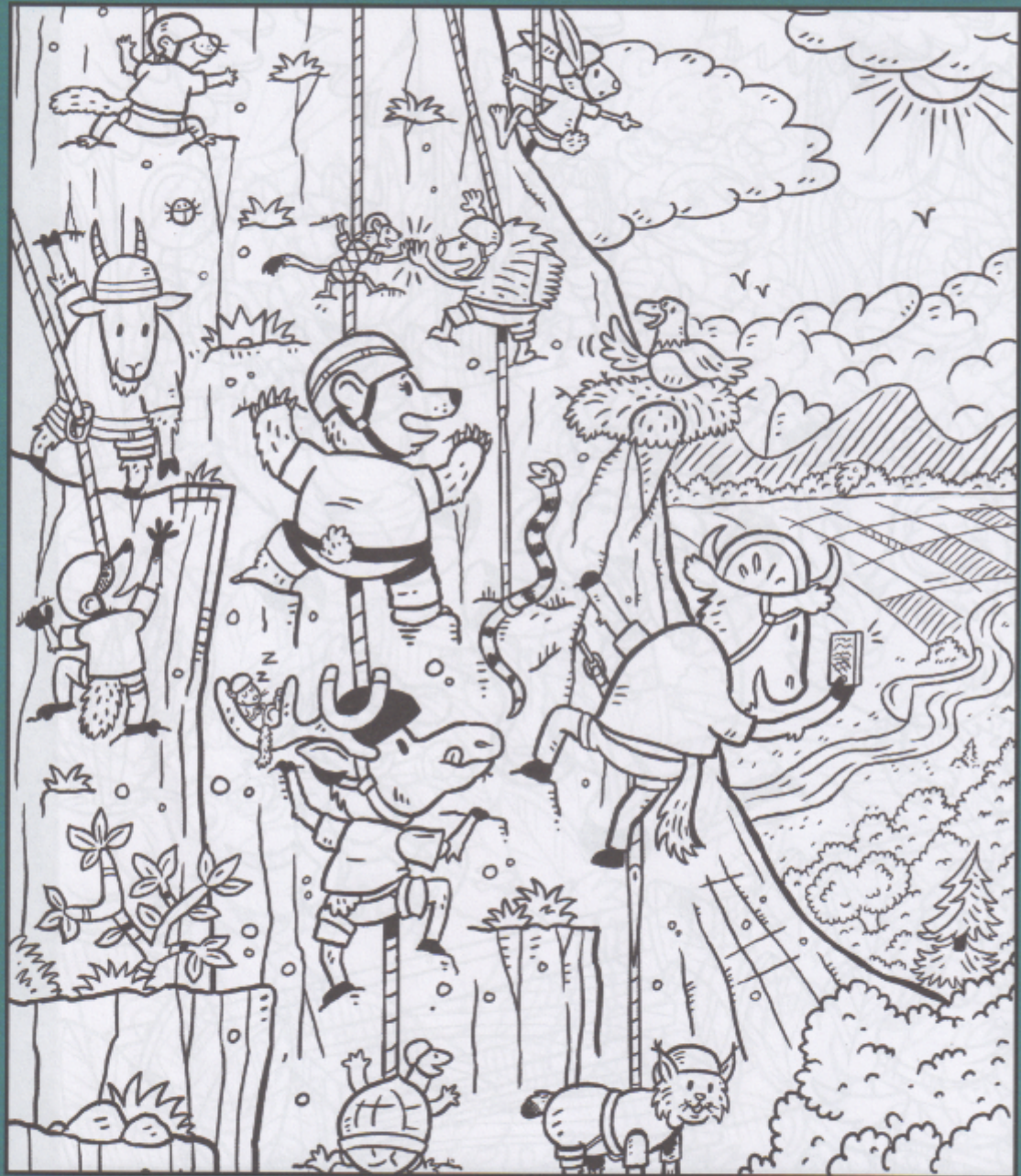
There is so much to be said about Sharon. The stories are endless, and we could go on and on! What we do know, is she will be very missed. Thank you, Sharon, for being a part of the Choices Network family!



Cliff Climbers



18



Art by Brian Michael Weaver

© Highlights for Children, Inc. All rights reserved.
Used with permission. (www.highlightskids.com)

**Upcoming Events:
We're having a Valentine's Day Party!**

When: February 14th
Where: Choices Network Day Area
Time: 10:00-12:00

We will be playing games, doing a craft, taking pictures in a photo box, and enjoying a snack!

Coming in March – St. Patrick's Day Dance

We will again be hosting a St. Patrick's Day dance!
Please watch the March newsletter for details!



We are under construction!



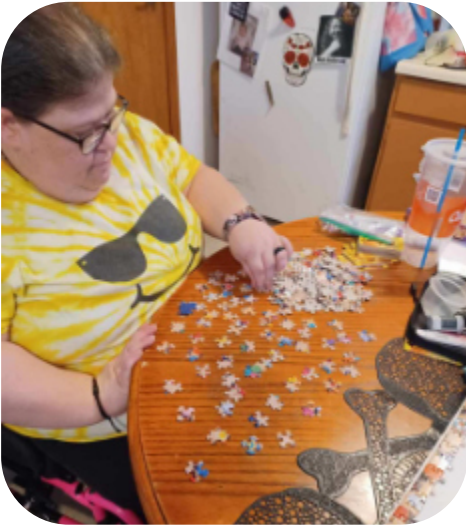
Bathrooms have always been in short supply at Choices so we're adding another!
Hopefully it will help reduce some of waiting!

A new face is coming to Choices and we need your help coming up with a name!

This little guy (that won't be so little fully grown) is being trained to provide support and calmness to our day services! He will soon need a name so we're asking for everyone to submit ideas to a drop box that will be in the day service area! We will choose finalists and vote at our Valentine's Day Party on February 15th!



Consumer Corner:



A good day for a puzzle!



Beau mixing up deliciousness!



Brett getting the cake ready to bake!



Eating ice cream on a snowy day!



Golda enjoying the final results!!



Jen's cooking up a snack!



Jessica doing a game of matching!



Lacy doing some puzzles!



Logan putting the final touches on the cake!



Reagan and Twila are making some yummy treats!



Sharon measuring the ingredients!



Sarah's getting ready to make icecream!



Shannon's doing some homework!



Nea trying to decide what to do next!



Kevin getting the batter ready!



T meeting a new baby!



What's cooking Sam!



Who's winning?

RECIPE CORNER

Sherbet Punch

Ingredients:

- 2 – 48 oz. containers of Raspberry Sherbet
- 2 – 2 Liter bottles of Sprite or Ginger Ale
- 1 – 48 oz. bottle of white grape and cherry juice



Instructions:

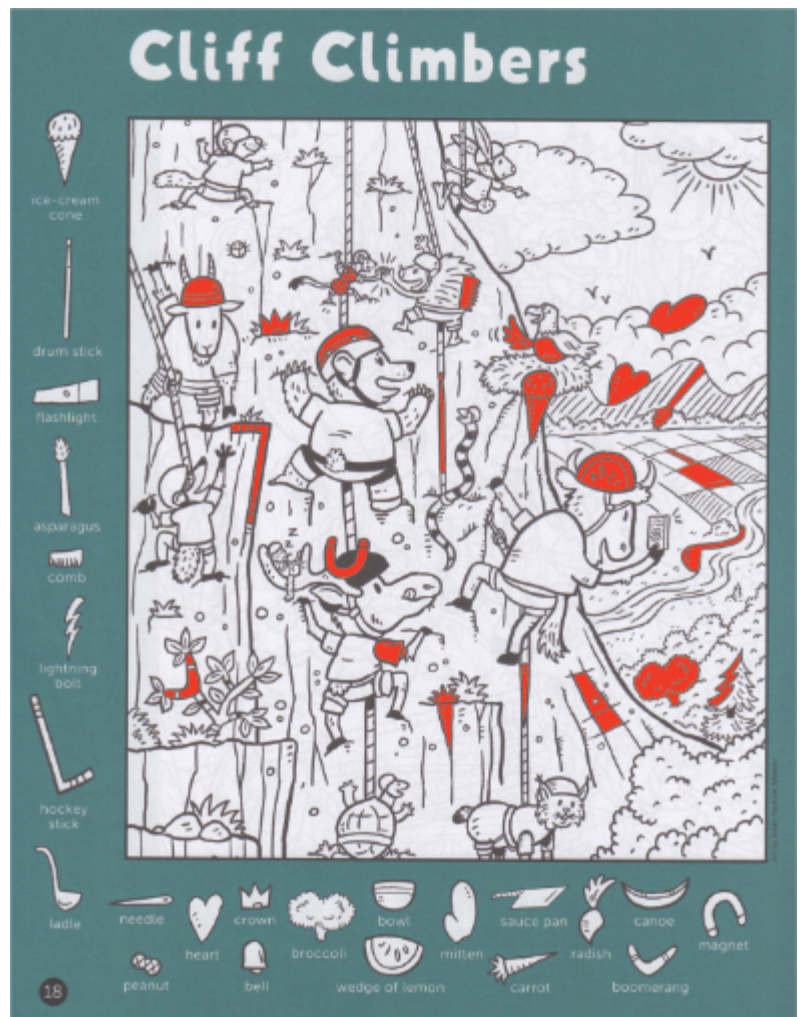
- In a large bowl, combine 1 container of raspberry sherbet and grape juice Slowly add in 1 of the 2-liter bottles and stir
- As the punch begins to melt slightly use an ice cream scoop to add in the other container of sherbet as needed.
- As needed, add to the punch with the remaining ingredients! Enjoy!

Word Search & Hidden Picture Keys



LOVE HEART CUPID ROMANCE
AFFECTION SWEETHEART

ADORE FOREVER KISS HUG CHERISH
CHOCOLATE ROSES BOUQUET TEDDY
GIFT ARROW DATE ADMIRE BELOVED
DARLING PROMISE CUDDLE SOULMATE
FEBRUARY PASSION XOXO



Ongoing Activities:

Monday – Tour Rolling Hills Zoo from 10am to 1pm. Bring sack lunch.

Monday through Friday - Walking at Jerry Ivey Park at 8:00am to 9:00am during the spring and fall seasons and **water walking during the summer**. 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

Tuesday and Thursday – YMCA exercises 9:30am to 11:30. Must have a membership. (Choices Network staff can assist individuals with applications for reduced rate memberships at request.)

Wednesday - Lunch and Bowl at The Alley from 11am to 1:00pm. Cost is \$13.00.

Friday – BINGO at Choices 10am to 11am.

Friday - The Garage

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.

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