

CHOICES VOICES



Issue 177- March 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.

March Project Shamrock Suncatcher



Supplies:

- Black card stock
- Scissors
- Tissue Paper
- Adhesive contact paper
- Glue stick
- Shamrock template

Directions:

Trace the shamrock onto a sheet of black card stock. Cut the outside and inside of the shamrock from the black card stock paper, leaving a thick outline on the edges.
 Cut a sheet of clear contact paper that is just slightly larger than the shamrock. Next, remove the backing off of the contact paper and place it on your workspace, sticky side up, with your previously cut shamrock underneath.
 Cut the tissue paper into 1"

squares. Take your little pieces of tissue paper and begin placing them inside the shape of your shamrock. Press them into the contact paper so that they stick. Arrange them to overlap one another and cover the whole space to make it look like a stained glass window.

Take the shamrock from underneath the contact paper and place a thin layer of glue around the border. Lay the shamrock glue side down over the previously layered tissue paper. Press to secure and allow to dry. Cut the excess contact paper from around the shamrock. Place in your favorite window and watch your creation shine!
 (Hint...press n seal paper will work just as well as adhesive contact paper!)

March Birthdays

- Damion H. 6th
- Luke M. 6th
- Jeff M. 9th
- Chelsea A. 10th
- Jacob L. 11th
- Brittney C. 14th
- Tessa B. 18th
- Zackary P. 18th
- Zackary F. 19th
- Eric J. 20th
- Keven F. 24th
- Harley L. 24th
- Debbie H. 25th
- Shane M. 28th
- Anthany B. 30th
- Kayla R. 30th
- Kyler R. 30th

CALENDAR OF EVENTS



Office Closed: 2025

- 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

March 5th 1:00-4:00
April 16th - 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 Broc Tanner at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

MARCH MADNESS WORD SEARCH



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

**BASKETBALL TOURNAMENT BRACKET CHAMPIONSHIP FINALFOUR
 DUNK DRIBBLE HOOP UPSET BUZZER OVERTIME SEEDS
 DEFENSE OFFENSE COURT COACH FANS SHOTCLOCK
 SHOTCLOCK THREEPPOINT REBOUND FREETHROW
 MASCOT TIMEOUT NCAA UNDERDOG FASTBREAK FOUL
 CINDERELLA ALLEYOOP**

SPOTLIGHT: The Arc of Saline Co. Blue Thunder



Special Olympics is a very important part in the lives of individuals we serve here at Choices Network! Getting to celebrate their triumphs and wins after each event has become a fun pastime at Choices!

We have athletes who take part in Basketball, Cheerleading, Track, Bocce Ball, Swimming, Tennis, Disc Golf, Power Lifting, Volleyball, Pickle Ball, Cornhole and so much more! They will keep you busy and active if you're looking for fun, exercise, friendship, or volunteer opportunities!

Go to their website, FB page or call 785-826-9766 for more information!

RECIPE CORNER

Shamrock Shake Pudding Cups

Ingredients:

- 1 package (3.4 oz) instant chocolate pudding mix
- 2 C milk
- 1 package (3.4 oz) instant mint pudding mix
- 2 C milk
- 1 C whipped cream or whipped topping
- Green food coloring (optional)
- Chocolate shavings or mint candies (for garnish)



Instructions:

In a bowl, whisk together the chocolate pudding mix and 2 C of milk until smooth. Let it sit for about 5 minutes to thicken.

In another bowl, whisk together the mint pudding mix and 2 C of milk. For a brighter hue, add a few drops of green food coloring. Allow to thicken for 5 minutes.

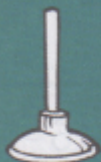
In clear cups or glasses, start with a layer of chocolate pudding. Add a layer of mint pudding, and repeat, until the cup is filled.

Spoon whipped cream on top of pudding layers.

Finish with chocolate shavings or crushed mint candies for a festive touch.

Refrigerate for about 30 minutes before serving for a cool, refreshing dessert.

Rockin' the Sea



plunger



wedge of cheese



anchor



ladle



light bulb



heart



Art by Tracy Fuller



oven mitt



crescent moon



tape dispenser



spoon



slice of watermelon



lemon



cup and saucer



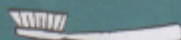
paint can



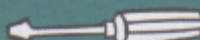
bug



butterfly



toothbrush



screwdriver

2

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VALENTINE'S DAY DANCE



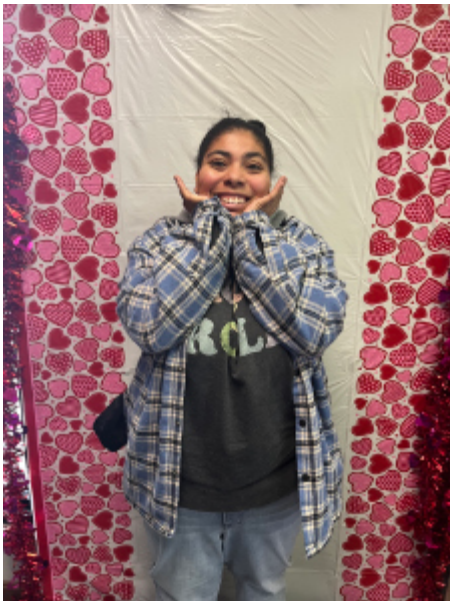


VALENTINE'S DAY PARTY











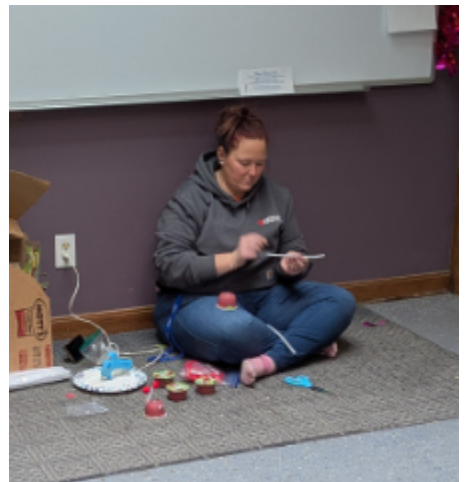




Doing Crafts at Home!

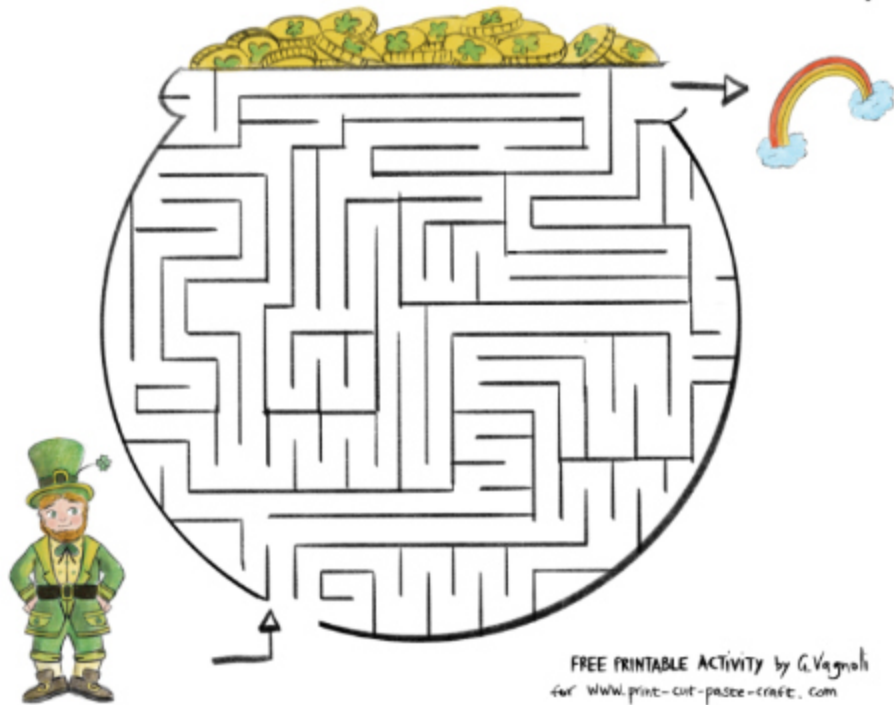


Twila is getting buggy!



DeEtta working on Valentine's Day Snacks!

HELP THE LEPRECHAUN REACH THE RAINBOW!



FREE PRINTABLE ACTIVITY by G. Vagnoli
for www.print-cut-paste-craft.com

Word Search & Hidden Picture Keys

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

BASKETBALL TOURNAMENT BRACKET
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 ALLEYOOP



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

JOIN US FOR OUR

Green Day
Dance

Friday, March 14th

6:00 pm through 8:00 pm

Friendship Center

746 COMMANCHE AVE. | SALINA KS

- * AGENCY STAFF PARTICIPATION REQUIRED
- * MINORS ACCOMPANIED BY AN ADULT
- * CASUAL **Green** ATTIRE

Free event

ANY QUESTIONS CONTACT

CHOICES NETWORK INC.

785-820-8018

Sponsored by:



