

SEELAND PARK NEWSLETTER



DATES TO REMEMBER:

2nd – 10:00 AM on first Wednesday – **Donuts and Coffee** in Social Center

2nd, 9th, 16th, 23rd, 30th – 1:00 PM on Wednesdays – **Hand & Foot Card Game** in Hawn Center

3rd – 9:00 AM – **Marketing Committee Meeting** in Conference Room

3rd, 10th, 17th, 24th, 31st – 2:00 PM on Thursdays – **Men's Pool** north of Hawn Center

3rd, 10th, 17th, 24th, 31st – 2:00 PM on Thursdays – **Fareway Grocery Store** – If interested, please call the Administration Office at 236-7592 by **noon on those days** to reserve a seat in the van.

4th, 11th, 18th, 25th – 1:00 PM on Fridays – **Cards** in Hawn Center

7th, 14th, 21st, 28th – 9:00 AM on Mondays – **Morning Coffee** in Social Center

7th, 14th, 21st, 28th – 9:00 AM on Mondays – **Listening Post** in Social Center

7th, 21st – 1:00 PM on Mondays – **Bingo** in Social Center – see article on page 3

8th, 15th, 22nd, 29th – 1:00 PM on Tuesdays – **Knitting** in Hawn Center

8th, 15th, 22nd, 29th – 2:00 PM on Tuesdays – **Men's Pool** north of Hawn Center

8th, 15th, 22nd, 29th – 2:00 PM on Tuesdays – **Fareway Grocery Store** – If interested, please call the Administration Office at 236-7592 by **noon on those days** to reserve a seat in the van.

8th, 15th, 22nd, 29th – 6:30 PM on Tuesdays – **Social Security Game** in Hawn Center

9th – 9:00 AM on Wednesday – **Dr. Siebrecht** seeing patients as scheduled in Social Center

9th – 11:00 AM – **Liver & Onions** in Social Center – see details on page 3

RSVP by January 2nd by calling the Administration Office at 236-7592

10th – 2:00 PM on Thursday – **Bible Study** at Evelyn Navara's, 815 Turnberry Drive

14th – 9:00 AM – **Advisory Committee Meeting** in Conference Room – *please note change in date*

14th, 28th – 1:00 PM on Mondays – **Dominoes** in Social Center

18th – 6:00 PM – **Tim's Party** in Social Center – see details on page 6

RSVP by January 8th to your Phase Volunteer

23rd – 11:00 AM-12:30 PM – **Restaurant Dining** in Social Center – see attached flyer for details

Please select menu choice and pay in the Administration Office by January 16th

25th – 10:00 AM on Friday – **Ecumenical Communion** in Dining Room

30th – 12:00 PM on Wednesday – **Seeland Park Dinner** in Social Center

RSVP by January 8th to your Phase Volunteer

Sunday Church Services at 2:30 PM: 6th, 13th, 20th, 27th in Assisted Dining Room



January Birthdays



2nd - Delmar Larsen

4th - Sue Baker

5th - Dean McClelland

5th - Margaret VanDerKamp

7th - Brian Veach

8th - Jane Thompson

12th - Sharon Falck

12th - Kathie Hall

12th - Becky Schlesselman

15th - Ron Johnston

20th - Ileen Zegers

22nd - Bev Creps

24th - Agnes Mikel

25th - Carolyn Orndorff

28th - Judy Blythe

30th - Maynard Durr

31st - Jack Hall

January PHASE VOLUNTEERS

Phase I - Ruth Palmer, phone 236-5326

Phase II - Fran Bowers, phone 236-6921

Phase III - Louise Crews, phone 236-4717

Phase IV - Darlene Baltisberger, phone 236-9872

Phase V - George & Darlene Durand, phone 236-0329

and Barbara Hanssen, phone 236-3733

Phase VI - Gregg & Diane Hawkins, 236-3952

Plexes - Janet Holcomb, phone 236-5079

and Ruth Jones, phone 236-5329

Upcoming Grinnell Regional Medical Center SE*ED Program

The SE*ED programs are held from 10-11 AM at the Drake Community Library, Fifth and Park Streets in Grinnell. The programs are free and open to the public. No reservations are required and refreshments are available.

Jan. 14th

"Inflated Ideas: The Art of Twisting Balloons" with Charlie Clements

St. Francis Manor & Seeland Park Board Members

Rose Osland, *Chair* • Fran Conn, *Vice Chair* • Hutch Kracht, *Secretary-Treasurer* • Kent Brown
Sammi Bryan • Mark Mawe • Matt Peiffer • Gary Shebeck • Mike Thorndike • Nancy VanTomme

Seeland Park Advisory Committee

This committee is the liaison between Seeland Park management and Seeland Park residents. The Advisory Committee members periodically review and revise the Supplemental Rules & Regulations of Seeland Park. If you have concerns or items that you think need to be addressed, please contact one of your Phase representatives:



Phase I Gladys Booth, Roger Erickson, Ruth Palmer

Phase II Sue Baker, Betty Niday, Dale Selix

Phase III Jim Bair, Louise Crews, Bob Terlouw

Phase IV Jack Hendrickson, Carol Jordan

Phase V John Westercamp, Wilma Wilson

Phase VI Gregg Hawkins



BINGO Will Continue!

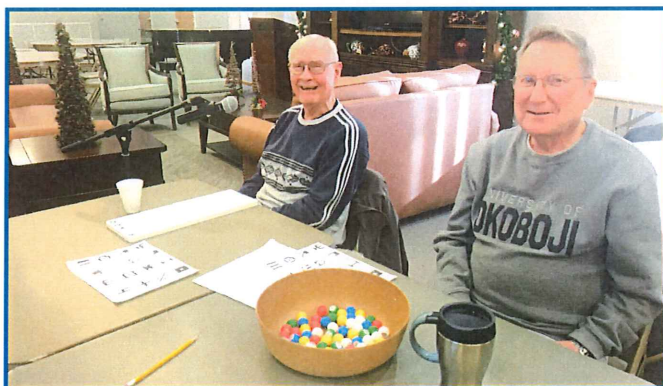
Thanks to a nice turnout of players on December 17 and several people who have volunteered to be callers, BINGO will continue! Join your Seeland Park neighbors for two exciting afternoons of BINGO on January 7th and 21st at 1 PM in the Social Center. **BINGO coins are needed!** If you have some, please use them to pay for Restaurant Dining or towards a Community Services bill.



Mary Lou Van De Walle, Margaret Clayton, Kay Sharp and Betty Westercamp



Ellen Jantzen, Judi Randolph and Wilma Watkins



Duane Popenhagen and Del Dawes

Welcome Committee Update

The Seeland Park Welcome Committee would like to thank Louise Crews for her many years of service to the committee. Mary Bair has now joined the committee.

Welcome Committee members include:

Marilyn Fenner, Phase I
Marie Andrews, Phase II
Mary Bair, Phase III
Hazel Lease, Phase IV
Betty Westercamp, Phase V
Gary and Connie Shebeck, Phase VI
Margaret Dyer, Plexes

Welcome Committee members serve as a resource to provide information to new Seeland Park residents and welcome them to the campus with a plate of goodies.

LIVER & ONIONS DAY

Wednesday, January 9th

in the Social Center

11:00 AM

You must make a reservation by calling or paying **\$6.00** in the Administration Office by January 2nd. If you regularly eat lunch in the Social Center and **do not** make a reservation for liver & onions, you will receive the regular meal being served that day.

Seeland Park Marketing Committee Update

The Seeland Park Marketing Committee wishes to thank Marie Andrews and Denny Harris for their past three years of service to the committee. New members joining the Marketing Committee effective January 1, 2019, for three-year terms include Marilyn Finch, Lucy Green and Dwight Niday.

Other committee members include Gregg Hawkins, Jack Hendrickson, Max Higgason, Carol Osborn, Vivian Plate, Gwen Rieck, Bob Ryan and Ginger Sterk. Committee Marketing Representatives are Betty Hammond (Chair), Joan Milburn and June Watkins.

The Seeland Park Marketing Committee members take an active role in promoting our Life Plan Community to the greater Poweshiek County area by organizing and hosting the Summer and Fall Tour of Homes and assisting with other public events held at St. Francis Manor and Seeland Park.

BREAKFAST WITH SANTA

The St. Francis Manor Foundation's Breakfast with Santa was fun for all ages! Over 200 people enjoyed an all-you-can-eat pancake breakfast on December 1st with donations totaling \$1,875 to benefit the Hammond Center for Assisted Living Building Campaign. Thank you to the culinary staff, the Seeland Park helpers and especially Santa for making this annual event memorable for so many.



Doris Lowry



June Watkins, Gwen Rieck, Lucy Green, Marcia Braley, Gladys Booth, Joan Milburn, Carol Osborn, Betty Hammond, Jack Hendrickson and Carol Jordan

SEELAND PARK CHRISTMAS DINNER

Christmas Cranberry Salad

- 1 pound cranberries, finely ground
- 2 cups of sugar
- 1 (20 oz) can crushed pineapple, drained
- 1 (16 oz) package of mini marshmallows
- 1 cup of chopped pecans (optional)
- 1 pint whipped cream, stiffly beaten

Mix together the cranberries and sugar; cover and refrigerate overnight. Next day, combine the cranberry mixture with the pineapple, marshmallows, pecans and whip cream, mix well. Pour into a 3 qt dish, cover and refrigerate or freeze until ready to serve!

Makes 12-16 small servings

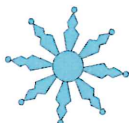


ST. FRANCIS MANOR FOUNDATION—Assisted Living Building Campaign Update

The donor list below reflects gifts received between November 27 and December 26, 2018. To date, we have received donations totaling \$935,933.00. In addition, we have \$43,045.00 in pledges that are expected to be paid between now and year 2021. For more information about how you can help make the Hammond Center for Assisted Living a reality, please contact Dion Schrack at (641) 236-7592.

Kintzinger Family Match

Anonymous
Anonymous
Marie Andrews
Don and Paula Bard
Isadore Berman
Clem and Leona Bodensteiner
Kelly and Sammi Bryan
Char Byriel
Danny and Joy Carroll
Jeff and Tiffany Criswell
John and Jan Epperson
Gary Glandon
Barbara Hanssen
Shirley Hanssen
Norm and Janel Huisman
Ron and Sharon Johnston
Jolene Jones
Marjory Kaloupek
Ted and Judi Lodden
Jim and Betty Ludden
Miscellaneous donors
Karl and Denise O'Polka
Robert and Linda Overturf
Gwen Rieck
Mark and Lynnnda Risting
Bob and Janet Ryan
Clara Scott



Kintzinger Family Match

In memory of Chuck Lusher
Bev Brown
In memory of Mary Comerford
Bev Brown
In memory of Iris Palmer
Bev Brown
In memory of Floyd Heishman
Bev Brown
David and Susan Heise
Miscellaneous donors
In memory of Mimsy Tarman
Del and Carolyn Dawes
Betty Hammond
Joan Milburn
Miscellaneous donors
Wilma Wilson
In memory of Mary Andes
Patricia Boelens
In memory of Lee Hauser
Marilyn Fenner
In memory of Mel McCarthy
Bev Brown

Additional Assisted Living Donations (pledged or donated prior to match)

Sue Baker
Ken Eggman
Carol Osborn
Mindy Van Dyke
In memory of Mimsy Tarman
Dion and Shelley Schrack
June Watkins
In memory of Lee Hauser
Dion and Shelley Schrack



FOUNDATION DONATIONS

Unrestricted
Anonymous
Carol Osborn
In memory of Floyd Heishman
Gregory Douglas



Hammond Center for Assisted Living "Sneak Peek"

Over 200 people got a "Sneak Peek" of the Hammond Center for Assisted Living at an Open House on Sunday, December 9. Staff members gave guided tours of all three levels of the building and many Seeland Parkers especially enjoyed seeing the lower level where all of the



amenities will be located. Many attendees socialized in the Hawn Center before and after their tours while eating Christmas cookies and sipping on hot cider!



**Hammond
Center
Holiday
Coffee**





January Soup Supper

When: Friday, January 18, 2019 at 6:00 PM

Where: Social Center

Menu: Chili or cheesy potato soup, turkey and cheese sandwich on marble rye bread and sugar cookie

Beverages: Hot apple cider, coffee, and water



RSVP:

Please contact your Phase Volunteer by January 8th if you plan to attend Tim's party.

Come out and join us for great fun, food, and fellowship!!!

Thank you to Phase III for organizing volunteers for this party!!!





S.H.A.P.E. fitness classes are free to Seeland Park residents and open to non-Seeland Park residents for a \$25 monthly membership fee. To enroll in a class, please contact Kayla Faas at 269-5424. See the S.H.A.P.E. Fitness Class Calendar on reverse side for dates and times of classes.

S.H.A.P.E. CLASS DESCRIPTIONS

S.H.A.P.E. 1 – A 45-minute class that works at moderate to high intensity levels. The class will address and improve participant's flexibility, balance, cardiovascular endurance, strength, coordination, and front-to-back and side-to-side movements.



S.H.A.P.E. 2 – A 45-minute class offered for those who like to work at a moderate intensity level. The class will be a combination of standing and seated exercises to enhance participant's flexibility, balance, cardiovascular endurance, strength, and coordination.

S.H.A.P.E. 3 – A 30-minute seated class that works at a low intensity level. The class will focus on maintaining and improving participant's energy level, flexibility, range of motion, and strength.

Better Balance – A 30-minute class held on Mondays at 10:15 AM. This is a "No Falls Approach" to balance. During this class, participants will complete exercises from a seated position, as well as a few standing movements while holding onto a chair.

Step In Line – A 45-minute high energy choreographed class that meets on Tuesdays and Thursdays at 10:15 AM to learn basic line dancing steps and dances. This class will train your brain to remember choreographed steps and you will improve coordination and balance, enhance cardiovascular endurance and have fun—all at the same time!

Wii Bowling Group – The Wii gaming system is utilized for this entertaining hour-long activity in the Hawn Center on Wednesdays at 10:15 AM.

Chair Yoga – A 30-minute seated class for any fitness level on Wednesdays and Fridays at 9:30 AM. If you can breathe, you can do Yoga! Yoga focuses on stretching to increase flexibility and energy while reducing stiffness. Come give it a try!!

S.H.A.P.E. FITNESS

January 2019

January 2019							February 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28		

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Dec 30	31	Jan 1, 19	Jan 1, 19	NO CLASSES	2	8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	3	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	4	8:30am Shape 1 9:30am Chair Yoga 11:00am Shape 2	5		
6	7	8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	8	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	9	8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	10	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	11	8:30am Shape 1 9:30am Chair Yoga 11:00am Shape 2	12		
13	14	8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	15	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	16	8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	17	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	18	8:30am Shape 1 9:30am Chair Yoga 11:00am Shape 2	19		
20	21	8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	22	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	23	8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	24	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	25	8:30am Shape 1 9:30am Chair Yoga 11:00am Shape 2	26		
27	28	8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	29	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	30	8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	31	8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line	Feb 1		2		

Dec 30 - Jan 5

Jan 6 - 12

Jan 13 - 19

Jan 20 - 26

Jan 27 - Feb 2

SOCIAL CENTER

January 2019

January 2019							February 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 30	31	Jan 1, 19	2	3	4	5
			10:00am Donuts			
6	7	8	9	10	11	12
11:30am Rsvd-Schmidt	9:00am Coffee 9:00am Listening Post 1:00pm Bingo		9:00am Dr. Siebrecht (SP) 11:00am Liver & Onions	5:00pm Rsvd-Grinnell College Basketball Teams	8:30am Rsvd-Osborn	
13	14	15	16	17	18	19
	9:00am Coffee 9:00am Listening Post 1:00pm Dominoes	1:00pm Rsvd-Jordan	8:30am Rsvd-Key Rehab	5:00pm Rsvd-Set-Up	6:00pm Tim's Party	12:00pm Rsvd-Miller
20	21	22	23	24	25	26
1:00pm Rsvd-Weaver	9:00am Coffee 9:00am Listening Post 1:00pm Bingo		11:00am Restaurant Dining		8:30am Rsvd-Osborn	
27	28	29	30	31	Feb 1	2
12:00pm Rsvd-Terlouw	9:00am Coffee 9:00am Listening Post 1:00pm Dominoes	8:00am Rsvd-Set-Up	12:00pm SP Dinner			

Dec 30 - Jan 5

Jan 6 - 12

Jan 13 - 19

Jan 20 - 26

Jan 27 - Feb 2

HAWN CENTER

January 2019

January 2019

February 2019

Su	Mo	Tu	We	Th	Fr	Sa
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 30	31	Jan 1, 19	2	3	4	5
			10:15am Wii Bowling 1:00pm Hand & Foot Card Game	1:00pm Bridge	1:00pm Cards	9:00am Coffee
6	7	8	9	10	11	12
		1:00pm Knitting 6:30pm SS Game	10:15am Wii Bowling 1:00pm Hand & Foot Card Game	1:00pm Bridge	1:00pm Cards	9:00am Coffee
13	14	15	16	17	18	19
		1:00pm Knitting 6:30pm SS Game	10:15am Wii Bowling 1:00pm Hand & Foot Card Game	1:00pm Bridge	1:00pm Cards	9:00am Coffee
20	21	22	23	24	25	26
		1:00pm Knitting 6:30pm SS Game	10:15am Wii Bowling 1:00pm Hand & Foot Card Game	1:00pm Bridge	1:00pm Cards	9:00am Coffee
27	28	29	30	31	Feb 1	2
		1:00pm Knitting 6:30pm SS Game	10:15am Wii Bowling 1:00pm Hand & Foot Card Game	1:00pm Bridge		

Dec 30 - Jan 5

Jan 6 - 12

Jan 13 - 19

Jan 20 - 26

Jan 27 - Feb 2

Restaurant Dining in the Social Center

Wednesday, January 23, 2019

11:00 AM to 12:30 PM

Enjoy restaurant-style dining with great food, quick service and great camaraderie!

A beverage bar with regular and decaffeinated coffee and iced tea will be included with the meals. The prices listed on the "Order Ticket" below include sales tax.

Please pre-order and pre-pay for your lunch by completing the order ticket below and delivering it to the Administration Office, along with your payment, by no later than **Wednesday, January 16th**. Please make checks payable to St. Francis Manor.

This event is open to all Seeland Park residents, guests and SFM staff.

For questions, please contact Arnie Finch in the Kitchen at 269-5423

SOCIAL CENTER ORDER TICKET

To order lunch for January 23rd in the Social Center, please complete this form by selecting your meal choice and then detach and deliver it to the Administration Office, along with your payment, by **no later than January 16th**. Please use this form to order meals for yourself, your spouse, and/or guest(s). **Please make checks payable to St. Francis Manor.**

Name	Menu Item	Price	Total
	Cuban Sandwich served with Tater Tots and Strawberry Poke Cake	\$10.00	
	____ Grilled Reuben or ____ Grilled Rachel Sandwich served with Tater Tots and Strawberry Poke Cake	\$10.00	
	Spaghetti with Meatballs served with a side salad, breadstick and Strawberry Poke Cake	\$10.00	
	Grilled Patty Melt served with Tater Tots and Strawberry Poke Cake	\$10.00	

NAME: _____ Phone Number: _____

RESERVATION TIME (between 11 AM and 12:30 PM): _____