

SEELAND PARK NEWS LETTER



1st, 8th, 15th, 22nd, 29th - 9:00 AM on Mondays - **Morning Coffee** in Social Center

1st, 8th, 15th, 22nd, 29th - 9:00 AM on Mondays - **Listening Post** in Social Center

1st, 8th, 15th, 22nd, 29th - 1:00 PM on Mondays - **500 Club** in Hawn Center

1st, 15th - 1:00 PM - **Bingo** in Social Center

1st - 1:00-5:00 PM - **Chair Massages** in Hammond Center Aerobics Room - if interested, please sign up on the sheet outside of the Aerobics Room for a 20-minute chair massage for \$20

2nd, 9th, 16th, 23rd, 30th - 2:00 PM on Tuesdays - **Men's Pool** in Hammond Center Game Room

2nd, 9th, 16th, 23rd, 30th - 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 on the van.

2nd, 30th - 2:00 PM - **Chair Volleyball** in Hammond Center Aerobics Room

3rd - 10:00 AM on Wednesday - **Donuts and Coffee** in Social Center

3rd, 10th, 17th, 24th - 12:30 PM on Wednesdays - **Hand & Foot Card Game** in Hawn Center

3rd, 10th, 17th, 24th - 2:00 PM - **Pool on Wednesdays - Ladies Welcome** in Hammond Center Game Room - *see page 3*

4th, 11th, 18th, 25th - 2:00 PM on Thursdays - **Men's Pool** in Hammond Center Game Room

4th - 2:00 PM on Thursday - **Walmart** - if interested, please call the Administration Office at 236-7592 by noon

4th - 2:00 PM - **Blank Park Zoo** in Social Center - Join Hammond Center and St. Francis Manor!

5th, 12th, 19th, 26th - 12:30 PM on Fridays - **Hand & Foot Card Game** in Hawn Center

7th, 21st - 2:30 PM - **Sunday Church Services** in Assisted Dining Room at St. Francis

8th, 22nd - 1:00 PM - **Dominoes** in Social Center

9th, 16th, 23rd, 30th - 6:00 PM on Tuesdays - **Grief Share Program** in Conference Room - *see page 3*
RSVP to the Administration Office at 236-7592 by April 5th

10th - 9:30 AM - **Senior Chamber** in Social Center

10th - 2:00 PM - **Paul Davis** performing in Social Center - Join Hammond Center and St. Francis Manor!

11th - 2:00 PM - **Meet & Greet for "New Residents"** in Social Center - *see page 3*

RSVP to the Administration Office at 236-7592 by April 5th.

12th - 1:30 PM - **Movie, Popcorn & Pop** in Theater Room - **"Old Dogs"** - 1hr 28min

17th - 11:00 AM - **Liver & Onions** in Social Center - *see page 2*

19th - 2-5 PM - Former Board Member **Leila Maring's Celebration of Life Gathering** in Social Center

24th - 12:00 PM - **Seeland Park Dinner** in Social Center

Menu: Roast Beef, Cabbage/Carrots/Onions, Baby Bakers, Roll and Dreamsicle Cake

Please call the Administration Office at 236-7592 by April 15th to let us know your plan: 1) to eat in the Social Center, 2) to pick up your meal or 3) to not have the meal at all. There will be no delivery.

Pickups may be picked up after 12:30 PM.

26th - 10:00 AM - **Ping Pong and Coloring** in Hammond Center Quilting & Activity Rooms

26th - 1:30 PM - **Movie, Popcorn & Pop** in Theater Room - **"Nights in Rodanthe"** - 1hr 37min

29th - 2:00 PM - **Handbell Ringers** performing in Social Center - Join Hammond Center and St. Francis Manor!

Garden Plots Are Still Available If you are interested, give **Warren Pick** a call at **641-780-7742**.



April Birthdays

- | | | |
|--------------------------------------|------------------------------------|----------------------------------|
| 4 th - Betty Harris | 13 th - Bob Armbruster | 21 st - Fran Davis |
| 8 th - Lisa Sears | 13 th - Ray Bush | 21 st - Diane Hawkins |
| 9 th - Carol Jordan | 15 th - Betty Ludden | 23 rd - John Plate |
| 9 th - Warren Pick | 15 th - Oliva Wright | 23 rd - Bob Ryan |
| 10 th - Donna Holveck | 18 th - Marie Andrews | 25 th - Jim Bair |
| 12 th - Sharon Armbruster | 18 th - Gordon Canfield | 30 th - Mike Campbell |

PHASE VOLUNTEERS



- | | |
|------------------|----------------------------------|
| Phase I | Karen Quick |
| Phase II | Richard Weiss |
| Phase III | Jim & Mary Bair |
| Phase IV | Marie Hotchkin |
| | Bob Kellogg |
| Phase V | Karen Tish |
| Phase VI | Gregg & Diane Hawkins |
| Plexes | Janet Holcomb |

Liver & Onions

Wednesday, April 17th at 11:00 AM
in the Social Center

You must make a reservation by calling the Administration Office by April 10th. The cost for the meal is \$7 if you eat in the Social Center or pick it up and \$8 if you have it delivered. If you regularly eat lunch and do not make a reservation for liver and onions, you will receive the regular meal being served.



Thank you

Thank you to everyone who sent cards, gave words of encouragement and get well wishes.

Ginger Sterk

St. Francis Manor & Seeland Park Board Members

Kent Brown, *Chair* • Lee McFee, *Vice Chair* • Fran Conn, *Secretary-Treasurer* • Sammi Bryan
Todd Honold • Connie Scurr • Gary Shebeck • Mike Thorndike • Teryl Ver Ploeg • Lindsey Warnick

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 needing addressed, please contact one of your Phase representatives:



- | | |
|------------------|--|
| Phase I | Judy Blythe, Gladys Booth, Karen Quick |
| Phase II | Betty Niday, Dale Selix, Carole Smothers |
| Phase III | Jim Bair, Sandy Falck, John Green |
| Phase IV | Dona Hendrickson, Carol Jordan |
| Phase V | Mike Beck, Tom Tish |
| Phase VI | Gregg Hawkins, Mike Thorndike |



Pool on Wednesdays

Beginning on April 3, ladies are invited to play pool with the men on Wednesdays at 2 PM in the Hammond Center Game Room! Other options for those not wanting to play pool include ping pong, Wii bowling, adult coloring or just socializing! Join in the FUN!



Grief Share Program Begins in April



All of us have experienced loss during our lives and some more recently than others. To help support you during the grieving process, a six-week grief program will be facilitated by Hammond Center tenant Coleen Van Dyke on Tuesdays beginning April 9 from 6 – 7 PM in St. Francis Manor Conference Room. Coleen has conducted many Grief Share programs through the Lynnville Friends Church and will be using material from a book and workbook entitled *GRIEF SHARE: Your Journey from Mourning to Joy*. If you would like more information or have any questions about Grief Share, please contact Coleen at 641-891-0459. To register for this six-week program, please call the Administration Office at 236-7592 by April 5th.

Meet & Greet for New Resident Members

A Meet & Greet is scheduled on **April 11 at 2:00 PM** in the Social Center for those who have moved to Seeland Park during the last 6 months or those who have been unable to attend a previous Meet & Greet. Information will be shared by Physical Therapy Assistant Tim Stahl, Home Healthcare Director Kayla Lint and Executive Administrator Dion Schrack. Tours will be given to the Hawn Center library, Hammond Center amenities and other areas of interest! Plan now to join other new Seeland Parkers for food, fun and fellowship! Please RSVP to the Administration Office at 236-7592 by April 5th.



Fish Fry Recap

Seeland Park residents as well as friends from the Grinnell community enjoyed our annual all-you-can-eat fish and fries prepared by our culinary staff on March 8. The Social Center was packed before 5 PM as many attendees wanted to get home to watch the Iowa Hawkeye Women's basketball game. Special thanks to the following Seeland Park volunteers for assisting during the evening: Mike & Kae Beck, Betty Harris, Bob & Linda Overturf, Karen Quick, Marv & Carol Stone and



Marcia Tarvin. Thank you to everyone who attended!



Indoor Game Night Recap *by Callie McCaslen, Fitness Director*

Seeland Park residents and Hammond Center tenants had such a delightful evening together as they socialized, played various games, and ate a delicious supper! Thank you to everyone who came out and made this evening so enjoyable! We can't wait to do another one with you all!



Twila & Larry Rosenow, Paula Bard, Shirley Peterson, Ruth Ellen Berman



Bob Overturf, Tom Tish, John Ruchotzke



Bob Overturf, Marcia Tarvin, Fran Davis, Carol Osborn



Shirley Peterson, Susan Locke, Pat Guckert, Karen Quick, Linda Overturf



Doris Selix, Callie, Gary Foster, Jeff Locke, Dale Selix



EVENTS

Mark Your Calendar

Mother-Daughter Social by Callie McCaslen, Fitness Director

Ladies of Seeland Park and the Hammond Center are invited to a Mother-Daughter Social on **Thursday, May 2nd at 2:00 PM** in the Social Center. Be sure to bring your daughter, sister, or friend as your guest for a special color analysis presentation by guest speaker Jennifer McAlexander with JM Consulting. This event promises to be a fun-filled afternoon and we hope to see you there! Please RSVP by calling the Administration Office no later than April 26th.



A Journey Through Parkinson's Disease



Iowa State University Extension and Outreach will be presenting a FREE program in May about the causes, symptoms, and treatments of Parkinson's Disease (PD) and therapeutic activities that can be done at home. Three 1-hour sessions will be held on **May 9, 16 and 23 at 1PM** in the Social Center. If you are struggling with PD or know someone who is, it's helpful to know where to find support on the journey. Register online at <https://go.iastate.edu/IJIUKV> or call Shelley in the Administration Office at 236-7592 by April 26th.

Bocce Ball Starts in May by Callie McCaslen, Fitness Director

Mark your calendars as bocce ball will be starting again on May 1! Everyone is welcome to join us whether you choose to play, watch or socialize! A committee of court leaders will take turns getting the court ready for play on **Wednesdays at 3 PM and Saturdays at 1 PM**. If you have questions, reach out to one of the following court leaders: John Green, Jeff & Susan Locke, Bob & Linda Overturf, John Ruchotzke, Marvin & Carol Stone and Richard Weiss.



Tim's Party Recap *by Tim Stahl*

On Friday, March 15th we had our Seeland St. Patrick's Day Celebration in the social center with 70 in attendance. As usual we had a great time as the room was filled with the color green, Irish folk music playing overhead and conversation with laughter was in full force. Thank you to Lucy Green and Phases 3&4 for all their help coordinating volunteers to assist with set up of decorations and small meal preparation as well as everyone's help cleaning up after the party. We had fun singing, toe-tapping and even dancing to the entertainment provided by the Accordion duo led by Barbara Tinnenko. They always provide a great interactive program for us. Thank you to Cindy in the kitchen for the yummy green frosted brownies and all the support she provides to these parties. We will skip the month of April for Tim's



party and resume in May, so be looking in your newsletters at the turn of the month of May to call and RSVP. May God Bless you and keep you until we will see you all at our party in May!!



El Cascabel

What a treat to have a lunch outing at the train depot once again! The food and service at the new Mexican restaurant El Cascabel were great according to 20-some Seeland Parkers who enjoyed lunch together on March 19.



ST. FRANCIS MANOR FOUNDATION DONATIONS

The donor list below reflects gifts received between February 26 and March 25, 2024.

Hammond Center Human Needs

Anonymous

Tom and Karen Tish

Leila Maring Memorial

Gregg and Diane Hawkins

Marv Honold Memorial

Gregg and Diane Hawkins

Dion and Shelley Schrack

Doris Lowry Memorial

Gregg and Diane Hawkins

Dion and Shelley Schrack

Tom and Karen Tish

Jane Thompson Memorial

Betty Harris

Dion and Shelley Schrack

Virginia Ashby Memorial

Dion and Shelley Schrack

Rex Murphy Memorial

Dion and Shelley Schrack

Janet Ryan Memorial

Marie Andrews

Kelly and Sammi Bryan

Scot and Kelly Burns

Ed and Linda Eichhorn

Sharon Falck

John and Lucy Green

Becky Schlesselman

Dion and Shelley Schrack

Marcia Tarvin

Mike Thorndike

Ruth Kelly Memorial

Sandy Falck

Nursing Scholarship

Leila Maring Memorial

Becky Schlesselman

Kay Tharp

June Watkins

Tree Fund

Doris Lowry Memorial

Bonnie Wold

Unrestricted

Marge Rempp Memorial

Becky Schlesselman

Lois Patten Memorial

Becky Schlesselman

Betty Westercamp Memorial

Becky Schlesselman

June Watkins

Mary Lou Mann Memorial

Ed and Linda Eichhorn

Marv Honold Memorial

Marie Andrews

Sandy Falck

Marrina Kaloupek

Gary and Connie Shebeck

Marcia Tarvin

Kay Tharp

Doris Lowry Memorial

Marie Andrews

Ed and Linda Eichhorn

Betty Harris

Becky Schlesselman

Gary and Connie Shebeck

Cindy Strobel

Marcia Tarvin

Kay Tharp

Jane Thompson Memorial

Cindy Strobel

Virginia Ashby Memorial

Smith Funeral Home

Rex Murphy Memorial

Marie Andrews

Betty Harris

Carol Osborn

Pauline Sharp

Marcia Tarvin

Van Fund

Leila Maring Memorial

Jim and Betty Ludden

Marv Honold Memorial

Mike and Barb Baker

David and Lisa Bielser

David and Annette Campbell

Adam and Paige Carlson

Fran Conn

Del and Carolyn Dawes

Ron and Shirley DeBondt

Troy and Jessica Dillon

Joyce Doonan

Grinnell State Bank

Otto and Josefina Hall

Betty Harris

David and Jacqueline Harris

Steve and Dawn Henning

Curt and Pam Lang

Janet McNaul

Miscellaneous donors

Bob and Linda Overturf

Mitzi Pederson

John Ruchotzke

Mike Thorndike

Van Wall Equipment

Lance and Megan Veldboom

Rodney and Rosalyn Weis

Devin and Katy Wells

Larry and Jo Wray

Virginia Ashby Memorial

Betty Harris

Rex Murphy Memorial

Jim and Mary Bair

Janet Ryan Memorial

Jim and Mary Bair

Jim and Betty Ludden

