SEELAND PARK NEWSLETTER



2026

1st, 8th, 15th, 29th - 2:30 PM - **Sunday Church Services** in Assisted Dining Room at St. Francis Manor

2nd, 9th, 16th, 23rd, 30th - 9:00 AM on Mondays - **Morning Coffee** in Social Center

2nd, 9th, 16th, 23rd, 30th- 9:00 AM on Mondays - **Listening Post** in Social Center

2nd, 9th, 16th, 23rd, 30th- 1:00 PM on Mondays - **500 Club** in Hawn Center

2nd, 16th - 1:00 PM - **Bingo** in Social Center

3rd, 10th, 17th, 24th - 1:00 PM on Tuesdays - **Fareway** - if interested, call the Administration Office at 236-7592 by noon on those days to reserve a seat on the van

3rd, 10th, 17th, 24th - 2:00 PM on Tuesdays - **Men's Pool** in Hammond Center Game Room

4th, 11th, 18th, 25th - 9:30 AM - **Indoor Walking Challenge** in Hammond Center Basement - see page 3



4th - 10:00 AM on 1st Wednesday - **Donuts and Coffee** in Social Center

4th, 11th, 18th, 25th - 12:30 PM on Wednesdays - **Hand & Foot Card Game** in Hawn Center

4th - 2:00 PM - **Parkinson's Support Group** - in Hammond Center Theater Room

4th, 11th, 18th, 25th - 2:00 PM - **Pool on Wednesdays** - Ladies Welcome in Hammond Center Game Room

4th, 11th, 18th, 25th - 2:00 PM - **Wii Bowling and Ping Pong** in Hammond Center Basement

5th - 9:30 AM - **Marketing Committee Meeting** in Conference Room

5th - 1:00 PM on Thursday - **Walmart** - if interested, please call the Administration Office at 236-7592 by noon

5th, 12th, 19th - 1-3 PM - **One to One Visits with Callie** - see page 3



5th - 1:30 PM - **Movie: Our Father's Keeper** in the Social Center

5th, 12th, 19th - 2:00 PM on Thursdays - **Men's Pool** in Hammond Center Game Room

6th, 13th, 20th, 27th - 12:30 PM on Fridays - **Hand & Foot Card Game** in Hawn Center

9th, 23rd - 1:00 PM - **Dominoes** in Social Center

10th, 24th - 10 AM-2 PM - **Sewing Services by Twyla Vander Weerdt** in Hammond Center Quilting Room

10th, 24th - 2:00 PM - **Chair Volleyball** in Hammond Center Aerobics Room



11th - 9:30 AM - **Senior Chamber** in Social Center

11th - 2:00 PM - **Faith-Led Group Discussion** in Hammond Center Theater Room - see page 3

12th - 2:00 PM - **Veterans Remembrance Program** in Social Center - see page 4

14th - 9:00 AM - **Hymn Sing with Diane** in Assisted Dining Room at St. Francis Manor

14th - 9:30 AM - **Breakfast Outing at Frontier Cafe** - 831 Main Street, please call the Administration Office at 236-7592 by November 11th if you plan to attend this event



17th - 9:00 AM - **Advisory Committee Meeting** in Conference Room

17th - 2:00 PM - **Good Nutrition Workshop** in Hammond Center Theater Room - see page 3

18th - 12:00 PM - **Seeland Park Thanksgiving Dinner** in Social Center

Menu: Roasted Turkey, Mashed Potatoes w/Gravy, Stuffing, Green Bean Casserole, Roll, Pumpkin Pie

Please call the Administration Office at 236-7592 by November 11th 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. Pickups may be picked up after 12:30 PM

20th - 12:30 - 2:30 PM - **Chair Massages** in Hammond Center Aerobics Room - 20-minute massage for $20

20th - 2:00 PM - **Treasured Music Performance** in the Social Center.







NOVEMBER BIRTHDAYS



2nd - Ed Dudak
4th - Carol Daniels
4th - Sheila Latcham
4th - Marvin Stone
4th - Mike Thorndike
5th - Max Higgason
6th - Rita Beason
6th - Del Dawes
7th - Becky Harvey
8th - Darlene Goodrich
8th - Pam Grundler
12th - Janet McNaul
17th - Roger Beason
17th - Sandy Gray
18th - JoAnn Cogley
19th - Gloria Doty
19th - Lucy Green
22nd - Carol Osborn
25th - Ruth Ellen Berman
25th - Edith Dayton
29th - Lee Asher
30th - Mike Beck

PHASE VOLUNTEERS



Phase I East	**Karen Quick**
Phase I West	**Gladys Booth**
Phase II	**Marie Andrews**
Phase III	**Jim Bair and Ron Sieck**
Phase IV	**Carol Osborn**
Phase V	**Karen Tish**
Phase VI	**Gregg & Diane Hawkins**
Plexes	**Janet Holcomb**



DAYLIGHT SAVING TIME ENDS

Set your clocks back an hour







December 5th - Breakfast with Santa

December 16th - Seeland Park Christmas Dinner

St. Francis Manor & Seeland Park Board Members

Todd Honold, Chair • Teryl Ver Ploeg, Vice Chair • Ed Dieleman, Secretary/Treasurer • Vanessa Doty
Gary Downey • Lance Horbach • Clark Jensen • Joel Smith • 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	Sharon Falck, Betty Niday, Carole Smothers
Phase III	Jim Bair, Sandy Falck, Ron Sieck
Phase IV	Dona Hendrickson, Carol Jordan
Phase V	Mike Beck
Phase VI	Gregg Hawkins, Mike Thorndike



Welcome Jesse Van Renterghem



Please join us in welcoming Jesse Van Renterghem, our new maintenance supervisor! Jesse joined us the end of October and brings a wealth of construction experience as he's been working in construction since he was 16. Eighteen years ago, he founded Van's Construction Company, and many of you may already know his work as he has completed numerous projects on our campus, including sunroom additions for Twyla Vander Weerdt and Warren & Nancy Pick. Jesse, his wife and their three children live in Brooklyn. We're glad to have him on board!

Indoor Walking Challenge

Ready to keep moving as the weather gets cooler? Our first Indoor Walking Challenge begins **November 4 at 9:30 a.m.** Fitness Director Callie McCaslen invites you to stay active and join us each Wednesday in the Hammond Center basement for a one-mile group walk. After our Wednesday Walk, the rest of the week is up to you. Walk indoors or outdoors, track your miles, and see how far you can go throughout the month! We'll keep a record of your miles on the sheet outside the aerobics room. At the end of the month, the resident with the most miles will win a Comeback Café gift card. Lace up and join the fun!

Parkinson's Support Group Monthly Topic

We're pleased to welcome a speech therapist from the University of Iowa to our meeting on **Wednesday, November 4th at 2 p.m.** Join us in the Hammond Center Theater Room for this informative presentation and discussion!

Faith-Led Group Discussion

Monthly Topic: Story of Esther - Introduction & Party Time at the Palace. Join us on **Wednesday, November 11th at 2 p.m.** in the Hammond Center Theater Room as we will study the story of Esther with guidance from a 7-Session Bible study booklet. We will dive deep into the story of Esther and answer/discuss questions from the readings. Please call Callie at 269-5424 to reserve a booklet!

One-to-One Visits

On **Thursday afternoons from 1–3 p.m.**, Fitness Director Callie McCaslen will be around campus to say hello, check in, and answer any questions you may have about exercise classes. Feel free to call her at 269-5424 if you'd like to schedule a visit. She'd be happy to see you!

Good Nutrition Month Workshop

Celebrate Good Nutrition Month with us at a healthy eating workshop led by Fitness Director Callie McCaslen. Discover a variety of nutritious dishes and simple, healthier alternatives on **Tuesday, November 17th at 2 p.m.** in the Hammond Center Theater Room. Call Callie at 269-5424 to reserve a spot!

Outing to Brooklyn Opera House!

"A Tribute to 60 Years of Barbra Streisand"
Starring Sharon Owens



Saturday, November 21
7:00 – 9:30 PM

Tickets: $35 + taxes & fees

Get ready to vibe with Sharon Owens as she brings Barbra Streisand's legendary hits to life like never before.

If you'd be interested in attending, please contact Callie McCaslen at 269-5424 by November 6th.

Welcome, New Resident Member, Marge!



Please join us in welcoming Marge Husak to Seeland Park! Marge acquired Delores Johnson's duplex at 937 St. Francis Drive on October 2 and moved in on October 23 – and she didn't have far to go, having previously lived just a few blocks away at 1800 3rd Avenue. Some of you may already know Marge as she has been a BINGO volunteer at St. Francis Manor. Welcome, Marge – we're so glad you're here!

Veterans Remembrance Program



Residents of Seeland Park, Hammond Center and St. Francis Manor are invited to join us for an inspiring Remembrance Program at the Social Center on **Thursday, November 12 at 2:00 PM.** Our featured speaker will share a message of gratitude and resilience, and we will present flags to Colleen Lidtka and Karen Tish in loving memory of their husbands, Lavern and Tom. Enjoy light hors d'oeuvres and beverages while connecting with your community. Please RSVP by November 5 to the Administration Office at 236-7592. If you have photos or wartime memorabilia to share, contact Tori Funke in Activities at 269-5443.

Don Allen	Gary Downey	Darlo Kelting	Joe Puls
Marie Andrews	Ed Eichhorn	Tom Lannom	Gary Shebeck
Lee Asher	Frank Fowler	Dean McClelland	Dean Shore
Bob Barnes	John Green	Ned Minehart	Marv Stone
Mike Beck	Keith Harvey	Jack Phipps	Cliff Strovers
Al Burch	Max Higgason	Warren Pick	Mike Thorndike
Carmen Burch	Wayne Johnston	John Plate	
Gary Cook	Bob Kellogg	Dennis Potter	



BONFIRE RECAP

A perfect fall evening around the cozy bonfire with residents! We roasted hot dogs, made s'mores, shared laughter, and meaningful time together. It was a beautiful evening filled with great company!















GHS HOMECOMING PARADE

The St. Francis Manor, Seeland Park and Hammond Center campus showed up in full force at the GHS Homecoming Parade in October and Tiger pride filled the streets. Special thanks Dale Schultz for providing the truck and trailer so a number of Marketing Committee members and other Seeland Parkers could ride on our float including Fran Davis, Gary & Becky Downey, Betty Harris, Jeff Locke, Jo Anne Puls, Ron & Margy Sieck and Suzy Wooster. Thanks to Phyllis Meredith, Joe Puls and Fran Conn for walking and handing out candy and to Susan Locke and Bob & Linda Overturf who were on their scooters. It was a beautiful sight of community spirit.







ACTIVE AGING WEEK RECAP BY CALLIE MCCASLEN

What a wonderful week we had during Active Aging Week, October 5–9! Thank you to everyone who participated, invited friends to try our exercise classes, and helped make aging fun! We kicked off Monday with a Healthy Habits Challenge. Results will be shared once all participants turn in their completed papers. On Tuesday, we visited Heritage Park, where our resident, Phyllis Meredith, presented a detailed and fascinating history of Lower Blue Point Church and the Malcom #6 Old Schoolhouse. We wrapped up the outing at Pizza Ranch, enjoying a delicious meal and great conversations as we reminisced about our time in country school. Wednesday featured our Healthiest State Walk. We were grateful for the wonderful volunteers who helped push residents from St. Francis Manor and Hammond Center. Thank you for your support! On Thursday, we visited Bob and Connie Van Ersvelde's home, where we observed a variety of bird species, each with its own unique characteristics and personality. We wrapped up the week on Friday with a presentation from Poweshiek Public Health about the services they provide and how they support our community. Overall, it was an amazing week. I loved seeing residents get involved, socialize, and have so much fun together!















ST. FRANCIS MANOR FOUNDATION DONATIONS

The donor list below reflects gifts received between September 26 and October 26, 2026.

Unrestricted Fund
Anonymous
Sue Baker
Jerry and Donna Holveck

In Memory of Louise Crews
Carol Osborn
Pauline Sharp

Van Fund
Betty Brown
Don and Terry Burkhead
David and Beverly King

Special Events Fund
Anonymous

Human Needs Fund
Anonymous Donors
Karen Tish

In Memory of Donna Weisskopf
Kelly and Sammi Bryan



Therapy Fund
Edith Dayton

Vickie Miller Nursing Scholarship
In Memory of Hazel Lease
Carol Osborn

In Memory of Chris Goodrich
Betty Harris
Carol Osborn
June Watkins

In Memory of Louise Crews
Dion and Shelley Schrack

In Memory of Vickie Miller
Ruth Ellen Berman
Calvary Baptist Church
Ashton Chapel
JoAnn Cogley
Russ and Brenda Crawford
Darlene Durand
Tom and Deanne Grabinski
Maretta Grattan
Mary Hare
Betty Harris
Paulla Hartman
Gregg and Diane Hawkins
Arnie and Joan Heimsoth
Brian and Nancy Heineman
Bradly Hopkins
John and Janeen Kesterson
Cindy Maxwell
Kevin and Jennifer McAlexander
Janet McNaul
Norm Miller
James and Patricia Minor
Michael Munley and Nancy Owens Munley
Joey and Haylee Pagliai
Roy and Denise Perkins
Steven and Randi Peters
Gary and Barbara Peterson
Dion and Shelley Schrack
Land and Megan Veldbloom
June Watkins



TIM'S PARTY RECAP BY TIM STAHL

Tim's "End of the Summer Celebration" party on Friday, September 25th resulted in a good number in attendance as the rain stopped just for the party, or it seemed to anyway. The food was all so good and everyone did a great job helping others. Then it was time for the entertainment. Little did we know we were all in for a fantastic and entertaining program led by Larry Pfanz, who also sings for the barber shop quartet we've had in the past, and Josh his pianist who played all but one song by memory! Larry did a great job interacting with the crowd, telling jokes and leading music trivia. One competition was entitled, "Name that tune" which consisted of theme songs from popular TV shows of yester-year. Of all people, my daughter Makenna won a prize for giving the most correct responses, of course with a little help from dad! In all, it was a very enjoyable time as people laughed and sang along to familiar tunes! Thank you to Diana Stone for organizing Phases 5 & 6 helpers as we all worked so well together and pulled off a great party! Thank you to Cindy and Penni in the kitchen for all their efforts helping to order food items and prepare the yummy brownies! That concludes Tim's parties for this year! God Bless and we will see all of you next year for our annual January soup supper and entertainment!







Rehab Reunion Recap

We extend our heartfelt gratitude to our incredible clients who entrusted us with their rehabilitation journey through the Rehabilitation Clinic at St. Francis Manor over the past year! To celebrate their remarkable progress, we treated them to a delightful dinner on October 21, prepared by our talented culinary staff. Congratulations to our lucky $25 gift card winners: Carmen Burch (Pagliai's), Ed Eichhorn (Pagliai's), Marla Gregory (West Side Family Dining), and Lowell Vander Ploeg (West Side Family Dining). We are honored to have played a part in empowering our clients to achieve their rehabilitation goals, and we celebrate their perseverance and dedication to their recovery.





PHYSICAL THERAPY TESTIMONIAL BY SANDY FALCK

As National Physical Therapy Month draws to a close, it's the perfect time to express our gratitude for the remarkable work of physical therapists (PT) and physical therapist assistants (PTA) like Tom Robertson, PT, and Tim Stahl, PTA, who are dedicated to helping people reach their full potential.

Meet Sandy Falck, a recent graduate of inpatient therapy who continues with outpatient therapy. Her inspiring journey began with a scheduled hip replacement on August 5. Just days after surgery, Sandy found herself so weak she couldn't stand without falling and was taken to the emergency room, where doctors discovered a bleeding ulcer that required yet another surgery. She spent more than two weeks in the hospital. By the time she was discharged, two major surgeries within a single week had left her so weak she still couldn't stand. She was admitted to skilled care at St. Francis Manor, where the caring staff first had to use a Hoyer lift to transfer her. Over the next five weeks, Sandy received inpatient therapy at the Rehabilitation Clinic at St. Francis Manor and worked hard to regain her strength. Sandy found Tom and Tim so encouraging — they knew just what she needed to get better. "They push you, but are kind about it," she said. "We're fortunate to have such a great therapy department here on campus."



The progress showed itself in a moment Sandy will never forget: the day she walked—with the aid of a walker—from her Seeland Park home to her outpatient therapy appointment and didn't have to use the van! She was quick to add that the free van transportation to in-town appointments is another wonderful feature of campus life.

Today, as Sandy continues with outpatient therapy, she is determined to walk without the assistance of a walker or cane, and she looks forward to driving a car again. She concluded by saying Tom and Tim are excellent at their jobs and that she would definitely recommend the Rehabilitation Clinic at St. Francis Manor to anyone seeking physical therapy. "Our whole therapy team is proud of the progress Sandy has made— from setback to comeback," said Tim Stahl, PTA. "Her success is exactly what we hope for every patient here."

Whether you live off campus or in the Seeland Park community, the Rehabilitation Clinic at St. Francis Manor is here for you, providing inpatient, outpatient, or in-home therapy services. For more information, call Tim Stahl at 641-269-5426.

S.H.A.P.E. FITNESS
Staying Healthy Active
Positive & Energetic

Class Schedule
November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30am-SHAPE 1 9:30am- SHAPE 3 11:00am- SHAPE 2	3 8:30am-SHAPE 2 9:30am- Chair Yoga 11:00am- Tai Chi	4 8:30am-SHAPE 1 9:30am- Indoor Walking Challenge! 11:00am- SHAPE 2 2:00pm-Wii Bowling	5 8:30am-SHAPE 2 9:30am- SHAPE 3 11:00am- Tai Chi 1-3pm- One to Ones	6 8:30am-SHAPE 1 9:30am- Chair Yoga 11:00am- SHAPE 2	7 
8 	9 8:30am-SHAPE 1 9:30am- SHAPE 3 11:00am- SHAPE 2	10 8:30am-SHAPE 2 9:30am- Chair Yoga 11:00am- Tai Chi	11 8:30am-SHAPE 1 9:30am- Indoor Walking Challenge! 11:00am- SHAPE 2 2:00pm-Wii Bowling	12 8:30am-SHAPE 2 9:30am- SHAPE 3 11:00am- Tai Chi 1-3pm- One to Ones	13 8:30am-SHAPE 1 9:30am- Chair Yoga 11:00am- SHAPE 2	14
15	16 8:30am-SHAPE 1 9:30am- SHAPE 3 11:00am- SHAPE 2	17 8:30am-SHAPE 2 9:30am- Chair Yoga 11:00am- Tai Chi	18 8:30am-SHAPE 1 9:30am- Indoor Walking Challenge! 11:00am- SHAPE 2 2:00pm-Wii Bowling	19 8:30am-SHAPE 2 9:30am- SHAPE 3 11:00am- Tai Chi 1-3pm- One to Ones	20 8:30am-SHAPE 1 9:30am- Chair Yoga 11:00am- SHAPE 2	21
22	23 8:30am-SHAPE 1 9:30am- SHAPE 3 11:00am- SHAPE 2	24 8:30am-SHAPE 2 9:30am- Chair Yoga 11:00am- Tai Chi	25 8:30am-SHAPE 1 9:30am- Indoor Walking Challenge! 11:00am- SHAPE 2 2:00pm-Wii Bowling	26 	27 8:30am-SHAPE 1 9:30am- Chair Yoga 11:00am- SHAPE 2	28
29	30 8:30am-SHAPE 1 9:30am- SHAPE 3 11:00am- SHAPE 2					

SOCIAL CENTER

November 2026

November 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	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
29	30					

December 2026

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	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	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 1	2 9:00am Coffee 9:00am Listening Post 1:00pm Bingo	3	4 10:00am Donuts	5	6	7
8	9 9:00am Coffee 9:00am Listening Post 1:00pm Dominoes	10	11 9:30am Senior Chamber	12 2:00pm Veteran's Day Program	13	14 11:00am RSVD: Nikki Brandon
15	16 9:00am Coffee 9:00am Listening Post 1:00pm Bingo	17 12:00pm RSVD: Set-Up Seeland Park Dinner	18 12:00pm Seeland Park Dinner	19	20 2:00pm Treasured Music Entertainment	21 8:00am RSVD: Sydney Reaves
22	23 9:00am Coffee 9:00am Listening Post 1:00pm Dominoes	24	25	26 10:00am Rsvd: Lucy Green	27	28
29	30 9:00am Coffee 9:00am Listening Post	Dec 1	2	3	4	5

HAWN CENTER

November 2026

November 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	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
29	30					

December 2026

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	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	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 1	2 1:00pm 500 Club	3 1:00pm Rsvd-Kaloupek	4 12:30pm Hand & Foot	5 1:00pm RSVD: Dr. McKnight	6 12:30pm Hand & Foot	7 9:00am Donuts & Coffee
8	9 1:00pm 500 Club	10 1:00pm Rsvd-Kaloupek	11 12:30pm Hand & Foot	12	13 12:30pm Hand & Foot	14 9:00am Donuts & Coffee
15	16 1:00pm 500 Club	17 1:00pm Rsvd-Kaloupek	18 12:30pm Hand & Foot	19 12:00pm RSVD: Fran Davis	20 12:30pm Hand & Foot	21 9:00am Donuts & Coffee
22	23 1:00pm 500 Club	24 9:00am Rsvd-Ludden 1:00pm Rsvd-Kaloupek	25 12:30pm Hand & Foot	26 10:00am RSVD: Bonnie Van Den Broek	27 12:30pm Hand & Foot	28 9:00am Donuts & Coffee
29	30 1:00pm 500 Club	Dec 1	2	3	4	5