

August Birthdays

- 11th- Carolyn Moran
- 11th - Arlone Dalluge
- 13th - Bob Borsay
- 16th- Barbara Balance
- 19th - Iva Hogan
- 19th - Peggy Renfro
- 24th - Michelle Witherspoon
- 27th - Dale Eckel
- 30th -Lorraine Baer

New Residents

*Sheri Allison
Ethel Austin*

Events in August

Aug 1st Billy Gault

*Aug 8th Tie Dye Shirts
w/Amanda*

Aug 20th Ice Cream Social

Aug 21st Eclipse Party

*Central Park Band
Concert every Monday
Night*

Coming in September

Labor Day Pops Concert

Pontoon Boat Trip

TANGLEWOOD TIMES

August 2017



**1293 South 34th Street, Decatur, IL 62521
Phone (217) 423-5838**

Tanglewood Village

QUALITY
SENIOR LIVING



Hello Everyone,

We are coming to the summer's end. It sure has been an eventful and enjoyable couple of months. I hope you all have had as much fun as we have had.

Our trip to Taylorville for lunch at KFC was so much fun and we were glad to have a full bus. Although our Arthur trip fell on the hottest day of summer, we still we had a wonderful turnout. It makes me very happy when I hear so many of you are getting involved in the activities we offer at Tanglewood.

The month of August will bring new residents and neighbors. Please help us make them feel welcome and at home here at Tanglewood. It's always a little scary to move to a new place.

The Tanglewood Ice Cream Social is Sunday, August 20th, from 2-4. Tell your friends and family to come on out - entertainment and ice cream! What more could you ask for?

August 21st is going to be an exciting day as the solar eclipse passes through for the first time in 375 years. Ironically, Carbondale IL is smack dab in the middle of the expected path and as many of 100,000 people are expected to visit this sleepy coal town in southern Illinois that weekend. But you don't have to go to Carbondale. Tanglewood is having a whopper of a Solar Eclipse Party right here!

Blessings,

Liz

----- cut here -----

Each month we'll post a topic here. Submit your response to the front desk. In addition to posting your memories, we will draw responses from a fishbowl during group games and you may be a winner! It will be a fun way to share memories and get to know each other a little better.

Your School Memories: (teachers, favorite classes, trouble makers, friends, traditions) Use space below!

meet YOUR NEIGHBORS

Sheri Allison

We are excited to welcome Sheri Allison to the Tanglewood community. Born and raised in Decatur, Sheri attended Brush College grade school and graduated from Mt. Zion High School. Sheri has had a variety of work experience, having worked in restaurants, animal shelter, pet store and most recently, the ADM Hydro Farm for 13 years. She says that for growing plants in chemicals and water, she still got awful dirty... and wet.

Sheri is quite the world traveler. Just a few of the many places she has visited include Versailles, the Louvre (seeing the Mona Lisa), Omaha Beach, Normandy, Assisi, Vatican City, the coliseum, the Roman Forum in Italy, the Bahamas, Canada and Mexico. She's also been to 26 states and hopes to take a few day trips in the future with Timi's Tours. An avid reader, Sheri particularly enjoys Stephen King, Edgar Allen Poe and Anne Rice. She's very happy to be part of the Tanglewood Book Club, and loves when residents share their memories and stories of the past.

Her family is still in town; mom, dad, sister, 3 nephews and a niece. No doubt you'll see them around once in a while. Sheri has been here one month, has settled in and really likes Tanglewood. She has enjoyed meeting all the people, and is looking forward to getting to know you all better. Welcome Sheri!





Dog Breed Word Search

AIREDALE
AKITA
BASSET HOUND
BEAGLE
BOXER
BULLDOG
CHIHUAHUA
CHOW CHOW
COLLIE
DACHSHUND
DALMATIAN
GERMAN SHEPHERD
GREAT DANE
LHASA APSO
MALAMUTE
MALTESE
MASTIFF
PEKINGESE
POMERANIAN
POODLE
PUG

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

ROTTWEILER
SAINT BERNARD
SAMOYED
SCHIPPERKE
SHAR-PEI
SHIH-TZU
WEIMARANER



August 2017


ACTIVITIES ANNOUNCEMENTS

Devotions on Break - Our Devotions group will be on summer break through at least Labor Day. Attendance has been down so we thought a little down time might re-energize our hearts and souls. This is a special time of the week to share prayers and life's ups and downs. We hope you'll join us when we start up again!

Help us plan - Is there a method to our madness? As we create each month's schedule we try to offer activities you enjoy and in which you will participate. Amanda has introduced some new opportunities - cooking, art, prayer groups, walking club and music/snacks in the afternoon. When activities are not well attended, we look for feedback. What kinds of things do you want to do? Would you enjoy outside speakers and entertainment? More outings? Let us know!

Tanglewood Store Moved to Hall Next to Front Office - if you find yourself in need something and can't or don't want to get out to the store, check out the T-village one stop shop! We just may have what you are looking for! If not, let us know and we'll get it!




Wii Games - A reminder that while Wii games are not scheduled, the system is ready in the Sunroom for your use. Please make yourself at home and get a group together for a game anytime! If you don't know how to set it up, ask at the desk!

	1 <u>Tuesday</u>	2 <u>Wednesday</u>	3 <u>Thursday</u>	4 <u>Friday</u>	5 <u>Saturday</u>
<p><u>Resident Activity Key</u></p> <p>Blue = Social</p> <p>Purple = Outings</p> <p>Red = Intellectual/Spiritual</p> <p>Black = Physical/ Health</p> <p>Green Color = Special Entertainment</p> 	<p>10:00 Resident Coloring in the Sunroom</p> <p>1:00 Billy Gault</p>	<p>8:00 a.m. Morning Stretch</p> <p>10:00 Art w/Amanda Coloring Cards</p> <p>1:00 Blood pressure check</p> <p>7:05 Bingo</p>	<p>10:30 Book Club (Dana Vacation)</p> <p>12:45 Keno</p> <p>2:30 Grocery & Bank Shuttle</p>	<p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts W/ Amanda</p> <p>2:00 Walking Club</p> <p>4:30 Happy Hour w/ Larry Mazzoti</p>	<p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:15 Bible Study w/Jeff</p>

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>3:30 Sunday Services w/ Wayne Smith</p>	<p>7</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Audibel Hearing Aid Check</p> <p>12:45 Bingo w/Prizes</p> <p>2:00 Walking Club (inside)</p> <p>6:15 Van leaves for Central Park Band Concert</p>	<p>8</p> <p>10:00 Art w/ Amanda Coloring</p> <p>1:00 Tie Dye w/ Amanda In the Sunroom (we have shirts!)</p>	<p>9</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Cooking w/ Amanda</p> <p>2:00 Music & Healthy Snacks in Sunroom</p> <p>7:05 Bingo</p>	<p>10</p> <p>10:30 Book Club (Dana Vacation)</p> <p>12:45 Keno w/ Prizes</p> <p>1:30 Grocery & Bank Shuttle</p> <p>3:30 Rummikub</p>	<p>11</p> <p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts w/ Doris Sunroom</p> <p>11:00 Prayer Group</p> <p>2:00 Walking Club (inside)</p> <p>6:00 Movie Night w/ Amanda</p>	<p>12</p> <p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:15 Bible Study w/Jeff</p>
<p>13</p> <p>3:30 Sunday Services w/ Jeff Wright</p>	<p>14</p> <p>8:00 a.m. Morning Stretch</p> <p>12:45 Bingo w/Prizes</p> <p>2:00 Walking Club (inside)</p> <p>6:15 Van leaves for Central Park Band Concert</p>	<p>15</p> <p>10:00-6:00 Western movie Marathon (see list on Activities board)</p> <p>6:00 Game w/Amanda Spinner</p>	<p>16</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Art w/Amanda (Cupcake liner butterflies)</p> <p>1:00 Exercise with Jake</p> <p>3:30 Yahtzee</p> <p>7:05 Bingo</p>	<p>17</p> <p>10:30 Book Club w/Dana</p> <p>12:45 Keno w/ Prizes</p> <p>1:30 Grocery & Bank Shuttle</p>	<p>18</p> <p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts w/ Doris Sunroom</p> <p>Day of Action (See info on Board)</p> <p>4:30 Happy Hour w/ Gary Warnick</p>	<p>19</p> <p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:15 Bible Study w/Jeff</p>

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>2:00-4:00 Ice Cream Social</p> 	<p>21</p> <p>8:00 a.m. Morning Stretch</p> <p>Eclipse Party Day!</p>  <p>12:45 Bingo w/Prizes</p> <p>1:30 Blood pressure check</p> <p>6:15 Van leaves for Central Park Band Concert</p>	<p>22</p> <p>11:00 Resident Talk w/Liz</p> <p>1:00 Balloon Volleyball</p> <p>6:00 Games w/Amanda Dominoes</p>	<p>23</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Cooking w/ Amanda</p> <p>2:00 Music & Snacks in Sunroom</p> <p>7:05 Bingo</p>	<p>24</p> <p>10:30 Book Club w/Dana</p> <p>12:45 Keno w/ Prizes</p> <p>1:30 Grocery & Bank Shuttle</p> <p>3:30 Rummikub</p>	<p>25</p> <p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts w/ Doris Sunroom</p> <p>11:00 Prayer Group</p> <p>2:00 Walking Club (inside)</p> <p>6:00 Movie Night w/ Amanda</p>	<p>26</p> <p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:15 Bible Study w/Jeff</p>
<p>27</p> <p>3:30 Sunday Services w/Bob Hoover</p>	<p>28</p> <p>8:00 a.m. Morning Stretch</p> <p>12:45 Bingo w/Prizes</p> <p>2:00 Walking Club (inside)</p> <p>6:15 Van leaves for Central Park Band Concert</p>	<p>29</p> <p>10:00 File of Life with Amanda</p> <p>6:00 Baseball Darts w/Amanda</p>	<p>30</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Art w/Amanda</p> <p>7:05 Bingo w/ Doris</p>			

Shuttles:

Grocery & Bank Shuttle

Departs @ 1:30 every Thursday *may cancel if we only have one person.

Health Services:

August Audibel Hearing Checks Aug 7th 10:00am

Blood Pressure Checks With Jake @ 1:00
Aug 2nd

Exercise:

Seniorcise with Dana: Every Mon, Wed & Friday @ 8:00 a.m.

Exercise with Jake: Aug 16th @ 1:00 p.m



Prayer Request Board Up and Ready for Your Prayers, near Front Desk.

Catholic Communion is available in your home.

Ask at the front desk!



ENTRÉE SUBSTITUTES

- B, CB** **BURGER or CHEESEBURGER**
- H** **HOT DOG**
- C** **HERB CHICKEN BREAST**
- DC** **UNSEASONED CHICKEN**
- G** **GRILLED CHEESE TOASTY**
- V** **VEGETABLE SOUP**
- S** **CHICKEN SOUP**
- LS** **LOW SODIUM CHICKEN SOUP**
- E** **EGG SANDWICH**
- PB** **PEANUT BUTTER SANDWICH**
- FP** **FRUIT PLATE**
- CS** **CHICKEN SALAD**
- Q** **SIDE SALAD**

* Substitution requests are for Entrée only. We ask you to please submit them to the kitchen 2 hrs. in advance of the meal. Requests at meal time will be prepared after dining room has been served.

Tuesday Aug 1	Wednesday Aug 2	Thursday Aug 3	Friday Aug 4	Saturday Aug 5
<u>Breakfast Special</u> Fried Mush	<u>Breakfast Special</u> Coffee Cake	<u>Breakfast Special</u> Pancakes	<u>Breakfast Special</u> Biscuits & Gravy	<u>Breakfast Special</u> Breakfast Sandwich
<u>Dinner</u> Pot Roast Roasted Potatoes Peas & Carrots Mandarin Oranges Strawberry Shortcake	<u>Dinner</u> Chicken Alfredo Cheese Garlic Biscuit Greek Tossed Salad Berry Cup Pecan Pie	<u>Dinner</u> Salisbury Steak Mashed Potatoes Green Beans Mandarin Oranges Lemon Cake	<u>Dinner</u> Salmon Patty O'Brien Potatoes Creamed Peas Raspberry Fruited Jell-O Cookie	<u>Dinner</u> Open Face Pork BBQ Sour Cream Potato Wedges Spinach Bake Blackberry Cobbler
<u>Supper</u> Cream of Potato Soup Hot Turkey & Swiss on Croissant Mixed Fruit Banana Pudding	<u>Supper</u> <i>Breakfast for Supper</i> Country Egg Skillet Biscuits & Gravy Cinnamon Roll Fresh Fruit	<u>Supper</u> Baked Chicken Macaroni & Cheese Breaded Tomatoes Banana Bar w/ caramel sauce	<u>Supper</u> Happy Hour Hors D'oevres Deluxe Cheeseburger French Fries Cottage Cheese Salad Peaches Brownie	<u>Supper</u> Beef Stew Corn Muffin Fresh Fruit Ice Cream Sandwich

Sunday Aug 6	Monday Aug 7	Tuesday Aug 8	Wednesday Aug 9	Thursday Aug 10	Friday Aug 11	Saturday Aug 12
<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>
Danish or Donut	Bagels & Cream Cheese	Fried Mush	Waffles	Pancakes	Biscuits & Gravy	English Muffin Sandwich
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Fried Chicken Mashed Potatoes & Gravy Green Beans Strawberry Rhubarb Pie	Manicotti Peas Fresh Fruit Texas Sheet Cake	Cranberry Chicken Red Roasted Potatoes Glazed Carrots Apple Pie	Meatloaf Mashed Potatoes Broccoli & Cauliflower w/Cheese Sauce Strawberries & Bananas Magic Bars	Pork Roast w/Apricot Glaze Party Potatoes Green Beans Pineapple Carrot Cake	Fried Fish 7 Layer Salad French Fries Hush Puppies Mandarin Oranges Lemon Meringue Pie	Country Fried Steak Mashed Potatoes & Gravy Orange Asparagus Angel Food Cake
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
Tomato Bisque Soup Roast Beef & Swiss on Croissant Fresh Veggies w/Ranch Dressing Ice Cream Treat	Bacon & Swiss Quiche Fresh Fruit Pickled Beets Cinnamon Streusel Cake	Chicken Salad Plate w/Fruit Blueberry Muffin Deviled Egg Sherbet Cup	Stuffed Pepper Casserole Garlic Toast Cottage Cheese Salad Lime Jell-O w/Pears	Hot Ham & Cheese Croissant Baked Chips Broccoli/Cranberry Salad Chocolate Eclair	Vegetable Beef Soup ½ Grilled Cheese Carrot/Raisin Salad Ice Cream	Dill Turkey Salad Sliders Cashew Salad Cottage Cheese w/Pears Cherry Pie Ala Mode

Sunday Aug 13	Monday Aug 14	Tuesday Aug 15	Wednesday Aug 16	Thursday Aug 17	Friday Aug 18	Saturday Aug 19
<u>Breakfast Special</u> Danish or Donut	<u>Breakfast Special</u> Maple Oatmeal	<u>Breakfast Special</u> Fried Mush	<u>Breakfast Special</u> Bagels & Cream cheese	<u>Breakfast Special</u> Homemade Rolls	<u>Breakfast Special</u> Biscuits & Gravy	<u>Breakfast Special</u> English Muffin Sandwich
<u>Dinner</u> Baked Ham Sweet Potato Casserole Green Beans Fruit Salad Cheesecake	<u>Dinner</u> Chicken & Noodles Glazed Carrots Mixed Fruit Cup Bread Pudding	<u>Dinner</u> BBQ Ribs Au Gratin Potatoes Corn Strawberries Peach Pie	<u>Dinner</u> Pork Roast w/Gravy Swiss Medley Vegetable Casserole Spiced Apples Pineapple Upside Down Cake	<u>Dinner</u> Meatloaf Hash Brown Casserole Broccoli w/Cheese Sauce Chocolate Chip Cookie Bar	<u>Dinner</u> Potato Crusted Cod Cheesy Potato Bake 7 Layer Salad Fruit Cup Peach Pie	<u>Dinner</u> Pot Roast Roasted Red Potatoes Glazed Carrots Fruit Cocktail Cherry Dump Cake
<u>Supper</u> Chicken Filet Sliders Broccoli Slaw Tropical Fruit Chocolate Pudding Dessert	<u>Supper</u> Chili Hot Dog Fresh Veggies w/Dip Cherry Pears Ice Cream	<u>Supper</u> Chicken Tenders Baked Potato Peas & Carrots Jell-O Poke Cake	<u>Supper</u> Chipped Beef on a Biscuit Roasted Corn Fresh Fruit Cherry Pie	<u>Supper</u> Turkey Haystack Green Beans Strawberries & Pineapple Tapioca Pudding	<u>Supper</u> Pizza Tossed Salad Breadstick Ice Cream Treat	<u>Supper</u> Rueben Slider Sandwich French Fries Cucumber Salad Cookie

Sunday Aug 20	Monday Aug 21	Tuesday Aug 22	Wednesday Aug 23	Thursday Aug 24	Friday Aug 25	Saturday Aug 26
<u>Breakfast Special</u> Danish or Donut	<u>Breakfast Special</u> Coffee Cake	<u>Breakfast Special</u> Fried Mush	<u>Breakfast Special</u> Waffles	<u>Breakfast Special</u> Ham & cheese Omelet	<u>Breakfast Special</u> Biscuits & Gravy	<u>Breakfast Special</u> English Muffin Sandwich
<u>Dinner</u> Fried Chicken Mashed Potatoes & Gravy Green Beans Creamy Fruit Salad German Chocolate Cake	<u>Dinner</u> Spaghetti Garlic Bread Italian Salad Mixed Fruit Pecan Bars	<u>Dinner</u> Sweet & Sour Chicken Rice Pilaf Stir Fry Vegetables Fresh Fruit Butter Cake	<u>Dinner</u> Pork Chops O'Brien Potatoes Glazed Carrots Baked Apples Boston Cream Pie	<u>Dinner</u> Beef & Noodles Green Beans Waldorf Salad Chocolate Sheet Cake	<u>Dinner</u> Baked Cod Baked Potato Caesar Salad Strawberries & Oranges Lemon Cream Pie	<u>Dinner</u> Fire Braised Chicken Macaroni & Cheese Breaded Tomatoes Pears Coconut Cream Pie
<u>Supper</u> Sack Supper Ham & Cheese Slider Sun Chips Fruit Cookie	<u>Supper</u> Deluxe Mushroom & Swiss Burger Chips Fruit Cup Pie	<u>Supper</u> Swiss Steak Potato Bake Cream Style Corn Tropical Fruit Salad Chocolate Eclair	<u>Supper</u> BBQ Sandwich Potato Salad Baked Beans Mandarin Oranges Ice Cream	<u>Supper</u> Grilled Teriyaki Chicken Oriental Salad Fresh Pineapple Strawberry Roll Cake	<u>Supper</u> Roast Beef Sandwich Potato Puffs Mixed Fruit Fig Newton Pudding	<u>Supper</u> Ham & Beans Corn Bread Cole Slaw Apple Slices Cookies

Sunday Aug 27	Monday Aug 28	Tuesday Aug 29	Wednesday Aug 30	Thursday Aug 31
<u>Breakfast Special</u> Danish or Donut	<u>Breakfast Special</u> Grits	<u>Breakfast Special</u> Fried Mush	<u>Breakfast Special</u> Cinnamon Toast	<u>Breakfast Special</u> French Toast
<u>Dinner</u> Chicken Cordon Blue Roasted Red Potatoes Broccoli w/Sauce Fresh Fruit Fruit of the Forest Pie	<u>Dinner</u> Pepper Steak over Rice Spring Blend Vegetables Apricots Cook's Dessert Choice	<u>Dinner</u> Turkey Filet Mignon Sweet Potato Cream Style Corn Cranberry Sauce Pumpkin Pie	<u>Dinner</u> Baked Steak Mashed Potatoes & Gravy Lima Beans Mixed Fruit Red Velvet Cake	<u>Dinner</u> BBQ Chicken Au Gratin Potatoes Mixed Vegetables Chocolate Meringue Pie
<u>Supper</u> Cheeseburger Joe Steak Fries Lettuce & Tomato Fruit Salad Assorted Ice Cream	<u>Supper</u> Goulash Garlic Biscuit Peas Fruit Cup	<u>Supper</u> Chicken Salad on Croissant Fresh Fruit & Cottage Cheese Lettuce & Tomato Triple Chocolate Brownies	<u>Supper</u> Breakfast for Supper! Scrambled Egg Bake Biscuits & Gravy Hash Browns Fruit Cinnamon Roll	<u>Supper</u> Popcorn Chicken Potato Bake Cauliflower Broccoli Salad Cherry Pie

Tanglewood Villages
Is holding our Annual Ice Cream Social

August 20th

2:00-4:00pm

Please Join the Fun!!!



TW

