

Kiesler Times

August 2017

The New Kiesler Wellness Center!

Come one, come all to see the new wellness center that's now open to the public. Bring a friend or a family member to take a tour of the Wellness Center . Lunch is served M-Th for a cost of \$1.50 and Fridays are FREE. While you're there, you can check out our activities for the month and sign up for one .

Visit the Kiesler Wellness Center Website
for Lunch Menu and Activities!

CONTACT US

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www.kieslerwellnesscenter.org

www.facebook.com/KieslerWellnessCenter/

NEW HOURS:

Monday—Friday from 7am to 6pm



Lets go camping !

Co-ed camping trip— come spend 2 nights at Bear Head State Park. There is a \$10.00 deposit but it will be refunded on day of trip. We'll leave KWC at 1pm on August 14 and will be back around noon on the 16th of August.

Lets go fishing and a boat ride

There was a misprint last month: Rides home are available after the boat ride. Come and enjoy a boat ride every Monday night. We leave from Tioga Landing at 5:00, return about 7:00.

Congrats to

Christina Anderson

She has completed the
Pathways to Recovery Group.

Way to go Christina!

Second Wind Harmonica Band

**will perform Wednesday, August 30
from 1:30-3:00 at the Kiesler Well-
ness Center. Please join us.**

Meet Luke Winkler

Luke is a runner. He ran in Grandma's Marathon, which is 26.2 miles, in a little under 4 hours! Luke says while training for the marathon, he ran 20 miles a day. The last 6.2 miles were a struggle but he kept on running. Luke says running helps him think and clear his head, But admits that sometimes it doesn't help. Luke says next is to work on his communication skills and social interaction.



**We have been awarded tickets for
the Minnesota Twins Game on
August 31st of this year.
Participants will be required to give
a \$20.00 deposit to hold their space
for this event. Sign up today!**

Smokey K's BBQ
Kiesler Wellness Center BBQ Group



FRIDAYS
(THE BEST DAY EVER)
LIFE NEEDS MORE BBQ ... IT
AIN'T NO BBQ IF THERE AIN'T
NO SMOKE

August Lunch

Lunches are \$1.50 Monday — Thursday, **FREE on Friday's**
 Or purchase a Lunch Punch Card—\$15 for 20 punches = \$0.75 a meal!

	1 Chicken Alfredo Salad Fresh Fruit Breadstick	2 Quina Pilaf w/ground turkey Salad Fresh Fruit	3 Italian Pasta Salad Pita Crackers Fruit	4 Bacon Wrapped Burgers BBQ Mac & Cheese Corn on the Cob Watermelon
7 Garlic Chicken w/ Orzo Noodles Salad Fresh Fruit	8 Spinach Lasagna Rollups Salad Fruit Garlic Toast	9 Meatballs Gravy over Cauliflower Mash Spinach Salad Fresh Fruit	10 Chili Rellenos Casserole Corn Muffins Fresh Fruit	11 Stuffed Rib Roast Grilled Veggies Salad Melon Roll
14 Seafood Salad/Pita Pockets Coleslaw Fruit Salad	15 Homemade Pizza Salad Fresh Fruit	16 Zucchini Noodles w/ Crushed Tomato Sauce Spinach Salad Fresh Fruit	17 Hot Dogs Chips Coleslaw Watermelon	18 Beef Kabobs Grilled Squash Baked Beans Fresh Fruit
21 Ham & Bean Soup Dinner Roll Fresh Fruit	22 Tater Tot Hotdish Salad Fruit	23 Turkey Burgers on a Bun Sweet Potato Fries Fruit	24 Lasagna Coleslaw Garlic Toast Fresh Fruit	25 Salmon & Shrimp Grilled Veggies Garden Salad Roll
28 Spanish Rice & Sausage Cucumber Salad Fresh Fruit	29 Chicken Bacon Pasta w/Spinach, Tomato Cream Sauce Salad Fruit	30 Eggplant Parmesan Salad Fresh Fruit	31 Blueberry Pancakes Sausage Links Melon	

August Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Art Class: 10-12 1-3 @ KWC	2	3 Preparation for Tall Timber Days 1:00-	4	5 Closed
6 Tall Timber Days Parade 11:00 AM Leave from KWC	7 Bingo 2:15-3:45 .25/card LGF boat ride 5-7	8 Tioga Beach Party and BBQ 10:00-2:00 @ Tio- ga	9	10	11	12 Closed
13	14 Bingo 2:15- 3:45 .25/card LGF boat ride 5-7	15 Art Class: 10-12 1-3 @ KWC State Park— —	16 Return from	17 Cribbage Tourna- ment 1:00 pm in the	18	19 Closed
20	21 Bingo 2:15-3:45 .25/card LGF boat ride 5-7	22 Art Class: 10-12 1-3 @ KWC	23	24 Karaoke!!!! 1:00 pm In the Club House	25	26 Leap For Life Sky Diving Event Baldwin Wiscon-
27	28 Bingo 2:15-3:45 .25/card LGF boat ride 5-7	29 Art Class: 10-12 1-3 @ KWC	30 Free Concert Second Wind Harmonica Band 1:30-3:00 pm	31 Twins Game Leave KWC @ 7 am return at 7pm Sign up at KWC		