



Station Times Station Clubhouse

Phone 641-236-5325
Web site www.pcmmentalhealth.org

Lunch Reservations in by
10:00am
Mon.'s, Wed.'s, and
alternating
Thursday's - Friday's

Aug. 2010

May Highlights

News of Betty & Carol G.

Betty is home and getting stronger every day. She is our walking miracle. From having multiple organ failure to home in only 9 days. Betty comes back to work Monday Aug. 9th. We have another person to pray for and hope recovers fast. Carol G. is very special to us. She has been with Clubhouse since the beginning. She is in critical condition and needs all your prayers and blessings. Carol was transported to Iowa City from Grinnell Regional on Sun. the 1st of August. Carol has been in critical condition sense then.

Adventure Land

The day was beautiful and filled with sunshine and not too warm. It was good to get in air conditioning, but it was tolerable without. Many were disappointed because there was not a Bingo Parlor. After the fire there, they decided not to rebuild until next season. The rides were great for those who like them. I only go on the Tilt-a-Whirl laughing the whole time. It is always such fun. The group had a very good time at Adventure Land, and looking forward to our next "adventure".

Bowling Fun

Saturday the 21st we will go to Newton to bowl. We always have fun. Some of us can't do it physically, like me, but try anyway. Gutter balls are always good for a laugh. Our high scores may be only 103, we still have fun. Sign up fast because this always fills up fast. Our first game is free, another being \$3.65 and shoe rental \$2.25.

Happy Days

Saturday the 28th will be the date for us to go downtown for Happy Days. We will start the day off with donuts and coffee at Clubhouse at 9am, then proceed to the fun of the past.

Useless Facts and Information

By L.M. Boyd

Submitted by Luke White

Technically, you don't see anybody's ears. They're inside. What you see are the "pinnae" or "auricles". Remarkable. They sure look like ears.

Were you aware the earth is flattened more at the South Pole than of the North? Great weight of the ice does that.

You've seen those flashing arrows on highway trucks. The ones that flash in sequence repeatedly to wave you right left. That illusion of motion where there is no motion has a name: "Phi phenomenon."

No, a foxtrot is a horse's gait. Don't know what you call a fox's gait.

That bird called the kiwi, only about big as a chicken, lays a one pound egg. Remarkable. Did I mention the kiwi has no tail?

Interviews by Barb

"Whattaya Know?"

A new feature for the "Station Times." Little-known facts about well known friends. First feature: our own Julie Wendl. Bet you didn't know Julie is the daughter of a triplet. Her mom Martha was born together with sisters Madelyn and Mary. The three redheads were a total surprise to everybody including their mother and the doctor. They looked so much alike that in baby pictures you can't tell them apart. Later in high school the look-alike sisters served together on their high-school cheerleading squad. Julie promises one day she'll bring in a photo of her mom with her two triplet sisters. Look for the "Whattaya Know" feature in future issues of the "Station Times."

Thur. Farmers Mkt & Music in Park
8/07/10 Shop Grinnell 9:30am

Wal-Mart Hyvee

8/14/10 Shop in Newton 9:30 am

Wal-Mart & \$1:00 Tree Lunch Out @ LJS/AW

8/21/10 Bowling Newton 1.00pm

8/28/10 Donuts & coffee @CH9am
Happy Days Grinnell after

All Mon.. IMR meeting @ 1pm

All Wed. Grocery Shop 2:30pm

Lunch Bunch, Activity & Menu Plan on Tues 17th, at 11:00am. Celebrate August Birthdays on the 19th with cake for lunch.

Garden Growth

All last month and now this one we have had superb veggies from our garden. The tomatoes are very good and we have a lot of them. We have had salads made with our own lettuce, radishes, cucumber and green peppers. We steam the green beans, with some bacon. They are mouthwatering, wishing for more. The cucumbers will soon be in abundance and hopefully be great for our pickles. The hot weather, sunshine and rain have worked to our advantage in the garden. There is still work to be done in the garden, and help is needed. There are a couple of members who help out but we should have more. That way we continue to have such goodies. More help is needed so it won't be all on 2 or 3 people. Do whatever you are able to do.

Fair Day

Monday the 16th we have picked for us to go to the Iowa State Fair. Sign up early as this is a popular event. I can almost smell the popcorn and cotton candy and feel the excitement on the midway. There are so many things to see, it is hard to get to all you want.

**PARTIES AND EVENTS**
May - Sept. 2009

iced freedoms.

THE PROGRAM:

On Friday, Sept. 11th, 2010, an American flag should be displayed outside every home, apartment, office and store in the United States. It should be every persons' duty to display an American flag on the 8th anniversary of one of our country's worst tragedies. We do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain and those who today are fighting at home and abroad to preserve our freedom.

THE PROGRAM:

On Friday, Sept. 11th, 2009, an American flag should be displayed outside every home, apartment, office and store in the United States. It should be every persons' duty to display an American flag on the 8th anniversary of one of our country's worst tragedies. We do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain and those who today are fighting at home and abroad to preserve our cherished freedom.

Things That Mom Does



ADVISES
ARRANGES
BELIEVES
CLEANS
COOKS
DRIVES
EVALUATES
HELPS
HUGS
KISSES
LAUGHS
LISTENS
LOVES
PAYS BILLS
PRAISES
PRETENDS
READS
REMINDS
SMILES
TEACHES
TRAVELS
VALUES

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



Summer Fun



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

BARBECUE
BASEBALL
BIKE
BIRDWATCH
BOATING
CAMP
CANOE
CLIMB
COLLECTBUGS
DIVE
EATICECREAM
FINDSHELLS

FISH
FRISBEE
GARDEN
HIKE
HOPSCOTCH
JUMPROPE
MAKESANDCASTLES
PICNIC
RIDEHORSES
ROLLERBLADE
ROLLERSKATE
SEESAW

SKATEBOARD
SLIDE
SNORKEL
SPELUNK
SURF
SWIM
SWING
VACATION
VOLLEYBALL
WADE
WATERSKI

