

November 2023

THE CHRONICLES

The Newsletter of Cottage Grove Place

NOVEMBER WORDSEARCH

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HARVEST	BOUNTY	JOHN SMITH	FALL
ROLLS	CRANBERRIES	POTATOES	THANKFUL
POCOHANTAS	MAYFLOWER	CROPS	FEATHERS
NOVEMBER	INDIANS	CORN	STUFFING
YAM	TURKEY	THANKSGIVING	PILGRIMS



NOVEMBER NATIONAL HEALTH OBSERVANCES: DIABETES, COPD AWARENESS, AND ANTIBIOTIC AWARENESS

National Diabetes Month

More than 1 in 3 adults in the United States have prediabetes — and many of them don't know it. National Diabetes Month is a time to raise awareness about diabetes as an important public health issue and encourage people to take charge of their health.

National COPD Awareness Month

Every November, we raise awareness about COPD and encourage people to know their risk.

U.S. Antibiotic Awareness Week (November 18–24)

November 18–24 marks U.S. Antibiotic Awareness Week. It's an opportunity to raise awareness about antibiotic resistance and the importance of proper antibiotic use.

Additional information about these important health topics can be found in the kiosks.

HAPPY BIRTHDAY!

FROM ALL OF US AT COTTAGE GROVE PLACE

RESIDENT BIRTHDAYS

3 Mary Condon
6 Connie Dobbins
7 Hugh Lifson
7 John Coughlin
7 Aggie Robson
8 Barb Ochs
8 Gayle Royar
9 Dale Sawyer
9 Sis Werner
14 Barb Stephens
14 Dorothy Higdon
16 Doug Thompson
17 Bob Hirvela
18 Pat Bjorseth
23 Carol Kammerer

STAFF BIRTHDAYS

1 Clara Hamilton
2 Dion Clay
2 Travis George
2 Peggy Lukenbill
4 Ava Dufoe
4 Madisen Godbey
8 Peggy Clymer
8 Ethan McArthur
9 Angela Parker
9 Laura Roling
9 Jenna Sackett
13 Ammie Ballayan
15 Eddy Ngiriweneza
21 Ali Yoka
22 Isaac Sackett



WELCOME HOME

New Residents at Cottage Grove Place
Mary Kanealy
Pat Wedemeier



REMINDER: AFTER HOURS EVENTS
REQUIRE 5+ RESIDENTS TO SIGN UP
BEFORE WE CAN OFFER
TRANSPORATION.

LUG-A-MUG PROGRAM: IN NOVEMBER WE ARE STARTING A COMMUNITY WIDE PROGRAM SO RESIDENTS CAN SOCIALIZE AND VISIT ACROSS ALL LEVELS OF CARE! BRING YOUR MUG AND MEET IN “RED CEDARS” AT 2:00PM ON NOVEMBER 27 TO ENJOY HOT APPLE CIDER AND TREATS. CONTACT KIRSTEN IF YOU NEED ASSISTANCE TO LOCATE THE RED CEDARS LOUNGE.

DEAR VETERANS OF
COTTAGE GROVE
PLACE:

YOU ARE VERY MUCH
HONORED AND VERY
MUCH APPRECIATED
FOR ALL THAT YOU
HAVE DONE. THANK
YOU FOR YOUR
COURAGE AND FOR
PUTTING YOUR
COUNTRY FIRST.
THANK YOU FOR
PROTECTING OUR
COUNTRY, FOR YOUR
BRAVERY, AND FOR
ALL THAT YOU DO TO
MAKE THIS COUNTRY
SAFE.

WISHING YOU A HAPPY
VETERAN'S DAY!

NOVEMBER COE FORUM SESSIONS EXPLORE HEALTH FROM TWO PERSPECTIVES: TECHNOLOGY AND PERSONAL RELATIONSHIPS

Thursday Forums in November cover technological advances in healthcare as well as the health of your relationships in two separate courses.

The first three weeks are presented by B.D. Silliman Professor of Physics Steve Feller. He will introduce audiences to some of the most important innovations in medical technology in recent decades. Attendees can expect to learn more about antibiotics and radiation treatments; genetic markers and modifications in our genes; organ transplantation and stem cell donation; and the use of innovative glasses to enhance wound healing, bone growth, and cancer treatments.

There will not be Thursday Forum held on Thanksgiving Day. The second forum is a special one-week session presented by Assistant Professor of Psychology Ellen Lee. She will explain the personal and relational behaviors that facilitate connection as well as the theory, research, and practice behind building healthy relationships. This presentation will incorporate some interactive elements, such as brief assessments of one's own personality traits and activities that model connection and validation.

Call the Front Desk to sign up for each week you plan to attend so we can arrange transportation accordingly.

TECH HELP THURSDAY WITH KIRSTEN

Still need some help with our Touchtown Community App? Have questions about your phone, tablet, or computer? Want to order tickets online for upcoming shows at the Paramount and Theater Cedar Rapids?

Stop by Sedlacek Hall on Thursday, November 9th from 3:00-4:00pm for a drop-in advising session with Kirsten!




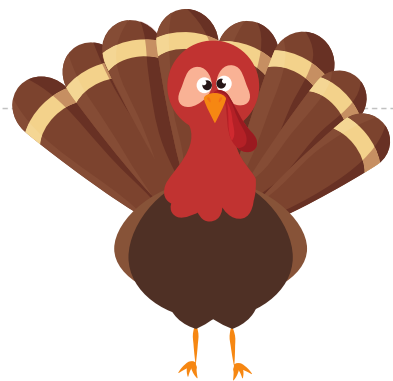


NEW PROGRAMMING: MARION LIBRARY TRIPS!



Every Tuesday morning Cottage Grove Place will provide transportation to the Marion Public Library! Residents may browse book selections or participate in the Senior Tai Chi class led by their Health and Wellness Coordinator, Bryan Bruner. Tai Chi is an effective exercise for health of mind and body. It's easy to learn and soon delivers its health benefits! The Tai Chi class runs from 9:30am-10:30am - please dress in comfortable clothing if you plan to participate in the class.

Residents who do not want to participate in Tai Chi, but would still like to visit the library are welcome to join. We will load the bus at 9:00am and return to Cottage Grove Place by 11:00am. Call the Front Desk to sign up!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ROOM KEY Front Lobby (FL) Fitness Center (FC) Commons Patio (CP) Commons Dining Room (CDR) Sedlacek Hall (SH)	2nd Floor Activity Room (2AR) 3rd Floor Card Room (3CR) The Pub (P) Movie Theater Room (MTR) Touchtown In House TV (ITV) Items in red require RSVP—contact the front desk.	<div>November</div> 				
			1 10:00 St Matthew’s Catholic Service (SH) 10:30 Exercise for Everyone (FC) National Stress Awareness Day! 3:00 One Day University: Managing Stress, The Power of Mindset (SH)	2 Kirsten Off 8:30 Coe Forum (FL) 9:30 Wellness Walks (FL) 1:00-1:20 Coe Mini Concert (SH) 1:00 Knitting & Other Yarn Arts (CG) 1:30 Resident Council (CG,PD)	3 Kirsten Off 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts	4
5 Daylight Savings Time Ends	6 10:30 Exercise for Everyone (FC) 11:00 Let’s Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30 Cedar Valley Humane Society Trip (FL) 6:30 Movie Monday & Popcorn: The World’s Fastest Indian MTR) 7:00 Pretty Woman, The Musical (FL)*	7 9:00 Marion Library (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Interdenominational Worship Service (SH)	8 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Pizza Ranch (FL) 3:00 Floyd Sandford Presents: Exploring Newfoundland (SH)	9 8:30 Coe Forum (FL) 9:30 Wellness Walks (FL) 1:00 Knitting & Other Yarn Arts (CG) 3:00 Tech Help Thursday with Kirsten (SH) 5:00 Trivia Night (CG)	10 8:30 Flag Raising (CP) 9:00 Veteran’s Breakfast (CDR) 10:00 Corner Store Holiday Sale (SH) 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Veteran’s Day Program (CG) 2:30 Together in Song and Chorus Concert (FL)	11 Veteran’s Day 
12	13 10:30 Exercise for Everyone (FC) 11:00 Let’s Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) DOUBLE FEATURE Movie Monday 2:30 My Big Fat Greek Wedding (MTR) 6:30 My Big Fat Greek Wedding 2 (MTR)	14 9:00 Marion Library (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Grief Support Group (CD,PD)	15 8:30 Breakfast Outing: Perkins (FL) 10:30 Exercise for Everyone (FC) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Church Services (SH)	16 8:30 Coe Forum (FL) 9:30 Wellness Walks (FL) 1:00 Knitting & Other Yarn Arts (CG) 3:00 Trivia Tables (CG)	17 9:00 National Homemade Bread Day: Make and Bake Your Own Cinnamon Roll Mini Loaf! (2AR) 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts	18 7:00 Orchestra Iowa at the Paramount (FL)*
19	20 10:30 Exercise for Everyone (FC) 11:00 Let’s Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 1:30 Historical Theater Presents: Elizabeth Hopkins 3:00 Author Talk with Bill Mueller (SH) 6:30 Movie Monday & Popcorn: Barbie Movie Night! (MTR) *Wear Pink!	21 9:00-1:00 Resident Council Elections (CG, FL) 9:00 Marion Library (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 2:05 PD Support Group (3CR) 3:00 All Resident Meeting (SH)	22 9:30am—2:00pm Lunch and Gambling at Riverside Casino (FL) 10:30 Exercise for Everyone (FC) 3:00 Mason Jar Craft: Pressed Flower and Leaf Lanterns (2AR)	23 Thanksgiving 9:30 Wellness Walks (FL) 11:00-1:30 Thanksgiving Buffet (CDR) 1:00 Knitting & Other Yarn Arts (CG)	24 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Friendsgiving Happy Hour (CG)	25
26	27 10:30 Exercise for Everyone (FC) 11:00 Let’s Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:00 Lug a Mug (Red Cedars) 6:30 Movie Monday & Popcorn: Instant Family (MTR)	28 CR Hearing Center Clinic 9:00 Marion Library (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Paint Along with Kirsten Part 1 (2AR)	29 10:30am–2:00pm Lunch and Shopping at Coral Ridge Mall (FL) 10:30 Exercise for Everyone (FC) 3:00 Paint Along with Kirsten Part 2 (2AR)	30 8:30 Coe Forum (FL) 9:30 Wellness Walks (FL) 1:00 Knitting & Other Yarn Arts (CG) 3:00 Trivia Tables (CG)		

ADDITIONAL DETAILS AND INFORMATION

Wednesday, November 1: One Day University Program

It’s National Stress Awareness Day! Come to Sedlacek Hall at 3:00pm to watch a virtual lecture on managing stress presented by Nicole Weekes, Professor of Psychology and Professor of Neuroscience at Pomona College .

Thursday, November 9: Trivia Night

Sign up for our monthly Trivia Night! Baked Potato Bar will be served at 5:00pm followed by team trivia. No experience necessary! Sign up by November 8 to ensure we have enough food for everyone. Feel free to bring your own snacks or beverages!

Friday, November 10: Veteran’s Day Celebrations

Veterans and spouses are invited to attend flag raising ceremony in Commons Courtyard at 8:30am with breakfast served immediately afterwards. In the afternoon, we will honor our veterans with a musical program by Cedar Valley Christian School in the Grill Happy Hour refreshments will be served from 2:00pm-3:00om.

Monday, November 20: Author Talk with Bill Mueller

Local author will share simple ideas on how to save your family’s history. Bill will make you laugh. His stories will touch your heart, bringing back many special memories. Starting at 3:00pm in Sedlacek Hall. Books available for purchase.



November 28-November 29: Paint Along with Kirsten

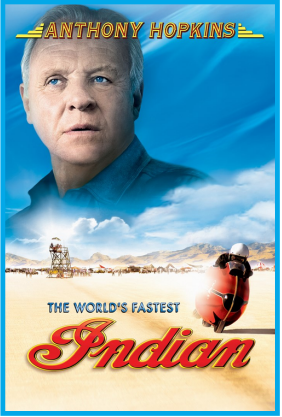
Calling all artists and creative minds! Join Kirsten in the 2nd Floor Activity for a two part paint along session to create your very own Fall Masterpiece (see sample photo left). Wine, coffee, water, and soda will be available. Sign up at the Front Desk by Friday Nov 24.



RESIDENT LED-GAMES

No Experience Necessary!

Penny Bingo starts at 3:00pm every Sunday in the Cottage Grill Private Dining Room.
Phase 10 Card Game is held in The Grill every Monday and Thursday at 12:00pm.
Hand & Foot Card Game is played on Wednesdays at 10:00am in the 3rd Floor Card Room. It is also played at 1:00pm on Thursdays in the 3rd Floor Card Room.
Rummikub group is help on Fridays at 7:00pm in the 3rd Floor Card Room.
Join the **Bridge Club** on Mondays and Wednesdays at 1:00pm in the 3rd Floor Card Room.
500 Card Game starts at 10:00am and another game at 1:00pm in the 3rd Floor Card Room on Fridays.



Monday, November 6
6:30PM
The World’s Fastest Indian
Rated PG13 2hr, 7mins
The story of New Zealander Burt Munro, who spent years building a 1920 Indian motorcycle -- a bike which helped him set the land-speed world record at Utah's Bonneville Salt Flats in 1967.



Monday, November 13
DOUBLE FEATURE
2:30 **My Big Fat Greek Wedding**
Rated PG 1hr, 25mins
A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.



Monday, November 20
6:30PM
Barbie
Rated PG13 1hr, 54mins
Set in the colorful Barbie Land, stereotypical Barbie lives a perfect life every single day. One day, she shows signs of being...a human. She decides to go to the Real World to find the cure in order to make herself perfect again.



Monday, November 13
DOUBLE FEATURE
6:30 **My Big Fat Greek Wedding 2**
Rated PG13 1hr, 33mins
As Toula and Ian try to liven up their marriage, an old family secret inspires the extended Portokalos clan to put on another wedding.



Monday, November 27
6:30PM
Instant Family
Rated PG13 1hr, 58mins
Feeling a void in their marriage, Pete and Ellie Wanger visit a foster-care center. Two social workers, Karen and Sharon, guide the hopeful parents on the path to becoming adoptive parents. The couples are taken to a fair where they have the chance to go up to kids that they are interested in adopting.

