

April 2024

# THE CHRONICLES

The Newsletter of Cottage Grove Place

# Spring Word Search

- BLOSSOM
- BLOOM
- FLOWERS
- RAIN
- SHOWERS
- EASTER
- SPRING BREAK
- GRASS
- HATCH
- BIRDS
- SUNSHINE
- SEASON
- MARCH
- APRIL
- MAY

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



## APRIL MARKS PARKINSON'S DISEASE AWARENESS MONTH

Parkinson's is a progressive condition for which there is currently no cure. It is the second most common neurodegenerative condition in the United States, behind Alzheimer's disease. Parkinson's Awareness Month is marked with events meant to increase visibility for those who live with the condition, as well as honor researchers, medical teams, family members, and others who care for those living with Parkinson's. How can you get involved? You can increase your own awareness of Parkinson's by finding out if you have a higher risk of developing the condition. You can also check in with friends and loved ones who have been affected by Parkinson's to talk about how the condition has shaped their lives. On Thursday April 11, World Parkinson's Day, Cottage Grove Place will be hosting a "Pies for Parkinson's" fundraiser in the Cottage Grill at 1:30pm. Proceeds from the event will be donated to the Michael J. Fox Foundation.

# HAPPY BIRTHDAY!

FROM ALL OF US AT COTTAGE GROVE PLACE

## RESIDENT BIRTHDAYS

- 1 Dave Schmitt
- 2 Ed Armbrust
- 3 Tom Garner
- 3 Marion Takes
- 3 Roy Kintner
- 4 Marilyn Ormsby
- 4 Mary Salmon
- 5 Lynn Garner
- 15 Sue Kirkland
- 15 Dixie Merritt
- 16 Steve Overton
- 20 Carol Grimminger
- 25 John Maher
- 27 Terry Boyden
- 27 Toini Landis
- 29 Susan Lancaster
- 29 Ann Gesme
- 30 Roger Boyles

## STAFF BIRTHDAYS

- 1 Keith Kerscher
- 4 Jami Cook
- 10 Angel Hernandez
- 11 Ed Vorwald
- 19 Colin Primer-Posey
- 21 Josephine Cialfi
- 22 Jennifer Snook
- 26 Shannon Hansen
- 28 Jennifer Moorer
- 28 Bryanna Washington
- 30 Kirsten Collins



PLEASE MAKE SURE YOU ARE REGISTERING FOR ACTIVITIES IN RED AS SOON AS YOU CAN! THIS HELPS US BE ABLE TO SECURE TRANSPORTATION AND PROVIDE ADEQUATE SUPPLIES FOR THESE ACTIVITIES. REGISTRATION CAN BE DONE ON THE APP OR CALL THE FRONT DESK.



CELEBRATE YOUR MARCH BIRTHDAY ON WEDNESDAY APRIL 24 IN THE COTTAGE GRILL AT 3:00PM! BIRTHDAY TREATS WILL BE PROVIDED.



### WELCOME HOME

New Residents at Cottage Grove Place  
Gladys Stout-Evans



March Employee of the Month:  
Tom Kenneavy



## APRIL COE FORUM: FOUR HARD IDEAS OF PHYSICS, EXPLAINED SIMPLY

Physics is often perceived as a complicated and unapproachable subject. Famously, Israeli politician Chaim Weizmann, once remarked that, over dinners together during an Atlantic crossing in the 1920s, Albert Einstein explained his theory of relativity "...to me every day, and by the time we arrived I was fully convinced that he really understands it." Yet, the age of the internet, with YouTube and TedTalks, has also shown that complex concepts can be presented to the general public in enjoyable and understandable ways. In this forum, Fran Allison and Francis Halpin Professor of Physics Mario Affatigato will explain four "difficult" ideas of physics. The series will conclude in week four with an exploration of the supposedly mysterious concepts of quantum mechanics. Throughout the series, each session will define and introduce that week's concept, provide some history, and explain the ideas and experiments surrounding it. Complex mathematics will be avoided entirely; instead, we will discuss interesting ideas and make abundant use of graphs and visuals. The series will nourish those who yearn to simply understand the profound ideas explored by physicists that help explain the world around us.


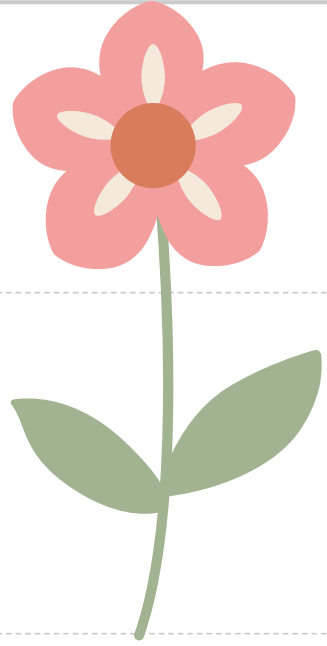

Cost is \$12 per week. Cottage Grove Place provides transportation to and from Coe College leaving at 8:30am and returning at 11:30am. Call the Front Desk to sign up or register on the App!

## SPRING & SUMMER DAYTRIP INFORMATION SESSION

Join Kirsten in the Activity Room on Wednesday, April 10 at 3:00pm to review some spring and summer daytrip opportunities! We will go over tentative itineraries, costs, and more details about different trips for the next few months. Some options include: Tulip Time Festival, Iowa Cubs baseball games, Iowa State Fair, Circa '21 Dinner Theater, and much more!

## COTTAGE GROVE PLACE TRIVIA NIGHT

This monthly event is a favorite of many residents so if you have not had the chance to join us we would love to have more players involved! Dinner will be provided. If you plan to attend Trivia Night on Thursday April 11 you are invited to bring a guest to play along! We want to show off all the fun we have at Cottage Grove Place in hopes of gaining new friends and neighbors this year. Be sure to let Kirsten Collins or Susan Bednar, Marketing Director, know if you are planning to bring guests. And don't worry - while we may introduce them to our marketing staff this will not be a night about selling apartments. We want to have fun!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>ROOM KEY            Front Lobby (FL)            Fitness Center (FC)            Commons Patio (CP)            Commons Dining Room (CDR)            Sedlacek Hall (SH)            Cottage Grill (CG)</p> 	<p>2nd Floor Activity Room (2AR)            3rd Floor Card Room (3CR)            The Pub (P)            Movie Theater Room (MTR)            Touchtown In House TV (ITV)  <b>Items in red require RSVP—            contact the front desk.</b></p>	<h1>APRIL</h1>					
	<p><b>1</b></p> <p>10:30 Exercise for Everyone (FC)            11:00 Let's Write &amp; Discuss (3CR)            1:30 Reading Group w/ Dot (2AR)            2:30/6:30 Movie Monday &amp; Popcorn:            Ticket to Paradise (MTR)</p>	<p><b>2</b></p> <p>10:30 Wii Bowling (FC)            1:00 Bingo (SH)            2:00 Music &amp; Motion (2AR)            3:00 Interdenominational Worship            Service (SH)</p>	<p><b>3</b></p> <p>10:00 St Matthew's Catholic Service            (SH)            10:30 Exercise for Everyone (FC)  <b>11:00 Lunch Outing: Olive Garden            (FL)</b></p>	<p><b>4</b></p> <p><b>8:30 Coe Forum (FL)*</b>            10:30 Spa Rules Review (Spa/FC)            1:00 Resident Council (SH)            3:00 Trivia Tables (CG)</p>	<p><b>5</b></p> <p>10:30 Fitness Video (FC)            12:30 Pool League            2:00 Happy Hour Carts</p>	<b>6</b>	
<b>7</b>	<p><b>8 Total Solar Eclipse</b></p> <p>10:30 Exercise for Everyone (FC)            11:00 Let's Write &amp; Discuss (3CR)            1:30 Reading Group w/ Dot (2AR)            1:30 Eclipse "Watch Party" (CG)            2:30/6:30 Movie Monday &amp; Popcorn:            Spaceman (MTR)</p>	<p><b>9</b></p> <p>10:30 Wii Bowling (FC)            1:00 Bingo (SH)            2:00 Music &amp; Motion (2AR)            3:00 Book Club Meeting (2AR)</p>	<p><b>10</b></p> <p>10:30 Exercise for Everyone (FC)  <b>11:00 Lunch Outing: Pizza Ranch (FL)</b>            3:00 Spring &amp; Summer Daytrip Infor-            mation Session (2AR)</p>	<p><b>11</b></p> <p><b>8:30 Coe Forum (FL)*</b>            10:30 Water Aerobics (Spa)            1:30 Pies for Parkinson's (CG)            3:00 All Resident Meeting (SH)  <b>5:00 Trivia Night! (SH)</b>  <b>6:45 Mama Mia Reunion Concert            (FL)*</b></p>	<p><b>12</b></p> <p>10:30 Exercise for Everyone (FC)            12:30 Pool League (P)            2:00 Master's Mixer Happy Hour (SH)</p>	<b>13</b>	
<b>14</b>	<p><b>15</b></p> <p>10:30 Exercise for Everyone (FC)            11:00 Let's Write &amp; Discuss (3CR)            1:30 Reading Group w/ Dot (2AR)            1:30 Historical Theater Presents:            Walt Disney (SH)            2:30/6:30 Movie Monday &amp; Popcorn:            The Way Back (MTR)</p>	<p><b>16</b></p> <p>10:30 Wii Bowling (FC)            1:00 Bingo (SH)            2:00 Music &amp; Motion (2AR)            2:00 Lug-A-Mug (CG)            2:05 PD Support Group Meeting            (Red Cedars AL)            3:00 Grief Support Group (CD,PD)</p>	<p><b>17</b></p> <p>10:30 Exercise for Everyone (FC)  <b>11:00 Lunch Outing: Cancun Mexican            Grill (FL)</b>            2:00 Creative Arts Group (2AR)            4:00 Bethany Lutheran Services (SH)</p>	<p><b>18</b></p> <p><b>8:30 Coe Forum (FL)*</b>            10:30 Water Aerobics (Spa)            1:00 Coe Concert Choir (SH)            3:00 Trivia Tables (CG)</p>	<p><b>19</b></p> <p>10:30 Exercise for Everyone (FC)            12:30 Pool League (P)            2:00 Happy Hour with Charles Mi-            chels Live Music (CG)</p>	<p><b>20</b></p> <p><b>7:30 Orchestra Iowa: Essential Earth            at the Paramount (FL)*</b></p>	
<b>21</b>	<p><b>22 Earth Day</b></p> <p>10:30 Exercise for Everyone (FC)            11:00 Let's Write &amp; Discuss (3CR)            1:30 Reading Group w/ Dot (2AR)  <b>3:00 Decorate a Reusable Tote (2AR)</b>            2:30/6:30 Movie Monday &amp; Popcorn:            The Miracle Club (MTR)</p>	<p><b>23 National Picnic Day</b></p> <p>11:00 -1:30 Picnic in the Grill            Courtyard (CG)            1:00 Bingo (SH)            2:00 Music &amp; Motion (2AR)            3:00 Floyd Sandford: Hiking in the            Picos de Europa (SH)</p>	<p><b>24</b></p> <p>10:30 Exercise for Everyone (FC)  <b>11:00 Lunch Outing: Your Pie (FL)</b>            3:00 April Birthday Celebration (CG)            5:00-7:00 WHS Student Senate            "Senior" Prom (SH)</p>	<p><b>25</b></p> <p><b>8:30 Coe Forum (FL)*</b>            10:30 Water Aerobics (Spa)            3:00 Trivia Tables (CG)  <b>6:45 Community Concerts: Here            Comes the Sun (FL)*</b></p>	<p><b>26</b></p> <p>10:30 Exercise for Everyone (FC)            12:30 Pool League (P)  <b>National Pretzel Day!</b>            2:00 Twisted Treats Happy Hour (CG)</p>	<b>27</b>	
<b>28</b>	<p><b>29</b></p> <p>10:30 Exercise for Everyone (FC)            11:00 Let's Write &amp; Discuss (3CR)            1:30 Reading Group w/ Dot (2AR)            2:30/6:30 Movie Monday &amp; Popcorn:            Mending the Line (MTR)</p>	<p><b>30 National Tie Dye Day</b></p> <p>10:30 Wii Bowling (FC)            1:00 Bingo (SH)            2:00 Music &amp; Motion (2AR)            2:00 Tie Dye Crafting (CG)            3:00 Book Club Meeting (2AR)</p>					

## ADDITIONAL DETAILS AND INFORMATION

### Tuesdays in April | Wii Bowling | 10:30am Fitness Center

Join us for “virtual” bowling every Tuesday morning in April! This video game bowling gives a real feel of bowling in the comfort of our fitness center. Each game allows up to 4 players.

### Thursdays in April | Spa and Water Aerobic Classes | 10:30am Fitness Center/Spa

We are finally ready to open the spa! Join Kirsten in the Fitness Center on April 4 to review the rules for using the spa and get more information about Water Aerobics Classes.

We may also have the chance to tour the updated area!

### Monday April 8 | Eclipse “Watch” Party | 1:30pm Cottage Grill

Iowa is not in the path of totality for this eclipse but there will still be plenty to see! The maximum coverage will be about 84% around 2:00pm so come early to enjoy some themed refreshments and pick up a pair of *limited* glasses. These special glasses can be purchased at many local drugstores and grocery stores around town.

### Monday April 22 | Decorate a Reusable Tote Bag | 3:00pm 2nd Activity Room

Happy Earth Day! Join Kirsten in the Activity Room to decorate a reusable tote bag in recognition of Earth Day. Sign up with the Front Desk or on the App!.

### Tuesday April 23 | National Picnic Day - Picnic in the Courtyard | 11:00-1:30 Cottage Grill

The Grill special today will be picnic style food! Feel free to enjoy your lunch in the courtyard, weather pending. Cornhole and washers will be set up for those wanting to play yard games.

### Wednesday April 24 | Student Senate “Senior” Prom | 5:00pm-7:00pm Sedlacek Hall

Dress in your best red carpet attire and join the Washington High School for “Senior” Prom in Sedlacek Hall. Dancing, mingling, and socializing with friends during this night to remember.

### Tuesday April 30 | National Tie Dye Day: Crafting | 2:00 Cottage Grill

Bring some white clothing items, hats, bags, etc. to the Grill and create Tie Dye masterpieces! We will sit outside, weather pending.



## RESIDENT-LED GAMES

*No Experience Necessary!*

**Knitting & Yarn Arts** meets at 2:00pm every Sunday in the 2nd Floor Activity Room.

**Penny Bingo** starts at 2:30pm every Sunday in the Cottage Grill Private Dining Room.

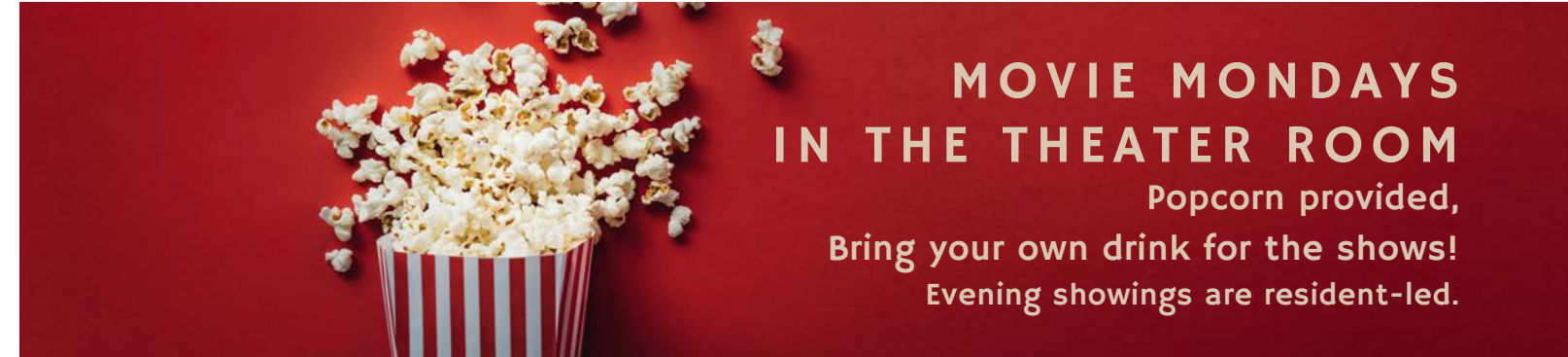
**Phase 10 Card Game** is held in The Grill every Monday and Thursday at 12:00pm.

**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.



## MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided,  
Bring your own drink for the shows!  
Evening showings are resident-led.



Monday, April 1  
2:30pm and 6:30pm  
**Ticket to Paradise** (2022)  
Rated PG-13 1 hr, 44 min  
A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.



Monday, April 22  
2:30PM and 6:30pm  
**The Miracle Club** (2023)  
Rated PG-13 1 hr, 30 mins  
There's just one dream for the women of Balygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes.



Monday, April 8  
2:30PM and 6:30PM  
**Spaceman** (2024)  
Rated R 1 hr, 47 mins  
Half a year into his solo mission on the edge of the solar system, an astronaut concerned with the state of his life back on Earth is helped by an ancient creature he discovers in the bowels of his ship.



Monday, April 29  
2:30PM and 6:30PM  
**Mending the Line** (2022)  
Rated R 2 hr, 2 mins  
A Marine wounded in Afghanistan is sent to a V.A. facility in Montana where he meets a Vietnam Vet who teaches him how to fly fish as a way of dealing with his emotional and physical trauma.



Monday, April 15  
2:30PM and 6:30PM  
**The Way Back** (2020)  
Rated R 1 hr, 48 mins  
Jack Cunningham was a high school basketball phenom who walked away from the game, forfeiting his future. Years later, when he reluctantly accepts a coaching job at his alma mater, he may get one last shot at redemption.



Movie Suggestion?? Leave a note for Kirsten Collins at the Front Desk and she will do her best to find the film!