

May Flowers

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 A N Z T D O X H I U K F B O M U I T P S Z M I D
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CHERRY BLOSSOM
 BUTTERCUP
 MARIGOLD
 TULIP
 LILY

BOUGAINVILLEA
 CARNATION
 FLOWERS
 OCHID
 ROSE

RED HATTRS
 SWEET PEA
 VIOLET
 DAISY
 MAY

May 2024

THE CHRONICLES

The Newsletter of Cottage Grove Place



MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

May is Skin Cancer Awareness Month and as the weather continues to get warm, many people start spending more time outside. With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. Skin Cancer Awareness Month is a time for us to speak up about the dangers of skin cancer, share the facts about sun protection and early detection to help save lives. **How can you protect your skin?**

- **Limit your time in the sun.** UV rays are the strongest between 10am and 4pm. Take a break from the sun and spend time in the shade.
- **Apply broad spectrum sunscreen frequently.** Use at least SPF 15 or higher even when it's cloudy and reapply if you are in the sun for an extended period of time.
- **Cover your skin.** Wear clothing that covers your skin when possible, and wear sunglasses and a wide-brimmed hat to protect your face and neck.

HAPPY BIRTHDAY!

FROM ALL OF US AT COTTAGE GROVE PLACE

RESIDENT BIRTHDAYS

- 10 Joan Tucker
- 12 Liz Zwanzinger
- 13 Fran Johnson
- 15 Marion Koontz
- 18 Sharon Aukerman
- 19 Ken Owens
- 19 Cece Van Metre
- 20 Duane Weber
- 25 Joan Minney
- 26 Ann Bromley
- 26 Jim Stickley
- 28 Linda Dircks

STAFF BIRTHDAYS

- 1 Sue Westerdahl
- 2 Melody Paul
- 6 Cindy Crock
- 7 Gifty Adu Gyamfi
- 8 Calette Greene
- 8 Prince Madu
- 9 Willie Davis
- 10 Sarah Innes
- 11 Ella Tamlyn
- 14 Madalyn Kann
- 15 Karmen Clark
- 15 Justin Moser
- 17 Aly Dye
- 18 Sharon Aukerman
- 18 LeAnne White
- 19 Kamry Carpenter
- 20 Hadley Azbill-Zach
- 21 Trinity West
- 25 Cindy Carpenter
- 25 Brittany Rozek
- 27 Jack Hollingshead
- 29 Jessica Ramsden
- 30 Emily Koranda
- 31 Amani Musafiri



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 MAY BIRTHDAY ON WEDNESDAY MAY 29 IN THE COTTAGE GRILL AT 3:00PM! BIRTHDAY TREATS WILL BE PROVIDED.



WELCOME HOME
New Residents at Cottage Grove Place
Bonnie Malone
Barb Schultz



April Employee of the Month:
Emily Cadden
Sous Chef



NEW PROGRAMMING: DOCUSERIES WATCH PARTIES



Coe Forum has come to a close for the summer months, but there is still many opportunities to learn from the comfort of our own community! Stop in the Movie Theater Room every Thursday morning at 9:00am for a cup of coffee and brief 20-minute documentary on various topics about the world around us! This month we will focus on a series titled "Explained" on Netflix. This series explores questions and seeks answers from different professionals on each topic! The line-up for the shows is as follows:

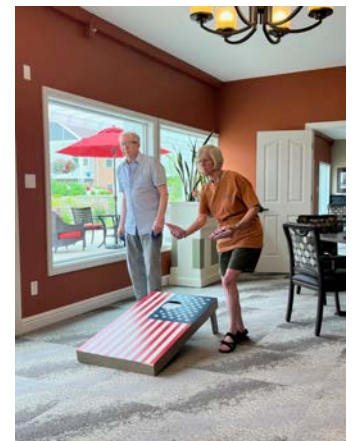
- Week 1 - The World's Water Crisis**
- Week 2 - Political Correctness**
- Week 3 - Can We Live Forever?**
- Week 4 - The End of Oil**
- Week 5 - Your Skin**


THEATER CEDAR RAPIDS AND PARAMOUNT SHOWS

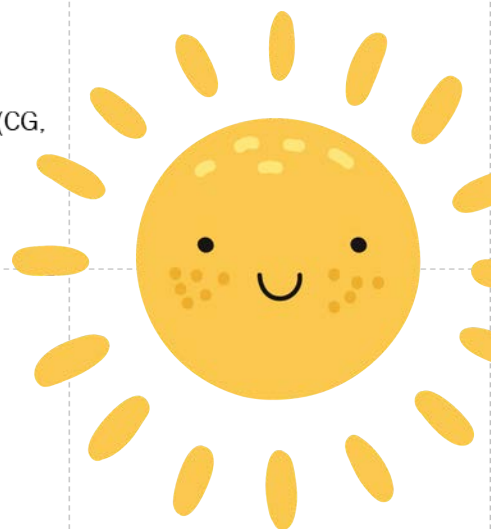
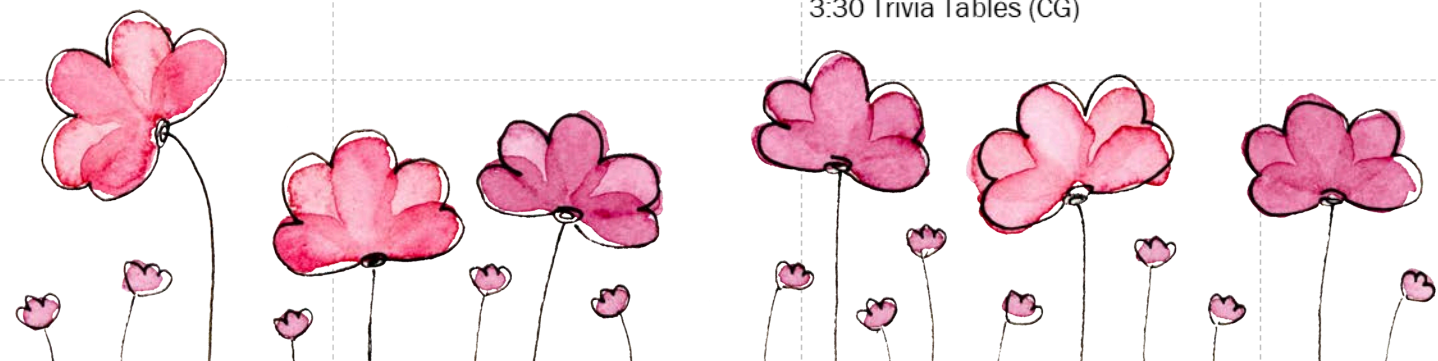
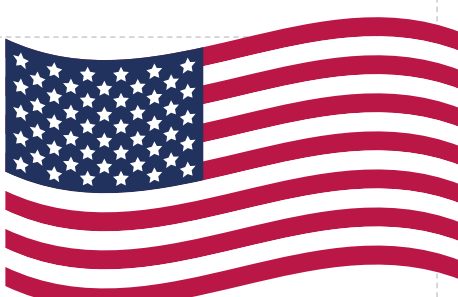
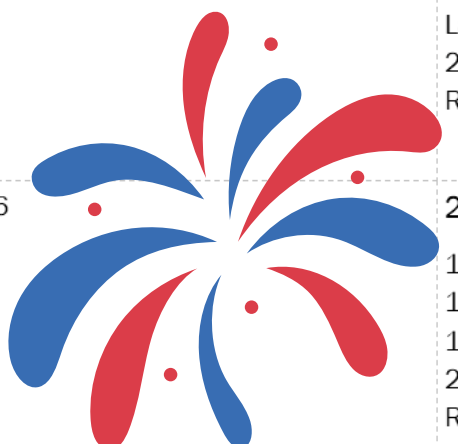
NOTICE: Residents interested in attending performances at Theater Cedar Rapids (TCR) or the Paramount Theater for the 2024/2025 season, contact Susan Cooper (319-521-4371). She may be able to get a group together and secure transportation provided by Cottage Grove Place.

BAGS AND BEERS: CORNHOLE TOURNAMENT

Let's spend the afternoon outdoors enjoying a fun backyard game! Refreshments will be provided. Please sign up individually or in pairs by May 21 so we can create a bracket. Don't care to play cornhole? No problem! Stop by the Courtyard and watch the tournament while enjoying the sunshine and blooming plants all around. Look forward to seeing you there!



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) Cottage Grill (CG) Cottage Grill Private Dining (CG, PD)	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. * Ticket Purchase Required		1 10:00 St Matthew's Catholic Service (SH) 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Starlite Room (FL) 1:00 Sip and Stroll (CP) 3:00 Derby Hat Crafting (2AR)	2 7:00—4:00 Tulip Time Festival Day Trip (FL)* 9:00 Docuseries Watch Party: Explained (MTR) 1:00 Resident Council (SH)	3 9:00-11:00 Celebration of Life: Roger Flint (SH) 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Happy Hour Kentucky Derby (CG)	4
5	6 10:30 Exercise for Everyone (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: King Richard (MTR)		7 10:30 Wii Games (FC) 1:00 Bingo (CDR) 2:00 Music & Motion (2AR) 3:00 Interdenominational Worship Service (SH)	8 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Zeppelins Bar & Grill (FL) 1:00 Sip and Stroll (CP) 3:00 Spa Open House (Spa)	9 9:00 Docuseries Watch Party: Explained (MTR) 10:30 Water Aerobics (Spa) 3:00 All Resident Meeting (SH) 5:00 Trivia Night! (SH)	10 10:00 Muffins with Moms (CDR) 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00-4:00 Happy Hour with Live Music by Mike Maas Trio (SH)
12 Mothers Day	13 10:30 Exercise for Everyone (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: The Peanut Butter Falcon (MTR)	14 10:30 Wii Games (FC) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Book Swap (2AR)	15 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Pickle Palace (FL) 1:00 Sip and Stroll (CP) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	16 9:00 Docuseries Watch Party: Explained (MTR) 10:30 Water Aerobics (Spa) 2:00 Potted Plants Party (CG) 3:00 Trivia Tables (SH) 6:45 TCR: School of Rock (FL)*	17 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts	18 7:30 Orchestra Iowa: Carmina Burana (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: Laura Ingalls Wilder (SH) 2:30/6:30 Movie Monday & Popcorn: Rescued by Ruby (MTR)	21 10:30 Wii Games (FC) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 2:05 PD Support Group (SH) 3:00 Culinary Creations: Ice Cream in a Bag (CG)	22 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Napoli's Restaurant (FL) 1:00 Sip and Stroll (CP) 3:00 Bags and Beers: Cornhole Tournament (CG, Courtyard)	23 9:00 Docuseries Watch Party: Explained (MTR) 10:30 Water Aerobics (Spa) 3:00 Trivia Tables (CG) 6:00 S'mores by the Fire (CP)	24 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) National Pet Month 2:00 Barks & Brews: "Yappy" Hour (CG) <i>Residents are welcome to bring their pups to the courtyard to visit! Must be leashed and friendly—treats provided.</i>	25
26	27 Memorial Day 10:30 Exercise for Everyone (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: RESIDENT CHOICE	28 10:30 Wii Games (FC) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 2:00 Lug-A-Mug Social (CG) 3:00 Book Club Meeting (2AR)	29 10:30 Exercise for Everyone (FC) 11:00 Lunch Outing: Cedar Ridge Winery (FL) 1:00 Sip and Stroll (CP) 3:00 May Birthday Celebration (CG)	30 9:00 Docuseries Watch Party: Explained (MTR) 10:30 Casino Outing: Riverside (FL) 10:30 Water Aerobics (Spa) 2:00 One-Man Variety Show (SH) 3:30 Trivia Tables (CG)	31 10:30 Exercise for Everyone (FC) 12:30 Pool League (P) National BBQ Month 2:00 BBQ Happy Hour with Live Music (CG, Courtyard)	



ADDITIONAL DETAILS AND INFORMATION

Tuesdays in May | Wii Games | 10:30am Fitness Center

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

Wednesdays in May | Sip and Stroll | 1:00pm Commons Patio

Pour up some lemonade, water, or iced tea and come along for a stroll around the Commons Courtyard walking path! (Outside the Dining Room). Wear your comfortable walking shoes and walk as many laps as you want! Finally time to enjoy the spring and summer weather.

Wednesday May 8 | Spa Open House | 3:00pm Spa

Stop by the Spa between 3:00pm-4:00pm and learn more about Water Aerobics and use of the newly opened Spa. Kirsten will be available to answer any questions.

Thursday May 9 | Trivia Night! | 5:00pm Sedlacek Hall

One of our most popular activities each month! Dinner and drinks will be provided. No experience necessary. Feel free to bring a friend to play along with you! RSVP on the App or call the Front Desk. Guests should be registered with Kirsten Collins.

Friday May 10 | Muffins with Moms | 10:00am Commons Dining Room

Ladies are welcome to join together for tea and muffins in celebration of Mother’s Day! Let the Front Desk know if you are planning to bring any guests.

Tuesday May 14 | Book Swap | 3:00pm 2nd Floor Activity Room

Bring your favorite books and a friend to Book Swap! Discuss and trade your books amongst one another to find your new favorite book! Coffee, tea, and cookies provided.

Friday May 24 | Barks and Brews “Yappy” Hour | 2:00 Cottage Grill

Residents are invited to bring their dogs to celebrate National Pet Month! Dogs must be leashed and remain in the courtyard for the duration of Happy Hour for food safety.

Thursday May 30 | One Man Variety Show | 2:00 Sedlacek Hall

35-minute program of magic, comedy, and variety entertainment designed just for you!



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.

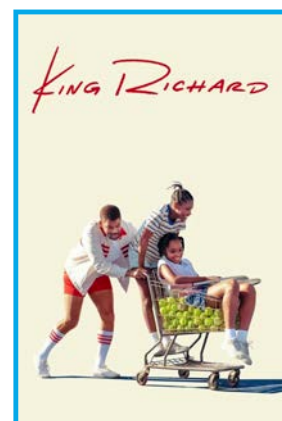
Rummikub group is help on Fridays at 7:00pm in the 3rd Floor Card Room.

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, May 6
2:30pm and 6:30pm
King Richard (2021)
Rated PG-13 2 hr, 24 min
A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard.



Monday, May 27
2:30PM and 6:30pm
Resident Choice
Residents in attendance for Movie Monday may make a selection from Netflix together! Happy Memorial Day.



Monday, May 13
2:30PM and 6:30PM
The Peanut Butter Falcon (2019)
Rated PG-13 1 hr, 37 mins
A man who has Down syndrome runs away to realize his wrestling dreams and sets out for adventure with a new friend in tow and a caregiver in pursuit.



Monday, May 20
2:30PM and 6:30PM
Rescued by Ruby (2022)
Rated TV-G 1 hr, 33 mins
Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.

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

