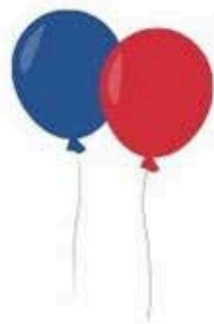


# 4th of July Word Search

F O U R T H A U N I T E D S O  
 R R E F I R E W O R K S Y B D  
 E I E P A R A D E R W H I R A  
 E B E V A S F L A T G A T I T  
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AMERICA  
 BLUE  
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FREEDOM  
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 PARADE  
 RED

REVOLUTION  
 RIGHTS  
 STATES  
 SUMMER  
 THIRTEEN  
 UNITED  
 WHITE



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July 2024

# THE CHRONICLES

The Newsletter of Cottage Grove Place



## JULY IS HEALTHY VISION MONTH

July is Healthy Vision Month, and it's a time to focus on maintaining good eye health. Here are some tips for keeping your eyes healthy: wear sunglasses to protect your eyes from harmful UV rays, take breaks from screen time to reduce eye strain, eat a balanced diet rich in vitamins and nutrients that promote eye health, and get regular eye exams. If you feel like your vision is getting worse with age ask your healthcare provider about recommended vitamins that may prove to be helpful.

Vision loss can have a major impact on every part of life. Having a visual impairment can create challenges in performing everyday tasks, and the stigma around losing vision can be isolating — causing feelings of fear, anxiety, or grief.

**Join Dr. Christine Winter-Rundell, OD of Cedar Rapids Eye Care on Tuesday, July 9 at 3:30pm in Sedlacek Hall to learn more about Healthy Vision.**



# HAPPY BIRTHDAY!

FROM ALL OF US AT COTTAGE GROVE PLACE

Celebrate your July birthday on Wednesday July 24 in the Cottage Grill at 3:00pm! Birthday treats will be provided.

## RESIDENT BIRTHDAYS

- |                       |                    |
|-----------------------|--------------------|
| 1 Bill Vincik         | 18 Jan Doyle       |
| 2 Ron Moore           | 18 Mary Ann Kucera |
| 3 Joanne Buresh       | 18 Jon White       |
| 3 Elaine Cook         | 23 Eva Stark       |
| 4 Julie Berchenbriter | 25 Frances Walby   |
| 8 Ellen Stevens       | 25 Susan Thompson  |
| 9 Joan Zorza          | 26 Jo Helland      |
| 10 Bonnie Malone      | 26 Mary Turner     |
| 10 Bev Rasmussen      | 26 Phyllis White   |
| 12 Norm Smith         | 27 Mary Schimberg  |
| 12 Ruth Swearingen    | 28 Mary Johnston   |
| 15 Darlene Griffith   | 29 Jay Jacobowitz  |
| 16 Barb Barkley       | 31 Joan Schultz    |
| 17 Nancy Descombes    |                    |

## STAFF BIRTHDAYS

- |                     |
|---------------------|
| 4 Hannah Sackett    |
| 6 Michele O'Neill   |
| 8 Greg Stuckey      |
| 9 Alleesandra Brown |
| 12 Destiny Anderson |
| 14 Aidan Kasper     |
| 15 Rachel Silver    |
| 16 Louise White     |
| 20 Karen Lampkin    |
| 20 Melissa Peyton   |
| 22 Kayla Duggan     |
| 25 Cecelia Tarley   |
| 28 Brenda Larson    |



## EAF HOSTS ARTS & CRAFTS FAIR

The Employee Appreciation Fund committee is kickstarting their fundraising efforts starting in August! This money is raised by residents for hourly staff members every year providing an added bonus to their income around the holiday season. On Wednesday August 14 the EAF will host an Arts and Craft Fair & Exhibit in Sedlacek Hall from 1:00pm-3:00pm. Residents are invited to stop by and purchase items with portions of proceeds going directly to the EAF Fund and the artists themselves! If you are interested in learning more or showing/selling items please contact Julie Hanson apt 2320 x5587.

## COTTAGE GROVE PLACE

### WALK TO END ALZHEIMER'S FUNDRAISER EVENTS

**WOW!** Our first month of fundraising was outstanding - thank you to all who have donated thus far to our annual Walk to End Alzheimer's fundraiser. Together we have raised \$1,981 towards our goal of \$5000. We will continue to raise money with events around the community for the coming months until the day of the Walk to End Alzheimer's. Be on the look out for those events listed in the calendar. On Tuesday, July 16 we will be hosting a Pancake Brunch in the Commons Dining Room from 10:00am-12:00pm for a cost of \$5 per plate. Pancakes with various toppings will be available along with coffee and juice.

The Walk to End Alzheimer's is on Saturday September 21 at 9:00am at the McGrath Amphiteater in Downtown Cedar Rapids. If you are interested in joining our walking team or donating outside of our events please contact Kirsten Collins x5716 or Samantha Barnes x5734.



### WELCOME HOME

Have friends interested in Cottage Grove Place? Contact the Marketing Department!



May Employee of the Month:  
Angela Noethe



## KIRKWOOD HOTEL LUNCH AND TOUR


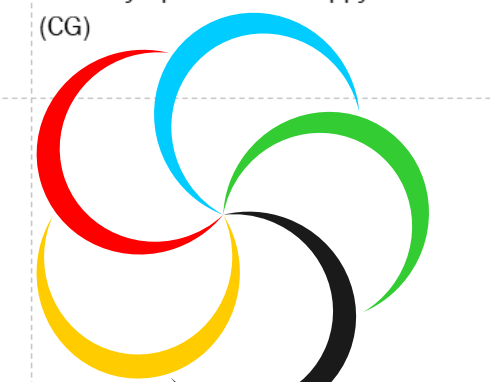
Some residents joined us last month for a presentation by staff at Kirkwood Community College to learn more about the institution and ways they interact with the Cedar Rapids Community. They have invited us for an on-site meal and tour of their campus on Tuesday July 9 from 11:00am-2:30pm. The itinerary for the outing is listed below:

- 11:30am-1:00pm - Lunch in Private Dining at Hotel Kirkwood (pay on your own)
- 1:00pm-1:10pm - Bathroom Break
- 1:10pm-1:25pm Tour of Culinary/Hospitality Program
- 1:30pm-2:00pm Bus Tour of Kirkwood Campus with Tour Guide

If you are interested in attending this outing please sign up on the App or call the Front Desk as soon as possible. The outing will be a unique experience that will not come again!



Photos from our June Outing to Dubuque for the lunch cruise aboard the American Lady! It was a beautiful day to enjoy lunch on the boat and sightsee the Mississippi River.

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)	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>		<b>July</b>			
	1 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: Eat Pray Love (MTR)	2 9:00 Wellness Walks (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Interdenominational Worship Service (SH)	3 10:00 St Matthew's Catholic Service (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Daisy's Garage (FL)</b> 3:00 Cornhole Tournament (CG)	4 Independence Day <b>HAPPY 4th of July</b>	5 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) National Hawaii Day 2:00 Happy Hour Luau	6
7 	8 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: Captain Philips (MTR)	9 9:00 Wellness Walks (FL) <b>11:00 Kirkwood Hotel Lunch and Tour (FL) Residents pay for lunch.</b> 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:30 Healthy Vision Presentation with Dr. Winter-Rundell. OD (SH)	10 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Kingston's Steakhouse (FL)</b> 2:00 Young at Harp Performance (SH)	11 9:00 Wellness Walks (FL) 10:30 Water Aerobics (Spa) <b>1:00 Shopping Outing: Coralville Mall (FL)</b> <b>5:00 Trivia Night (SH)</b>	12 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour (CG)	13
14	15 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 1:30 Historical Theater Presents: Betsy Ross (SH) 2:30/6:30 Movie Monday & Popcorn: Queen Bees (MTR)	16 9:00 Wellness Walks (FL) 10:00-12:00 Alzheimer's Fundrais- er: Pancake Brunch (CDR) \$5 per plate 1:00 Bingo (SH) 2:00 Music & Motion (2AR)	17 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) National Ice Cream Day! <b>11:00 Lunch Outing: Frydae (FL)</b> 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	18 9:00 Wellness Walks (FL) 10:30 Water Aerobics (Spa) 2:00 Parkinson's Support Group (2AR) 3:00 Trivia Tables (CG)	19 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour with Live Music by Terry McCauley (CG)	20
21	22 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: The Fundamentals of Caring (MTR)	23 9:00 Wellness Walks (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Book Club Meeting (2AR)	24 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Copper Boar (FL)</b> 3:00 July Birthday Celebration (CG)	25 National Wine and Cheese Day 9:00 Wellness Walks (FL) <b>10:00 Riverside Casino Outing (FL)</b> 10:30 Water Aerobics (Spa) 2:00 Wine and Cheese Social (CG) 3:00 Trivia Tables (CG)	26 10:00 3rd Floor Gathering 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Olympic Games Happy Hour (CG) 	27
28	29 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: Like Father (MTR)	30 9:00 Wellness Walks (FL) 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Floyd Sanford Presents: Beautiful Belize (SH)	31 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Granite City (FL)</b> 3:00 Larry Jensen Piano Performance (SH)			



## ADDITIONAL DETAILS AND INFORMATION

### Wednesday July 3 | Cornhole Tournament | 3:00pm Cottage Grill

Join us for a fun outdoor activity with light refreshments provided! No experience necessary. Come with a partner or we will assign teams upon arrival.

### Friday July 5 | Happy Hour Luau | 2:00pm Cottage Grill

Celebrate National Hawaii Day with a Cottage Grove Place Luau! Festive attire is encouraged.

### Wednesday July 10 | Young at Harp Program | 2:00pm Sedlacek Hall

Young at Harp returns to provide more music for our residents to enjoy! Stop by Sedlacek Hall to hear their program. Light refreshments provided.

### Thursday July 11 | Shopping Outing: Coralville Mall | 1:00pm Front Lobby

Beat the heat and spend some time perusing the shops at Coralville Mall! Bus will return before dinner service so no need to worry about meal planning.

### Thursday July 11 | 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. Resident guests should be registered with Kirsten Collins.

### Wednesday July 17 | Lunch Outing: Frydae | 11:00am Front Lobby

Celebrate National Ice Cream Day by joining us for lunch to a local Marion restaurant serving various french fry items, sandwiches, and of course ice cream!

### Thursday July 25 | Wine and Cheese Social | 2:00pm Cottage Grill

National Wine and Cheese Day celebration in the Grill! Join us for this social hour while sampling some of your favorite wines and cheese pairings.

### Friday July 28 | Olympic Games Happy Hour | 2:00pm Cottage Grill

In honor of Opening Day of the Paris Olympics stop by the Grill for Happy Hour to participate in some backyard Olympic games and enjoy happy hour themed around the event!



## MOVIE MONDAYS IN THE THEATER ROOM

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



Monday, July 1  
2:30pm and 6:30pm  
**Eat Pray Love** (2010)  
Rated PG-13 2 hr, 20 min  
After deciding to reshape her life after divorce, Liz travels around the world in search of good food, spirituality, and true love.



Monday, July 22  
2:30PM and 6:30PM  
**The Fundamentals of Caring** (2016)  
Rated TV-MA 1 hr, 37 mins  
A writer turned caregiver and an ornery teen with muscular dystrophy bond after they set off on a road trip in search of offbeat landmarks and adventure.



Monday, July 8  
2:30PM and 6:30PM  
**Captain Phillips** (2013)  
Rated PG-13 2 hr, 14 mins  
Somali pirates hijack a cargo ship and hold the captain hostage, setting the stage for a tense confrontation with the US Navy. Based on a true story.



Monday, July 29  
2:30PM and 6:30pm  
**Like Father** (2018)  
TV-MA 1 hr, 43 mins  
After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon cruise with her estranged father.



## RESIDENT-LED GAMES

*No Experience Necessary!*

**Knitting & Yarn Arts** meets at 2:00pm every Sunday in the **Assisted Living Red Cedars Lounge**.

**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.



Thursday, July 15  
2:30PM and 6:30PMa  
**Queen Bees** (2021)  
Rated PG-13 1 hr, 41 mins  
Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games, and new relationships.

Contact Kirsten Collins with movie suggestions for Movie Monday! We will do our best to find the film and schedule it on the calendar. Thank you.

