

Puzzle Page



Cottage Grove
PLACE

Building peace of mind for our residents
through all levels of care in one location.



JANUARY WORD SEARCH

JANUARY FUN SLEDDING STORM ICICLE
COLD OLYMPICS BOOTS HAT BLIZZARD
WINTER MITTENS SNOW SWEATER THERMOMETER

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



RESIDENT BIRTHDAYS

- Cynthia Schwartz.....1/1
- Joseph Vanoort.....1/1
- Kenneth Reasor.....1/2
- Karen Coote.....1/2
- Kenneth Robertson.....1/2
- Walter Raisch.....1/3
- Charles Connell.....1/4
- Carol Helgens.....1/15
- Catherine Wolfe.....1/16
- Arlene Beman.....1/16
- Lucy Lancaster.....1/17
- Dorris Lanning.....1/17
- Lanette Passman.....1/17
- Ruby Fowler.....1/17
- Suzanne Barnes.....1/21
- Donald Hosch.....1/22
- Patricia Draeger.....1/26
- Norman Wright.....1/30



**JANUARY 2025
COTTAGE GROVE CHRONICLES
NATIONAL STAYING HEALTHY MONTH**

Celebrate National Staying Healthy Month throughout January to kick off the new year with a special health-focused celebration. After the partying and festivities of the holidays, this month encourages everyone to focus on overall wellbeing and self-care. The goal is to encourage people to embrace a healthier lifestyle by promoting healthy routines throughout January. Make positive changes this month both physically and mentally to improve overall wellness. There are many opportunities at Cottage Grove Place to get more exercise or unwind from the stressors of day to day life. Be sure to invite your friends and neighbors to activities and inspire them to stay healthy too! There are very simple things you can do to keep a health body. Did you know you can reduce your chances of heart attack by 40% if you drink at least five glasses of water per day? And laughter can increase blood flow by 20% which is also great for your heart and cardiovascular system! Another way to help improve your health during these winter months is to pick up a book - reading can reduce unhealthy stress hormone levels by 68%.

STAY INFORMED!

Download **Community Apps** on your smartphone, tablet, or desktop computer for important messages or tune in to our in-house channel!
 With converter box: channel 15
 Without converter box: channel 96.1
 Contact Life Enrichment for assistance
 Do not forget to check your in-house mailboxes regularly for important announcements and other Cottage Grove Place community updates...

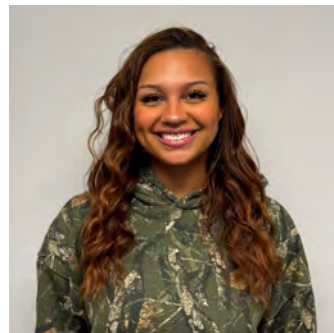
PODIATRIST VISIT

Dr. Parker, the podiatrist, will be here on Tuesday January 7 at 9:00am in the 2nd Floor Activity Room. Be sure to sign up at the Front Desk ahead of time so we can provide him with an accurate list. Visits are on a first come, first serve basis not by appointment time. Sign in on the page when you arrive and chairs will be made available for those waiting in line.

TRAVEL THE WORLD HAPPY HOURS

Join us as we venture out every Friday in January for “Travel the World Happy Hour” hosted in the Cottage Grill. Food, drink and music will be themed to fit our destination each week. Residents are invited to dress as tourists or in attire fitting the culture of our location. Pack your bags and escape the winter blues with us! Passports not required. Destinations are as follows:

- Friday January 3 - Germany
- Friday January 10 - China
- Friday January 17 - Mexico
- Friday January 24 - England
- Friday January 31 - Italy



Welcome Home!
Vicki Wright

MOVIE MONDAYS IN THE THEATER ROOM

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

Contact Life Enrichment with film suggestions for Movie Monday or for assistance with reserving the theater room.

STAFF ANNIVERSARIES

- 1 Year**
 Alanna Adkins
 Susan Bednar
 Andrew Frank
 Cherma Hawley
 Abigail Howe
 Bianca Kesselring
 Ani Lona
 Michon Scott
 Kyree Williams
- 2 Years**
 Kaniya Davis
 Hudson Hamilton
 Deianna Johnson
 Nancy Lukanzu
 Maureen Massakidi
- 3 Years**
 Samantha Henriquez
- 4 Years**
 Angela Parker
 Isaac Sackett
- 5 Years**
 Shiloh Stephen
 Edward Vorwald
- 12 Years**
 Michael Kissman
- 16 Years**
 Jason Moyer



STAFF BIRTHDAYS

- | | |
|--------------------|-----------------------|
| 1 Amira Abado | 17 Ryan Falck |
| 1 Isabella Odubasa | 17 Candence Long |
| 4 Leslie McAlpine | 19 Angela Noethe |
| 5 Feza Kakota | 20 Andrea Fuller |
| 6 Jalyn Walker | 20 Amanda Lehman |
| 9 Imani Porter | 21 Esperance Kobagize |
| 12 Phillip Lester | 25 Ryan Fottral |
| 12 Starleen Mateak | 26 William Henson |
| 13 Kodzo Aganeh | 28 Shannon Henderson |
| | 28 Welzie Shurtz |



Monday, January 6
 2:30pm and 6:30pm
The Unlikely Pilgrimage of Harold Fry (2023) 1 hr, 48 mins
 Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.



Monday, January 20
 2:30PM and 6:30PM
His Three Daughters (2023)
 Rated R 1 hr, 41 mins
 This tense, touching and funny portrait of family dynamics follows three estranged sisters as they converge in a New York apartment to care for their ailing father and try to mend their own broken relationship with one another.



Monday, January 13
 2:30PM and 6:30PM
My Penguin Friend (2024)
 Rated PG 1 hr, 37 mins
 Inspired by a true story; an enchanting adventure about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman. They soon become unlikely friends, so bonded that even the vast ocean cannot divide them.



Monday, January 27
 2:30PM and 6:30PM
Fly Me To The Moon (2024)
 Rated PG-13 2 hr, 22 mins
 Marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins.

FORUM AT HOME IN THE THEATER ROOM

For the first three weeks of January we will continue “Forum at Home” in the Movie Theater Room until Coe Forum resumes. After wrapping up Bill Gates docuseries special we will move on to watch two independent documentaries on Thursday mornings at 8:30am. Details below:

- Thursday January 9 - Mercury 13. After rigorous testing in 1961, a small group of skilled female pilots are asked to step aside when only men are selected for spaceflight. Rated TV-PG. 1 hr, 19 mins.
- Thursday January 16 - Mysteries of the Terracotta Warriors. Discovered in 1974, The Terracotta Warriors were hailed as the world’s eighth wonder. Fifty years later, what new secrets await at this iconic site. Rated TV-14. 1 hr, 17 mins.

COE FORUM IS BACK!

This two week forum is titled Harsh Realities Drawn in Pictures: (Children’s?) Literature and Social Problems of the World presented by Associate Professor of Spanish Laissa Rodriguez Moreno. It will introduce the audience to the ways children’s literature can help individuals and societies navigate some of the harsh realities of our world with particular emphasis on Latin America and Spain. As a whole, this forum series will allow us to reimagine the frontiers of children’s literature and to explore some of the world’s most pressing social issues through the lens of international picture books. Admission to each forum session is \$12 to be paid on site. Admission fee includes the lecture and morning refreshments of coffee, tea, and pastries. Cottage Grove Place provides bus transportation for the series leaving from the Front Lobby at 8:30am on Thursdays - please sign up on the app or call the Front Desk to secure your spot.



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.

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.

Mexican Train Dominos meets at 2:00pm on Saturdays in the 3rd Floor Card Room.

RESOLUTIONS ROUNDTABLES

Come to the Cottage Grill on Wednesday January 8 at 1:30 pm for an informal discussion on personal goals and resolutions for the start of the new year! The group will also discuss ideas for activity programming in the new year and make a bucket list of things they want to do this year.

READER’S THEATER PRACTICE SESSIONS

Starting this month residents are invited to attend Reader’s Theater practice sessions on the 2nd and 4th Wednesdays of each month at 3:00pm in the 2nd Floor Activity Room. There is no experience necessary for joining. We are not formally scheduling a production at this time just reviewing scripts and practicing reading aloud. This informal group is a great way to meet new people and exercise your brain. After reviewing a number of scripts and gauging interests of attendees we can work to schedule a production in the spring. We hope to see you there!

ART JOY CONNECT WITH CORRINE FOSNAUGH

Corrine Fosnaugh returns for another educational culture class on Tuesday January 14 at 3:00pm in Sedlacek Hall. This month she will cover the world famous Eiffel Tower. Learn about its construction, how it nearly got demolished twice, and what it houses today. Then construct your own Eiffel Tower by stamping paint on paper. An event you do not want to miss!



SOME NEW PROGRAMMING TO NOTICE

The third Thursday of every month is Wii Bowling in the Fitness Center! It is a fun way to stay active during these colder months and socialize with friends. No experience necessary - join us at 1:30pm to see how you do at virtual bowling. Bring your friends to join in the fun.

The last Wednesday of each month at 4:00pm will be Wine Tasting Wednesday in Sedlacek Hall. Stop by to try some new flavors or some familiar favorites before dinner. Tables will be set up for guests to enjoy conversation and good company.

I scream, you scream, we all scream for ICE CREAM! Come to the Cottage Grill on the last Thursday of each month at 1:30pm to enjoy a cup of ice cream with friends for the Ice Cream Social. Topping will be available for you to create your own sundaes.

Any ideas for new programming? Be sure to leave a message in our suggestion box located at the Front Desk! The activity department is always looking for new ways to bring the fun to you.

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) 2nd Floor Media Room (2MR) Items in red require RSVP— contact the front desk.		1 New Year's Day	2 Hanukkah Ends	3	4
5 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	6 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: The Unlikely Pilgrimage of Harold Fry (MTR)	7 Podiatrist Visit (2AR) 9:00 Coffee and Conversation (CDR) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:10 Music & Motion (2AR) 3:00 Interdenominational Worship Service (SH)	8 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Oyama Sushi and Steakhouse (FL) 1:30 Resolutions Roundtable Discussion (CG) 3:00 Reader's Theater Practice (2AR)	9 8:30 Forum at Home: Mercury 13 (MTR) 10:30 Indoor Walking Group (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	10 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Travel the World Happy Hour: China (CG)	11 10:00 Hand & Foot Card Game (3AR) 2:00 Cedar Rapids Community Orchestra performance (SH)
12 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	13 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: My Penguin Friend (MTR)	14 9:00 Coffee and Conversation (SH) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:10 Music & Motion (2AR) 3:00 Art, Joy, Connect with Corrine Fosnaugh: The Eiffel Tower (SH)	15 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Zeppelins (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	16 8:30 Forum at Home: Mysteries of the Terracotta Warriors (MTR) 10:30 Indoor Walking Group (FC) 1:30 Wii Bowling (FC) 2:00 Parkinson's Support Group (2AR) 3:00 Trivia Tables (CG)	17 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Travel the World Happy Hour: Mexico (CG)	18 10:00 Hand & Foot Card Game (3AR)
19 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	20 Inauguration Day and MLK Day 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 1:30 Historical Theater Presents: Amelia Earhart (SH) 2:30/6:30 Movie Monday & Popcorn: His Three Daughters (MTR)	21) 9:00 Coffee and Conversation (SH) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:10 Music & Motion (2AR) 3:00 Floyd Sandford: Looe, Luckington, and Tintern Abbey (SH)	22 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Cheddars Scratch Kitchen (FL) 3:00 Reader's Theater Practice (2AR)	23 8:30 Coe Forum (FL)* 10:30 Shopping Trip: Coralville Mall (FL) 10:30 Indoor Walking Group (FC) 3:30 Larry Jensen Piano (SH)	24 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Travel the World Happy Hour: England (SH)	25 10:00 Hand & Foot Card Game (3AR)
26 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	27 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 2:00 Resident referral-Bring a Friend (SH) :2:30/6:30 Movie Monday & Popcorn: Fly Me To The Moon (MTR)	28 9:00 Coffee and Conversation (SH) 10:30 Water Aerobics (Spa) 1:00 Bingo (SH) 2:10 Music & Motion (2AR) 3:00 CR Public Library Trip (FL)	29 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Goldfinch Tap + Eatery (FL) 2:00 Indoor Bags Tournament (FC) 3:00 Wine Wednesday with live music by Charles Michel	30 8:30 Coe Forum (FL)* 10:30 Riverside Casino Outing (FL) 10:30 Indoor Walking Group (FC) 1:30 January Birthdays & Ice Cream Social (CG) 3:00 Trivia Tables (CG)	31 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Travel the World Happy Hour: Italy (CG)	

JANUARY 2025 ACTIVITY CALENDAR