



# Cottage Grove CHRONICLES

## PARKINSON'S DISEASE AWARENESS MONTH: UNDERSTANDING, SUPPORTING, AND CONNECTING

April is Parkinson's Disease Awareness Month, a time to raise awareness and understanding of this progressive neurological condition that affects millions of individuals worldwide. Parkinson's disease (PD) is a chronic, degenerative disorder that impacts movement and motor control. It can cause tremors, rigidity, bradykinesia (slowness of movement), and postural instability, which often become more pronounced over time.

While Parkinson's is commonly associated with physical symptoms, it also affects a person's emotional and mental well-being, often leading to anxiety, depression, and cognitive changes. As we observe Parkinson's Disease Awareness Month, it is important to focus not only on the challenges that come with the disease but also on the hope, support, and advancements being made in research and treatment.

### How You Can Help Raise Awareness

1. Learn More: Educate yourself about Parkinson's disease so you can better understand what individuals living with Parkinson's experience.
2. Support Research: Donations to organizations that fund Parkinson's research help drive progress toward better treatments and, ultimately, a cure.
3. Offer Compassion: Sometimes, all it takes is a kind word or a listening ear to make a difference in someone's day. Show support and empathy to those affected by Parkinson's.

As we recognize Parkinson's Disease Awareness Month, we take a moment to honor those living with the disease and the caregivers who support them. By raising awareness and supporting research efforts, we can help improve the lives of millions of people affected by Parkinson's, and move closer to a world without this challenging condition. Cottage Grove Place offers monthly Parkinson's Disease Support Group meetings (see activity calendar for details). This month the University of Iowa Rehab Hospital will be here on Tuesday April 29<sup>th</sup> at 2:00pm to provide educational programming on Parkinson's Disease. We hope to see you there.

### Welcome Home!

Glenice Leach  
Jeannie Magstadt  
Pat & Larry Dawson  
Char Francis

### 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.

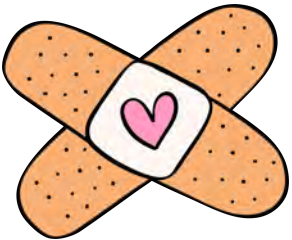
### STAFF ANNIVERSARIES

<u>1 Year</u>	<u>5 years</u>
Macyn Davidson-Ware	Isabella Odubasa
Caitlyn Ellefson	<u>6 Years</u>
Aadie Mangoy	Curtis Swazey
Kapriah Williams	<u>7 Years</u>
<u>2 Years</u>	Jenny Wauters
Madalyn Kann	<u>8 Years</u>
Michaela Leonard	Bill Henson
<u>3 Years</u>	<u>15 Years</u>
Kirsten Collins	Dawn Cunningham
Nyeanna Davis	<u>20 Years</u>
Melody Mrstik	Daryl Stout
Emily Untiedt	



March Employee  
of the Month:

Skylar Flamming  
Assisted Living CNA



### RESIDENT BIRTHDAYS

Betty Pohorsky.....	4/1
Dave Schmitt.....	4/1
Ed Armbrust.....	4/2
Joan Chadima.....	4/3
Marion Takes.....	4/3
Tom Garner.....	4/3
Marilyn Ormsby.....	4/4
Mary Salmon.....	4/4
Dixie Merritt.....	4/15
Steve Overton.....	4/16
Eugene Hay.....	4/20
Carol Grimminger.....	4/20
Katie Billington.....	4/23
John Maher.....	4/25
Maria Lowe.....	4/25
Toini Landis.....	4/27
Terry Boyden.....	4/27
Ann Gesme.....	4/29
Susan Lancaster.....	4/29
Roger Boyles.....	4/30

### STAFF BIRTHDAYS

Keith Kerscher.....	4/1
Katherine Gregory.....	4/7
Angel Hernandez.....	4/10
Ed Vorwald.....	4/11
Rickey Hare.....	4/12
Luke McMann.....	4/15
Colin Primer-Posey.....	4/19
Josephine Cialfi.....	4/21
Shannon Hansen.....	4/26
Kirsten Collins.....	4/30
Carly Schmidt.....	4/30





LIVING LAST SUPPER BY LOVELY LANE METHODIST CHURCH

This production brings to life Leonardo da Vinci’s famous painting, “The Last Supper” by members of Lovely Lane Methodist Church. Please join us for an afternoon of drama, storytelling, and music starting at 3:00pm on Sunday April 6.

RESIDENT-LED OPPORTUNITIES

Interested in starting a new card club or game group? Please stop at the Front Desk and provide your name and what types of games you’re interested in playing. Life Enrichment will pair or group residents together based on interests and schedules!

We are also seeking residents to volunteer to assist with weekend and evening activities at Cottage Grove Place. This might look like starting movies, setting up games, or leading clubs. Please come to the Activity Planning and Social Committee meeting on Monday April 7.



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.

MOVE MORE MONTH:  
A HEALTHIER, HAPPIER YOU AT COTTAGE GROVE PLACE

At Cottage Grove Place, we believe that staying active is key to maintaining a happy and healthy lifestyle at any age. This April, we’re celebrating Move More Month, a time to encourage our residents to get moving, feel better, and enjoy life to the fullest!

Throughout the month, we’ll be offering fun and engaging activities designed to keep everyone moving, whether it’s through chair exercises, walking clubs, dance classes, or stretching sessions. Physical activity doesn’t just benefit the body—it lifts the spirit and promotes overall well-being. Plus, moving more can help improve balance, flexibility, and strength, reduce the risk of chronic conditions, and even boost mood and energy levels.

Remember, it's not about doing intense workouts—it’s about moving in a way that feels good for you! Whether you’re walking, stretching, or trying out a new activity, every little bit of movement counts.

Let’s embrace Move More Month together and take steps toward better health, happiness, and well-being. Everyone at Cottage Grove Place is welcome to join in, no matter where you are on your fitness journey. Join us and let’s make every step count!

Fitness Class Overview:

**Motion Matters Exercise** is designed for beginners - most of the exercises are seated and incorporate range of motion exercises and gentle movements. **Exercise for Everyone and Chair Yoga** are classes for residents at any level of fitness - the exercises can be modified to the comfort level of each resident either by reducing resistance or performing modified actions. **Next Level Fitness** targets more advanced training routines from standing position and includes higher repetitions and weights. **Drum Fit** is a fun, music-based class to work on upper body movements and cognitive skills. **Dance Workout** is another fun, music-based class for residents seeking more movement in their daily lives without traditional exercise movements. **Wellness Walks** is the walking group at Cottage Grove Place which will hopefully be able to move outdoors very soon as the weather improves. No experience is necessary for any of the fitness classes offered at Cottage Grove Place! You are not limited to attend one class, try them all and see what works best for you. Questions? Contact Lois Robson, Fitness Instructor.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <div>APRIL ACTIVITY</div>  </div>	<div>2025 CALENDAR</div>					
						
						
6	7	8	9	10	11	12
2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) 3:00 Living Last Supper Program (SH)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 3:00 Activity Planning and Social Committee (2AR) 2:30/6:30 Movie Monday & Popcorn: The Twister: Caught in the Storm (MTR)	9:00 Coffee and Conversation (SH) <b>9:00 Water Aerobics (Spa)</b> <b>10:00 Hugh Lifson Art Gallery (FL)</b> 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:10 Dance Workout (2AR) 2:00 Art, Joy, Connect with Corrine Fosnaugh (SH)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Coyle’s Hibachi Grill (FL)</b> 1:30 Bloom Bar Flower Arrangements (SH) 3:00 Reader’s Theater Practice (2AR)	<b>8:30 Coe Forum (FL)*</b> 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) <b>5:00 Trivia Night (SH)</b>	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Masters Happy Hour (SH)	10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)
13	14	15	16	17	18	19
2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) <b>11:00 Lunch Outing: Mandarin Spice-Senior Day (FL)</b> 2:30/6:30 Movie Monday & Popcorn: The Life List (MTR)	9:00 Coffee and Conversation (SH) <b>9:00 Water Aerobics (Spa)</b> 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:10 Dance Workout (2AR) 3:00 Floyd Sandford Presents: Saving Cultural Heritage (SH) 6:00 Tom Hofer Music (SH)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Red Robin (FL)</b> 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	<b>8:30 Coe Forum (FL)*</b> 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson’s Support Group (2AR) 3:00 Trivia Tables (CG)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Easter “Hoppy” Hour (CG)	10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)
20 Easter Sunday	21	22 Earth Day	23	24	25	26
	9:00 Next Level Fitness (FC) <b>10:00 Noelridge Greenhouse Tour (FL)</b> 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 1:30 Historical Theater Presents: Louisa May Alcott (SH) 2:30/6:30 Movie Monday & Popcorn: The Wild Robot (MTR)	<b>Podiatrist Visit</b> 9:00 Coffee and Conversation (SH) <b>9:00 Water Aerobics (Spa)</b> 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:10 Dance Workout (2AR) 3:00 Reflections Reading Club (2AR)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Boiling Pot (FL)</b> 1:00 Pretzel Making Party (CG) 3:00 Reader’s Theater Practice (2AR)	<b>8:30 Coe Forum (FL)*</b> <b>10:00 Riverside Casino Outing (FL)</b> 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 1:30 Dirt & Worms Dessert Social (CG) 3:00 Trivia Tables (CG)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts 5:00 Game Night Tables (SH)	10:00 Hand & Foot Card Game (3AR) 2:00 Reading Group w/ Dot (2AR)
27	28	29	30		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
2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: The Adam Project (MTR)	9:00 Coffee and Conversation (SH) <b>9:00 Water Aerobics (Spa)</b> 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:10 Dance Workout (2AR) 2:00 Iowa Rehab Hospital: Parkinson’s Presentation (SH)	9:00 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Bandana’s BBQ</b> 3:00 Reader’s Theater Practice (2AR) 4:00 Wine Tasting Wednesday (SH)			





HUGH LIFSON ART GALLERY TOUR

Cottage Grove Place will be providing transportation to the Hudson River Gallery in Iowa City for Hugh Lifson’s newest art exhibit! Bus will load at 10:00am on Tuesday April 8 and return in time for lunch. Register on the app or call the Front Desk to reserve your seat.

FINAL COE FORUM OF THE YEAR

Coe College presents two forums in April. The first two-week forum is titled Beer: History and Appreciation. It is led by Associate Professor of Psychology and beer connoisseur Ben Chihak will introduce participants to the history, practice and significance of the brewing and consumption of beer. It will examine the story of beer from a variety of cultural, economic, historical and scientific vantage points.

The second two-week forum, is titled Taking the Longview: How Long-Term Studies Shape Our Future. Assistant Professor of Biology Daniel Hughes will provide an overview of long-term studies, including a natural history of the scientists who pioneered the longview approach to research.

Reminder residents should register to attend Coe Forum on the app or call the Front Desk. Admission for these sessions is \$12/week with morning refreshments included.

ART, JOY, CONNECT WITH CORRINE FOSNAUGH

Corrine will return for an educational art class with a program about The Arc de Triomphe & Installations. Learn about the Arc de Triomphe and a contemporary artist who makes installations. Draw what you feel triumphant about and make a fun installation. These classes are very informational and include a participatory component that cannot be beat! Please join us on Tuesday April 8 in Sedlacek.



ARE YOU INTERESTED IN WRITING FOR THE COTTAGE GROVE PLACE CHRONICLES? PLEASE CONTACT KIRSTEN COLLINS ABOUT SUBMITTING ARTICLES OR IDEAS TO INCLUDE TO NEXT MONTHS EDITION OF THE COTTAGE GROVE CHRONICLES.

ACTIVITIES AND EVENTS TO WATCH FOR...

**Bloom Bar Flower Arrangements** - create your own spring bouquet to brighten up your apartment! Please bring a vase if you have one or we can lend small vases. The Master’s Golf Tournament begins April 10 - join us for our **Masters Happy Hour** to watch the tournament live, enjoy themed snacks and drinks, and participate in a putting contest. **Tom Hofer** will be here Tuesday April 15 after dinner for a music program. Celebrate Easter and all things spring during **Easter “Hoppy” Hour** on Friday April 18. Sign up for a tour of **Noelridge Greenhouse** on Monday April 21 as we prepare for the garden season. National Pretzel Day is Saturday April 26 - mark the occasion by making your own soft pretzel on Wednesday April 23 in the Cottage Grill for our **Pretzel Making Party**. In celebration of Earth Day join us in the Grill on Thursday April 24 for **Dirt & Worms Dessert Social** - this special treat is made using chocolate pudding, crushed cookies, and gummy worms.

All activities are subject to change or cancel at any time.

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.



Monday, April 7  
2:30pm and 6:30pm  
**The Twister: Caught in the Storm** (2025)  
Rated TV-MA 1 hr, 29 mins  
Joplin High graduates smiled for photos - then sirens wailed. In minutes, their school and city were in ruins. This documentary follows a deadly tornado.



Monday, April 14  
2:30PM and 6:30PM  
**The Life List** (2025)  
Rated PG-13 2 hr, 5 mins  
When her mother send her on a quest to complete a teenage bucket list, a young woman uncovers family secrets, finds romance, and rediscovers herself.



Monday, April 21  
2:30PM and 6:30PM  
**The Wild Robot** (2024)  
Rated PG 1 hr, 42 mins  
After a shipwreck, an intelligent robot called Roz is stranded on an uninhabited island. To survive the harsh environment, Roz bonds with the island's animals and cares for an orphaned baby goose.



Monday, April 28  
2:30PM and 6:30PM  
**The Adam Project** (2023)  
Rated PG-13 1 hr, 46 mins  
Twelve-year-old Adam gets bullied - but grown up Adam is a butt-kicking fighter pilot. And thanks to time travel, the two Adams are teaming up.