



Cottage Grove CHRONICLES

COMMUNITY ANNOUNCEMENTS

RESIDENT BIRTHDAYS

MaryAnn Hall.....5/9
 Larry Dawson.....5/11
 Frances Johnson.....5/13
 Marion Koontz.....5/15
 Sharon Aukerman.....5/18
 Ken Owen.....5/19
 Duane Weber.....5/20
 Joan Minney.....5/25
 Jim Stickley.....5/26
 Ann Bromley.....5/26
 Char Francis.....5/26
 Linda Dircks.....5/28

STAFF BIRTHDAYS

Melody Paul.....5/2
 Damerachon Britt.....5/5
 Cindy Crock.....5/6
 Melissa Holyoake.....5/9
 Willie Davis.....5/9
 Sarah Innes.....5/10
 Ella Tamlyn.....5/11
 Aaliyah Trulson.....5/11
 Madalyn Kann.....5/14
 Daniel Perez-Diaz.....5/14
 Karmen Clark.....5/15
 Alyson Dye.....5/17
 Sharon Aukerman.....5/18
 LeAnne White.....5/18
 Kamry Carpenter.....5/19
 Brittany Rozek.....5/25
 Jessica Ramsden.....5/29
 Emily Koranda.....5/30



Welcome Home!

Joan Chadima
 Jean & Harlan Hansen
 Lavonne & Dan Johnson

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

1 Year	3 Years
Emily Vargas	Jenna Sackett
Janelle Halblom	Ciana Johnson
Tiffany Stevens	4 Years
Katherine Kirby	Greg Stuckey
2 Years	6 Years
Brady Alaniva	Angela Zilka
Maggie Heinlein	
Valentina Morales	
Kamry Carpenter	
Angela Tapken	
Caden Wurster	



April Employee of the Month:
Kari Needham
 Driver



MAY IS MENTAL HEALTH AWARENESS MONTH

Let's Talk About It – Because Your Mind Matters!

As flowers bloom and spring fills the air, May brings an important reminder: it's Mental Health Awareness Month—a time to care not just for our bodies, but also our minds and hearts.

Mental health is just as important as physical health at every stage of life. For seniors, especially in independent living, it plays a key role in maintaining a sense of purpose, connection, and joy. Good mental health helps us stay engaged, handle change, and find meaning in our daily routines.

This month, our community is focusing on “**Mindful May**”—a celebration of activities and conversations that support wellness, reduce stress, and build connection.

What Supports Mental Health?

- **Staying Social** – Laughter with friends, meaningful conversations, and group activities can brighten your day.
- **Creative Expression** – Whether through art, music, or writing, creativity offers an outlet for emotion and self-reflection.
- **Movement & Mindfulness** – Simple breathing exercises, chair yoga, and even walking outside can lift the mood and calm the mind.
- **Cognitive Stimulation** – Games, puzzles, and new learning opportunities help keep our brains active and engaged.

Mental health is nothing to be ashamed of—it's something we all have. Feeling low or anxious sometimes is normal, and reaching out to talk about it is a sign of strength. Whether it's chatting with a friend, participating in one of our supportive programs, or simply taking a moment of quiet reflection, every little bit helps.

Join Kelly and Kirsten for Wellness Lunch & Learn: Your Mind Matters on Wednesday May 28 at 11:00am to learn more about mental health as it relates to you.

This month and beyond, let's be kind to ourselves and each other. You're never alone—and you're always valued here. Here's to a Mindful May—let's bloom together!

NUTRITION CORNER: MINDFUL EATING MONTH




MINDFUL EATING MONTH: "SAVOR THE FLAVOR—ONE BITE AT A TIME!"

May is Mindful Eating Month at our community, and we're inviting you to slow down, tune in, and truly enjoy your meals like never before!

Mindful eating means paying full attention to your food—how it looks, smells, tastes, and how it makes you feel. It's not a diet—it's a way to build a better relationship with food by eating with intention and awareness.

This month, we'll explore simple ways to be more present during meals through fun and interactive programs designed to awaken your senses and boost your wellness. Highlights include:

 Mini Lecture: "What is Mindful Eating?"

Join us for a relaxed and enlightening talk about the benefits of mindful eating—from better digestion to reducing stress and even making meals more satisfying. You'll leave with tips you can use every day. Friday May 9th at 11:00am in Sedlacek Hall.

 Mindful Munching Game

Experience a hands-on tasting activity where we'll sample foods like berries, cheese, and dark chocolate using all five senses. It's a fun way to rediscover everyday favorites and connect with your food in a new way! Friday May 23rd at 11:00am in Sedlacek Hall.

 Mindful Moments to Try at Home:


- Put down your fork between bites
- Eat without distractions (TV off, phones away!)
- Notice your hunger and fullness cues
- Try a deep breath before your first bite


Let's make May a time to nourish not just our bodies, but also our minds and spirits—one mindful meal at a time.


YOU'RE INVITED: READERS THEATER PERFORMANCE!

Get ready for an afternoon of laughter, drama, and community spirit! Join us for a special Readers Theater performance presented by fellow residents who have been rehearsing and preparing to bring stories to life through expressive reading and light staging.

Readers Theater is a unique and entertaining way to enjoy storytelling — no memorization, just heartfelt performances and plenty of fun! Come support your neighbors and enjoy a delightful show that's sure to entertain and inspire. All are welcome — bring a friend!

 Date: Monday, May 12th

 Time: 2:00pm

 Location: Sedlacek Hall

COMMUNITY COMMITTEES AND MEETING TIMES

Residents are invited to attend any and all committee meetings to learn more about what is happening at Cottage Grove Place and provide your valuable input! Please see schedule below:

- Ambassador and Marketing Committee meets first Tuesday of each month at 9:30am in Commons Conference Room.
- Environmental, Safety, and Transportation Committee meets fourth Thursday of each month at 1:00pm in Cottage Grill Private Dining Room.
- Dining Services Committee meets third Thursday of each month at 10:00am in Commons Private Dining Room.
- Garden Committee meets first Tuesday of each month at 1:00pm in Cottage Grill Private Dining Room.
- Resident Council meets first Thursday of each month at 1:00pm in Sedlacek Hall.
- Woodshop Clean Up last Thursday of the month at 8:30am.



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.

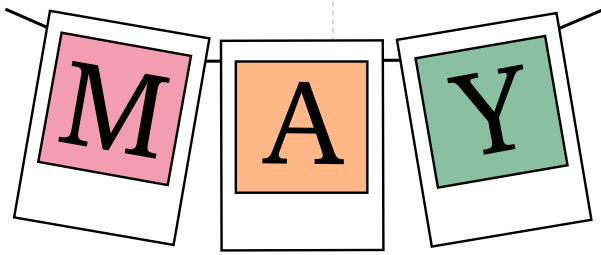
Hand & Foot Card Game is played on Wednesdays at 10:00am in the 3rd Floor Card Room. It is also played at 1:00pm on Thursdays in the 3rd Floor Card Room.

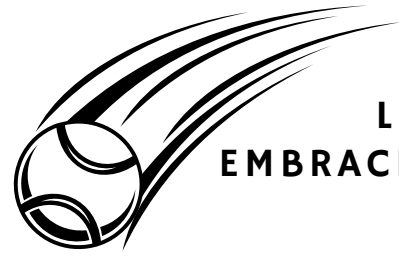
Rummikub group is help on Fridays at 7:00pm in the 3rd Floor Card Room.

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.

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 May Day 9:00 Coffee and Conversation (SH) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:00 Resident Council (SH) 3:30 Trivia Tables (SH)	2 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Derby De Mayo Party (SH) 6:45 TCR: Hairspray (FL)*	3 2:00 Reading Group w/ Dot (2AR)
4 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	5 10:30 Fiesta Fitness (FC) 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: For the Love of the Game (MTR) Cinco de Mayo 4:00 Margarita Monday with Emily (SH)	6 9:00 Coffee and Conversation (SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:00 Activity Planning and Social Committee (2AR) 3:00 Interdenominational Worship Service (SH)	7 10:00 Catholic Communion and Conversation (In-Room Visits) 10:30 Balloon Volleyball (FC) 11:00 Lunch Outing: Whiskey River Grill (FL) 2:00 Mindful May: Coloring and Conversation Café (CG) 3:00 Reader's Theater Practice (SH)	8 9:00 Coffee and Conversation (SH) 10:30 Wellness Walks (FC) 12:30 Lifelong Learning Program: Baseball (2AR) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	9 10:30 Mini Golf (FC) 11:00 Nutrition: Mindful Eating Lecture (SH) 12:30 Pool League (P) 2:00 Berry Fun Happy Hour (CG)	10 2:00 Reading Group w/ Dot (2AR)
11 Mother's Day 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	12 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 2:00 Reader's Theater Production (SH) 2:30/6:30 Movie Monday & Popcorn: The Hill (MTR)	13 9:00 Coffee and Conversation (SH) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:00 Art, Joy, Connect with Corrine Fosnaugh (2AR) 2:10 Dance Workout (2AR) 3:00 Floyd Sandford: Animals of the Belize Barrier Reef (SH)	14 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 10:30 Grant Wood Show Choir (SH) 11:00 Lunch Outing: Breakfast Barn and Lunch House (FL) 2:00 Mindful May: Creative Writing Gratitude Letters (CG)	15 9:00 Coffee and Conversation (SH) 10:30 Drum Fit (SH) 12:30 Lifelong Learning Program: Baseball (2AR) 1:00 Motion Matters Exercise (FC) 1:30p Parkinson's Support Group (2AR) 3:30 Trivia Tables (SH)	16 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 10:00 East Iowa Heirloom Quilter's Quilt Show (FL) 12:30 Pool League (P) 2:00 Garden Party Happy Hour (CG)	17 2:00 Reading Group w/ Dot (2AR)
18 Dementia Awareness Week Alzheimer's Fundraiser Kickoff! 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	19 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:30 Historical Theater Presents: Eleanor Roosevelt (2AR) 3:00 Alzheimer's Fundraiser Kickoff Event (SH) 6:30 Movie Monday & Popcorn: You Gotta Believe (MTR)	20 9:00 Coffee and Conversation (SH) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 10:30 - 1:30pm BBQ Lunch (CG) 1:00 Bingo (SH) 1:10 St Matthews Elementary School Visit: Spring Crafting (CG) 2:10 Dance Workout (2AR) 3:00 Mindful May TED Talks and Tea: The Power of Positivity (SH)	21 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Golden Apple Buffet (FL) 2:00 Creative Arts Group (2AR) 3:00 Brain Games (FC) 4:00 Bethany Lutheran Services (SH)	22 9:00 Coffee and Conversation (SH) 10:00 Riverside Casino Outing (FL) 10:30 Drum Fit (SH) 12:30 Lifelong Learning Program: Baseball (2AR) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group Hosts: Ice Cream Social (Connections) 3:30 Trivia Tables (SH)	23 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Nutrition: Mindful Munching Activity (SH) 12:30 Pool League (P) 2:00 Purple Party Happy Hour (CG)	24 2:00 Reading Group w/ Dot (2AR)
25 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	26 Memorial Day 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Resident Choice (MTR)	27 9:00 Coffee and Conversation (SH) 9:00 Water Aerobics (Spa) 10:00 Indian Creek Nature Center Tour and Brown Bag Lunch (FL) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:10 Dance Workout (2AR) 3:00 Reflections Reading Club (2AR)	28 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Wellness Lunch and Learn: Mindful May Your Mind Matters (SH) 3:00 Backyard Games and Outdoor Sit & Sip (CP)	29 9:00 Coffee and Conversation (SH) 10:00 Field of Dreams Day Trip (FL) 10:30 Drum Fit (SH) 12:30 Lifelong Learning Program Movie and Lunch: Field of Dreams (SH) 1:00 Motion Matters Exercise (FC) 3:30 Trivia Tables (SH)	30 9:15 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	31 2:00 Reading Group w/ Dot (2AR)



**LIFELONG LEARNING PROGRAM:
EMBRACE THE JOY OF LEARNING AT ANY AGE!**

We are thrilled to announce the launch of our Lifelong Learning Program — a vibrant new initiative designed to inspire curiosity, spark creativity, and foster community connection through learning. This exciting program brings opportunities for residents to explore new topics, revisit favorite subjects, and engage in meaningful discussion. From history talks and literature circles to creative writing, art workshops, guest lectures, and technology tips — there's something for everyone!

Why Lifelong Learning?

Lifelong learning isn't just about gaining knowledge — it's about keeping our minds active, our spirits curious, and our lives full of purpose. Research shows that ongoing intellectual engagement can boost cognitive health and emotional well-being at every stage of life.

What to Expect:

- Monthly themed sessions and interactive classes
- Resident-led groups for peer learning and discussion
- Special "Learning Luncheons" and enrichment outings

Whether you're passionate about painting, curious about climate science, or eager to learn a new language, this program invites you to keep growing and exploring in a supportive, engaging environment. Let's Learn Together!

Our Lifelong Learning program in May will explore baseball. Baseball has been a significant part of American culture, reflecting its values and history. It's been celebrated as a symbol of unity, with moments in its history mirroring broader societal changes. Join us for the first meeting on Thursday May 8th at 12:30pm in the 2nd Floor Activity Room.

**ART, JOY, CONNECT:
CEZANNE AND STILL LIFES**

Corrine Fosnagh returns for another educational art class with a program about Cezanne and Still Lifes. Learn about this Impressionist artist and make a watercolor of fruit! This program is very beginner friendly - no previous art experience is needed to join in on the fun. **Art, Joy, Connect is scheduled for Tuesday May 13th at 2pm in the 2nd Floor Conference Room.**



**DEMENTIA AWARENESS WEEK:
UNDERSTANDING, COMPASSION, SUPPORT**

This week, we join communities around the world in recognizing Dementia Awareness Week — a time to raise understanding, reduce stigma, and show support for those living with dementia and their care partners.

Dementia affects memory, thinking, and behavior, but it does not diminish the person's need for dignity, connection, and joy. Through awareness, we can foster a more compassionate, informed community where everyone feels seen and valued.

Throughout the week, we'll be sharing educational materials, hosting discussion groups, and highlighting small ways we can all support brain health and those affected by memory loss.

Monday May 19th - Alzheimer's Fundraiser Kickoff Event in Sedlacek Hall

Tuesday May 20th - BBQ Lunch Fundraiser in Cottage Grill

Wednesday May 21st - Brain Games with Kirsten in Fitness Center

Thursday May 22nd - Ice Cream Social in Connections with Dementia Support Group

Friday May 23rd - Purple Party Happy Hour in the Grill

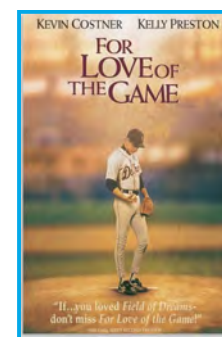
MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.

All films are baseball-themed this month!

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



Monday, May 5

2:30pm and 6:30pm

For the Love of the Game (1999)

Rated PG-13 2hr, 17 mins

An aging pitcher whose future on the mound is uncertain suddenly finds himself within reach of baseball's ultimate accomplishment: the perfect game.



Monday, May 19

2:30PM and 6:30PM

You Gotta Believe (2024)

Rated PG 1 hr, 44 mins

When a family man and Little League coach receives devastating news, his ragtag team rallies around him all the way to baseball glory.



Monday, May 12

2:30PM and 6:30PM

The Hill (2023)

Rated PG 2 hr, 6 mins

In this film based on a true story, young baseball hopeful Rickey Hill chases his major-league dreams while living with a degenerative spine condition.



Monday, May 26

2:30PM and 6:30PM

Resident Choice

Happy Memorial Day! Residents in attendance may select any movie from the DVD selection or our streaming services (Netflix, Peacock, or Disney)