

COMMUNITY ANNOUNCEMENTS

RESIDENT BIRTHDAYS

Susie Jacobowitz.....	6/2
Marty Gericke.....	6/6
Rhoda McElree.....	6/7
Dot Hinman.....	6/7
Alice Ehlinger.....	6/10
Velma Ziesemer.....	6/11
Jo Alitz.....	6/13
Karen White.....	6/13
Sylvester Sebetka.....	6/14
Geetha Solomon.....	6/14
Maud Moore.....	6/15
Helen Persson.....	6/15
Bill Rosberg.....	6/16
Jack Heins.....	6/19
Susan Cooper.....	6/19
Dick Hodge.....	6/21
Janet Wood.....	6/23
Helen Rodenberg.....	6/25
Lois Burt.....	6/28
John McCullough.....	6/29
Dave Schulte.....	6/29
Holly Anhalt.....	6/30
Ruth Snedden.....	6/30

STAFF BIRTHDAYS

James Katta 6/1	Abigail Potter 6/15
Nadeige Asy 6/4	Aaron Davenport 6/16
Emily Miranda 6/4	Hailey Beschorner 6/19
Brad DeWoody 6/5	Lakeisha Harvey 6/19
Emily Loney 6/6	Tanae Carr 6/24
Janelle Halblom 6/7	Winda Fenelon 6/24
Ivory Somerville 6/10	Emily Untiedt 6/26
Avarie Keck 6/11	Skye Wright-Shannon 6/26
Daniel Kisekka 6/15	Valerie Odubasa 6/27



Welcome Home!
Carol Nilles & Bob Engler
Patty Gorton
Lavonne & Bob Landis

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>6 Years</u>
Kodzo Aganeh	Nicole Halstead
Avarie Keck	Clara Hamilton
Candence Long	Feza Kakota
Luke McMann	<u>8 Years</u>
Cheyenne Minor	Brittany Rozek
Michael Peyton	<u>9 Years</u>
<u>2 Years</u>	Amira Abado
Autumn Brade	Cindy Crock
Dion Clay	<u>14 Years</u>
Willie Davis	Sarah Innes
<u>3 Years</u>	<u>26 Years</u>
Aiden Kasper	Karen Lampkin
Emily Miller	
Mary Morningstar	
Aaliyah Reyes	



May Employee of the Month:
Shannon Henderson
Housekeeper



JUNE 2025
Cottage Grove
CHRONICLES

JUNE HEALTH AND WELLNESS: GUT HEALTH!

Nurturing Gut Health for Healthy Aging
As we age, maintaining good health becomes increasingly important — and one often-overlooked area is the gut. Your digestive system plays a central role in overall well-being, influencing everything from immunity to mood and even brain health. The gut is home to trillions of bacteria, known as the gut microbiome, which help digest food, produce essential vitamins, and protect against harmful pathogens.
For seniors, a balanced gut microbiome can support better digestion, reduce inflammation, and strengthen the immune system. Common age-related issues like constipation, indigestion, and nutrient deficiencies are often linked to changes in gut health.
Fortunately, there are simple ways to support your gut. Eating a diet rich in fiber — from vegetables, fruits, whole grains, and legumes — helps nourish the “good” bacteria. Fermented foods like yogurt, kefir, sauerkraut, and kimchi provide beneficial probiotics. Drinking plenty of water and staying active also promotes regular digestion.
Limiting processed foods, added sugars, and unnecessary antibiotics can help prevent imbalances in your gut flora. If you're considering a probiotic supplement, consult your doctor to ensure it's appropriate for your needs.
Listening to your body is key. If you experience ongoing digestive discomfort, bloating, or unexplained changes in weight or energy, speak with a healthcare professional.
By making gut-friendly choices, seniors can enjoy improved digestion, more energy, and enhanced overall health — one bite at a time. A healthy gut isn’t just about what you eat; it’s about how you live.

Join Molly Garner on Wednesday June 25th at 12:00pm for a Lunch and Learn session in Sedlacek Hall all about Gut Health! She is a gastroenterologist ARNP at St. Luke’s. Lunch will be provided by Cottage Grove Place - please sign up on the app or call the Front Desk!

NUTRITION CORNER: FUEL YOUR FIBER!

This June, we’re setting our sights on digestive health with a fun, flavorful focus on fiber! Getting enough fiber is one of the simplest ways to feel your best—supporting everything from regular digestion to heart health and even energy levels.

🥕 Why Fiber?

Fiber does a lot of behind-the-scenes work in your body. It helps:

- Keep digestion moving smoothly
- Lower cholesterol levels
- Stabilize blood sugar
- Support weight management
- Reduce the risk of diabetes and certain cancers

And the best part? It’s easy to add into your meals with a few smart swaps and tasty snacks!

 Featured Events This Month:

- June 13 @ 10am: Mini Lecture – “The Importance of Fiber”
- June 20 @ 10am: Fiber Find Game – A fun label-reading challenge in Sedlacek Hall
- All Month: Pick up our Berry Oat Muffin recipe card from the dining room

Residents interested in joining a needlework group including latch-hook, macrame, stitching, etc. should contact resident Ruby Fowler (x5696)!

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.

COTTAGE GROVE PLACE “OLD TIMERS GROUP” CONTINUED

Physically, the new building (3) did not exist was the 4 “old timers” moved in in 2005-6, and the Health Center wing (1500 hall) had just been built. The Gardens, on the lower level next to our current fitness room, housed memory care patients. What had been a small outside porch near the current breakfast area was enclosed and converted to the Corner Store. The Therapy Room was just beyond The Gardens on the lower level, a small version of their current space. In addition to Sharon Aukerman, there are several staff members who were party of Cottage Grove, Alyssa Sackett, now director of nursing for assisted living, began as the CIS Nurse. Darryl and Brenda were early additions to the CNA staff. A scrapbook has been found that has photos of the building and the first year at CGP. It has been placed in the Library if you’d like to look through it. Over the years several couples have grown from friendship to marriage here at Cottage Grove. At one time there was a newspaper article and comments about this being the place to live, if you wanted to find new love! Herman and Marie Knappe were the first couple to tie the knot. Chuck and Betty Chapman followed soon afterwards. Barbara Christianson found her new love from the Cornell campus, as she and Charles Connell married and he moved here. If you’d like to hear more tales about the “olden days”, talk with one of the “survivors” about the 2008 flood, or the derecho or life 20 years ago. (Just do not point out our current ages!)



FLOWER ARRANGING WITH FLOWERAMA

🌸 Flower Arranging Workshop: Create Your Own Blooming Beauty! Discover the joy of floral design in our upcoming Flower Arranging Class! This hands-on workshop invites residents to explore their creativity while learning simple techniques for crafting beautiful, fresh arrangements. No experience needed — just a love of flowers and a willingness to try something new. All materials are provided, and everyone will go home with a lovely bouquet to brighten their space.  Date: Tuesday June 17  Time: 3:00pm  Location: Sedlacek Hall Join us for a relaxing, fragrant, and fun-filled session that’s sure to lift your spirits and spark your creativity! Be sure to sign up on the app or call the Front Desk to reserve your spot.

COTTAGE GROVE PLACE “OLD TIMERS GROUP”

Article Written and Submitted by Dot Hinman:
20 years ago...

In 2005, Cottage Grove Place looked quite different. There were more residents and they were younger; it was a busier place. Times were different; residents dressed for dinner, were involved with organizations in the city as well as here at CGP. More residents had cars and groups often went out for dinner. There was an active ballroom dancing group, with monthly dances held in the room presently occupied by the fitness room. There was even a removeable dance floor! There actually are four residents who have been here that long: Barbara Christianson, Dot Hinman, Mary Jeanette Andre, and Pat Bjorseth. All lived on the third floor south, known then as the party floor, with Barbara as our event planner. There were more little events popping up; there was a 9:00 Saturday morning coffee group in both the buildings, and the 4:30 club for those who enjoyed a little wine and conversation before dinner. The whole third floor planned Christmas parties for all the residents for 2 years, hoping one of the other floors would take a turn (but no volunteers offered).

There were more active groups then, like a wood carving group, an active quilting group with a quilting frame set up in the Activities room, and several art groups including a watercolor group and one working on oil paintings. The woodshop was thriving, with several making lovely furniture. There were even two women “approved” to work in there: Pat Bjorseth and Barbara Christianson, who worked on a number of their projects.

Sharon Aukerman had a ringside seat for the building’s beginnings. She lived across 1st Ave, and her mom was one of the first residents. She remembered this land often being used as a launch for hot air balloons! First indication of a proposed building here came from Barlow’s Grocery which wanted to rezone the property. Neighbors strongly objected, and the store wasn’t built. You can read Bill Jacobsen’s book (in the store) about the selection of the property for a retirement home. Sharon’s mom was one of the seven first residents; she said she was all alone on her hall but was delighted when it quickly began to fill with other new residents. What is now Building 2, Commons East, first housed a mix of independent residents, assisted living residents and health center. There was a small area for food in the lower level plus a long sun porch with white wicker furniture. It looked over a lovely lawn and garden.

The main lobby receptionist sat in the area next to the Admin offices, and the current receptionist area housed the library. What a different space it was! Sharon joined the staff as the receptionist. She remembers the library as a favorite area for residents who enjoyed sitting there reading or chatting.

MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.

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



Monday, June 2
2:30pm and 6:30pm
Nonnas (2025)
Rated PG 1 hr, 54 mins
A grieving man finds the recipe for healing when he buys an Italian restaurant and hires four sassy seniors as the chefs. Based on a true story.



Monday, June 9
2:30PM and 6:30PM
I Still Believe (2020)
Rated PG 1 hr, 56 mins
Based on the life of Christian artist Jeremy Camp, this biopic follows his journey through a love and a loss that test and reinforce his faith.



Monday, June 16
2:30PM and 6:30PM
Our Souls at Night (2017)
Rated TV-14 1 hr, 43 mins
After widowed neighbors Addie and Louis begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom.



Monday, June 23
2:30PM and 6:30PM
Penguin Bloom (2021)
Rated TV-14 1 hr, 35 mins
As a mom copes with the aftermath of a harrowing accident, she finds inspiration from an injured magpie taken in by her family. Based on a true story.



Monday, June 30
2:30PM and 6:30PM
Instant Family (2018)
Rated PG-13 1 hr, 59 mins
This couple made careers out of renovating homes. But when they become caregivers to three strong-willed siblings, their lives need an overhaul.




NEW FITNESS CLASS: BALANCE AND BEYOND

Due to limited participation at Dance Class Workout – Lois is starting a new program in June! Join us for “Balance & Beyond” on Tuesday afternoons at 2:15pm in the Fitness Center. This class will incorporate Tai-Chi style movements to improve strength, balance, and range of motion.

COFFEE AND CONVERSATION

Coffee and Conversation in the Commons Building will move outside for the summer months! Every Tuesday and Thursday grab your coffee cup and meet outside for some morning chats with friends and neighbors. Fire pit may be started if we have a chilly morning. Rain or other inclement weather will move the group inside the Commons Dining Room. See you there!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <div> 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) </div>	2 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Nonnas (MTR) </div>	3 <div> 9:00 Coffee and Conversation (CP) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Interdenominational Worship Service (SH) </div>	4 <div> 9:15 Next Level Fitness (FC) 10:00 St Matthew’s Catholic Com-munion and Conversation (In-Room Visits) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Zio Johnno’s 2:00 Wine and Roses Social (CG) </div>	5 <div> 9:00 Coffee and Conversation (CP) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:00 Resident Council (SH) 3:30 Trivia Tables (SH) </div>	6 <div> 9:15 Next Level Fitness (FC) 9:30 New Resident Orientation (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts 6:45 TCR: Amadeus (FL)* </div>	7 <div> 2:00 Reading Group w/ Dot (2AR) </div>
8 <div> 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) </div>	9 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: I Still Believe (MTR) </div>	10 <div> 9:00 Coffee and Conversation (CP) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:00 Pat Nemmers Celebration of Life (SH) 2:15 Balance & Beyond (FC) </div>	11 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Kernels Baseball Game (FL)* 3:00 Art, Joy, Connect with Corrine Fosnaugh (SH) </div>	12 <div> 9:00 Coffee and Conversation (CP) 10:00 Old Timers Group (CG) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH) </div>	13 <div> 9:15 Next Level Fitness (FC) 10:00 Nutrition Mini Lecture: The Importance of Fiber (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Celebrate: Dads and Drinks (CP) </div>	14 Flag Day <div> 2:00 Reading Group w/ Dot (2AR) </div>
15 Father’s Day <div> 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) </div>	16 <div> 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: Dian Fossey (SH) 2:30/6:30 Movie Monday & Popcorn: Our Souls at Night (MTR) </div>	17 <div> 9:00 Coffee and Conversation (CP) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Flowerama Flower Arranging (SH) </div>	18 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Oscars Restau-rant (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH) </div>	19 <div> 9:00 Coffee and Conversation (CP) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson’s Support Group (2AR) 3:30 Trivia Tables (SH) </div>	20 First Day of Summer! <div> 9:15 Next Level Fitness (FC) 10:00 Nutrition: Fiber Find Game (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Cheers to Summer Happy Hour (CG) </div>	21 <div> 2:00 Reading Group w/ Dot (2AR) </div>
22 <div> 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) </div>	23 <div> 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 Graduation Party for CGP Sen-iors (SH) 2:30/6:30 Movie Monday & Popcorn: Penguin Bloom (MTR) </div>	24 <div> 9:00 Coffee and Conversation (CP) 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Floyd Sandford: Four Interest-ing Places to Visit (SH) </div>	25 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:00 Wellness Lunch & Learn: Gut Health with Molly Garner (SH) 3:00 Sedlacek Sing Along (SH) 5:00 S’mores by the Fire (CP) </div>	26 <div> 8:30 Woodshop Clean Up 9:00 Coffee and Conversation (CP) 10:00 Field of Dreams Trip (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 3:00 AARP Fraud Prevention (SH) </div>	27 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Red, White, and Brew Happy Hour (CG) </div>	28 <div> 2:00 Reading Group w/ Dot (2AR) </div>
29 <div> 2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) </div>	30 <div> 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 10:30 Orchestra Iowa: Symphony 101 (SH) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Instant Family (MTR) 4:00 Mule Monday with Emily (SH) </div>	<div>  </div>			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