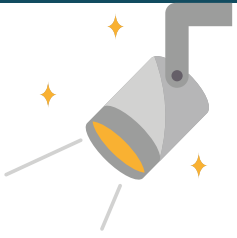




Cottage Grove CHRONICLES

COTTAGE GROVE PLACE EMPLOYEE CORNER



STAFF ANNIVERSARIES

1 Year

Danica Hamilton
Amanda Lehman
Kiara Morrow
Kari Needham
Alex Schmidt
River Schott

2 Years

Ellen Bean
Lickina Lick
Leonard Ludwig
Starleen Mateak

2 Years

Molly Moore
Hannah Sackett

9 Years

Troy Beatty

10 Years

Leslie McAlpine

16 Years

Rachel Silver

18 Years

Mona Elkassiss



July Employee
of the Month:
Monica Clay
Billing Specialist

STAFF BIRTHDAYS

Grace Hearn.....	8/2	Lickina Lick.....	8/19
Chase Pyse.....	8/2	Amina Yonamu.....	8/19
Nicole Halstead.....	8/4	William McKenna.....	8/20
Avery Tamlyn.....	8/4	Deianna Johnson.....	8/21
Aline Mianda.....	8/6	Tassie Krigbaum.....	8/22
Michael Peyton Jr.....	8/7	Kapriah Williams.....	8/22
Chakara Hatwood.....	8/9	Kaniya Davis.....	8/23
Ciana Johnson.....	8/12	Graciela Reyes.....	8/23
Michon Scott.....	8/12	Maggie Heinlein.....	8/25
Chloe Kozloski.....	8/15	Cindy Johnson.....	8/28
Mariana Harper.....	8/16	Keeshun Jackson.....	8/29
Melissa McArtor.....	8/16	Nia Clark-Williams.....	8/30
Louise Dogolea.....	8/18	Ryleigh Reeves.....	8/30
Charlie Pitchford.....	8/18	Nicole Johnson.....	8/31
Ayris Hodges.....	8/19		



RESIDENT BIRTHDAYS

John Stoneking.....	8/3
Faye Glessner.....	8/4
Lavonne Johnson.....	8/4
Connie Hayes.....	8/7
Winnie Wright.....	8/10
David Statezni.....	8/10
Harlan Hansen.....	8/12
Flora Kitzman.....	8/13
Roger Mobley.....	8/13
Betty Konecny.....	8/17
Gloria McCaffrey.....	8/18
Barbara Christiansen.....	8/19
Terry Abernathy.....	8/19
Nancy Miller.....	8/19
Jeanne Hlas.....	8/20
Raymond Banowetz.....	8/22
Dave McGuire.....	8/22
Sue Huebsch.....	8/22
Bill Jacobson.....	8/24
Douglas Schoff.....	8/24
Linda Schulte.....	8/27
Diane O'Neil.....	8/29
Teddy Shuttleworth.....	8/31



WELCOME HOME!

WINNIE WRIGHT

PEARL & GARY CROW

CELEBRATE NATIONAL WELLNESS MONTH: A MONTH OF SELF-CARE, STRENGTH, AND JOY

August is National Wellness Month, and here in our community, we're embracing it as an opportunity to focus on all the ways we can support our mind, body, and spirit. Wellness means more than just good health — it's about feeling balanced, connected, and empowered in our daily lives. Throughout the month, we'll be highlighting different areas of wellness with a variety of fun, educational, and restorative activities. It's a perfect time to try something new, establish healthy habits, and engage with neighbors in positive, meaningful ways.

Here's what to look forward to during Wellness Month:

Mind-Body: Join us for Chair Yoga and Balance & Beyond fitness classes to promote relaxation and mobility.

Hydration Stations: Stay refreshed with our new water bar located in the Commons Dining Room.

Brain Boosters: Keep your mind sharp with Trivia Night, card groups, or join us for Floyd Sandford's program!

Creative Expression: Express yourself at Creative Arts Group or the Photography Scavenger Hunt Challenge.

Social Connection: Participate in Wellness Walks, Happy Hours, Ice Cream Social, and the Sing Along!

Wellness Education: Attend short talk and Q&A session at this month's Lunch and Learn with Wellness staff at Cottage Grove Place all offering practical ways to enhance your daily well-being.

Let's Make Wellness a Way of Life! Wellness Month is not just about one-time activities — it's about creating small, sustainable changes that make us feel stronger, happier, and more connected. We invite you to take part in whatever speaks to you, whether it's learning something new, moving your body, or simply spending time with others who lift you up. Check the activity calendar for dates and times — and join us as we celebrate the gift of wellness all month long!

Summer Fun at Cottage Grove Place!

Do you have photos to share at your life at Cottage Grove Place? We would love to use resident images on our social media pages and the Chronicles! *Email your photos to media@cottagegroveplace.com*



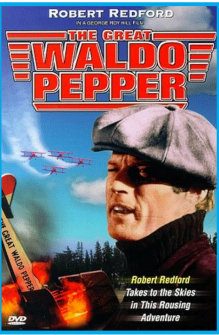
Articles in the Cottage Grove Place Chronicles

Residents are welcome to submit newsletter articles, information, or updates to be printed in the monthly newsletter. Submissions may be turned into the Front Desk or Life Enrichment Mailbox. Thank you!

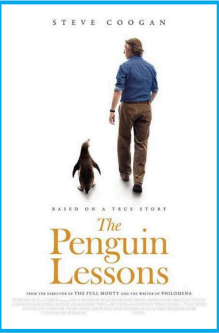
Building peace of mind for our residents
through all levels of care in one location.

NOW SHOWING AT COTTAGE GROVE PLACE:

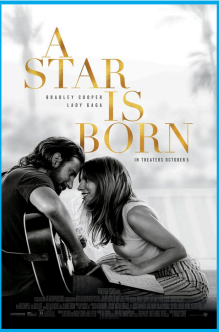
Popcorn provided, bring your own drink for the shows!
Evening showings are resident-led.



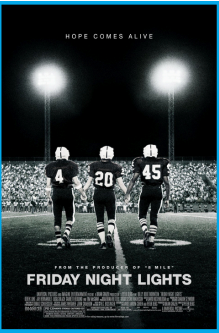
Monday, August 4
2:30pm and 6:30pm
The Great Waldo Pepper (1975)
Rated PG 1 hr, 47 mins
A barnstorming WWI vet’s dubious battle stories are put to the test when he becomes a Hollywood stunt pilot and meets a rival in an aerial showdown.



Monday, August 11
2:30PM and 6:30PM
The Penguin Lessons (2024)
Rated PG-13 1 hr, 50 mins
Amid the political turmoil of 1970's Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin.



Monday, August 18
2:30PM and 6:30PM
A Star is Born (2018)
Rated R 2 hr, 15 mins
A hard-drinking musician falls in love with a budding singer in this raw and passionate tale of star-crossed lovers.



Monday, August 25
2:30PM and 6:30PM
Friday Night Lights (2004)
Rated PG-13 1 hr, 57 mins
In a small Texas town devoted to football, a high school team fueled by desperation, sacrifice, and big dreams chases glory with a relentless coach.



Thursday August 28
6:00PM
The Thursday Murder Club (2025)
Rated PG-13 1 hr, 58mins
A group of senior sleuths passionate about solving cold cases gets plunged into a real-life murder mystery in this comic crime caper based on the novel.

UPCOMING EVENTS:

Art, Joy, Connect with Corrine Fosnaugh
Corrine returns this month with a new twist on travel – Armchair Adventure to Paris! Enjoy a virtual tour, Parisian music, fun facts, and light refreshments inspired by French cuisine. No passport required – just bring your sense of adventure! Wednesday August 6th at 3pm in Sedlacek Hall.

Karen Brunssen Program: The Sport of Singing
A fun inside look at exercises and songs presented by Karen Brunssen, daughter of Cottage Grove Place resident Ann Gesme. A program you will NOT want to miss! Stick around after the program for some musically themed Happy Hour refreshments. Friday August 8 at 1pm in Sedlacek Hall.

Lunch Outing to Youngville Cafe
Stop for lunch at the last remaining Lincoln Highway rest stop open in Benton County. Restaurant featured on PBS: Road Trip Iowa. See Front Desk for menu details. BRING CASH. Tuesday August 19 at 10am from Front Lobby.

Born to Fry Food Truck
Bold and authentic flavors of Central America serving up crispy fried chicken, mouthwatering tacos, traditional tamales, and a variety of Latin-inspired dishes made with fresh ingredients and authentic recipes. Wednesday August 20th from 10am-2pm in Parking Lot.


End of Summer Soiree with Retro Mix
Back again with the End of Summer Party with Live Music by Retro Mix Band! Dress in clothes from your favorite decade and wear your dancing shoes! Thursday August 21 from 5pm-7pm in Dining Room.

Cottage Grove Place Fair
Step right up for an afternoon of old-fashioned fun at our Fair-Themed Happy Hour! Join us for aa event filled with carnival games, delicious fair-style food and drinks, and plenty of surprises. Enjoy a refreshing treat at our lemonade stand fundraiser, bid on unique items during the silent auction, and don’t miss a visit to the farm animal petting zoo – sure to bring out the smiles! Friday August 29 from 2pm-4pm in Sedlacek Hall and Parking Lot Area.

Check the Calendar page and Community App for more events and activities happening this month!

AUGUST NUTRITION FOCUS: EAT
SMART FOR A SHARPER MIND

As we age, we all want to stay sharp, focused, and independent—and the food we eat can play a powerful role in keeping our minds strong. This August, we’re focusing on nutrition for brain health, exploring how simple food choices can help support memory, mood, and cognitive function.

 The Brain-Food Connection
Your brain uses about 20% of your body’s energy—so it makes sense that what we eat directly impacts how we think and feel. Research shows that a nutrient-rich diet can help:

- Boost memory and concentration
- Reduce inflammation in the brain
- Protect against age-related cognitive decline
- Improve mood and mental clarity

The best part? Brain-friendly foods are easy to enjoy every day!

 Top Brain-Boosting Nutrients & Foods

- Omega-3 Fatty Acids
- These healthy fats help build and protect brain cells. Sources: Salmon, tuna, walnuts, flaxseed, chia seeds
- Antioxidants

Help fight free radicals that damage brain cells. Sources: Blueberries, spinach, dark chocolate, green tea

- B Vitamins (B6, B12, Folate)
- Support nerve function and reduce brain fog. Sources: Eggs, leafy greens, whole grains, beans
- Vitamin E

Shown to slow cognitive decline in some studies. Sources: Sunflower seeds, almonds, avocados

- Polyphenols
- These plant compounds help protect memory. Sources: Berries, olive oil, red grapes, dark cocoa

STAY INFORMED!

Download **Community Apps** on your smartphone, tablet, or desktop computer for important messages or tune in to the 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 updates.

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.

Interested in starting a new game group? Stop by the Front Desk!

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

AUGUST MARKETING MINUTES

Cottage Grove Place will kick off our fall educational series with a Lunch & Learn Wednesday, August 13. Judy Miltner of LCS, an expert in the senior living field, will discuss the incoming Silver Tsunami – the influx of baby boomers expected to seek senior living over the next few years. We will host a series of speakers throughout September and October focusing on senior scams/fraud, Medicare, and downsizing. Stay tuned for additional details.
As always, we appreciate resident referrals, so please share these events with your networks. Questions? Stop by the marketing & sales office in apartment 3224 in the Commons building or call x5592. – Susan Bednar, Director of Marketing and Sales

Do you have photos to share at your life at Cottage Grove Place? We would love to use resident images on our social media pages and the Chronicles! Email your photos to media@cottagegroveplace.com

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	AUGUST ACTIVITY CALENDAR			1 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 “One in a Melon” Happy Hour (CG)	2
3	4 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: The Great Waldo Pepper (MTR)	5 9:00 Water Aerobics (Spa) 10:00 PBS Iowa’s Wild Weather: Storms (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Interdenominational Worship Service (SH)	6 9:15 Next Level Fitness (FC) 10:00 St Matthew’s Catholic Communion and Conversation (In-Room Visits) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Olive Garden 3:00 Art, Joy, Connect: Armchair Adventure to Paris (SH)	7 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 Resident Council (SH) 3:30 Trivia Tables (SH)	8 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 1:00 Karen Brunssen Program (SH) Stick around after the program for Happy Hour refreshments!	9
10	11 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: The Penguin Lessons (MTR) 3:00 Coffee Conversations with (SH)	12 9:00 Water Aerobics (Spa) 10:00 PBS Iowa’s Wild Weather: Flooding (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Floyd Sandford Presents: Exploring the Upper Peninsula of Michigan (SH)	13 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Cedar Rapids Kernels Game (FL) 3:00 Activity Planning and Social Committee (2AR)	14 9:00 Water Aerobics (Spa) 10:00 1300 Corridor Conversations 10:30 Drum Fit (SH) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	15 Hawaiian Shirt Day 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 Luau (CP/SH)	16
17	18 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: Carrie Chapman Catt (SH) 2:30/6:30 Movie Monday & Popcorn: A Star is Born (MTR)	19 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 10:00 Lunch Outing: Youngville Café (FL) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Photography Scavenger Hunt Photo Challenge (SH)	20 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 1:30 CR Museum of Art Trip: All that Jazz Photographs by Car Van Vechten and George Henry (FL) 4:00 Bethany Lutheran Services (SH)	21 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:30 Parkinson’s Support Group (2AR) 3:30 Trivia Tables (SH) 5:00-7:00 So Long Summer Soiree with Live Music by Retro Mix (CDR)	22 9:15 Next Level Fitness (FC) 10:00 Technology Help (SH) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Happy Hour Carts	23
24/31	25 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: Friday Night Lights (MTR) 6:00 Drinks “After Dark” with Emily (CP/SH)	26 CR Hearing Center Visit 9:00 Water Aerobics (Spa) 10:00 PBS Iowa’s Wild Weather: Drought (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Sedlacek Sing Along: Sweet Memories (SH)	27 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Wellness Lunch and Learn: National Wellness Month (SH) 3:00 Larry Jensen Piano Program (SH)	28 9:00 Water Aerobics (Spa) 10:00 Riverside Casino Outing (FL) 10:30 Drum Fit (SH) 1:30 Dementia Support Group (Connections) 3:00 Ice Cream Social (CG) 6:00 Movie Night: The Thursday Murder Club (SH)	29 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 State Fair Happy Hour (SH) Barnyard Discoveries Trailer Lemonade Stand Fundraiser Silent Auction	30 2:30 Iowa State Cyclones Football Game vs. South Dakota (MTR) 5:00 Iowa Hawkeye Football Game vs. Albany (MTR)