

COTTAGE GROVE PLACE EMPLOYEE CORNER



September Employee of the Month:
Autumn Brade
Host/Server

STAFF BIRTHDAYS

Hudson Hamilton.....	10/2
Savana Hines.....	10/3
Riley Turnquist-Wernimont.....	10/5
Aadie Mangoy.....	10/7
Sara Whitley.....	10/7
Logan Pham.....	10/13
Abigail Wagner.....	10/13
Tiffany Stevens.....	10/16
Kyrani Penias.....	10/17
Yvonne Tihpen.....	10/19
Samantha Barnes.....	10/20
Leonard Ludwig.....	10/22
Eden Askelsen.....	10/24
Kelsey Tellin.....	10/28



STAFF ANNIVERSARIES

1 Year

Mya Henderson
Daniel Perez-Diaz
Kelly Strydom

2 Years

Emily Cadden
Eli Helgenberger
Josh Spalding

3 Years

Monica Clay
Abigail Potter

4 Years

Aly Dye

7 Years

Shannon Henderson



Halloween Events at Cottage Grove Place

Trunk or Treat Event

Sunday October 19 - 2:00pm to 4:00pm - Sedlacek Hall and Parking Lot

Join us for a festive afternoon of Halloween fun! Decorated car trunks will be filled with treats, costumes, and plenty of spooky cheer for all to enjoy.

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Halloween Cocktail Party with Emily

Monday October 20 - 6:00pm - Sedlacek Hall

Sip festive cocktails and enjoy an evening of seasonal fun with a few spooky surprises along the way. A perfect way to celebrate Halloween in style!

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Murder Mystery Dinner

Thursday October 30 - 5:00pm - Sedlacek Hall

Reservation Required. Enjoy an evening of good food, fun, and intrigue! Join us for dinner with a twist as we work together to solve a thrilling whodunit.

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Masquerade Mixer with the Midnight Riders

Friday October 31 - 2:00pm - Sedlacek Hall

Dress to impress in your favorite costume and mask for a festive evening of cocktails, live music, and mingling. Enjoy a lively happy hour filled with fun, flair, and a touch of mystery! **Vote for your favorite staff costume!**

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More details to follow! Happy Halloween!



Cottage Grove
CHRONICLES



RESIDENT BIRTHDAYS

Eula Wood.....	10/3
Dave Higdon.....	10/5
Chris Fee.....	10/5
Dottie Teig.....	10/8
Charles Jepsen.....	10/9
Glenice Leach.....	10/11
Beth Allsop.....	10/12
Carolyn Keller.....	10/12
Evelyn Sebetka.....	10/14
Pat Keefe.....	10/17
Bob Engler.....	10/18
Jan Lesan.....	10/19
Judy Schneiderman.....	10/21
Ray Smith.....	10/23
Karen Thiher.....	10/23
Marilyn Binion.....	10/25
Ardyce Maday.....	10/26
Patsy Mills.....	10/31



WELCOME HOME!

SUZANNE AND KARL BEIDE
DEB HUNEK AND BOB WHITE

“DON’T LET A FALL SPOIL YOUR FALL”

Autumn is a beautiful season—the crisp air, the golden leaves, and the chance to enjoy cozy gatherings with friends and family. But as we step into fall, it’s also a good reminder to think about another kind of “fall.” Accidental falls are one of the most common health risks for older adults, yet most falls are preventable with a little preparation and awareness.

Why Fall Prevention Matters

Falls can lead to injuries, hospital stays, or a loss of independence. The good news? By making small changes to our environment, daily routines, and lifestyle, we can greatly reduce the risk. Preventing falls isn’t just about safety—it’s about protecting our confidence, mobility, and quality of life.

🍁 Top 5 Ways to Stay on Your Feet This Fall

1. Light the Way – Keep walkways and stairwells bright as days get shorter.
2. Clear the Clutter – Remove rugs, cords, and obstacles from common areas.
3. Step Smart – Wear sturdy, non-slip shoes indoors and out.
4. Strength in Motion – Try balance and flexibility exercises like tai chi or stretching.
5. Grab Support – Use railings, grab bars, or a cane when needed—safety first!

By taking small precautions, we can enjoy the beauty of the fall season without worry. Let’s celebrate autumn safely and steadily!

Join us for the Wellness Lunch and Learn on Wednesday October 29th at 12:00pm to learn more about Fall Prevention with members from our therapy team! This workshop includes some clinical testing to gauge your strength and assess your risks for falls – please wear sensible shoes for this program and bring your assistive devices.

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

OCTOBER 2025
COTTAGE GROVE CHRONICLES

NOW SHOWING AT COTTAGE GROVE PLACE:

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



Monday, October 6
2:30pm and 6:30pm
Are You There God? It's Me Margaret (2023)
Rated PG-13 1 hr, 46 mins
In the 1970s, 11-year-old Margaret navigates new friendships, family life, questions of faith– and the agony of waiting for puberty to finally arrive.

Monday, October 13
2:30PM and 6:30PM
Military Wives (2019)
Rated PG-13 1 hr, 52 mins
Oscar nominee Peter Cattaneo directs this feel-good story about women who form a choir while their partnerse are deployed overseas.

Monday, October 20
2:30PM and 6:30PM
Lion (2016)
Rated PG-13 1 hr, 58 mins
Years after being separated from his mom and adopted by an Australian couple, an Indian man returns to his hometown determined to find his birth family.

Monday, October 27
2:30PM and 6:30PM
The Woman in Cabin 10 (2025)
Rated R 1 hr, 32 mins
On a lavish yacht for an assignment, a journalist sees a passenger go overboard. But when no one believes her, she risks her life to uncover the truth.

Tuesdays at 10:00am in Theater Room
The Four Seasons (TV Series)
Rated TV-MA ~30 minutes each
The decades-long friendship between three married couples is tested when one divorces, complicating their tradition of quarterly weekend getaways.

CR Storytelling Festival: TellersBridge Program
Friday October 3 – 2pm – Sedlacek Hall
TellersBridge puts on storytelling performance in part of CR Storytelling Festival!

Healthy & Happy: Vaccine Clinic and Ice Cream
Wednesday October 8 – 1pm to 3pm – Sedlacek Hall
Join us for a special Vaccine & Ice Cream Day! Residents can receive their vaccines on-site and then cool down with a sweet treat from a visiting ice cream food truck. It's a simple way to stay healthy while enjoying a little community fun.

The Donut Drives: Fall Foliage
Friday October 10 & 17 – 9am – Front Lobby
Take in the beauty of autumn with our Donut Drive: Fall Foliage outing. We'll enjoy a scenic drive to view the vibrant fall colors and make a sweet stop along the way for fresh donuts and cider. A cozy way to celebrate the season together!

Mary Sharp Presents: "Telling Your Story -- How to Write a Sterling Obituary, and Why"
Tuesday October 14 – 3:00pm – Sedlacek Hall
The Gazette's city editor for 15 years before retiring will be here to give a unique program on writing your own obituary – residents will be given time to draft the first paragraph and share with the group.

National Book Month: Student Storytellers
Thursday October 16 – 1:00pm – Red Cedars Lounge
In celebration of National Book Month, we're welcoming a group of first graders from our local elementary school for Student Storytellers. These young readers will share their favorite stories with us, bringing joy, laughter, and the simple magic of storytelling across generations. Join us for this heartwarming program that connects our community through the love of books.

Click, Sip, and Celebrate Our New Website
Friday October 17 – 2:00pm – Sedlacek Hall
Join us for a special happy hour celebration as we unveil our community's brand-new website! Enjoy drinks, light refreshments, and good company as we take a first look together. Come raise a glass to the new online home that showcases the vibrant life of our community—and the wonderful people who make it special.

Halloween Bingo with Student Guests
Monday October 20 – 1:00pm – Sedlacek Hall
Get ready for a spook-tacular afternoon of fun! Students from our local elementary school will be joining us for a special round of Halloween Bingo.

Team Colors Tailgate
Friday October 24 – 2:00pm – Sedlacek Hall
Show your team spirit at our Team Colors Tailgate! Residents and guests are encouraged to wear their favorite football team's gear and enjoy tailgate-style snacks, drinks, and camaraderie. Whether you cheer for the hometown favorites or a rival team, it's all about celebrating the season, sharing laughs, and having fun together.

Holiday Reader's Theater Practice
Wednesday October 22 & 29 – 3:00pm – Conf Room
Reader's Theater group gathers to rehearse for an upcoming holiday performance. Participants will read through scripts together, practice their parts, and enjoy the festive spirit while preparing to share holiday cheer with the community.

Colette Travel Show
Thursday October 30 – 3:00pm – Sedlacek Hall
Join us for a special Travel Show as Colette presents exciting itineraries for three upcoming trips planned for the next year. Learn about destinations, travel details, and opportunities to join fellow residents on memorable adventures.

Reading Hour with Dot
Saturday Afternoons – 2:00pm – 2nd Floor Activity Rm
Do you enjoy listening to books?
Our next book will be Miss Morgan's Brigade, set in France during WWI. Miss Morgan (JP's daughter) and a group of her wealthy friends (plus one young librarian from the NYPL) go to France to help the women who have been devastated by the Germans during their war with France. Loaded with supplies like food, medical supplies, building supplies, and BOOKS!, they bring help to the women and children in small villages devastated by the war. With homes bombed, crops destroyed, bearing scars, physical and mental) from brutality, these women courageously are trying to get their lives back. Miss morgan is able to use resources (like getting Henry Ford to send over several tractors so crops can be planted) so badly needed. The librarian is quick to involve the children in reading again (all books had been burned) and a library established. The book is inspiring and full of hope (and often humor) as lives are being renewed.

Join us to discover the work of these amazing and selfless women.

More exciting activities and events can be found in the Activity Calendar! Questions? Contact Kirsten Collins, Life Enrichment Director.

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)!

OCTOBER MARKETING MINUTES

The Marketing & Sales department loves referrals from current residents, as you are our very best salespeople. Beginning in October, residents referring a prospect to our team will be entered in a drawing for fabulous prizes. If your referral results in a move-in, you'll also receive a one-time discount of \$2,000 off your monthly fee. We have lots of educational and social events scheduled throughout October, so please let us know who we should add to our guest list. Questions? Stop by the marketing & sales office in apartment 3224 in the Commons building or call Eden at x5592. Susan Bednar, Director of Marketing and Sales



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 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) 11:15 Collins Aerospace Museum Tour Group 2 (FL) 3pm Armchair Travel to Japan with Corrine Fosnaugh (SH)	2 8:30 Coe Forum 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 Resident Council (SH) 1:00 Motion Matters Exercise (FC) 3:30 Trivia Tables (SH)	3 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Cedar Rapids Storytelling Festival: TellersBridge Program (SH) 4:00 Oktoberfest Dinner, Drinks, and Dancing (CDR)	4 2:00 Reading Hour with Dot (2AR)
OCTOBER ACTIVITY CALENDAR						
5	6 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: Are You There God? It’s Me Margaret (MTR)	7 Podiatrist Visit 9:00 Water Aerobics (Spa) 10:00 Series Watch Party: The Four Seasons (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Interdenominational Worship	8 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: The Salsa Guy (FL) 1:00 Vaccine Clinic (SH) 1:00—3:00 Two Scoops Ice Cream Truck (Parking Lot)	9 8:30 Coe Forum 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	10 9:00 The Donut Drive: Fall Foliage (FL) 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 Minis <i>(Call Front Desk for location details)</i>	11 2:00 Reading Hour with Dot (2AR) 6:45 Orchestra Iowa: Masterwork II (FL)*
12	13 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: Military Wives (MTR) 3:00 Coffee Conversations (SH)	14 9:00 Water Aerobics (Spa) 10:00 Series Watch Party: The Four Seasons (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Mary Sharp Presents: "Telling Your Story – How to Write a Sterling Obituary, and Why" (SH)	15 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Tuscany Grill (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	16 8:30 Coe Forum 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 National Book Month: Student Storytellers (Red Cedars) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson’s Support Group (2AR) 3:30 Trivia Tables (SH)	17 9:00 The Donut Drive: Fall Foliage (FL) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Click, Sip and Celebrate Our New Website (SH)	18 2:00 Reading Hour with Dot (2AR)
19 2:00—4:00 Trunk or Treat Event (Parking Lot / Sedlacek Hall)	20 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: Tales and Legends of Halloween (SH) 2:30/6:30 Movie Monday & Popcorn: Lion (MTR)	21 9:00 Water Aerobics (Spa) 10:00 Series Watch Party: The Four Seasons (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Floyd Sandford: Hiking the Ice Age Trail (SH) 6:00 Tom Hofer Music (SH)	22 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Granite City (FL) 3:00 Holiday Reader’s Theater Practice (Commons Conference Room)	23 8:30 Coe Forum 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 3:30 Trivia Tables (SH)	24 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Team Colors Tailgate (SH/CDR) <i>Wear gear to support your favorite football team!</i>	25 1:30p Memorial Service and Reception: Lani Passman (SH) 2:00 Reading Hour with Dot (2AR)
26	27 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 Woman in Cabin 10 (MTR)	28 9:00 Water Aerobics (Spa) 10:00 Series Watch Party: The Four Seasons (MTR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Sedlacek Sing Along (SH)	29 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:00 Wellness Lunch and Learn: Fall Prevention (SH) 3:00 Holiday Reader’s Theater Practice (Commons Conference Room)	30 8:30 Coe Forum 9:00 Water Aerobics (Spa) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 Colette Travel Show (Commons Conference Room) 5:00 Murder Mystery Dinner (SH)	31 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Masquerade Mixer with Midnight Riders (SH)	

🍎 **NOURISH YOUR HEALTH THIS FALL:
HARVEST FOODS & IMMUNE SUPPORT**

As the leaves change and cooler weather arrives, fall is the perfect time to enjoy the bounty of the harvest while also preparing our bodies for the cold and flu season ahead.

Fall Harvest Eating

Autumn produce brings rich flavors and powerful nutrients to the table. Apples, pears, squash, sweet potatoes, and pumpkins are not only delicious but also packed with vitamins, minerals, and fiber to keep you feeling energized. Roasting root vegetables, enjoying a crisp apple, or adding pumpkin to soups and breads are simple ways to celebrate the season while boosting your nutrition.

Immune Support for Cold & Flu Season

With the change in weather, it's also important to give your immune system extra care. Foods rich in vitamin C—like citrus, bell peppers, and apples—help strengthen defenses. Zinc, found in beans, nuts, and seeds, plays a key role in recovery, while probiotics in yogurt and kefir support a healthy gut, which is closely tied to immunity. And don't forget hydration—soups, teas, and water all count toward keeping your body well-nourished and ready to fight off illness.

Simple Tips to Try This Month:

- Add roasted squash or sweet potatoes as a colorful side dish.
- Snack on apples or pears for a natural vitamin boost.
- Warm up with a broth-based soup filled with vegetables, beans, or lentils.
- Sip herbal tea with lemon and honey for hydration and comfort.

This October, let's embrace the flavors of fall while giving our bodies the fuel they need to stay strong, healthy, and ready for the season ahead.

COE FORUM IN OCTOBER

Coe College invites you to participate in the Thursday Forum, a program for older adults who want to expand their knowledge in an academic setting. Throughout the academic year, forums explore a variety of topics through a blend of lecture, media and discussion. Each weekly session begins with registration and refreshments from 8:45-9:15 AM, followed by the lecture until 11:30 AM. Below are the programs scheduled in September. Admission to each four-week forum series is \$40. Admission to individual lectures and each session of two- and three-week forums is \$12 per week. Admission includes the lecture and morning refreshments of coffee, tea and pastries. Payment can be made in person on Thursday mornings by cash or personal check. Credit card payments can be processed by [registering online](#) in advance at www.coe.edu/why-coe/events/thursday-forum.

Additional information about future sessions can be found at the Front Desk.



From Plains of Abraham to President Washington: The Half Century of Revolution that led to the United States
Steve Feller, Professor of Physics
October 9, 16, 23, 30
The 250th anniversary of key events in the American Revolution provides an opportunity to look back on how the United States emerged as an independent nation. This four-part forum presented by Professor of Physics Steve Feller surveys the development of British colonies in North America and the road to revolution and independence for some of them.



OCTOBER WORD SEARCH

OCTOBER	HALLOWEEN	CHILLY	HAYRIDE
FALL	ACORN	HARVEST	LEAVES
AUTUMN	APPLES	MOON	PUMPKIN

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