

COTTAGE GROVE PLACE EMPLOYEE CORNER

STAFF ANNIVERSARIES

1 Year

Tanae Carr
Jordan Fiance
Lakeisha Harvey
Phillip Lester
Emily Miranda
Ella Tamlyn
Jalyn Walker

3 Years

Daniel Kisekka
Lisa West

4 Years

Cindy Johnson
Michelle O’Neill

2 Years

Karmen Clark
Sopmel Mellish

29 Years

Sharon Aukerman
Alyssa Sackett

STAFF BIRTHDAYS

Dawn Cunningham.....12/1
Gabriel Leuck.....12/3
Caitlyn Ellefson.....12/4
Preston Smith.....12/4
Prisca Hamandishe.....12/6
Hilary Bourne.....12/7
Sopmel Mellish.....12/7
Lois Robson.....12/7
Ben Gilliland.....12/9
Melody Mrstik.....12/9
Valentina Morales.....12/10
Kari Needham.....12/10
Angela Tapken.....12/10



NOVEMBER MARKETING MINUTES

The Marketing & Sales department hosted a LifeCare Luncheon in mid-November. The event was a huge success with over 40 guests! Thank you to the Cottage Grove Place staff and resident ambassadors who helped make this event special for attendees. We are hard at work preparing for the Holiday Open House Tuesday, December 16 from 2 – 4 p.m. and trying to get in as many sales as possible before the end of 2025. Thank you for all you do for our department. Wishing you a wonderful holiday season.

Susan Bednar
Director of Marketing & Sales



Cottage Grove
CHRONICLES

HEALTH & WELLNESS — DECEMBER REFLECTIONS

As we close out the year, December is a wonderful time to look back on all we’ve learned together. Over the past twelve months, our community has explored nutrition, movement, brain health, stress management, and the importance of staying socially connected. Your participation has made each program meaningful and fun. This final month of the year is all about carrying those lessons forward and preparing for a strong, healthy start to 2026. Here are a few simple reminders and helpful tips inspired by our year of learning:

Keep Moving

Find activities you enjoy—walking, stretching, chair yoga, or dancing—and try to move a little each day.

Choose Balanced Foods

Colorful fruits and vegetables, whole grains, lean proteins, and plenty of water help support energy and overall wellness.

Engage Your Mind

Puzzles, reading, creative hobbies, and educational programs keep your brain sharp and spirits high.

Stay Connected

Sharing meals, attending activities, or simply checking in with neighbors strengthens wellbeing for everyone.

Take Moments of Calm

A deep breath, a quiet cup of coffee, or a short gratitude practice can help reduce stress.

As the new year approaches, we invite you to continue building on these habits. Set gentle goals for yourself—not resolutions to pressure you, but intentions that support your wellbeing. Whether it’s moving more, learning something new, or making space for connection, every small step counts.

Thank you for a wonderful year of growth, learning, and community. Here’s to a healthy, joyful, and inspiring start to 2026!

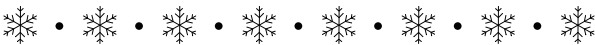


RESIDENT BIRTHDAYS

Dick Landis.....12/2
Pat Wedemeier.....12/9
Judy Robertson.....12/9
Rita Reilly.....12/13
Marcia Lofdahl.....12/15
Stan Hill.....12/15
Al Boyden.....12/15
Deb Dunek.....12/17
Sondra Hill.....12/17
Jan Raisch.....12/20
Randy Wright.....12/20
Karon Dettmann.....12/25
Kathy Ormond.....12/25
Bev Erenberger.....12/25
Karmen Dircks.....12/26
Johanna Abernathy.....12/28
Jim Nemmers.....12/29
Eileen Lampe.....12/31



WELCOME HOME!
AL & MARY HUNEKE
CAROLYN JOHNSON
KAYE ANN HELLMICH



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!

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

NOW SHOWING AT COTTAGE GROVE PLACE:

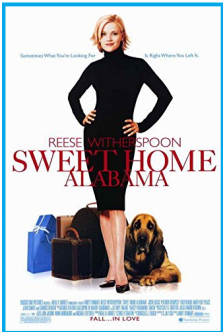
Popcorn provided, bring your own drink for the shows!
Evening showings are resident-led.



Monday, December 1
2:30pm and 6:30pm
Dog (2022)
Rated PG-13 1 hr, 41 mins
An Army Ranger seeking a second chance agrees to take an unruly Belgian Malinois named Lulu on a long road trip to her handler’s funeral.



Monday, December 8
2:30PM and 6:30PM
Champagne Problems (2025)
Rated TV-14 1 hr, 39 mins
An ambitious exec comes to Paris to acquire a champagne brand and accidentally falls for the founder’s son in this festive, fizzy rom-com.



Monday, December 15
2:30PM and 6:30PM
Sweet Home Alabama (2002)
Rated PG-13 1 hr, 48 mins
Melanie abandons her Alabama roots and high school-sweetheart husband for the glitz of Manhattan, but questions her decision when she visits home.



Monday, December 22
2:30PM and 6:30PM
The Family Holiday (2007)
Rated TV-PG 1 hr, 28 mins
To claim his uncle’s fortune, a con artist must prove he’s a family man – so he sets up an elaborate hoax with two runaway kids and a fake wife.



Monday, December 29
2:30PM and 6:30PM
Sister Act (1992)
Rated PG 1 hr, 40 mins
A singer witnesses a mob hit and hides out in a convent, where she introduces the sisters to doo-wop and turns the choir into fundraising stars.

EAF Luncheon
Wednesday December 3 – 10:00am to 1:00pm
Commons Dining Room
Enjoy a warm and relaxed afternoon at our Employee Appreciation Luncheon, where residents and staff come together to share a meal, stories, and gratitude. Residents are invited to join us in recognizing the hard work, kindness, and dedication of our team members who help make this community feel like home. Together, we’ll celebrate the special connections that make our community so meaningful.
This takes the place of the evening meal.

Art, Joy, Connect Armchair Travel: Italian Renaissance
Thursday December 4 – 3:00pm – Sedlacek Hall
Take a step back in time—no passport required! Join us for an Armchair Travel journey to the Italian Renaissance, where we’ll explore famous art, architecture, and influential figures like Leonardo da Vinci and Michelangelo. Through photos, stories, and music, we’ll experience the beauty, innovation, and culture of this remarkable period in history, all from the comfort of our favorite chairs.
Forum at Home: The American Revolution
Thursdays at 8:30am in The Movie Theater Room
Join us for a relaxed “Forum at Home” gathering as we watch a special PBS program on the American Revolution. Together, we’ll learn about the events, key figures, and big ideas that shaped our nation’s founding. Light discussion will follow the program for anyone who would like to share thoughts or ask questions.

Harmony Hawks Christmas Show
Tuesday December 9 – 6:30pm – Sedlacek Hall
Get into the holiday spirit at our Harmony Hawks Christmas Show! This talented group will delight us with festive favorites and classic carols, then invite everyone to join in for some cheerful sing-along tunes. It’s a joyful evening of music, harmony, and holiday fun you won’t want to miss.

Hot Apple Cider and Holiday Cards
Wednesday December 10 – 3:00pm – Front Lobby
Enjoy warm cider, light refreshments, and friendly conversation as we gather to create heartfelt holiday cards for friends and loved ones. It’s a relaxed, creative way to share the spirit of the season together.

McKinley School Orchestra
Friday December 12 – 9:45am – Sedlacek Hall
Enjoy a special musical performance by the McKinley School Orchestra as these talented young musicians share a program of seasonal pieces and classic favorites. Residents are invited to sit back, relax, and support the students as generations come together through the joy of live music.

Cocoa, Cookies, and Cocktails
Friday December 12 – 2:00pm – Sedlacek Hall
Indulge in some sweet holiday fun at Cocoa, Cookies, and Cocktails! Residents are invited to enjoy a build-your-own hot chocolate bar with all the fixings, a tempting spread of Christmas cookies (with a few to take home!), and a festive specialty holiday cocktail. It’s the perfect way to sip, snack, and celebrate the season together.

Holiday Lights at the Lake Bus Ride
Tuesday December 16 – 5:30pm – Front Lobby
Hop aboard the bus for Holiday Lights at the Lake as we take a scenic evening ride to Overlook Campground. Enjoy beautiful light displays, sparkling reflections on the water, and the peaceful charm of the season from the comfort of the coach. A relaxing and festive outing to brighten up a winter night!

Holiday Sweater Happy Hour
Friday December 19 – 2:00pm – Sedlacek Hall
Show off your most festive (or funniest!) holiday sweater at our Holiday Sweater Happy Hour. Residents are invited to mix and mingle over seasonal drinks and snacks while we admire each other’s cheerful, cozy, and sometimes delightfully tacky sweaters. A lighthearted way to celebrate the season together!

End of Year Celebration Happy Hour
Friday December 26 – 2:00pm – Sedlacek Hall
Raise a glass with friends at our End-of-Year Celebration Happy Hour! We’ll enjoy festive drinks and appetizers while watching a special photo slideshow highlighting favorite moments, events, and smiling faces from the past year. It’s a wonderful time to reminisce, laugh, and celebrate our community as we look ahead to the new year.

Noon Years Eve Lunch with Mike Maas Trio
Wednesday December 31 – 12:00pm to 2:00pm
Commons Dining Room
Ring in the new year a little early at our Noon Year’s Eve Lunch Party! Enjoy a festive midday meal with friends, complete with live music to keep toes tapping as we count down to noon. We’ll celebrate with good food, great company, and a cheerful “cheers” to the year ahead—without staying up late!
Meal service from 11:00am to 1:30pm.
Additional seating in Sedlacek Hall.

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

DECEMBER 2025
COTTAGE GROVE CHRONICLES

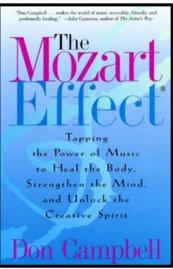
COTTAGE GROVE PLACE YAMAHA GRAND PIANO
By Bill Jacobsen

Music calms the mind, stimulates the spirit and expands the soul. Anyone can be impacted by musical waves that can change who we are, how we feel, and what we do.

On Wednesday, November 12, 2025, Cottage Grove residents heard music played on a new piano in Sedlacek Hall. This piano was secured for the community by Jim and Mary Ann Stickley and Al and Terry Boyden. It will provide many different musical experiences for residents. This Yamaha grand piano concert was introduced by Henrique Rabelo, a University of Iowa performing arts Doctoral student. The residents heard the works of Beethoven, Chopin, Brahms, Liszt, and Ravel presented by this performing artist.

It was a memorable experience. More than fifty people were in attendance for this concert. Henrique is from Brazil and has been learning the piano from an early age. He demonstrated the range of the piano as he played these selections.

This was an impressive introduction of the Yamaha piano to the community. Henrique Rabelo’s performance introduced the quality of this piano to the audience. It was a memorable experience.



Don Campbell wrote a book called The Mozart Effect. He explains how different music impacts the sound waves in our brains.

The author explains the delta, theta, alpha and beta brain waves that impact the human brain. The melodies, harmonies, and arrangements change brain waves. The songs that continue to play in our heads after they are heard are often called ear worms by musicians.

A better understanding of music is gained by listening to any rendition of Pachelbel’s Canon in D. It guides the listener to feel the impact of the music on brain waves.

Music can heal the body, calm the mind and expand the human spirit. Modern society has many ways to enjoy music. Music has an impact on the behavior of both humans and animals.

The baby grand piano that was contributed to the community when it opened by Edith Glidden, continues to serve. It is now available to residents in the entrance lounge to Commons 3. The community expresses its gratitude to the Stickleys and Boydens for providing this piano. It will have a lasting impact the quality of resident life at Cottage Grove Place.

THANK YOU
AL & TERRY BOYDEN
JIM & MARIANNE STICKLEY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let’s Write & Discuss (3CR) 1:00 Trim the Tree: Commons East Lobby 2:30/6:30 Movie Monday & Popcorn: Dog (MTR)	2 9:00 Water Aerobics (Spa) 10:00 Deck the Dining Room (CDR) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Interdenominational Worship Service (SH)	3 10:00 St Matthew’s Catholic Communion and Conversation (In-Room Visits) 10:00—1:00p EAF Luncheon (CDR) 2:00 Trim the Tree: Cottage Grill 3:00 Concert Chorale Christmas Caroles (SH)	4 8:30 Forum at Home: The American Revolution (MTR) 10:00 Deck the Halls: Sedlacek Hall 1:00 Resident Council (SH) 3:00 Art, Joy, Connect Armchair Travel: Italy The Renaissance (SH)	5 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Community Billiards (P) 2:00 Happy Hour Carts	6 1:00 Reading Group with Dot (2AR)
7 1:30 John Denver Christmas (FL)*	8 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: Champagne Problems (MTR)	9 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Floyd Sandford: California (SH) 6:30 Harmony Hawks: Christmas Show (SH)	10 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 10:00 Lunch & Shopping at Coralville Mall (FL) 3:00 Hot Apple Cider and Holiday Card Making (CG)	11 8:30 Forum at Home: The American Revolution (MTR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Holiday Trivia Night (SH)	12 9:15 Next Level Fitness (FC) 9:45 McKinley Orchestra (SH) 10:00 Caregivers Support Group (WPD) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Community Billiards (P) 2:00 Cocoa, Cookies & Cocktails (SH) <i>Christmas Carolers at 3:15</i>	13 1:00 Reading Group with Dot (2AR)
14 First Day of Hannukah 4:30 Community Christmas Carolers (SH)	15 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: Traditions of Christmas (SH) 2:30/6:30 Movie Monday & Popcorn: Sweet Home Alabama (MTR)	16 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:15 Balance & Beyond (FC) 5:30 Holiday Lights at the Lake Bus Ride (FL)	17 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:00 Wellness Lunch and Learn: December Reflections (CDR) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	18 8:30 Forum at Home: The American Revolution (MTR) 9:30 Riverside Casino Outing (FL) 10:30 CVC School Christmas Show (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson’s Support Group (2AR) 3:30 Trivia Tables (SH) 6:30 Community Christmas Carolers (SH)	19 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Community Billiards (P) 2:00 Holiday Sweater Happy Hour (SH)	20 1:00 Reading Group with Dot (2AR) 6:45 POPS—Holiday Spectacular (FL)*
21 Christmas Spirit Week Festive dress up days all week long to celebrate the holiday!	22 Red & Green Day 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 Family Holiday (MTR) 3:00 Larry Jensen Piano (SH)	23 Holiday Hats & Socks Day 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 Coffee Conversations with Ally and Angel (SH)	24 Comfy Christmas (Pajamas!) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 1:00 Decorate Gingerbread Houses (SH) 3:00 Sedlacek Sing Along: Christmas Favorites (SH)	25 Merry Christmas!	26 White & Blue Day 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Community Billiards (P) 2:00 End of Year Celebration Happy Hour (SH)	27 1:00 Reading Group with Dot (2AR)
28	29 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: Sister Act (MTR)	30 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance & Beyond (FC) 3:00 New Year Activity Planning Meeting (2AR)	31 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:00p—2:00p Noon Years Eve with Mike Maas Trio (CDR)		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