



Cottage Grove CHRONICLES

Crossword: February 1st

Across	
1	Animal shelter
5	Scouting group
10	Catchall abbr.
14	Mrs. Alfred Hitchcock
15	Off-the-wall
16	Comic Carvey
17	Red gum tree of Tasmania
19	Business V.I.P.
20	Kind of salad
21	Absence of mental stress or anxiety
23	Family girl
26	Glass component
27	Arras, e.g.
31	Acquired relative
36	Vivacity
37	Bygone bird
38	Kind of motel
39	Piece next to a knight
40	Snoops
43	Folklore fiend
44	Back street
46	___ Lanka
47	Spotted
48	Move smoothly and effortlessly
49	Weaves in and out
51	Big galoot
53	Go downhill fast?
54	Software
59	Run the show
64	Commuter line
65	Alliances
68	Elizabeth I's mother
69	Missed the mark
70	Neighbor of Vietnam
71	Spillane's Hammer
72	Twosomes
73	Ultimatum ender

Down	
1	Reindeer herder
2	Epithet of Athena
3	Rapscallions
4	Deep in thought
5	Rocky prominence
6	Daiquiri ingredient
7	Mayberry sot
8	Cantankerous
9	Kind of dish
10	First family's home
11	2004 Queen Latifah movie
12	Dill seed
13	Delicate
18	Facilitate
22	Fujairah bigwig
24	Schools of thought
25	Ticklee's cry
27	Fairy tale character
28	Garlicky mayonnaise
29	Prodded
30	Up the ante
32	Lasso loop
33	Potent potable
34	Lots of land
35	A question of timing
36	Toot one's horn
41	Extended periods
42	Kitchen item
45	Wine label info
49	Down ___ lane
50	Fare adjustment?
52	Went back and forth
54	Baby buggy
55	Rajah's wife
56	Sound on Old MacDonald's farm
57	Merriment
58	"___ Smile" (1976 hit)
60	Eight furlongs
61	Shade of black
62	Genesis grandson
63	Actual being
66	Called the shots
67	Psyches

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
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54	55	56	57				58			59	60	61	62	63
64					65			66	67					
68					69						70			
71					72						73			



RESIDENT BIRTHDAYS

Sandra Phillips.....	2/1
Irene Hamous.....	2/2
Judy Heitland.....	2/4
Julie Hanson.....	2/5
Dorothy Powers.....	2/5
Margie Hutton.....	2/7
Miriam Bierwirth.....	2/10
Mary Ann Wetherbee.....	2/12
Mary Huneke.....	2/12
Rikki Packingham.....	2/14
Pat Smith.....	2/16
Ruth Nash.....	2/17
Karl Beide.....	2/18
Steve Wolf.....	2/19
Carol Mauck.....	2/20
Shari Armbrust.....	2/21
Kristin Henn.....	2/22
Lynda Black Smith.....	2/23
Phyllis Ammeter.....	2/24
Fran OBrien.....	2/26
Carolyn Johnson.....	2/27
Cheryl Ayers.....	2/27
Gloria Klinger.....	2/28



JUDY DUFEK
LARRY NICHOLSON

FEBRUARY HEALTH & WELLNESS: HEART HEALTH MONTH

February is Heart Health Month, a perfect time to focus on caring for our hearts—together. The good news: heart-healthy habits don't have to be big or complicated. In fact, the most effective changes are often the simplest ones, done consistently and with support from friends and neighbors. Heart health is all about keeping your blood flowing well and supporting your body's "engine." Things like staying active, choosing nourishing foods, managing stress, and keeping up with routine check-ins can all make a meaningful difference—at any age.

4 Heart-Smart Tips for This Month

- Move a little each day: a short walk, chair exercises, or gentle stretching all count.
- Choose heart-friendly foods: add more fruits/veggies, whole grains, and lean proteins; flavor with herbs and lemon instead of extra salt.
- Take a calm reset: inhale for 4 counts, exhale for 6 counts—repeat 4 times.
- Know your numbers: blood pressure and other wellness checks can help you stay on track.

Community Challenge: Hearts in Motion

Join a group walk, attend a fitness class, or invite a neighbor for a "chat and stroll." Every step helps!

Important: Tell staff or your healthcare provider right away if you notice new chest pressure, unusual shortness of breath, sudden dizziness, or pain in the arm/jaw/back.

Let's focus on progress—one small step at a time.

Join us for a **Wellness Lunch & Learn: Heart Health** on Wednesday February 25 at 12:00pm! Enjoy salad bar lunch while we share simple, senior-friendly tips for supporting a healthy heart—covering nutrition, movement, stress management, and "know your numbers" wellness basics. Come hungry, learn something new, and leave with easy ideas you can use every day.

COTTAGE GROVE PLACE ACTIVITY DETAILS

Armchair Travel: American West

Wednesday February 4 - 3:00pm - Sedlacek Hall
All aboard for Armchair Travel: By Train Through the American West with Corrine Fosnaugh! Enjoy a relaxing “rail journey” as we tour stunning national parks and points of interest in Montana, Wyoming, Colorado, New Mexico, and Texas—no suitcase required. Snacks served!

Hope Blooms Daffodil Sales

Wednesday February 4 - 3:30pm-5:30pm
Front Lobby

Stop by our Hope Blooms sales table to support a meaningful cause! Proceeds help cancer patients in our community. Payment accepted by cash, check, or credit card. Daffodils and other items will be delivered to you during the week of March 9.

Coe Thursday Forum: From Perceptron to AI The Rise of Large Language Models and Their Implications for Us All

Thursdays in February - 8:30am - Front Lobby

As AI becomes more common in everyday life, it’s important to understand what it can do—and where its limits are. Join this four-part forum series led by Associate Professor of Data Science Michael Stobb, exploring the evolution of large language models, the technology behind many modern AI tools.

Craft & Chat

Saturdays at 10am in 3rd Floor Card Room

You’re invited to gather for a relaxed, creative work session. Bring along any project you enjoy – needwork, latch hooking, macrame, knitting, or similar crafts. No formal instruction or agenda – the goal is simply to share space, creativity, and conversation while making progress on your own projects! Questions? Contact Ann Bromley, Ruby Fowler, or Karen White.

Winter Olympics Happy Hour

Friday February 6 - 2:00pm - Sedlacek Hall

Join us for Winter Olympics Happy Hour! Sip themed drinks and enjoy festive snacks while the Opening Ceremony plays on the big screen. Gather with friends, cheer on the athletes, and kick off the Winter Games in style.

Superbowl Snack Bar & Watch Party

Sunday February 8 - 4:00pm - Sedlacek Hall

Cheer on the teams, enjoy the big game with friends, and grab tasty game day snacks from our snack bar—while supplies last.

Sweethearts Happy Hour

Friday February 13 - 2:00pm - Sedlacek Hall

Celebrate love and friendship at Sweethearts Happy Hour! Enjoy Valentine’s-themed drinks and snacks and share the moment with your favorite people—friends, neighbors, and family. Come mingle, make memories, and toast to sweet connections. ❤️

Collette Travel Show: Discovery America’s 250th

Tuesday February 17 - 2:00pm - Sedlacek Hall

Join us for the Collette Travel Show! Residents will learn about an exciting upcoming trip out East, featuring special destinations and celebrations. A Collette representative will be here to walk through the itinerary, share details, and answer questions.

Mardi Party

Tuesday February 17 - 6:00pm - Sedlacek Hall

Let the good times roll at our Mardi Party! After our New Orleans-themed dinner, keep the celebration going with cocktails and sweet treats—plus plenty of festive Mardi Gras fun. 🍷💜💛💚

Sedlacek Sing Along with Lisa Klostermann

Tuesday February 24 - 2:30pm - Sedlacek Hall

Enjoy a fun, relaxed time making music together with music therapist—sing along to familiar favorites, lift your spirits, and connect with friends. No singing experience required.

Aaron Shoemaker Dinner Music

Thursday February 26 - 5:00pm-7:00pm
Commons Dining Room

Enjoy live dinner entertainment with Aaron Shoemaker, known for performing classic hits from legends like Elvis Presley, Dean Martin, and Frank Sinatra. Sit back during dinner service and savor the music of these timeless favorites.

Retro Happy Hour

Friday February 27 - 2:00pm - Sedlacek Hall

Step back in time for Retro Happy Hour in honor of National Retro Day! Enjoy themed drinks, tasty snacks, and throwback music, and feel free to dress up in your favorite retro style. Let’s toast to the good old days!

HAPPY
Valentine's Day



MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.



Monday, February 2
2:30pm and 6:30pm

Little Women (1994)

Rated PG 1 hr, 58 mins

Raised by a strong-willed mother, sisters Jo, Meg, Beth and Amy share growing pains, family tragedies and personal aspirations in 19th- century America.



Monday, February 16
2:30PM and 6:30PM

Overboard (2018)

Rated PG-13 1 hr, 52 mins

When a rich, spoiled playboy loses his memory after falling off his yacht, the employee he underpaid decides to use his condition to her advantage.



Monday, February 9
2:30PM and 6:30PM

The Princess Bride (1987)

Rated PG 1 hr, 38 mins

A bedridden boy’s grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love.



Monday, February 23
2:30PM and 6:30PM

LBJ (2016)

Rated R 1 hr, 38 mins

A struggling mother’s life takes an unexpected turn when a mysterious professor arrives at her door with a message that could change everything.

COTTAGE GROVE PLACE EMPLOYEE CORNER STAFF ANNIVERSARIES

1 Year

Eden Askelsen
Lochlan Hayes
Kent Mahurin
Graciela Reyes

2 Years

Larionna Littleton
Logan Pham
Chase Pyse
Ben Gilliland

3 Years

Tom Kenneavy

4 Years

Ammie Ballayan
Arthur Vesey
Angela Noethe

7 Years

Gladys Anala
Brad DeWoody
William McKenna

17 Years

Tawanna Reyes

STAFF BIRTHDAYS

Arthur Vesey.....2/6
Aaliyah Reyes.....2/8
Caden Wurster.....2/8
Seraphine Isenge.....2/14
Salam Daoud.....2/18
Dajanai Gauldin.....2/21
Andrea Kann.....2/24
Kayla Miller.....2/24
Zach D’Amico.....2/27



January Employee of the Month:
Skye Wright-Shannon

RESIDENT INFORMATION

STAY INFORMED!

Download **Community Apps** on your smartphone, tablet, or desktop computer for important messages.

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 updates.

Anyone interested in participating in an Arts & Crafts & Bake Sale please contact Jule Hanson x5587

Alzheimer’s Association Fundraiser Opportunity:

Support a great cause with our Take & Bake Valentine’s Day Fundraiser benefiting the Alzheimer’s Association! Pick up an order form at the Front Desk and return it no later than Thursday, February 5.

Each \$15 meal includes Chicken Alfredo for two—perfect for a cozy Valentine’s dinner at home. Residents are also welcome to donate only if you’d like to support the fundraiser without receiving a meal.

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)	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.	FEBRUARY ACTIVITY CALENDAR					
1 2:30 Penny Bingo (CG,PD)	2 8:00 Early Rise Exercise (FC) 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: Little Women (MTR)	3 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Interdenominational Worship Service (SH)	4 8:00 Early Rise Exercise (FC) 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: Country House (FL) 3:00 Armchair Travel: American West (SH)	5 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:00 Resident Council (SH) 3:30 Trivia Tables (SH)	6 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 1:00 Opening Ceremony Watch Party 2:00 Winter Olympics Happy Hour (SH)	7 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)	
8 2:30 Penny Bingo (CG,PD) 4:00 Superbowl Snack Bar* and Watch Party (SH) <i>*While supplies last</i>	9 8:00 Early Rise Exercise (FC) 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 Princess Bride (MTR)	10 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Floyd Sandford: Five Interesting Places (SH)	11 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Coyles Hibachi (FL) 3:00 Fireside Coffee and Tea Social (SH)	12 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	13 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:00 Caregivers Support Group (WPD) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Sweethearts Happy Hour (CG)	14 Valentine's Day 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)	
15 2:30 Penny Bingo (CG,PD)	16 President's Day 8:00 Early Rise Exercise (FC) 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: Overboard (MTR)	17 Mardi Gras 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:15 Balance and Beyond (FC) 2:00 Collette Travel Show: Discover America's 250th (SH) 6:00 Mardi Party (SH)	18 Ash Wednesday 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Cheddar's Scratch Kitchen (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	19 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson's Support Group (2AR) 3:30 Trivia Tables (SH)	20 8:00 Early Rise Exercise (FC) 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 6:45 Paramount: MANIA Abba Tribute (FL)*	21 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)	
22 2:30 Penny Bingo (CG,PD)	23 8:00 Early Rise Exercise (FC) 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: LBJ (MTR)	24 CR Hearing Center 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 2:30 Sedlacek Sing Along with Lisa Klostermann (SH)	25 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:00 Wellness Lunch & Learn: Heart Health (CDR) 2:00 Book Club (2AR) 3:00 Activity Meeting (CCR)	26 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 3:30 Trivia Tables (SH) 5:00—7:00 Aaron Shoemaker Music (CDR)	27 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Retro Happy Hour (SH) 6:45 TCR: Guys & Dolls (FL)*	28 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)	