

**COTTAGE GROVE PLACE
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 Quilt Show and Discussion please contact Kirsten Collins x5716

CORNER STORE

OPEN MONDAY - SATURDAY 1:00 - 3:00

Inventory includes: Greeting Cards & Stamps. Ready to Heat & Eat meals. Chips, Candy & Snacks. Paper products. Laundry & Dishwasher supplies. Toiletries & OTC Medications. Batteries & Home Office supplies.

Cottage Grove insignia shirts, hoodies & hats.

Handcrafted wooden items.

Other items available upon request!

MARCH 2026



**Cottage Grove
CHRONICLES**

**MARCH HEALTH & WELLNESS:
BRAIN INJURY AWARENESS MONTH**

March is Brain Injury Awareness Month, a time to learn more about brain health, increase understanding, and support those affected by brain injuries. In a senior living community, this topic is especially important because brain injuries can happen at any age and may affect thinking, memory, balance, mood, and daily routines.

A brain injury may result from a fall, stroke, accident, or other medical event. Some effects are easy to notice, while others may be more subtle. A person may look “fine” but still experience headaches, fatigue, trouble concentrating, or changes in mood. Awareness helps us respond with patience, compassion, and support.

Why Awareness Matters

Learning about brain injury helps reduce stigma and encourages people to seek help sooner. It also reminds us how important prevention is—especially when it comes to fall safety, medication management, and staying physically and mentally well.

Brain Health & Safety Tips

Simple habits can support brain health and lower risk of injury:

- Prevent falls: wear supportive shoes, use handrails, and keep walkways clear of clutter.
- Stay active: gentle movement, walking, and balance exercises can help improve strength and stability.
- Protect your mind: enjoy puzzles, reading, games, music, or learning something new.
- Get quality rest: sleep is important for brain function and overall wellness.
- Speak up: report dizziness, headaches, balance changes, or confusion to staff or your healthcare provider.

This month, let’s work together to promote brain health, safety, and understanding—and continue building a community where everyone feels supported.



RESIDENT BIRTHDAYS

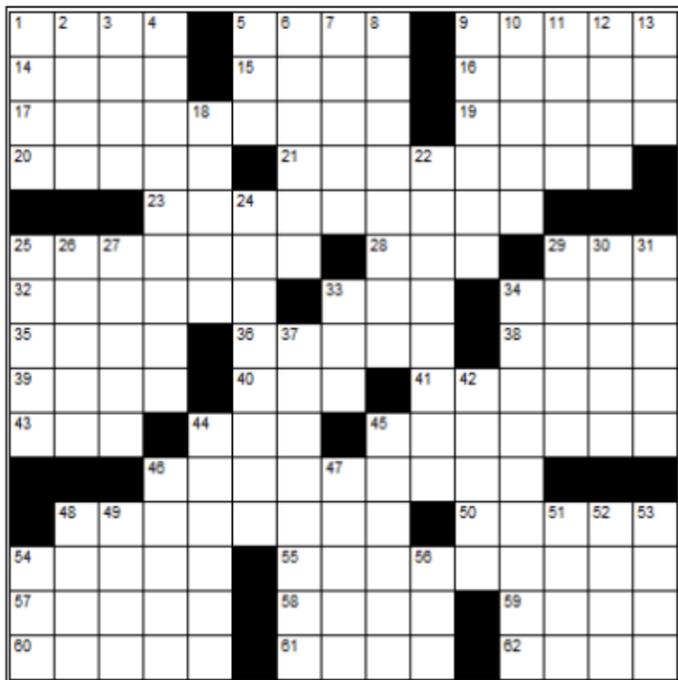
- Doug Larson.....3/3
- Frieda Hanson.....3/4
- Mary Isaacson.....3/5
- Bob Landis.....3/6
- Dick McGaughy.....3/7
- Jim Emerson.....3/8
- Nancy Hasek.....3/9
- Don Hattery.....3/11
- Char Worley.....3/12
- Lloyd Lininger.....3/13
- Mary Kanealy.....3/14
- Deleva Stevenson.....3/15
- Mary Lou Hattery.....3/15
- Dorothy Downing.....3/16
- Patty Gorton.....3/17
- Kaye Ann Hellmich.....3/18
- Jonna Lininger.....3/20
- Steve Elliot.....3/20
- Byron Henn.....3/21
- Audrey Phillips.....3/21
- Mary Jeanette Andre.....3/24
- Don Jacobi.....3/25
- Gary Crow.....3/26
- Dorothy Stark.....3/31



**JUDY DAVIS & GENE MCCRACKEN
JOHN HESS
LEWIS BURESH
KATHIE MOSLEY**

ACROSS

- 1. Gumbo ingredient
- 5. Stops
- 9. Noodles
- 14. Violent disturbance
- 15. Tallow source
- 16. An aromatic flavorful vegetable
- 17. Untidy person
- 19. Wading bird
- 20. Change
- 21. Ghosts
- 23. Needed
- 25. Illegitimate child
- 28. Cunning
- 29. Past tense of To be
- 32. Instigate
- 33. Type of snake
- 34. Search (through)
- 35. Form of money transfer
- 36. Horde
- 38. Diva's solo
- 39. Portent
- 40. US spy agency
- 41. Towards the rear
- 43. Golf ball support
- 44. Lair
- 45. Like cornrows
- 46. North American raccoons
- 48. Grappler
- 50. Not before
- 54. Downy juicy fruit
- 55. Expose to radiation
- 57. Debate
- 58. Was aware of
- 59. Coastal raptor
- 60. Rips
- 61. Slave
- 62. Not alive



DOWN

- 1. Whale
- 2. Murder
- 3. Defeat decisively
- 4. Mental concentration
- 5. East southeast
- 6. Cared for
- 7. Ocean trenches
- 8. Tension-causing stimulus
- 9. Verse
- 10. Irate
- 11. Your majesty
- 12. Foot digits
- 13. Picnic insect
- 18. Delicacy
- 22. Fried squid
- 24. Curved shape
- 25. Racist
- 26. Japanese animation
- 27. Landslide detritus
- 29. Full of excitement
- 30. Ardent
- 31. Get to one's feet
- 33. Sheep sound
- 34. Slaked
- 37. Resembling bird appendages
- 42. Greens with dressing
- 44. Plates
- 45. Devoid of vegetation
- 46. Happen again
- 47. Sea swallows
- 48. We are (contraction)
- 49. Indian music
- 51. Empty weight
- 52. European volcano
- 53. Marsh plant
- 54. Tap
- 56. Amazement

PUZZLE ANSWERS AT THE FRONT DESK!

COTTAGE GROVE PLACE ACTIVITY DETAILS

Art, Joy, Connect: Peru, Alpaca, & Textiles

Wednesday March 4 - 3:00pm - Sedlacek Hall

Explore the rich art and culture of Peru in this engaging class featuring fascinating facts about alpacas and the beautiful tradition of Peruvian textiles. Residents will also enjoy a hands-on craft activity inspired by the colors and patterns of this vibrant culture.

Black & White Bash

Friday March 6 - 2:00pm - Cottage Grill

Celebrate National Oreo Day at our Black & White Bash Happy Hour! Join us for a fun social featuring black-and-white themed drinks, snacks, and festive décor as we toast to this sweet classic in style.

Irish Tea Time

Tuesday March 10 - 3:00pm - Sedlacek Hall

Join us for an Irish Tea Time Social featuring a charming afternoon of traditional teas and treats. Enjoy warm conversation, a taste of Irish hospitality, and a delightful social experience with friends and neighbors.

Girl Scout Cookie Booth

Thursday March 12 - 4:30pm - Front Lobby

Stop by our Girl Scout Cookie Booth to pick up your favorite treats and support a great cause! Enjoy the sweet tradition of Girl Scout Cookies while helping local scouts build skills and reach their goals.

Cheers to Pi(e) Happy Hour

Friday March 13 - 2:00pm - Cottage Grill

Join us for Cheers to Pi Happy Hour as we celebrate Pi Day with friends, fun, and delicious pie served in recognition of 3/14! Come raise a glass and enjoy a sweet slice of the celebration.

Sweet as Pi: Alzheimer's Association Fundraiser

Orders due by Saturday March 14 to Front Desk

Support the Sweet as Pi Alzheimer's Association Fundraiser by pre-ordering a whole pie or pie by the slice! Enjoy a sweet treat while supporting a meaningful cause.

St. Paddy's Day Social

with Live Music by Mike Maas Trio

Tuesday March 17 - 2:00pm - Sedlacek Hall

Celebrate St. Paddy's Day at our festive social featuring live music by the Mike Maas Trio! Enjoy great company, Irish-inspired fun, and a lively afternoon of music and celebration with friends and neighbors. 🍀🎵



Spring Fling Happy Hour

Friday March 20 - 2:00pm - Cottage Grill

Celebrate the season at our Spring Fling Happy Hour! Join us for a cheerful social featuring festive drinks, tasty snacks, and great company as we welcome spring with friends and neighbors.

Larry Jensen Piano Program

Monday March 23 - 3:00pm - Sedlacek Hall

Welcome back pianist Larry Jensen for a delightful live music performance! Enjoy an afternoon of beautiful piano favorites and familiar tunes as Larry returns to entertain residents once again.

Floyd Sandford: Hiking in Northern Ireland

Tuesday March 24 - 3:00pm - Sedlacek Hall

Welcome back guest speaker Dr. Floyd Sandford for another engaging and informative presentation! Residents will enjoy his thoughtful insights, interesting stories, and the opportunity to learn something new together.

Red Cedar Chamber Music

Wednesday March 25 - 1:00pm - Sedlacek Hall

Enjoy a special Red Cedar Chamber Music program, Return to Roots, featuring works by Kimber, Stamitz, Owen, and Kodály. This beautiful performance will feature Miera Kim, violin, and Carey Bostian, cello for an inspiring afternoon of live chamber music.

Karen Brunssen: A Few of Our Favorite Hymns

Thursday March 26 - 2:00pm - Sedlacek Hall

"These songs have been an important part of our lives and are bound to wake up memories and beliefs." Their origins, tunes, and the messages imprinted in our heart and minds also offer some very interesting historical "factoids." There will be some singing. Our thanks to Janet Wood for being our pianist!

Sedlacek Sing Along with Lisa Klostermann

Tuesday March 31 - 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.

Coe Thursday Forums in March

Thursdays in March - 8:30am - Front Lobby

Join us for Coe Thursday Forums, a thoughtful series of engaging presentations and discussion. The first session, "Poetry for All," will explore the enjoyment and accessibility of poetry, followed by "Cultivating Joy: Reaching and Teaching Readers," a session focused on inspiring connection through reading and learning.

MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.

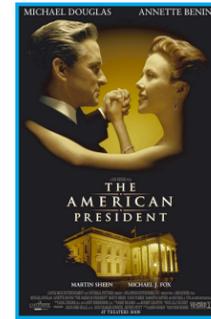


Monday, March 2
2:30pm and 6:30pm

Only the Brave (2017)

Rated PG-13 2 hr, 14 mins

Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire.

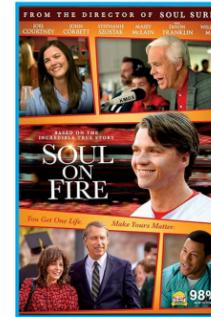


Monday, March 16
2:30PM and 6:30PM

The American President (1995)

Rated PG-13 1 hr, 53 mins

The widowed president strikes up a romance with a beautiful Washington lobbyist - but can the couple keep their private and political lives separate?



Monday, March 30
2:30PM and 6:30PM

Soul on Fire (2025)

Rated PG-13 1 hr, 52 mins

Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt biopic.



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

The Guernsey Literary & Potato Peel Pie Society (2018)

Rated TV-PG 2 hr, 3 mins

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation.



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

The Bucket List (2007)

Rated PG-13 1 hr, 37 mins

Two men in the final stages of illness embark on a moving journey to complete a bucket list and finish life on their terms.



STAFF BIRTHDAYS

Tatayana Roe.....3/1	Jordan Fiance.....3/16
Lisa West.....3/2	Theresa Amankwaa.....3/18
Katherine Hallett.....3/4	Lindsey Frando.....3/18
Alasha Hawkins.....3/4	Tom Kenneavy.....3/18
Mya Henderson.....3/4	John Overton.....3/18
Dianna Lahue.....3/4	Kyree Williams.....3/18
Dina Vicente.....3/4	Cloe Henderson.....3/20
Mike Kissman.....3/5	LuzieAnn Bernell.....3/21
Robert Walsh.....3/5	Veronica Gonzalez.....3/22
Na'Loha Ezekias.....3/7	Sofia Prieto Vargas.....3/22
Ellen Bean.....3/8	Curtis Swazey.....3/23
Kassidy Henderson.....3/9	Christina Daye.....3/24
Nyeanna Davis.....3/10	Molly Moore.....3/26
Jakeem Dixon.....3/10	Eliper Helgenberger.....3/29
Mona Elkassis.....3/13	Sherry Adam.....3/30
Pamphil Mwandau.....3/13	Katherine Kirby.....3/30
Skylar Flamming.....3/14	Mary Morningstar.....3/31
Janaya Dobbs.....3/16	

STAFF ANNIVERSARIES

<u>1 Year</u>	<u>4 Years</u>
Raya Davis	Cheryle Bell
Tassie Krigbaum	Travis George
Norah Oduor	<u>5 Years</u>
<u>2 Years</u>	Josephine Cialfi
Skylar Flamming	<u>8 Years</u>
Sancia Leopold	Samantha Barnes
Kayla Miller	<u>11 Years</u>
Lois Robson	Jessica Ramsden
<u>3 Years</u>	<u>16 Years</u>
Tyler Hockaday	Salam Daoud
Loise White	
Amina Yonamu	



February Employee of the Month:
Rachel Silver
Laundry and Housekeeping

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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: (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: (FL) 3:00 Ary, Joy, Connect: Peru, Alpaca, and Textiles (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 Open Billiards Tables (P) <i>National Oreo Cookie Day</i> 2:00 Black & White Bash (CG)	7 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)
8 Daylight Savings Time 2:30 Penny Bingo (CG,PD)	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: (MTR)	10 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC)	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: (FL)	12 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 4:30 Girl Scout Cookie Booth (FL) 5:00 Trivia Night (SH)	13 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 Open Billiards Tables (P) 2:00 Cheers to Pi(e) Happy Hour (CG)	14 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)
15 2:30 Penny Bingo (CG,PD)	16 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: (MTR)	17 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:15 Balance and Beyond (FC) 2:00-4:00 St. Paddy's Social with Live Music by Mike Maas Trio (SH)	18 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: (FL) 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	19 8:30 Forum at Home: Breakdown 1975 (MTR) 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 Open Billiards Tables (P) 2:00 Spring Fling Social (CG)	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: (MTR) 3:00 Larry Jensen Piano (SH)	24 9:00 Water Aerobics (Spa) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Floyd Sandford: Hiking in Northern Ireland (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) 11:00 Wellness Lunch & Learn: Brain Injury Awareness (CDR) 1:00 Red Cedar Chamber Music (SH) 3:00 Book Club (2AR)	26 8:30 Coe Forum (FL)* 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 2:00 Karen Brunssen: Musical History of Hymns (SH)	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 Open Billiards Tables (P) 2:00 Happy Hour Carts	28 10:00 Craft & Chat (3CR) 1:00 Reading Group w/ Dot (2AR)
29 2:30 Penny Bingo (CG,PD)	30 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: (MTR)	31 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 Klosterman (SH) 3:30 Activity Meeting (CCR)	MARCH ACTIVITY CALENDAR		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