

**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.

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!

MAY 2026



**Cottage Grove
CHRONICLES**



**MAY HEALTH & WELLNESS: BETTER SLEEP MONTH
"REST EASY: BETTER SLEEP FOR HEALTHY AGING"**

May is Better Sleep Month, a wonderful time to focus on one of the most important parts of healthy aging: getting good rest. Sleep plays a big role in overall wellness. It can affect mood, memory, energy, balance, and even how well we enjoy daily activities. While sleep patterns often change with age, restful sleep is still an important goal.

To help residents learn more, we are featuring a special wellness program called "Rest Easy: Better Sleep for Healthy Aging." This program will offer simple, practical tips for improving sleep habits and creating a bedtime routine that supports better rest. Residents will learn about common sleep changes in older adulthood, habits that may help promote more restful nights, and when it may be helpful to talk with a healthcare provider about ongoing sleep concerns.

The program will also include a helpful discussion on safe caffeine use. Many people enjoy coffee, tea, soda, or chocolate each day, but caffeine can sometimes interfere with sleep, especially later in the afternoon or evening. We will talk about how caffeine affects the body, where it may be hiding, and easy ways to make choices that support better nighttime rest.

Better sleep does not have to mean making big changes all at once. Small steps, such as keeping a regular bedtime, getting daylight during the day, staying active, and limiting caffeine later in the day, can all make a difference. Our goal is to encourage healthy habits that help residents feel more rested, refreshed, and ready to enjoy each day.

We hope you will join us for "Rest Easy: Better Sleep for Healthy Aging" as we celebrate Better Sleep Month and explore ways to support wellness, one good night's sleep at a time.

RESIDENT BIRTHDAYS

- Larry Dawson.....5/11
- Dan Johnson.....5/12
- Doris Burt.....5/12
- Sharon Aukerman.....5/18
- Sandy Fox.....5/18
- Duane Weber.....5/20
- Joan Minney.....5/25
- Al Huneke.....5/25
- Jim Stickley.....5/26
- Ann Bromley.....5/26
- Char Francis.....5/26
- Linda Dircks.....5/28
- Debbie Mauck.....5/30
- Todd Koza.....5/30



WELCOME HOME
AL & ROCHELLE HOLCOMB
JUDY CAMBRIDGE
WAYNE & LINDA MARTIN
CARL RAAP
ANNE & DOUG NICKERSON

MAY WORD SEARCH PUZZLE

MAY DAY TULIP STARWARS GRASS
MOTHERS FLOWERS DAFFODIL BIRDS RAIN
MEMORIAL SPRING CINCO DE MAYO BUTTERFLIES TREES

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

www.GrowingPlay.com

COTTAGE GROVE PLACE ACTIVITY DETAILS

Movie Matinee Outing: The Devil Wears Prada 2
Wednesday May 6 - 11:30am - Front Lobby
 Join us for a stylish Movie Matinee Outing to see The Devil Wears Prada 2! Enjoy an afternoon at the movies with fashion, humor, and fun as we follow the next chapter of this iconic story on the big screen. Ticket purchase on site (\$10 each)

Art, Joy, Connect: Uruguay, Brazil, & Geodes
Wednesday May 6 - 3:00pm - Sedlacek Hall
 Explore the beauty and culture of Uruguay and Brazil while discovering the fascinating world of geodes. This engaging program blends art, learning, and connection through creative activities, fun facts, and shared conversation inspired by South America and natural treasures.

Summer Scholars Program
Thursday Mornings - 9:00am - Movie Theater Room
 Enjoy thought-provoking PBS documentaries on a variety of topics in this summer learning program designed to spark curiosity, conversation, and discovery. From history and nature to science and culture, each session offers an engaging way to learn together.

Beer & Root Beer Tasting
Tuesday May 12 - 3:00pm - Sedlacek Hall
 Celebrate National Craft Beer Week! Sample a variety of beers and root beers in this fun and flavorful tasting experience. Compare unique flavors, learn a little about each selection, and enjoy a relaxed social time with something for every taste.

Readers Theater Club
Wednesday May 13 - 3:00pm - Commons Conference
 Practice reading scripts aloud in a fun and supportive group setting as you build confidence, expression, and teamwork. Readers Theater Club offers a lively way to enjoy storytelling together while preparing for future performances.

New Resident Luncheon
Friday May 15 - 11:00am - Commons Dining Room
 Welcome new neighbors and make meaningful connections at this special luncheon for residents who have moved in this year. Enjoy good food, friendly conversation, and a warm introduction to the community.

Pizza Party Happy Hour
Friday May 15 - 2:00pm - Cottage Grill
 Enjoy a relaxed happy hour with delicious pizza, refreshing drinks, and great company. This casual gathering is a fun way to unwind, socialize, and share time with friends and neighbors.

Historical Theater: Clara Barton
Monday May 18 - 1:30pm - Sedlacek Hall
 Step back in time and experience the story of Clara Barton through an engaging historical theater presentation. Learn about her remarkable life, compassionate service, and lasting impact in a program that brings history to life.

Walk to End Alzheimer's Fundraiser Lunch
Tuesday May 19 - 10:30am to 1:30pm - Cottage Grill
 Support a meaningful cause while enjoying lunch together at this special fundraiser for the Walk to End Alzheimer's. Gather with friends, share in community spirit, and help raise awareness and support for Alzheimer's care, research, and advocacy. Pricing and menu TBA.

Floyd Sandford: Earth's Living Treasures Pt 2
Tuesday May 19 - 3:00pm - Sedlacek Hall
 Continue the journey with Floyd Sandford: Earth's Living Treasures Pt. 2 as we explore more of the wonders of the natural world. This engaging program highlights remarkable landscapes, wildlife, and the beauty of our planet through an inspiring presentation.

Rest Easy: Better Sleep for Healthy Aging
Wednesday May 20 - 1:00pm - Sedlacek Hall
 Learn practical tips for improving sleep and supporting healthy aging in this informative wellness program. We'll explore habits that promote better rest, including bedtime routines, sleep-friendly choices, and safe caffeine use.

Creative Arts Group: Summer Studio
Wednesday May 20 - 2:00pm - Activity Room
 Bring your creativity to Summer Studio, an open art group for residents working on their own projects or looking for something fun to make. Supplies are provided, and the relaxed setting offers space to create, explore, and enjoy time with others.

Cocktails with Emily
Thursday May 21 - 4:30pm - Sedlacek Hall
 Sip, socialize, and savor the flavors of summer at Cocktails with Emily featuring fruity seasonal drinks. This fun and refreshing gathering is a great way to relax, enjoy tasty beverages, and spend time with friends.

Puzzles & Game Tables
Wednesday May 27 - 2:00pm - Sedlacek Hall
 Drop in for a fun and relaxed time with puzzles and game tables for all interest levels. Enjoy friendly conversation, light competition, and the chance to challenge your mind while spending time with others.

MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.



Monday, May 4
 2:30pm and 6:30pm
The Devil Wears Prada (2006)
 Rated PG-13 1 hr, 49 mins
 With an aspiration to become a journalist, Andy, a smart but sensible young graduate, travels to New York. She starts working as an assistant to one of the city's biggest high fashion magazine editors, the cynical Miranda Priestly.



Monday, May 11
 2:30PM and 6:30PM
Remarkably Bright Creatures (2026)
 Rated PG-13 1 hr, 51 mins
 Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



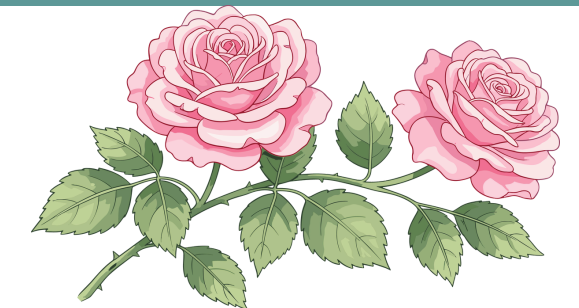
Monday, May 18
 2:30PM and 6:30PM
Green Book (2018)
 Rated PG-13 2 hr, 10 mins
 A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.



Monday, May 25
 2:30PM and 6:30PM
Resident Choice
 Happy Memorial Day! Movie-goers are welcome to make a movie selection of their own choosing.



A Look Ahead...
Wine & Roses Event
 Wednesday June 3
 2-4 P.M. - Cottage Grill
 Friends are welcome! Call 319-297-5592 if you would like to have someone join us.



STAFF BIRTHDAYS

Cindy Crock.....	5/6
Patience Chiweshe Siryon.....	5/8
Willie Davis.....	5/9
Melissa Holyoake.....	5/9
Hannah Wanjino.....	5/9
Sarah Innes.....	5/10
Hannah Okyere.....	5/10
Ella Tamlyn.....	5/11
Daniel Perez-Diaz.....	5/14
Karmen Clark.....	5/15
Aly Dye.....	5/17
LeAnne White.....	5/18
Elaine Dorliae.....	5/25
Brittany Rozek.....	5/25
Ateena Korgba.....	5/28
Jessica Ramsden.....	5/29
Emily Koranda.....	5/30

STAFF ANNIVERSARIES

1 Year	3 Years
Christina Daye	Angela Tapken
Andrea Kann	Brady Wilson
Ateena Korgba	Caden Wurster
Ebony Penias	4 Years
2 Years	Ciana Johnson
Janelle Halblom	Jenna Sackett
Emily Vargas	5 Years
3 Years	Greg Stuckey
Maggie Heinlein	7 Years
Valentina Morales	Angela Zilka



April Employee of the Month:
Ammie Ballayan, Health Center CNA





MAY ACTIVITY CALENDAR

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 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 Derby de Mayo (CG)	2 6:45 POPS—Best of Broadway at Paramount (FL)*
3	4 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 Devil Wears Prada (MTR)	5 10:00 Wii Bowling (FC) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Interdenominational Worship Service (SH)	6 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) 11:30 Movie Matinee: The Devil Wears Prada 2 (FL)* Marcus Theaters 3:00 Art, Joy, Connect: Uruguay, Brazil and Geodes (SH)	7 9:00 Summer Scholars: Aging in America Film (MTR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:00 Resident Council (SH) 2:00 Book Club (CCR) 3:30 Trivia Tables (SH)	8 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:00 Caregiver's Support Group (WPD) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Open Billiards Tables (P) 2:00 Happy Hour Carts	9
10 Mother's Day	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 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Remarkably Bright Creatures (MTR)	12 10:00 Wii Bowling (FC) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) National Craft Beer Week 3:00 Beer & Root Beer Tasting (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) 11:00 Lunch Outing: Tin Roost (FL) 3:00 Reader's Theater Club (CCR)	14 9:00 Summer Scholars: Return to the Moon (MTR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	15 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 New Resident Luncheon (CDR) 12:30 Open Billiards Tables (P) National Pizza Party Day! 2:00 Pizza Party (CG)	16 6:45 Orchestra IA Masterworks IV (FL)*
17	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 Let's Write & Discuss (3CR) 1:30 Historical Theater: Clara Barton (SH) 2:30/6:30 Movie Monday & Popcorn: Green Book (MTR)	19 10:00 Wii Bowling (FC) 10:30 Wellness Walks (FC) 10:30—1:30 Walk to End Alzheimer's Fundraiser Lunch (CG) Grill Closed 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Floyd Sandford: Earth's Living Treasures Part 2 (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) 1:00 Rest Easy: Better Sleep for Healthy Aging Program (SH) 2:00 Creative Arts Group: Summer Studio (2AR) 4:00 Bethany Lutheran Services (SH)	21 9:00 Summer Scholars: Athens Birth of Democracy (MTR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson's Support Group (2AR) 3:30 Trivia Tables (SH) 4:30 Cocktails with Emily (SH)	22 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 Brews & BBQ (CG)	23
24	25 Memorial Day 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Resident Choice (MTR) 3:00 Larry Jensen Piano (SH)	26 10:00 Wii Bowling (FC) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 2:30 Sedlacek Sing Along with Lisa Klostermann (SH) 3:00 Activity Meeting (CCR)	27 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: Sally's on Broadway (FL) 2:00 Puzzle and Game Tables (SH)	28 9:00 Summer Scholars: Can Dogs Talk? (MTR) 9:30 Riverside Casino Outing (FL) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:30 Trivia Tables (SH)	29 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 Patio Party Happy Hour (CG)	30
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