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!

JULY 2026

Cottage Grove CHRONICLES

RESIDENT BIRTHDAYS

Bill Vincik.....7/1
Ron Moore.....7/2
Joanne Buresh.....7/3
Steve Chapman.....7/3
Julie Berchenbriter.....7/4
Al Eastin Jr.,.....7/6
Ellen Stevens.....7/8
Bev Rasmussen.....7/10
Dick Lesan.....7/10
Rochelle Holcomb.....7/10
Helen Oldfield.....7/10
Norm Smith.....7/12
Darlene Griffith.....7/15
Bob McArthur.....7/15
Nancy Descombes.....7/17
Jan Doyle.....7/18
Mary Ann Kucera.....7/18
Jon White.....7/18
Pat Dawson.....7/19
Pearl Crow.....7/22
Phyllis White.....7/26
Mary Schimberg.....7/27
Mary Johnston.....7/28
Jay Jacobowitz.....7/29
Judy Cambridge.....7/31
Ed Hall.....7/31

WELCOME HOME!
BOB & BOBBI CLINE
JANE BODENSTEINER
BOB & LEE HAMILL

BEAT THE HEAT: SUMMER SAFETY FOR SENIORS

Summer is a wonderful time to enjoy sunshine, fresh air, and seasonal activities, but warmer temperatures can also bring extra health risks—especially for older adults. One of the most important ways to stay safe in the summer is to drink plenty of water throughout the day. Do not wait until you feel thirsty, as thirst may not always be the best sign that your body needs fluids. Keep a water bottle nearby, enjoy hydrating snacks like watermelon or cucumbers, and limit drinks that can contribute to dehydration, such as alcohol or too much caffeine.

It is also important to dress for the weather. Lightweight, loose-fitting clothing in light colors can help keep the body cooler. When spending time outdoors, wear a wide-brimmed hat, sunglasses, and sunscreen to protect your skin and eyes from the sun.

Try to plan outdoor activities for the cooler parts of the day, such as early morning or later in the evening. During the hottest hours, stay indoors in air-conditioned spaces whenever possible. If your home feels too warm, visit a common area, community room, library, or other cool location.

Be aware of the signs of heat-related illness. Symptoms such as dizziness, weakness, headache, nausea, heavy sweating, confusion, or a rapid heartbeat should not be ignored. If you or someone nearby begins to feel unwell in the heat, move to a cool place, drink water, and seek assistance right away.

Seniors should also check in with friends, neighbors, and staff during periods of extreme heat. A quick conversation can make a big difference. Our community is here to help residents stay safe, comfortable, and connected all summer long.

By staying hydrated, keeping cool, dressing wisely, and watching for warning signs, we can all enjoy the best parts of summer while protecting our health. Let's beat the heat together and make this season safe, bright, and enjoyable!

COTTAGE GROVE PLACE ACTIVITY DETAILS

Art Joy Connect: Brazilian Rainforest & Carnival
Wednesday July 1 - 3:00pm-Sedlacek Hall
Take a colorful creative journey through Brazil, exploring the beauty of the rainforest and the joyful energy of Carnival. Participants will create artwork inspired by tropical plants, exotic birds, lush jungle scenery, festive music, masks, feathers, costumes, and lively parade traditions.

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Stars & Stripes Social
Thursday July 2- 2:00pm - Cottage Grill
Celebrate the red, white, and blue with a festive gathering featuring patriotic music, light refreshments, and good company. Join us for a fun and cheerful social as we honor the spirit of Independence Day together.

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Armchair Travel:
Wonders of America's National Parks
Wednesday July 8 - 2:00pm - Sedlacek Hall
Experience the beauty of America's national parks from the comfort of your seat. Enjoy stunning scenery, fascinating stories, and a relaxing journey through some of the country's most treasured natural wonders.

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S'mores on the Patio
Wednesday July 8 - 3:00pm - Commons Patio
Gather on the patio for a sweet summer treat and good conversation. Enjoy classic s'mores, fresh air, and a relaxing time with friends in a cozy outdoor setting.

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Celebrate the States Happy Hour
Fridays in July - 2:00pm - Cottage Grill
Enjoy a weekly happy hour inspired by the flavors of America. Each gathering will feature foods from different regions of the country, along with good company, conversation, and a fun taste of local traditions.

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Crafts with Kirsten Glass Paining
Wednesday July 15 - 2:00pm - 2nd Floor Act. Room
Get creative with Kirsten as we decorate drinking glasses with colorful painted designs. Enjoy a fun, hands-on craft and take home a personalized glass to use or display.

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Christmas in July Sale
Friday July 17 - 9:00am to 3:00pm - Sedlacek Hall
Stop by the Corner Store for a festive Christmas in July sale featuring special finds, seasonal fun, and holiday cheer in the middle of summer. Browse, shop, and enjoy a merry little summer celebration!

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Historical Theater: Betsy Ross
Monday July 20 - 1:30pm - Sedlacek Hall
Step back in time for a special historical theater presentation about Betsy Ross. Enjoy an engaging look at her life, legacy, and connection to one of America's most recognized symbols.

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Medicare Informational Meeting
Wednesday July 22 - 10:30am - Sedlacek Hall
Join us for an informative presentation covering Medicare basics, plan options, and helpful tips for understanding your benefits. This session is a great opportunity to learn, ask questions, and feel more confident navigating Medicare.

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Healthy Living Group
Wednesday July 22 - 2:00pm -Cottage Grill
Join neighbors for an encouraging group focused on building healthy habits, staying active, and supporting overall wellness. Each gathering offers time for conversation, motivation, and sharing simple ways to feel your best.

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Wellness Lunch & Learn: Summer Safety
Wednesday June 29 - 11:00am
Commons Dining Room
Enjoy lunch while learning helpful tips for staying safe, healthy, and comfortable during the summer months. This informative session will cover topics such as hydration, sun protection, heat safety, and simple ways to enjoy the season with confidence.
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Walking the Camino with Kristi Magill
Wednesday July 29 - 2:00pm - Sedlacek Hall
Join Kristi Magill as she shares stories, photos, and reflections from her experience walking the Camino. Enjoy an inspiring presentation about the journey, the scenery, and the meaningful moments along the way.

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Walk to End Alzheimers: Pancake Breakfast
Thursday July 30 - 9:00am - Commons Dining Room
Enjoy a delicious pancake breakfast while supporting a meaningful cause. Proceeds will benefit the Alzheimer's Association and help support care, research, and resources for those affected by Alzheimer's and dementia.

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Courtyard Concert: Paul Siebert
Thursday July 30 - 6:00pm - Cottage Grill/Patio
Enjoy live music in the courtyard with Paul Siebert. Relax outdoors, visit with neighbors, and take in an afternoon of great songs, fresh air, and friendly company.

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MOVIE MONDAYS IN THE THEATER ROOM

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

Monday, July 6
2:30pm and 6:30pm
A Dog's Purpose (2017)
Rated PG 1 hr, 40 mins
Over many lives as different breeds, a soulful dog finds love with many owners - but yearns to find his way back to the one who first gave him a home.

Monday, July 13
2:30PM and 6:30PM
The Choice (2016)
Rated PG-13 1 hr, 51 mins
A bachelor's rocky first encounter with his new neighbor leads to a passionate love story filled with hope and hardship. Based on Nicholas Sparks' novel.

Monday, July 20
2:30PM and 6:30PM
Leatherheads (2008)
Rated PG-13 1 hr, 54 mins
Lexie finds herself at the center of a love triangle when a veteran football hero and a rising college star compete for her affections.

Monday, July 27
2:30PM and 6:30PM
The 24th (2020)
Rated TV-MA 1 hr, 53 mins
Tensions between an all-Black military unit and polic spark the Houston riot of 1917 in this historical drama based on real events.

Calling All Card Players:

Please contact Kirsten Collins if you are interested in joining or starting a new card group. Card game lists will be distributed in mailboxes later this month!

STAFF BIRTHDAYS

Daphne Pledge..... 7/2
Hannah Sackett 7/4
Michele O'Neill 7/6
Greg Stuckey 7/8
Ashlee Trimble 7/10
Aidan Kasper.....7/14
Rachel Silver 7/15
Loise White 7/16
Jaime Surrett 7/17
Sophia Gonzalez 7/19
Karen Lampkin.....7/20
Lexy Schmitz 7/21
Kelly Strydom 7/22
Kurt Brockmeyer..... 7/23
Kevin Dozier Jr. 7/28
Shawn Mooney 7/28
Jessica Dunn 7/30
Mary Mattes.....7/31

STAFF ANNIVERSARIES

1 Year
Pamphil Mwandau
Ryleigh Reeves
Elaine Dorliae

2 Years
Shawn Mooney
Sophia Gonzalez
Aline Mianda
Carly Schmidt
Avery Tamlyn
Hailey Beschorner
Yvonne Tihpen
Robert Walsh

3 Years
Kelsey Tellin
Louise Dogolea
Valerie Odubasa

4 Years
Alquisha Clark-Blakley
Angel Hernandez

5 Years
LeAnne White

11 Years
Debra Zobac

8 Years
Hilary Bourne

17 Years
Brenda Richardson

June Employee of the Month:

Rickey Hare
Utilities/Dishwasher

Cottage Grove PLACE

JULY 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) 10:00 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: Pizza Ranch (FL) 3:00 Art, Joy, Connect: Brazilian Rainforest and Carnival (SH)	2 9:00 Coffee in the Courtyard (CP) 10:30 Drum Fit (SH) 1:00 Resident Council (SH) 1:00 Motion Matters Exercise (FC) 2:00 Stars & Stripes Social (CG) 3:30 Trivia Tables (SH)	3 Independence Day Observed	4 Independence Day
5	6 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: A Dog's Purpose (MTR)	7 9:00 Sunshine & Stretch (CP) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Interdenominational Worship Service (SH)	8 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 Cedar Rapids Kernels Game (FL) 2:00 Armchair Travel: Wonders of America's National Parks (SH) 5:00-7:00 S'mores on the Patio (CP)	9 9:00 Coffee in the Courtyard (CP) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	10 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 Celebrate the States Happy Hour (CG)	11
12	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 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: The Choice (MTR)	14 9:00 Sunshine & Stretch (CP) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Floyd Sandford Presents: 9 Interesting Places to Visit (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 Lunch Outing: Cancun Mexican Grill (FL) 2:00 Crafts with Kirsten: Glass Painting (2AR) 4:00 Bethany Lutheran Services (SH)	16 9:00 Coffee in the Courtyard (CP) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Parkinson's Support Group (2AR) 3:30 Trivia Tables (SH)	17 8:00 Early Rise Exercise (FC) 9:00-3:00 Christmas in July Sale (SH) 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 Celebrate the States Happy Hour (CG)	18
19	20 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: Betsy Ross (SH) 2:30/6:30 Movie Monday & Popcorn: Leatherheads (MTR)	21 9:00 Sunshine & Stretch (CP) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Puzzle-Palooza (SH)	22 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 10:30 Medicare Info Meeting (SH) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: NaRa Thai (FL) 2:00 Healthy Living Group (CG)	23 9:00 Coffee in the Courtyard (CP) 9:30 Riverside Casino Outing (FL) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 3:30 Trivia Tables (SH)	24 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 Celebrate the States Happy Hour (CG)	25
26	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 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: The 24th (MTR) 3:00 Larry Jensen Piano (SH)	28 9:00 Sunshine & Stretch (CP) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 2:15 Balance and Beyond (FC) 3:00 Sedlacek Sing Along with Lisa (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) 11:00 Wellness Lunch and Learn: Beat the Heat Summer Safety for Seniors (CDR) 2:00 Walking the Camino with Kristi Magill (SH) 3:00 Activity Meeting (CCR)	30 9:00 Walk to End Alzheimer's Fundraiser: Pancake Breakfast (CDR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC 6:00-8:00 Courtyard Concert: Paul Siebert (CG/Courtyard)	31 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 Celebrate the States Happy Hour (CG)	