

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!

AUGUST WORD SEARCH PUZZLE

ICE CREAM
SUMMER
HOTDOGS

FIREFLY
HARVEST
VACATION

HEATWAVE
SUNFLOWER
PICNIC

BARBECUE
SWIMMING
HUMIDITY

SUNSET
CAMPING
BEACHES

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

www.GrowingPlay.com



Cottage Grove
CHRONICLES

AUGUST 2026



RESIDENT BIRTHDAYS

John Stoneking.....8/3
Faye Glessner.....8/4
Lavonne Johnson.....8/4
Kathie Mosley.....8/5
Connie Hayes.....8/7
Joyce Oldorf.....8/9
Winnie Wright.....8/10
Dave Statezni.....8/10
Harlan Hansen.....8/12
Roger Mobley.....8/13
Flora Kitzman.....8/13
Betty Konecny.....8/17
Barb Christiansen.....8/19
Terry Abernathy.....8/19
Jeanne Hlas.....8/20
Janet Clinton.....8/21
Sue Huebsch.....8/22
Bill Jacobson.....8/24
Margie Mitchell.....8/24
Linda Schulte.....8/27
Bobbi Cline.....8/27
Diane O'Neil.....8/29

NATIONAL IMMUNIZATION AWARENESS MONTH:
PROTECTING YOUR HEALTH

August is National Immunization Awareness Month—a good time to review whether you are up to date on recommended vaccines. As we age, the immune system may become less effective at fighting infection, and illnesses such as influenza, shingles, pneumonia and RSV can lead to serious complications. Vaccination remains an important part of protecting our health and maintaining independence.

Your medications and supplements are also part of the conversation. Before receiving a vaccine, provide your healthcare provider or pharmacist with a complete list of everything you take.

Most routine medications and supplements do not prevent someone from being vaccinated. However, certain medicines may affect the timing of a vaccine, the body's immune response or the precautions needed during administration. For example, someone taking a blood thinner may need additional care after an injection, while medications that suppress the immune system may influence which vaccines are appropriate. Never stop a medication or supplement before vaccination unless your healthcare provider specifically instructs you to do so.

This month, take a few minutes to locate your vaccination record and compare it with your current medication list. Ask your healthcare provider or pharmacist which vaccines are recommended based on your age, health conditions, medication use and vaccination history. Recommendations can change, so an annual review is a simple way to stay informed.

Vaccines, medications and supplements all play a role in your overall wellness. Keeping an accurate list and sharing it with every member of your healthcare team can help ensure that each works safely and effectively as part of your personal health plan.



WELCOME HOME!
NOR MEYER (&MARTY)
ROGENE BUCHHEIM

COTTAGE GROVE PLACE ACTIVITY DETAILS

Two Scoops Anamosa Ice Cream Truck
Monday August 3 - 12:00pm - Parking Lot
Cool off with a delicious treat from the Two Scoops Anamosa Ice Cream Truck! Stop by to choose your favorite flavor and enjoy a sweet afternoon with friends and neighbors.

Art, Joy, Connect: Mount Fuji & Watercolor
Wednesday August 5 - 3:00pm - Sedlacek Hall
Discover the beauty of Mount Fuji as we create a peaceful watercolor painting together. No previous art experience is needed—just come ready to relax, connect, and create!

Burum Card Game Lesson
Thursday August 6 - 2:00pm - Cottage Grill
Come learn how to play Burum! We'll review the rules, practice together, and enjoy a friendly game in a relaxed, welcoming setting. All experience levels are welcome.

Dinner & Music : Retro Mix Band
*Thursday August 6 - 5:00pm
Commons Dining Room*
Enjoy a delicious dinner followed by live entertainment from the Retro Mix Band! Sit back, socialize, and sing along to favorite hits from decades past.

Wine Tasting with Johnson Brothers
Monday August 10 - 2:00pm - Sedlacek Hall
Sip, savor, and socialize during a guided wine tasting with Johnson Brothers! Sample a selection of wines while learning about their unique flavors and characteristics.

Healthy Living Group
Date - Time - Location
Join this supportive group focused on making positive choices for a healthier lifestyle. Share ideas, set personal goals, and discover practical tips for improving your overall well-being.

Sweet Corn Festival
Friday August 14 - 2:00pm - Cottage Grill
Celebrate the flavors of summer with fresh sweet corn, refreshments, and plenty of fun! Socialize with friends and test your skills in our friendly corn-shucking contest.

Courtyard Concert: Tom Hofer
Tuesday August 18 - 6:00pm - Cottage Grill
Enjoy an evening of live music in the courtyard with Tom Hofer! Relax outdoors, visit with friends, and listen to a wonderful selection of familiar tunes.

Hills Bank: Estate Planning
*Thursday August 20 - 2:00pm
Commons Dining Room*
Join representatives from Hills Bank for an informative presentation on the basics of estate planning. Learn helpful tips for preparing for the future and protecting what matters most.

State Fair Happy Hour
Friday August 21 - 2:00pm - Cottage Grill
Experience the fun of the fair close to home! Enjoy refreshing drinks, tasty fair-inspired treats, lively conversation, and nostalgic State Fair fun with friends and neighbors.

Therapy Talks: Scooter Safety & Education
Wednesday August 26 - 2:00pm - Sedlacek Hall
Join our therapy team for helpful guidance on safely operating and navigating with a mobility scooter. Learn practical tips, review important safety guidelines, and get answers to your scooter-related questions.

Hills Bank: Money Talks
Thursday August 27 - 2:00pm - Cottage Grill
Join representatives from Hills Bank for an informative discussion on timely financial topics. Gain helpful tips, ask questions, and feel more confident managing your money and planning for the future.

Camp Cottage Grove Happy Hour
Friday August 28 - 2:00pm - Cottage Grill
Gather around for a camp-inspired happy hour featuring refreshing drinks, tasty snacks, and classic summertime fun. Enjoy a relaxing afternoon of friendship and camp nostalgia—no sleeping bag required!

Wedding Announcement!

Norm Smith & Bev Erenberger

Please join us in congratulating Norm Smith and Bev Erenberger on their upcoming wedding! We wish the happy couple a lifetime filled with love, laughter, and wonderful memories together.

Sunday August 16
Ceremony 2:00pm Sedlacek Hall
Reception to follow in Dining Room

MOVIE MONDAYS IN THE THEATER ROOM
Popcorn provided, bring your own drink for the shows!
Evening showings are resident-led.



Monday, August 3
2:30pm and 6:30pm
Sheep Detectives
Rated PG 1hr, 49mins
Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.



Monday, August 17
2:30pm and 6:30pm
Land (2021)
Rated PG-13 1hr, 29mins
A local hunter brings a grieving lawyer back from the brink of death after she retreats to the harsh wilderness of the Rockies.



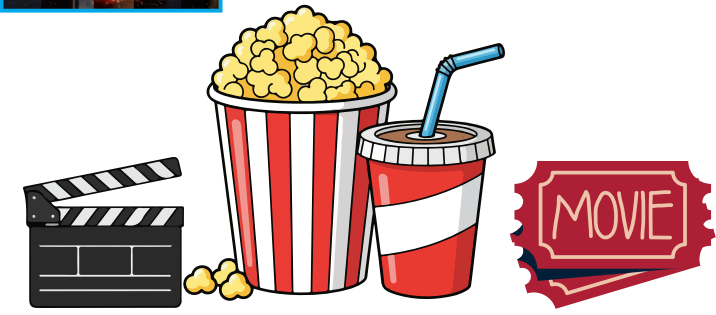
Monday, August 31
2:30pm and 6:30pm
Hoovey (2015)
Rated PG 1hr, 32mins
After collapsing on the basketball court and undergoing high-risk surgery, Eric uses his tenacity and faith to relearn how to do everything.



Monday, August 10
2:30pm and 6:30pm
Ordinary Angels (2023)
Rated PG 1hr, 58mins
Sidestepping her own struggles, a salon co-owner focuses on helping a grieving man saddled with insurmountable medical debt for his ailing daughter.



Monday, August 24
2:30pm and 6:30pm
Genie (2023)
Rated 1hr, 32mins
With his life unraveling around him, Bernard dusts off a jewelry box and unintentionally releases genie Flora, who might just be able to help him.



STAFF BIRTHDAYS

Heather Coulman.....8/1	Amina Yonamu.....8/19
Michelle Bevins.....8/4	William McKenna.....8/20
Nicole Halstead.....8/4	Brooklyn Smith.....8/21
Avery Tamlyn.....8/4	Madison Walton.....8/22
Aline Mianda.....8/6	Kapriah Williams.....8/22
Michael Peyton Jr.....8/7	Graciela Reyes.....8/23
Ciana Johnson.....8/12	Maggie Heinlein.....8/25
Taraya Dunn-Morrow..8/16	Cynthia Johnson.....8/28
Melissa McArtor.....8/16	Keeshun Jackson.....8/29
Louise Dogolea.....8/18	Nia Clark-Wilkins.....8/30
Brenda Wilslef.....8/18	Ryleigh Reeves.....8/30
Lickina Lick.....8/19	Nicole Johnson.....8/31

STAFF ANNIVERSARIES

1 Year	3 Years	17 Years
Sherry Adam	Ellen Bean	Rachel Silver
Theresa Amankwaa	Lickina Lick	19 Years
Seraphine Isenge	Leonard Ludwig	Mona Elkassis
Kyrani Penias	Molly Moore	
Dina Vicente	Hannah Sackett	
2 Years	Skye Wright-Shannon	
Danica Hamilton	10 Years	
Amanda Lehman	Troy Beatty	
Kiara Morrow	11 Years	
Kari Needham	Leslie McAlpine	
River Schott		
Alex Ulferts		



July Employee of the Month:
Salam Daoud
Housekeeping

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Craft & Chat (3CR) 1:00 Reading w/ Dot (2AR)
2 2:30 Penny Bingo (CG,PD)	3 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) 12:00-3:00 Two Scoops Anamosa Ice Cream Truck (Parking Lot) 2:30/6:30 Movie Monday & Popcorn: Sheep Detectives (MTR)	4 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)	5 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: Cafe déjà vu (FL) 3:00 Art, Joy, Connect: Mount Fuji and Watercolors (SH)	6 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 Burum Card Game Lesson (CG) 3:30 Trivia Tables (SH) 5:00-7:00 Dinner & Music: Retro Mix Night! (CDR)	7 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 (CG)	8 10:00 Craft & Chat (3CR) 1:00 Reading w/ Dot (2AR)
9 2:30 Penny Bingo (CG,PD)	10 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: Ordinary Angels (MTR) 2:00 Wine Tasting with Johnson Bros (SH)	11 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 Program: The Bron-te Parsonage and 9 English Manors (SH)	12 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: Goldfinch Tap + Eat-ery (FL) 2:00 Healthy Living Group (CG) 5:00 Trivia Night (SH)	13 9:00 Coffee in the Courtyard (CP) 3:00 All Resident Meeting (SH)	14 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 Sweet Corn Festival Happy Hour (CG)	15 10:00 Craft & Chat (3CR) 1:00 Reading w/ Dot (2AR)
16 2:30 Penny Bingo (CG,PD)	17 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: Land (MTR)	18 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) 6:00 Courtyard Concert: Tom Hofer (CG)	19 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: Zeppelin's (FL) 2:00 Crafts with Kirsten (2AR) 4:00 Bethany Lutheran Services (SH)	20 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) 2:00 Hills Bank: Estate Planning (CDR) 3:30 Trivia Tables (SH)	21 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 State Fair Happy Hour (CG)	22 10:00 Craft & Chat (3CR) 1:00 Reading w/ Dot (2AR)
23 2:30 Penny Bingo (CG,PD)	24 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: Lydia (SH) 2:30/6:30 Movie Monday & Popcorn: Genie (MTR) 3:00 Larry Jensen Piano (SH)	25 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 Klostermann (SH)	26 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 (CDR) 2:00 Therapy Talks: Scooter Education and Safety (SH) 3:00 Activity Meeting (CCR)	27 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) 2:00 Hills Bank: Money Talks (CG) 3:30 Trivia Tables (SH)	28 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 Camp Cottage Grove Place Happy Hour (CG)	29 10:00 Craft & Chat (3CR) 1:00 Reading w/ Dot (2AR)
30 2:30 Penny Bingo (CG,PD)	31 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: Hoovey (MTR)	 Cottage Grove PLACE AUGUST 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	