

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!

SEPTEMBER WORD SEARCH PUZZLE

AUTUMN
LEAVES
HARVEST

APPLE
SCHOOL
FOOTBALL

EQUINOX
SEPTEMBER
PUMPKIN

ACORN
RAKE
SUNFLOWER

LABOR DAY
CRISP
SWEATER

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

www.GrowingPlay.com

SEPTEMBER 2026



Cottage Grove
CHRONICLES



RESIDENT BIRTHDAYS

Phil Houle.....9/2
Sue Oglanian.....9/3
Lavonne Landis.....9/4
George Cherry.....9/5
Suzanne Beide.....9/8
Darlene Morris.....9/9
Luella Berstler.....9/9
Doug Minney.....9/13
Beth Swaney.....9/15
Lewis Buresh.....9/18
Sharleen Overton.....9/19
Linda Yeries.....9/23
Jeannie Magstadt.....9/24
Kenny Armbrecht.....9/25
Margaret Paul.....9/25
Rosemary Zabokrtsky.....9/25
Lucy Rey.....9/26
Bob Cline.....9/27
Barb Owen.....9/28

PAIN AWARENESS MONTH:

SPEAK UP, STAY ACTIVE, FEEL YOUR BEST

September is Pain Awareness Month—a time to recognize that ongoing pain is common, but it should not simply be accepted as a normal part of aging. Arthritis, back problems, past injuries, nerve pain, and other health conditions can make everyday activities more difficult. Fortunately, many types of pain can be managed with the right support. Pain affects more than the body. It can interfere with sleep, appetite, mobility, concentration, social activities, and emotional well-being. If pain is keeping you from doing the things you enjoy, talk with your healthcare provider. Be prepared to describe where it hurts, when it began, what it feels like, what makes it better or worse, and how it affects your daily life. Keeping a simple pain journal can help identify patterns.

Pain management is not always limited to medication. Depending on the cause, a healthcare provider may recommend:

- Gentle exercise, stretching, or physical therapy
- Heat or cold therapy
- Relaxation, deep breathing, or meditation
- Supportive footwear or mobility aids
- Better sleep habits and balanced nutrition
- Changes to medications or other treatments

Always take pain medication exactly as directed. Do not combine prescription medicines, over-the-counter products, or supplements without first checking with a healthcare provider or pharmacist. Some combinations can cause side effects or interact with other medications.

Seek prompt medical attention for sudden or severe pain, chest pain, pain following a fall, new weakness or numbness, trouble breathing, confusion, or pain accompanied by fever.

Most importantly, do not suffer in silence. Speaking up about pain is not complaining—it is an important step toward protecting your independence, staying involved, and enjoying a better quality of life.



WELCOME HOME!
MJ GARLAND
JOE & MELANIE DIBERNARDO

ACTIVITY DESCRIPTIONS

Art, Joy, Connect with Corrine Fosnaugh

Wednesday September 2 - 3:00pm - Sedlacek Hall

A fun and creative art experience designed to inspire joy, connection, and self-expression. No artistic experience is necessary—just bring your creativity and enjoy time connecting with others through art!

Coe Forum: The American Presidency

Thursdays in September - 8:30am - Front Lobby

Explore the history, role, and influence of the American presidency through engaging discussion and conversation.

Sit & Cycle Fitness Class

Wednesdays at 1:00pm - Thursdays at 9:30am

2nd Floor Activity Room

Get moving with a fun, low-impact cycling workout designed to build strength, improve endurance, and promote overall wellness—all from the comfort of a seated position.

Puzzle-Palooza

Tuesday September 8 - 2:30pm - Sedlacek Hall

Put your puzzle-solving skills to the test with a fun and social challenge! Work together with others to complete a variety of puzzles, enjoy some friendly competition, and celebrate teamwork and accomplishment.

Healthy Living Group

Wednesday September 9 - 2:00pm - Cottage Grill

Join others for conversation, learning, and practical tips focused on supporting a healthy and active lifestyle. Explore topics related to wellness, nutrition, movement, and everyday habits that can help you feel your best.

Iowa Tailgate Happy Hour

Friday September 11 - 2:00pm - Cottage Grill

Show your Hawkeye or Cyclone spirit and enjoy a fun, festive happy hour! Gather with friends for good conversation, refreshments, and plenty of Iowa pride as we cheer on the teams together.

Floyd Sandford: Grand Tour of Peru

Tuesday September 15 - 3:00pm - Sedlacek Hall

Join Floyd Sandford for a fascinating journey through Peru! Explore the country’s rich history, culture, breathtaking landscapes, and iconic destinations through stories and photographs from this incredible South American adventure.

West Branch Outing

Wednesday September 16 - 10:15am-3:00pm

Enjoy a fun day out with friends featuring delicious pizza and an opportunity to explore a local museum. Connect with others, discover something new, and enjoy a relaxed outing together!

Craft-ernoon: Door Decor

Wednesday September 16 - 2:00pm

2nd Floor Activity Room

Get creative and add a personal touch to your space! Join us for a fun afternoon of crafting as we design unique door decorations to brighten up your home and showcase your creativity.

Cocktails with Emily

Thursday September 17 - 4:30pm - Sedlacek Hall

Enjoy an evening of fun, conversation, and good company while sampling a variety of cocktails. Relax, socialize, and raise a glass with friends for a festive night out!

Hello Fall, Happy Hour

Friday September 18 - 2:00pm - Cottage Grill

Welcome the season with a festive happy hour filled with good company, seasonal refreshments, and fall fun!

Historical Theater: Coco Chanel

Monday September 21 - 1:30pm - Sedlacek Hall

Step into the world of fashion icon Coco Chanel through an engaging historical theater experience. Discover her remarkable life, career, and lasting influence on fashion and culture.

Founders & Friends Social

Tuesday September 22 - 2:00pm - Sedlacek Hall

Celebrate 30 years of friendship, community, and memorable moments! Join founders, friends, and guests for a special social filled with conversation, connection, and a look back at the journey that brought us here.

Now & Then Trivia

Wednesday September 23 - 3:30pm - Sedlacek Hall

Take a trip down memory lane with fun trivia from the past 30 years! Test your knowledge of memorable moments, pop culture, music, history, and more while enjoying friendly competition and plenty of nostalgia.

30th Anniversary Bash

Thursday September 24 - 5:00pm

Commons Dining Room

Celebrate 30 years of friendship, community, and memories with a lively anniversary bash! Enjoy live music, great company, and a festive atmosphere as we celebrate this special milestone together.

Cottage Grove Place Birthday Party

Friday September 25 - 2:00pm - Cottage Grill

Celebrate another year of friendship and fun at Cottage Grove Place! Join us for a festive happy hour filled with refreshments, conversation, and birthday cheer as we celebrate our community’s special birthdays.

Fun Fitness Challenge Days

Monday Sept 28 - Wednesday Sept 30

Keep moving and stay motivated with a variety of fun, self-guided fitness challenges! Try something new, work at your own pace, and enjoy friendly activities that keep you active while our fitness instructor is away.

MOVIE MONDAYS IN THE THEATER ROOM

Popcorn provided, bring your own drink for the shows!

Evening showings are resident-led.



Monday, September 7

Resident Choice

Residents in attendance may select a movie together. Enjoy the holiday!



Monday, September 14

2:30pm and 6:30pm

People We Meet on Vacation (2026)

2026 Emmy Nominee

Rated PG-13 1hr, 57mins

In this rom-com based on Emily Henry’s novel, total opposites Poppy and Alex grow closer over years of summer travels - until one trip changes everything.



Monday, September 14

2:30pm and 6:30pm

The Ultimate Gift (2006)

Rated PG 1hr, 54 mins

Jason Stevens lives a life of wealth and privilege. When his grandfather dies, Jason expects to receive a hefty inheritance. Instead, however, Jason must set out on a journey of self-discovery to earn the true gift his grandfather meant for him to have.



Monday, September 28

2:30pm and 6:30pm

Cinderella Man (2005)

Rated PG-13 2hr, 24mins

A once-promising boxer, struggling to survive the Great Depression, reenters the ring in this gripping drama starring Russell Crowe and Renee Zellweger.

RESIDENT-LED GAMES & GROUPS

Burum Card Game at 1:30pm in the 3rd Floor Card Room on Mondays.

Craft & Chat meets at 10:00am every Saturday in the 3rd Floor Card Room.

Penny Bingo starts at 2:30pm every Sunday in the Cottage Grill Private Dining Room. .

Hand & Foot Card Game is played on Wednesdays at 10:00am in the 3rd Floor Card Room. It is also played at 1:30pm on Thursdays by the Corner Store and in the 3rd Floor Card Room.

Rummikub group is help on Fridays at 7:00pm in the 3rd Floor Card Room.

500 Card Game starts at 10:00am and another game at 1:00pm in the 3rd Floor Card Room on Fridays.

Mexican Train Dominos meets at 2:00pm on Saturdays in the 3rd Floor Card Room.

Reading Group with Dot at 1:00pm in 2nd Floor Activity Room on Saturdays.

Interested in starting a new game group? Contact Kirsten Collins for information.



August Employee of the Month:

Dawn Brazant
Dietary Aide

STAFF BIRTHDAYS

Marissa Baldwin.....9/2

Devon Dewitt.....9/18

Maureen Massakidi.....9/2

Emily Cadden.....9/20

Angela Zilka.....9/5

Brenda Richardson.....9/21

Daryl Stout.....9/6

Tyler Hockaday.....9/22

Gladys Anala.....9/7

Joshua Spalding.....9/24

Cheryle Bell.....9/14

Yara Conway.....9/26

Leia Gifford-Jefferson...9/14

Emmett Peyton.....9/26

Shanay Herron.....9/16

Leslie Hargis.....9/27

River Schott.....9/16

Abigail Howe.....9/27

Troy Beatty.....9/17

Alexandra Ulferts.....9/27

Jennifer Wauters.....9/17

Debra Zobac.....9/28

Brady Wilson.....9/17

STAFF ANNIVERSARIES

1 Year

Jacob Bishop

Patience Chiweshe Siryon

Yara Conway

Alazia Cotton

Heather Coulman

Leia Gifford-Jefferson

Makiyla Smith

Madison Walton

2 Years

Rickey Hare

Kayla Nelson

Tatayana Roe

Ashlee Trimble

Riley Turnquist-Wernimont

3 Years

Abigail Myers

Abigail Wagner

4 Years

Cloe Henderson

Emmett Peyton

5 Years

Ryan Falck

15 Years

Melissa McArtor

17 Years

Greg Olbekson

Angela Strutz

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 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)	2 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:00 St Matthew's Catholic Com- munion and Conversation (In-Room Visits) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Lunch Outing: Big Grove Brew- ery (FL) 3:00 Art, Joy, Connect (SH)	3 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 10:30 Drum Fit (SH) 1:00 Resident Council (SH) 1:00 Motion Matters Exercise (FC) 3:30 Trivia Tables (SH)	4 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	5
6	7 Labor Day	8 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) 2:30 Puzzle-Palooza (SH)	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 Lunch Outing: CR Midnight Smoker BBQ (FL) 1:00 Sit & Cycle (2AR) 2:00 Healthy Living Group (CG)	10 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 3:00 All Resident Meeting (SH) 5:00 Trivia Night (SH)	11 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 Iowa Tailgate Happy Hour	12
13	14 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 Ultimate Gift (MTR)	15 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: Grand Tour of Peru (SH)	16 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 10:15—3:00West Branch Outing: Herb 'N' Lou's Pizza and Herbert Hoo- ver Museum (FL)* 1:00 Sit & Cycle (2AR) 2:00 Craft-ernoon: Door Décor (2AR) 4:00 Bethany Lutheran Services (SH)	17 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 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)	18 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 Hello Fall, Happy Hour (CG)	19
20	21 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: Coco Chanel (SH) 2:30/6:30 Movie Monday & Popcorn: People We Meet on Vacation (MTR)	22 9:00 Sunshine & Stretch (CP) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:15 Balance and Beyond (FC) 2:00 Founders & Friends Social (SH)	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 Lunch Outing: Daisy's Garage (FL) 1:00 Sit & Cycle (2AR) 3:30 Now & Then Trivia (SH)	24 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 1:30 Dementia Support Group (Connections) 5:00—7:00 30th Anniversary Bash (CDR)	25 8:00 Early Rise Exercise (FC) 9:15 Next Level Fitness (FC) 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Open Billiards Tables (P) 2:00 Cottage Grove Place Birthday Party (CG)	26
27	28 Fun Fitness Challenge 11:00 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Cinderella Man (MTR)	29 Fun Fitness Challenge 10:00 Courtyard Cornhole (CP/SH) 1:00 Bingo (SH) 3:00 Sedlacek Sing Along with Lisa Klostermann (SH)	30 Fun Fitness Challenge 11:00 Wellness Lunch & Learn: Pain Awareness Month (CDR) 1:00 Sit & Cycle (2AR) 2:00 Therapy Talks (SH) 3:00 Activity Meeting (CCR)	 Cottage Grove PLACE ACTIVITY CALENDAR		