

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!

OCTOBER WORD SEARCH

OCTOBER	HALLOWEEN	CHILLY	HAYRIDE
FALL	ACORN	HARVEST	LEAVES
AUTUMN	APPLES	MOON	PUMPKIN

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

www.GrowingPlay.com



OCTOBER 2026

Cottage Grove

CHRONICLES



RESIDENT BIRTHDAYS

Eula Wood.....	10/3
Marjorie Fletcher.....	10/4
Dave Higdon.....	10/5
Chris Fee.....	10/5
Ev Buckardt.....	10/6
Al Holcomb.....	10/7
Dot Teig.....	10/8
Doug Skeries.....	10/8
Charles Jepsen.....	10/9
Glenice Leach.....	10/11
Beth Allsop.....	10/12
Carolyn Keller.....	10/12
Evelyn Sebetka.....	10/13
Jim Nelson.....	10/13
Pat Keefe.....	10/17
Mary Parker.....	10/17
Bob Engler.....	10/18
Jan Lesan.....	10/19
Lee Hamill.....	10/20
Jane Bodensteiner.....	10/20
Judy Schneiderman.....	10/21
Melanie DiBernardo.....	10/22
Ray Smith.....	10/23
Shirlee Lynn.....	10/24
Marilyn Binion.....	10/25
Donna Lohse.....	10/25
Martha McClain.....	10/25
Bob Hamill.....	10/26
Jud Fashimpaur.....	10/26
Patsy Mills.....	10/31



WELCOME HOME!
SHIRLEY VERMACE
BOB MENZEL
MIMI & EV BUCKARDT

CARING FOR YOUR MENTAL HEALTH THIS OCTOBER

October is a good time to check in with ourselves and one another. Mental health is part of overall health, and it deserves the same attention we give to our physical well-being.

Life can bring changes at any age. Retirement, health concerns, or the loss of someone close may leave us feeling stressed, lonely, or uncertain. Having a difficult day is human. But if sadness, worry, or a loss of interest in things you usually enjoy continues, talk with your health care provider. Depression is not a normal part of aging, and support is available.

Small steps can help us care for our emotional well-being. Invite a neighbor to coffee, call a friend, join a community activity, or spend time outdoors. Staying connected matters, even when it starts with a brief conversation.

You do not have to manage a hard season alone. Let someone you trust know how you are feeling, and consider speaking with your health care provider if you would like more support. If you or someone you know needs immediate emotional support, call or text 988. The 988 Lifeline is available day or night.

This month, take a moment to reach out—to yourself and to someone around you. A little connection can be a meaningful place to begin.

Join us for lunch and a conversation about caring for our mental well-being. We'll talk about everyday ways to stay connected, recognize when we could use extra support, and look out for one another.

Date: Wednesday October 28

Time: 11:00am

Location: Commons Dining Room

Come enjoy lunch, learn something useful, and share in a welcoming conversation. All residents are invited!

Coe Forum: Three Topic October!
Thursday Mornings – 8:30am
10/1: “Fires” Behind the Scenes of the Painting Exhibition of A Burmese-American Family
10/8: Amman and Beirut A Century of Urban Change
10/22, 10/29, 11/5: Mary Shelley’s Frankenstein
More information about these programs are available at the Front Desk. Reservation and payment required.

Oktoberfest Happy Hour
Friday October 2 – 2:00pm – Cottage Grill
Celebrate the season with festive drinks, tasty bites, and good company. Gather with neighbors for an afternoon of Oktoberfest cheer. Prost!

CRBT Banking Services
Monday October 5 – 1:30pm – Sedlacek Hall
Enjoy convenient access to banking assistance right here in our community. Meet with a banking representative for personalized service and answers to your banking questions.

Fireside Coffee Club
Tuesday Mornings at 9:00am – Patio or Sedlacek Hall
Start your morning with a warm cup of coffee and friendly conversation by the fire. Gather with neighbors to share stories, enjoy a few laughs, and ease into the day.

Art, Joy Connect: Artist Yayoi Kusama
Wednesday October 7 – 3:00pm – Sedlacek Hall
Discover Yayoi Kusama’s vibrant world of polka dots and patterns. Explore her art, create your own inspired piece, and enjoy sharing ideas with neighbors.

Football Tailgate Happy Hour
Friday October 9 – 2:00pm – Cottage Grill
Wear your favorite team colors and join neighbors for game-day drinks, tasty snacks, and friendly football chatter. Bring your team spirit as we kick off an afternoon of fun!

Dr. Canlin Qui Piano Program
Sunday October 11 – 10:00am – Sedlacek Hall
Join us for a piano performance by Dr. Canlin Qui. Relax with neighbors and enjoy a morning of beautiful music.

Floyd Sandford: Switzerland by Rail
Tuesday October 13 – 3:00pm – Sedlacek Hall
Join Floyd Sandford for a scenic journey through Switzerland by train. Discover breathtaking mountain views, charming towns, and the beauty of rail travel—all from the comfort of our community.

Historical Theater: Tales & Legends of Halloween
Monday October 19 – 1:30pm – Sedlacek Hall
Explore the stories, folklore, and traditions behind Halloween. Join neighbors for a fascinating journey into the holiday’s mysterious past.

Donut Drive: Fall Colors
Tuesday October 20 – 9:00am – Front Lobby
Join us for a scenic drive to admire autumn’s colorful leaves, with a delicious donut along the way. Enjoy the views and friendly conversation with neighbors.

Prairie Patch Farms: Llama Visit
Tuesday October 20 – 2:00pm
Sedlacek Hall or Parking Lot
Meet the charming llamas from Prairie Patch Farms! Enjoy an up-close visit, learn about these curious animals, and share a few smiles with neighbors.

Crafter-noon: Pumpkin Painting
Wednesday October 21 – 2:00pm
2nd Floor Activity Room
Add your creative touch to a pumpkin with colorful paint and festive designs. Enjoy a relaxing afternoon of crafting and conversation while making your own fall decoration.

Spook-Easy Cocktail Hour
Thursday October 22 – 4:30pm – Sedlacek Hall
Join neighbors for a spirited Halloween gathering with festive cocktails and friendly conversation. Wear a costume or come as you are for a little spooky fun!

Flannel & Friends Happy Hour
Friday October 23 – 2:00pm – Cottage Grill
Put on your favorite flannel and settle in for a cozy gathering with neighbors. Enjoy drinks, friendly conversation, and a little fall cheer!

Halloween Parade
Sunday October 25 – 2:00pm – Sedlacek Hall
Enjoy the costumes and excitement as trick-or-treaters parade through our community. Help hand out treats and share in the Halloween fun!

Flowerama Flower Arranging Workshop
Wednesday October 28 – 3:00pm – Sedlacek Hall
Join Flowerama to learn flower arranging tips and create your own beautiful display. Enjoy a creative afternoon with neighbors and take home an arrangement to brighten your space.

The History Center: Spooky Linn County Stories
Thursday October 29 – 2:00pm – Sedlacek Hall
Join The History Center for eerie tales and intriguing local legends from Linn County. Explore the mysterious side of our area’s past with neighbors!

Costume Party Happy Hour
Friday October 30 – 2:00pm – Sedlacek Hall
Dress up in your favorite costume and join neighbors for festive drinks, laughter, and Halloween cheer. Whether spooky, silly, or simply festive, come show off your style!

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


Monday, October 5
2:30pm and 6:30pm
Top Gun: Maverick (2022)
Rated PG-13 2 hr, 11 mins
After more than 30 years, Pete “Maverick” Mitchell’s need for speed is still landing him in trouble. But for this mission he’s the only man for the job.


Monday, October 19
2:30pm and 6:30pm
Friday Night Lights (2004)
Rated PG-13 1 hr, 57 mins
In a football-obsessed Texas town, a star player’s injury shatters the community’s dreams – but a new coach may just reignite their hope.


Monday, October 5
2:30pm and 6:30pm
Steel Magnolias (1989)
Rated PG 1 hr, 58 mins
Six women in a small Southern town share gossip and solve problems at the local beauty parlor, anchoring each other through life’s ups and downs.


Monday, October 26
2:30pm and 6:30pm
The House with a Clock in it’s Walls (2018)
Rated PG 1 hr, 45 mins
A young orphan, his warlock uncle and an elite witch race to find a clock concealed in their home’s walls before it counts down to total destruction.



Walk to End Alzheimer’s: Thank You for Helping Us Make a Difference!
Thank you to our wonderful community for supporting and donating to our Walk to End Alzheimer’s fundraiser! Your generosity helped us exceed our fundraising goal, and we enjoyed coming together at the walk to celebrate our efforts and support a cause close to so many hearts.
We’re excited to keep the momentum going and can’t wait to get started with more fundraising events!
Want to lend a hand? We’re looking for volunteers to help plan, organize, and support upcoming fundraisers. Whether you have ideas to share or time to give, we’d love to have you involved. Please reach out to the Activities team to learn more.
Thank you for your generosity, encouragement, and community spirit!

STAFF BIRTHDAYS	
Hudson Hamilton.....	10/2
Jasmine Turnquist-Wernimont.....	10/5
Aadie Mangoy.....	10/7
Florenda Tihpen.....	10/9
Lucas Trimble.....	10/9
Kelsey Shoemaker.....	10/12
Logan Pham.....	10/13
Abigail Wagner.....	10/13
Yvonne Tihpen.....	10/19
Samantha Barnes.....	10/20
Leonard Ludwig.....	10/22
Joshua Howe.....	10/23
Eden Askelsen.....	10/24
Kyra Clark.....	10/28
Kelsey Tellin.....	10/28

STAFF ANNIVERSARIES	
<u>1 Year</u>	<u>4 Years</u>
Lucas Trimble	Monica Clay
<u>2 Years</u>	Abigail Potter
Mya Henderson	<u>5 Years</u>
Daniel Perez-Diaz	Alyson Dye
Kelly Strydom	<u>8 Years</u>
<u>3 Years</u>	Shannon Henderson
Emily Cadden	
Eliper Helgenberger	
Joshua Spalding	



September Employee of the Month:
Kelsey Shoemaker
Community Outreach Liaison

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 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 10:30 Drum Fit (SH) 1:00 Vaccine Clinic (SH) 1:00 Resident Council (CCR) 1:00 Motion Matters Exercise (FC) 3:30 Trivia Tables (SH)	2 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 Oktoberfest Happy Hour (CG)	3
4	5 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 CRBT Banking Services (SH) 2:30/6:30 Movie Monday & Popcorn: Top Gun Maverick (MTR)	6 9:00 Fireside Coffee Club (CP/SH) 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)	7 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:: El Viejo (FL) 1:00 Sit & Cycle (2AR) 3:00 Art, Joy, Connect: Artist Yayoi Kusama (SH)	8 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)	9 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 Football Tailgate Happy Hour	10
11 10:00 Piano Performance featuring Dr. Canlin Qiu (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 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: Steel Magnolias (MTR)	13 9:00 Fireside Coffee Club (CP/SH) 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: Switzerland by Rail (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) 11:00 Lunch Outing: Coyle's Hibachi Grill (FL) 1:00 Sit & Cycle (2AR) 2:00 Healthy Living Group (CG)	15 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)	16 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	17
18	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 Let's Write & Discuss (3CR) 1:30 Historical Theater: Tales & Leg- ends of Halloween (SH) 2:30/6:30 Movie Monday & Popcorn: Friday Night Lights (MTR)	20 9:00 Donut Drive: Fall Colors (FL) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (CDR) 2:00 Prairie Patch Farms: Llama Visit (SH/Parking Lot) 2:15 Balance and Beyond (FC)	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 Lunch Outing: Granite City (FL) 1:00 Sit & Cycle (2AR) 2:00 Craft-ernoon: Pumpkin Painting (2AR) 4:00 Bethany Lutheran Services (SH)	22 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) 3:30 Trivia Tables (SH) 4:30 Spook-easy Cocktail Hour (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) 12:30 Open Billiards Tables (P) 2:00 Flannel & Friends Happy Hour (CG)	24 2:00 Grace Baptist Sing-spiration (SH)
25 2:00-3:00 Halloween Parade (SH/CDR/CG)	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 Let's Write & Discuss (3CR) 2:30/6:30 Movie Monday & Popcorn: The House with a Clock in its Walls (MTR) 3:00 Larry Jensen (SH)	27 9:00 Fireside Coffee Club (CP/SH) 10:00 Courtyard Cornhole (CP/SH) 10:30 Wellness Walks (FC) 1:00 Bingo (SH) 3:00 Sedlacek Sing Along with Lisa Klostermann (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) 11:00 Wellness Lunch & Learn: Men- tal Health Awareness (CDR) 1:00 Sit & Cycle (2AR) 2:00 Therapy Talks (SH) 3:00 Flowerama Flower Arranging Workshop (SH)	29 8:30 Coe Forum (FL)* 9:30 Sit & Cycle (2AR) 10:30 Drum Fit (SH) 1:00 Motion Matters Exercise (FC) 2:00 The History Center Presents: Spooky Linn County Stories (SH) 3:30 Trivia Tables (SH)	30 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 Costume Party Happy Hour (SH)	31