

# Happenings

MAY 2024

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Fort Collins, CO  
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Christine Vandenhoff

**REGISTERED DIETICIAN**

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**ENVIRONMENTAL SERVICES**

Sabrina Odegard

**RESIDENT COUNCIL PRESIDENT**

Harold Lindell

**OMBUDSMAN**

Kara Marang  
(970) 498-7771



The weekend Activities staff pose with D and the Easter Bunny.

## SPRING TIME POETRY FROM OUR RESIDENTS

Many here have been enjoying outdoor wheelchair walks again with the nice weather, marveling at the fragrant blooming trees, and the brightly hued tulips and daffodils. When we went out on Earth Day, we even named the friendly squirrel who always makes an appearance in our garden area! She now goes by “Zilly,” and she looks a little chubbier since we put a bird feeder out in the garden area. Hopefully the birds are getting some, too!

Here are poems inspired by Spring, from our very own poets, Nancy and Joan.

*“It’s time to turn the page  
The dormancy is gone  
No more hiding to the fact  
That new arrivals are at hand  
The waiting is over  
The buds have opened  
There’s color springing forth  
And growth everywhere to be seen.”*

- “Spring” by Nancy Hunkins

*“Is your dad a little squirrely?  
Yes, I guess he really is.  
As he gets up very early just to fly into a tiz.  
Seeing little critters chomping,  
which of course they often do.  
He is out the door and stomping,  
which by now is nothing new.  
What’s this? He says in wonder,  
a squirrel in every tree?  
No time for blunder, in case they try to flee.  
But much to his amazement,  
not a movement did they make.  
As he gets a little closer,  
he can tell they’re all a fake.  
In disgust, he’s headed homeward,  
but the spoof is not done yet.  
As he opens up the cupboard,  
there’s another pesky pet.  
And there’s one upon his pillow,  
and another in his car.  
If this charade continues,  
I’ll have to raid the bar.  
Now he’s feeling quite defeated,  
being taken for a fool,  
And his actions were impeded by  
the fact that “Squirrels Rule.”*

- Feeling Squirrely, by Joan Zerga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 a.m. Morning News 9:30 a.m. Chair Yoga 10:30 a.m. Real Talk 10:30 a.m. Pet Therapy (2nd Floor) 1:30 p.m. May Day Basket Making 3:00 p.m. Pet Therapy (1st Floor)	<b>2</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Painting Club 1:30 p.m. Outdoor Wheelchair walks (1st Floor) 2:00 p.m. Pet Therapy (2nd Floor) 3:00 p.m. 1:1 Visits	<b>3</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:15 a.m. Sing-A-Long with Kendra Hansen 1:30 p.m. Rosary Prayer Group 2:30 p.m. Book Club 3:00 p.m. Book Cart (2nd Floor)	<b>4</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Bingo 2:00 p.m. Outdoor Wheelchair Walks (2nd Floor)
<b>5 Cinco de Mayo</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Sunday Service 1:00 p.m. Book Cart (1st Floor) 2:00 p.m. Cinco De Mayo Social with Margaritas	<b>6</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Outdoor Wheelchair Walks (1st Floor) 10:30 a.m. Aromatherapy (1st Floor) 2:30 p.m. Happy Hour Music by Sydney 6:00 p.m. Movie Night: The Money Pit	<b>7</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Bingo 1:30 p.m. Pet Therapy (1st Floor) 1:30 p.m. Brain Games/ Trivia Packets 2:00 p.m. Manicures (LTC) 3:00 p.m. 1:1 Music to LTC Residents	<b>8</b> 9:00 a.m. Morning News 9:30 a.m. Chair Yoga 10:30 a.m. Real Talk 10:30 a.m. Pet Therapy (2nd Floor) 2:30 p.m. Ice Cream Social with music by Josh Long 3:00 p.m. Pet Therapy (1st Floor)	<b>9</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Resident Council 1:30 p.m. Painting Club	<b>10</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Music with Mo 1:30 p.m. Creative Arts 3:30 p.m. Dinner Outing to Texas Roadhouse (LTC) 3:00 p.m. Book Cart (2nd Floor)	<b>11</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Bingo 2:00 p.m. Outdoor Wheelchair Walks (2nd Floor)
<b>12 Mother's Day</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Sunday Service 1:00 p.m. Book Cart (1st Floor) 2:00 p.m. Mother's Day Tea Party	<b>13</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Bible Study with Peter 10:30 a.m. Aromatherapy 2:00 p.m. Guitar and Flute Music with Peter and Doti 6:00 p.m. Movie Night: Top Gun	<b>14</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Bingo 1:30 p.m. Pet Therapy (1st Floor) 1:30 p.m. Brain Games/ Trivia Packets 2:00 p.m. Manicures (LTC) 3:00 p.m. 1:1 Music to LTC Residents	<b>15</b> 9:00 a.m. Morning News 9:30 a.m. Chair Yoga 10:30 a.m. Real Talk 10:30 a.m. Pet Therapy (2nd Floor) 2:00 p.m. Garden Club with Master Gardener Mary Kemmer 3:00 p.m. Pet Therapy (1st Floor)	<b>16</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Music with Susan 1:30 p.m. Outdoor Wheelchair walks (1st Floor) 2:00 p.m. Painting Club 2:00 p.m. Pet Therapy (1st Floor)	<b>17</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Creative Arts 2:00 p.m. Book Club 3:00 p.m. Book Cart (2nd Floor)	<b>18</b> 9:00 a.m. Morning News 9:30 p.m. Stretch and Strengthen 10:30 a.m. Bingo 2:00 p.m. Outdoor Wheelchair Walks (2nd Floor)
<b>19</b> 9:00 a.m. Morning News 9:30 p.m. Stretch and Strengthen 10:30 a.m. Sunday Service 1:00 p.m. Book Cart (1st Floor) 2:00 p.m. Social Top 10 Rock & Roll Hits 60's	<b>20</b> 9:00 a.m. Morning News 9:30 p.m. Stretch and Strengthen 10:30 a.m. Aromatherapy 10:30 a.m. Outdoor Wheelchair Walks (1st Floor) 1:30 p.m. Afternoon Music with Alysia Kraft 6:00 p.m. Movie Night: Catch Me If You Can	<b>21</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Bingo 1:30 p.m. Pet Therapy (1st Floor) 1:30 p.m. Brain Games/ Trivia Packets 2:00 p.m. Manicures (LTC) 3:00 p.m. 1:1 Music to LTC Residents	<b>22</b> 9:00 a.m. Morning News 9:30 a.m. Chair Yoga 10:30 a.m. Real Talk 10:30 a.m. Pet Therapy (2nd Floor) 2:00 p.m. Sin-A-Long and Ice Cream Sandwiches with Uno, Dos, Tracz 3:00 p.m. Pet Therapy (1st Floor)	<b>23</b> 9:00 a.m. Morning News 9:30 a.m. Catholic Mass 10:45 a.m. Stretch and Energize 1:30 p.m. Painting Club 3:00 p.m. 1:1 Visits	<b>24</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Creative Arts 2:00 p.m. Book Club 3:00 p.m. Book Cart (2nd Floor)	<b>25</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Bingo 2:00 p.m. Outdoor Wheelchair Walks (2nd Floor)
<b>26</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Sunday Service 1:00 p.m. Book Cart (1st Floor) 2:00 p.m. Afternoon Games and Floats for Veterans	<b>27 Memorial Day</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Strengthen 10:30 a.m. Communion with Peter 11:00 a.m. Memorial Day Trivia Packets	<b>28</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Bingo 1:30 p.m. Pet Therapy (1st Floor) 2:00 p.m. Manicures (LTC) 3:00 p.m. 1:1 Music to LTC Residents	<b>29</b> 9:00 a.m. Morning News 9:30 a.m. Chair Yoga 10:30 a.m. Real Talk 10:30 a.m. Pet Therapy (2nd Floor) 2:00 p.m. Outing to Spring Creek Gardens (LTC) 3:00 p.m. Pet Therapy (1st Floor)	<b>30</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Painting Club 2:30 p.m. Ice Cream Social with Josh Long	<b>31</b> 9:00 a.m. Morning News 9:30 a.m. Stretch and Energize 10:30 a.m. Creative Arts 2:00 p.m. Book Club 3:00 p.m. Book Cart (2nd Floor)	

## OUTINGS FOR MAY

Our outings for our long-term care residents this month include dinner at the Texas Roadhouse on the 10th and the Spring Creek Gardens on the 29th. Spots fill up fast, so let our staff know if you would like to attend!

## OTHER SPECIAL EVENTS IN MAY

Our wonderful weekend staff have a lot of treats in mind for you this month! Come enjoy virgin margaritas with chips and salsa for Cinco De Mayo, a High Tea Party for Mother's Day, and Root Beer Floats and games for all our Veteran's on May 26th for an early Memorial Day celebration.

*Eleshba and Joan pose while working on a Henna Tattoo. Residents enjoyed samosas, gulab jamun, and punjabi music.*



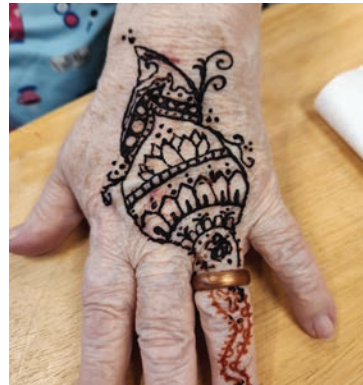
## THE EASTER GALLERY IS UP!

There were so many good Easter photos that we did not have room for in the newsletter, so we decided to print them all out for you to look at! Check them out in our library. The gallery will be updated seasonally with photos from different activities.

## HAPPY BIRTHDAY TO OUR MAY BABIES!

- 5/6- Harold
- 5/9- Fran
- 5/12- Steve
- 5/20- Carolyn
- 5/26- Louise

*Dot poses with the Easter Bunny*



*Here are some Henna designs residents chose at the cultural appreciation group, led by one of our activities assistants from Pakistan.*