



The Worthington HAPPENINGS

August 2017

900 Worthington Circle,
Fort Collins, CO
970-490-1000



BUILDING ADMINISTRATOR

Jody Kugler

OFFICE MANAGER

Debbi May

ACTIVITY DIRECTOR

Tami Promes

DIETARY MANAGER

Gunter Romeo

HOUSEKEEPING SUPERVISOR

Gloria Loya

MAINTENANCE SUPERVISOR

Kyle Kochenberger

DINING ROOM SUPERVISOR

Denise Kidd

WHAT'S HAPPENING AT THE WORTHINGTON

ERRAND RUN SCHEDULE CHANGE

Please note on your calendar, the Errand Run will take place on the first and second **Saturday in August, Saturday, August 5th and Saturday, August 12th.** We will return to the regular schedule in September. Thank you for your understanding!

GARY FOR COMPUTER HELP

Gary will not be visiting The Worthington over the next couple of months. He will be traveling with his family and will also not be able to be reached by phone. We hope to see him back in the winter!

CURRENT EVENTS & COFFEE AND NEWS

Bring your own news items, or just come to participate in and listen to the discussion of what fellow residents are finding interesting this week. **Mondays at 1:30.p.m. in the Town Hall** is Current Events. **Fridays at 10:00 a.m. in the Private Dining Room** is Coffee and News. Tami supplies coffee and donuts on Fridays!

MENDING SERVICES AT THE WORTHINGTON

Please remember, resident Mary Lou McConnell offers a "mending service" at The Worthington. Mary Lou can assist if you need to have something hemmed, holes or tears repaired, or replacing broken zippers. If you have an item you would like Mary Lou to look at you can call her at 970-416-8982 or stop by her apartment- Apartment 107.



THE WORTHINGTON SPECIAL FEATURES

COLORADO DAY!

“On August 1, 1876, president Ulysses S. Grant signed a proclamation admitting Colorado as a state. Colorado Day was celebrated as a state holiday on August 1 for many years, and then was moved to the first Monday in August, most likely after the time the U.S. Congress passed the Uniform Holidays Bill in 1968.”

We will be celebrating Colorado Day on **Tuesday, August 1st** with Colorado Bingo! Join us at **3:00 p.m. in the Dining Room** for your chance to learn a little more about Colorado and win prizes! No need to bring money.

FAREWELL SOCIAL FOR OUR INTERN

Tami's activity intern Sam is wrapping up her semester and time at The Worthington. Please join Tami and the staff in a farewell social for the Sam. We would like to thank her for all she has done for us at The Worthington and wish her well as she takes the next step in her life. The social will take place in the **Town Hall/Dining Room on Wednesday, August 2nd at 3:00 p.m.** Please feel free to bring cards, but please no gifts.

A NATURALIST'S DESIDERATA SERIES BY KEVIN COOK

Local author and naturalist, Kevin Cook, is well in to his new 2017 series-A Naturalist's Desiderata. Program number eight that will take place this month is Discern Your Interest- "Trees command attention; birds sing for attention; butterflies dance for attention; wildflowers blossom for attention; mushrooms teas for attention. The diversity of wildlife can distract the eager wildlife enthusiast and thereby obstruct the achieving of personal ambitions. This becomes the naturalist's quest;

discern you interest. Kevin will speak in the Activity Room on Friday, August 4th at 2:30 p.m.

RESIDENT VS. STAFF WII BOWLING TOURNAMENT

Plan to attend our Annual Resident/Staff Wii Bowling tournament! **Thursday, August 10th at 2:30 p.m. in the Town Hall**, Worthington Residents will challenge staff members to a Wii Bowling face-off! Three teams of residents will bowl against a Worthington kitchen team, housekeeping team, and an administrative team. We will need resident spectators to join us to cheer on the teams! Tami will be serving ice cream so come ready for a cold treat! Please sign-up in the Activity Book to ensure enough for everyone!

“HISTORY LOST- HISTORY SAVED” BY KEN JESSEN

Join local author and historian Kenneth Jessen for another one of his intriguing presentations! “History Lost - History Saved” covers many historic structures in Larimer County in a series of 58 photographs. Some were destroyed by fire, other got in the way of development and still, others were lost through neglect. But the good news is that we as a society have saved many of our important structures. The program emphasizes the importance of preservation of our past, with a short story on each structure, its significance, and present status. Ken will be speaking in the Activity Room on **Thursday, August 17th at 2:30 p.m.**



Hearts & Horses

DOUBLE JEOPARDY

If you haven't made it to Double Jeopardy yet, you are missing out! Played on the big screen in the Town Hall, residents are split into teams and their knowledge is put to the test! Come try it this month! Jeopardy takes place on **Wednesday, August 23rd at 3:00 p.m.** Hope to see you there!

BOUTIQUE CRAFTING

Mark your calendar to join us for Boutique Crafting this month! All the supplies and instruction are there for you, we just need people to help make the items! The class will take place in the **Activity Room on Thursday, August 24th.** The class starts at 2:30 p.m.

ESTHER PARSONS ON THE PIANO

We welcome Esther Parsons back to The Worthington this month! Esther is performing on the piano for you on **Friday, August 25th.** Esther will play a variety of tunes from different genres. She will play in the **Dining Room and begin at 2:30 p.m.**

WORTHINGTON ACTIVITY TRIPS

PICNIC AT LIONS PARK

On **Thursday, August 3rd** we will have our last picnic outing for the summer. This month we will picnic at Lions Park. Located on Overland Trail north of Fort Collins, past Bingham Hill Road, this popular park and trailhead is host to habitat which supports an endangered butterfly species. The park offers a nice covered pavilion for our picnic, as well as restrooms. Tami will bring lunch, but you will be charged one meal credit. Please sign-up in the Activity Book if you would like to attend! **The bus will leave at 11:30 a.m.**

CARMIKE MOVIE NIGHT

Carmike movie night is scheduled for **Monday, August 7th.** We will be splitting the activity bus with residents from The Winslow, so space will be limited. Seats on the bus will be filled on a first-come-first-serve basis when you sign-up. The movie theater does accommodate safe, accessible seating with no stairs. The cost for the movies will normally run \$7.00. If there is a movie that is currently in the theatre or that is coming up that you would like to see, please see Tami or leave her a note at the Front Desk.



FORT COLLINS SENIOR CENTER
Health & Wellness –
Come to the Senior Center

Health & Wellness is August

Maintain Mobility

Strength, balance, fitness, and home safety.
By Front Range Therapy.

Wednesday, August 15th

12:00pm - 1:00pm **\$5.00**

Osteoporosis

Education, exercise, and prevention.
By Front Range Therapy.

Wednesday, August 15th

1:30pm-2:30pm **\$5.00**

Happy Hands Dancing & Brain Walking

Movement, Laughing, and Brain Work.
By UCHealth Aspen Club.

Friday, August 18th

2:00pm - 3:30pm **\$5.00**

Drumming Circle Experience

Enhance personal and spiritual growth
through this ancient technique.
By UCHealth Aspen Club.

Saturday, August 19th

9:30am - 11:00am **\$15.00**

Register at 970-221-6644
or www.fcgov.com/recreator.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Colorado Day 9:30 AM Senior Volleyball 9:30 AM *To Balance & Mobility 10:30 AM Low Vision Support Group 1:30 PM Chit Chat & Knit 1:30 PM Penny Poker 3:00 PM Colorado Day BINGO 6:30 PM Family Game Night	2 8:30 AM *Shopping at Wal Mart 9:30 AM Walking Club 10:00 AM Catholic MASS 11:00 AM Shape Up 1:15 PM * To Senior Strength 1:15 PM Bridge Group 1:30 PM Wii Bowling 3:00 PM Intern Farewell Party 7:00 PM Video Series	3 9:00 AM Bible Study with Larry Grimm 9:30 AM Hearing Aid Services 10:00 AM Seated Yoga 11:30 AM *Picnic at Lions Park 2:30 PM Adult Coloring Group 6:00 PM Euchre Cards	4 9:30 AM Wii Bowling 10:00 AM Coffee & News 11:00 AM Shape Up 2:00 PM Scrabble 2:30 PM "Desideratum 7: Know Your Passion" by Kevin Cook 7:00 PM Movie Night	5 9:00 AM Exercise Video 9:00 AM *Errand Run 10:00 AM Wii Bowling 1:30 PM Bridge Group 2:00 PM Chickenfoot Dominoes 2:00 PM Weekend Movie 4:00 PM Happy Hour 7:00 PM Weekend Movie
6 2:00 PM Weekend Movie 7:00 PM Weekend Movie	7 9:30 AM Shape Up 10:15 AM *Grocery Shopping 1:30 PM Tripoli 1:30 PM Current Events 1:30 PM Rummikub 4:00 PM Spiritual Play(fullness) with Rebecca 6:40 PM *Carmike Movie Night	8 9:30 AM Communion Service 9:30 AM *To Balance & Mobility 10:30 AM Music and Movement 11:45 AM Mountain Man Candy 1:30 PM Chit Chat & Knit 1:30 PM Penny Poker 3:00 PM BINGO 6:30 PM Family Game Night	9 9:30 AM Walking Club 10:00 AM Catholic Communion 11:00 AM Shape Up 1:15 PM * To Senior Strength 1:15 PM Bridge Group 1:30 PM Wii Bowling 7:00 PM Video Series	10 9:00 AM Prayer Group 10:00 AM Seated Yoga 10:00 AM Blood Pressure Clinic 2:30 PM Resident vs. Staff Wii Bowling Tournament 6:00 PM Euchre Cards	11 9:00 AM Footcare Clinic 9:30 AM Wii Bowling 10:00 AM Coffee & News 11:00 AM Shape Up 2:00 PM Scrabble 2:30 PM August Birthday Party with The Roe Family Band 7:00 PM Movie Night	12 9:00 AM Exercise Video 9:00 AM *Errand Run 10:00 AM Wii Bowling 1:30 PM Bridge Group 2:00 PM Chickenfoot Dominoes 2:00 PM Weekend Movie 3:30 PM Wine Social 7:00 PM Weekend Movie
13 2:00 PM Weekend Movie 7:00 PM Weekend Movie	14 9:30 AM Shape Up 10:15 AM *Grocery Shopping 1:30 PM Tripoli 1:30 PM Current Events 1:30 PM Rummikub 3:00 PM BUNCO 4:00 PM Spiritual Play(fullness) with Rebecca	15 9:30 AM Senior Volleyball 9:30 AM *To Balance & Mobility 10:30 AM All Resident Meeting 1:30 PM Chit Chat & Knit 1:30 PM Penny Poker 2:00 PM *Odell Brewery Tour 3:00 PM BINGO 6:30 PM Family Game Night	16 9:30 AM Walking Club 10:00 AM Catholic Communion 11:00 AM Shape Up 1:15 PM * To Senior Strength 1:15 PM Bridge Group 1:30 PM Wii Bowling 3:00 PM Resident Food Meeting 7:00 PM Video Series	17 9:00 AM Bible Study with Larry Grimm 10:00 AM Seated Yoga 2:30 PM "History Lost-History Saved" by Ken Jessen 6:00 PM Euchre Cards 6:30 PM *Sunset Drive & Ice Cream	18 9:30 AM Wii Bowling 10:00 AM Coffee & News 11:00 AM Shape Up 11:15 AM *Columbine Club Event: High Roller Bingo 2:00 PM Scrabble 7:00 PM Movie Night	19 9:00 AM Exercise Video 10:00 AM Wii Bowling 1:30 PM Bridge Group 2:00 PM Chickenfoot Dominoes 2:00 PM Weekend Movie 4:00 PM Happy Hour 7:00 PM Weekend Movie
20 2:00 PM Weekend Movie 7:00 PM Weekend Movie	21 9:30 AM Shape Up 10:15 AM *Grocery Shopping 1:30 PM Tripoli 1:30 PM Current Events 1:30 PM Rummikub 3:00 PM Card Making with Dina and Joanne 4:00 PM Spiritual Play(fullness) with Rebecca	22 9:15 AM *Shopping at ARC Thrift Store and The Dollar Tree 9:30 AM *To Balance & Mobility 11:45 AM Mountain Man Candy 1:30 PM Chit Chat & Knit 1:30 PM Penny Poker 3:00 PM BINGO 6:30 PM Family Game Night	23 8:30 AM *History Colorado Center in Denver 9:30 AM Walking Club 10:00 AM Catholic Communion 11:00 AM Shape Up 1:15 PM * To Senior Strength 1:15 PM Bridge Group 1:30 PM Wii Bowling 3:00 PM Double Jeopardy 7:00 PM Video Series	24 9:00 AM Prayer Group 10:00 AM Blood Pressure Clinic 10:00 AM Seated Yoga 2:30 PM Boutique Crafting 6:00 PM Euchre Cards	25 9:30 AM Wii Bowling 10:00 AM Coffee & News 11:00 AM Shape Up 2:00 PM Scrabble 2:30 PM Esther Parsons on the Piano 7:00 PM Movie Night	26 9:00 AM Exercise Video 10:00 AM Wii Bowling 1:30 PM Bridge Group 2:00 PM Chickenfoot Dominoes 2:00 PM Weekend Movie 4:00 PM Happy Hour 7:00 PM Weekend Movie
27 2:00 PM Weekend Movie 7:00 PM Weekend Movie	28 9:30 AM Shape Up 10:15 AM *Grocery Shopping 1:30 PM Tripoli 1:30 PM Current Events 1:30 PM Rummikub 3:00 PM BUNCO 4:00 PM Spiritual Play(fullness) with Rebecca	29 9:30 AM *To Balance & Mobility 1:30 PM Chit Chat & Knit 1:30 PM Penny Poker 3:00 PM BINGO 6:30 PM Family Game Night	30 8:00 PM *Breakfast at Cracker Barrel 9:30 AM Walking Club 10:00 AM Catholic Communion 11:00 AM Shape Up 1:15 PM * To Senior Strength 1:15 PM Bridge Group 1:30 PM Wii Bowling 2:00 PM Book Club 7:00 PM Video Series	31 9:00 AM Bible Study with Larry Grimm 10:00 AM Seated Yoga 10:30 AM Worthington Ambassador Meeting 2:30 PM Chocolate Fondue Fountain Social 6:00 PM Euchre Cards		

EVERY WEDNESDAY - BLOOM LAUNDRY SERVICE



Estes Picnic

SUNSET DRIVE & ICE CREAM

On **Thursday, August 17th** a van will leave The Worthington after dinner for a sunset drive. We will take a scenic ride around Fort Collins and stop along the way for ice cream. **The van leaves at 6:30 p.m.** and will be back around 8:00 p.m. Be sure to sign-up in the Activity Book and bring your money for ice cream!

COLUMBINE CLUB EVENT: HIGH ROLLER BINGO

This month we will have the second of our three Columbine Club Events for 2017. These events are held at the Drake Centre in Fort Collins and include Free lunch and entertainment. This month's event is "High Roller BINGO!" There is no cost to play Bingo and prizes will be given out for each game. Some of the prizes include, Wal-Mart gift cards, restaurant gift cards, stationary and stamps, and more. The menu this year will be different from years past. We will be serving ordered-in pizza, salad, dessert, beer, soda, and ice tea. You must sign-up for the event by Friday, August 11th to ensure enough seating and food for everyone. The first van will leave at **11:15 a.m. on Friday, August 18th.** You can find the sign-up sheet located at the Activity sign-up table in the Front Lobby!

ODELL BREWING COMPANY TOUR

On **Tuesday, August 15th** a van is taking us to tour Odell Brewing Company. The tour is free, and will entail some walking with stops along the way. There will be elevator access so we will not have to use any stairs. We will get to see the Brew house, wood cellar, try samples and more! The tour will last approximately 30 minutes. Please sign-up in the Activity Book if you would like to attend this trip! **The van leaves at 2:00 p.m.**

SHOPPING AT ARC THRIFT STORE AND THE DOLLAR STORE

A van is heading to ARC Thrift store to take you shopping! Every Tuesday is 50% off every color tag besides their newest items for seniors. The van will leave the Worthington at 9:15 a.m. on Tuesday morning. You will have almost 2 hours to shop. The trip is scheduled for **Tuesday, August 22nd.** You can also shop at JoAnne's and The Dollar Tree, which are located in the same shopping area. You will need to sign-up in the Activity Book for this outing.

BREAKFAST AT CRACKER BARREL

The Cracker Barrel is known for having the best breakfast around, with their old home-style cooking. We are heading out for breakfast at the Cracker Barrel in Loveland on **Thursday, August 30th**. The van will leave at **8:00 a.m.** Breakfast will be at the cost of the resident.

The average cost of breakfast is \$10.00. Please sign-up in the Activity Book



Cruisin Canvas-Summer

THE WORTHINGTON INPUT MEETINGS

ALL RESIDENT MEETING

Every month, on the third Tuesday at 10:30 a.m., The Worthington Administrative Team and residents of The Worthington gather in the Activity Room for a meeting. Each department head will be present to give you current information on what is happening at The Worthington. They are also available for you to share any questions, opportunities, or feedback you may have. This month the meeting will take place in the Activity Room on **Tuesday, August 15th**.

WORTHINGTON AMBASSADORS MEETING

The Worthington Ambassadors are a group of residents who meet monthly to discuss new residents who will be moving into The Worthington. This group acts like our buildings' "Welcoming Committee" and they volunteer to help new residents get acquainted with their new home and help them meet fellow residents. If you would like to become a Worthington Ambassador we would love to have you! This month the meeting will take place in the Private Dining Room on **Thursday, August 31st 10:30 a.m.**

RESIDENT FOOD MEETING

The Resident Food Meeting will take place in the Activity Room on **Wednesday, August 16th at 3:00 p.m.** anyone can come! Bring your questions or concerns regarding the dining experience and food quality. We would love for you to join us to share compliments and/or suggestions. We encourage you to join in on our monthly meetings!

THE WORTHINGTON BEAUTY SHOP

The Beauty Shop is located on the first floor, right next door to the Front Lobby elevator. Nancy can provide a variety of services for both men and women. She specializes in haircuts, sets, perms, manicures, and waxing! The beauty shop will be open Tuesday through Friday. You can schedule your appointment with Nancy or at The Front Desk. Stop by and meet Nancy and check out all the great services she can offer to you and your family members.

***Please note that starting August 23rd the salon will have new hours. The salon will be open Tuesday through Friday from 9:00-2:00 p.m.**

RESIDENT & STAFF CELEBRATIONS

August Birthday Party

Each month we honor those who are celebrating a birthday or anniversary with a special party. This month, the Roe Family Band will be back at The Worthington! The family, composed of two sons and a mother, are an award-winning family bluegrass band. They play a variety of instruments, as well as sing. The band will perform on **Friday, August 11th in the Dining Room at 2:30 p.m.** If you are celebrating a birthday/anniversary this month please join us so we can recognize you!

AUGUST BIRTHDAYS

Pat W....09

Mary N....10

Ted P....13

Helen F....15

Evelyn G....19

Mary B...20

Bob W....27

Dale W....27

Red D....28

STAFF BIRTHDAYS

Denise K....02

Gloria L....13

Gunter R....13

WELCOME New Residents!

Arlene A. - Apt. 216

Barb W.-Apt.229

Cruisin Canvas-Summer



7 FACTS YOU SHOULD KNOW ABOUT THE AUGUST 21, 2017, TOTAL SOLAR ECLIPSE

1. This will be the first total solar eclipse in the continental U.S. in 38 years. The last one occurred February 26, 1979. Unfortunately, not many people saw it because it clipped just five states in the Northwest and the weather for the most part was bleak. Before that one, you have to go back to March 7, 1970.

2. A solar eclipse is a lineup of the Sun, the Moon, and Earth. The Moon, directly between the Sun and Earth, casts a shadow on our planet. If you're in the dark part of that shadow (the umbra), you'll see a total eclipse. If you're in the light part (the penumbra), you'll see a partial eclipse.

3. Everyone in the continental U.S. will see at least a partial eclipse. In fact, if you have clear skies on eclipse day, the Moon will cover at least 48 percent of the Sun's surface. And that's from the northern tip of Maine.

4. First contact is in Oregon. If you want to be the first person to experience totality in the continental U.S., be on the waterfront at Government Point, Oregon, at 10:15:56.5 a.m. PDT. There, the total phase lasts 1 minute, 58.5 seconds.

5. Only one large city has a great view. Congratulations if you're one of the 609,000 people lucky enough to live in Nashville. The city center and parts north of it will experience 2+ minutes of totality. Unfortunately, that's the only large city with a great view. Denver residents will see 92% of the Sun's surface covered by the Moon.

6. You won't need a telescope. One of the great things about the total phase of a solar eclipse is that it looks best to naked eyes. The sight of the corona surrounding the Moon's black disk in a darkened sky is unforgettable. That said, binoculars give you a close-up view — but still at relatively low power — that you should take advantage of several times during the event.

7. The future is bright but long. The next total solar eclipse over the continental U.S. occurs April 8, 2024. It's a good one, too. Depending on where you are (on the center line), the duration of totality lasts at least 3 minutes and 22 seconds on the east coast of Maine and stretches to 4 minutes and 27 seconds in southwestern Texas. After that eclipse, it's a 20-year wait until August 23, 2044 (and, similar to the 1979 event, that one is visible only in Montana and North Dakota). Total solar eclipses follow in 2045 and 2078.

- Michael Bakich, Astronomy Magazine