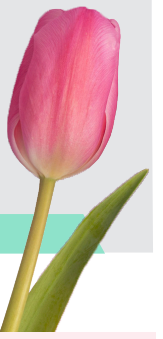


Happenings

APRIL 2025



815 Centre Avenue
Fort Collins, CO
970-494-2140

ADMINISTRATOR
Clinton Dale

**DIRECTOR
OF NURSING**
Jordyn Pim

OFFICE MANAGER
Yesica Rodriguez

ACTIVITY DIRECTOR
Elizabeth Bringham

**ADMISSIONS
DIRECTOR**
Christine Vandenhoff

**REGISTERED
DIETICIAN**
Tina Jones

**ENVIRONMENTAL
SERVICES**
Tara Mattaliano

**RESIDENT COUNCIL
PRESIDENT**
Dorothy Price

OMBUDSMAN
Kara Marang
(970) 498-7771



NATIONAL POETRY MONTH

April is National Poetry Month and we are celebrating by having the Gulo Gulo Poetry Troupe come perform for our facility on Saturday, the 5th! The Gulo Gulo Poetry Collective is based out of Wolverine Farm, a non-profit literary and arts organization in Old Town. They help promote and publish local authors and artists, as well as providing a community with workshops and events. We are excited to host Gulo Gulo here to share classic poetry from throughout America's history, including the works of Walt Whitman, Emily Dickinson, and many others. If you've never been to a live poetry reading, you're in for a treat! The members of this troupe are veterans in their craft, and have really captured the art of the spoken word.

HAPPY BIRTHDAY, SPRINGTIME BABIES!

Here's our two long-term care birthdays of the month! **Come celebrate with us on 3/25** with cake and live music.

April 23 - Skip

April 30 - Edna

RESURRECTION ROLLS

Cinnamon-coated marshmallows are wrapped in dough, then baked. When you break them open, they are empty inside, representing Jesus's tomb on Easter morning. These are especially fun to make with kids, since you get to watch them marvel at the missing marshmallows! **Come join us on the 18th**, Good Friday, where we will prepare these rolls in the morning to enjoy for a spiritual discussion group in the afternoon! We will be reviewing the themes of hope, renewal, and forgiveness.



- Submitted by Mommyof3 on AllRecipes

Prep Time: 10 mins | Cook Time: 15 mins
Total Time: 25 mins | Servings: 8

Ingredients

- 1 (10 ounce) can refrigerated crescent dinner rolls
- 2 tablespoons white sugar
- 2 tablespoons ground cinnamon
- 8 large marshmallows
- ¼ cup melted butter

Directions

1. Preheat the oven to 400° F (200° C).
2. Lightly grease a baking sheet.
3. Separate crescent rolls into individual triangles.
4. Mix sugar and cinnamon together in a small bowl.
5. Dip a marshmallow into melted butter, then roll in sugar mixture. Place marshmallow into the center of a dough triangle. Carefully wrap dough around marshmallow. Pinch the seams together tightly to seal in marshmallow as it melts. Place roll on a baking sheet; repeat.
6. Bake in the preheated oven until golden brown, about 15 minutes.

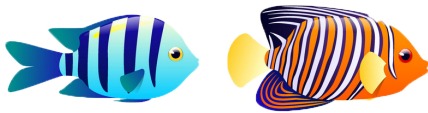


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April Fool's Day 1 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (1st Floor) 2pm Manicures (LTC) 3pm Catholic Communion Room Visits	2 9am Morning News 9:30am Chair Yoga 10:30am Senior Serenaders 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 1:30pm Real Talk with Catherine	3 9am Morning News 9:30am Stretch and Energize 10:30am Outdoor Wheelchair Walks (2nd Floor) 1:30pm Henna Tattoo Social!	4 9am Morning News 9:30am Stretch and Energize 10:15am Sing-A-Long with Kendra Hansen 1:30pm Rosary Prayer Group 2:00pm Reminiscing Group 3pm Book Cart (2nd Floor)	5 9am Morning News 9:30am Stretch and Strengthen 10:30am Bingo 1:30pm Gulo Gulo Poetry Troupe
6 9am Morning News 9:30am Stretch and Strengthen 10:30am Sunday Service 1:30pm Games and Open Rec	7 9am Morning News 9:30am Stretch and Strengthen 10:30am Crafting Easter Egg Baskets with Arely! 10:30am Aromatherapy 1:30pm Grief Reminiscing Group with Anne 6pm Movie Night: You've Got Mail	8 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (1st Floor) 2pm Manicures (LTC) 3pm Catholic Communion Room Visits	9 9am Morning News 9:30am Chair Yoga 10:30am Book Club with Short Stories 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 1:30pm Painting Club	10 9am Morning News 9:30am Stretch and Energize 10:30am Resident Council 2:30pm Ice Cream Social with Josh Long	11 9am Morning News 9:30am Stretch and Energize 10:30am Music with Mo 1:30pm Outdoor Wheelchair Walks (1st Floor) 3pm Book Cart (2nd Floor)	12 9am Morning News 9:30am Stretch and Strengthen 10:30am Bingo 1:30pm The Crown Watch Party
Palm Sunday Passover Begins 13 9am Morning News 9:30am Stretch and Strengthen 10:30am Sunday Service 1:30pm Outdoor Wheelchair Walks (2nd Floor)	14 9am Morning News 9:30am Stretch and Strengthen 10:30am Jeopardy! 10:30am Aromatherapy 1:30pm Bible Study with Peter 6pm Movie Night: You Light Up My Life	15 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (1st Floor) 1:30pm Brain Games/Trivia Packets 1:30pm Manicures (LTC) 3pm Catholic Communion Room Visits	16 9am Morning News 9:30am Chair Yoga 10:30am Real Talk with Catherine 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 1:30pm Painting Club	17 9am Morning News 9:30am Stretch and Energize 10:30am Music with Susan 1:30pm Outdoor Wheelchair Walks (1st Floor)	Good Friday 18 9am Morning News 9:30am Stretch and Energize 10:30am Cooking Group 1:30pm Spiritual Discussion with Resurrection Rolls 3pm Book Cart (2nd Floor)	19 9am Morning News 9:30am Stretch and Strengthen 10:30am Bingo 2pm Music with Marc Friedland
Easter Passover Ends 20 9am Morning News 9:30am Stretch and Strengthen 10:30am Easter Service with Peter 2pm High Tea Social	21 9am Morning News 9:30am Stretch and Energize 10:30am Giant Crossword 10:30am Aromatherapy 1:30pm Happy Hour with Music Hosted by Alysia Kraft 6pm Movie Night: Heidi	22 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (1st Floor) 1:30pm Brain Games/Trivia Packets 1:30pm Manicures (LTC) 3pm Catholic Communion Room Visits	23 9am Morning News 9:30am Chair Yoga 10:30am Real Talk with Catherine 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 1:30pm Outdoor Wheelchair Walks (2nd Floor)	24 9am Morning News 9:30am Catholic Mass 10:30am Stretch and Energize 1:30pm Daiso Shopping Outing (LTC only) 2pm Painting Club	25 9am Morning News 9:30am Stretch and Energize 10:30am Creative Arts 2pm April Birthday Celebration with Music by Uno, Dos, Tracz 3pm Book Cart (2nd Floor)	26 9am Morning News 9:30am Stretch and Strengthen 10:30am Bingo 1:30pm The Crown Watch Party
27 9am Morning News 9:30am Stretch and Strengthen 10:30am Sunday Service 1:30pm Outdoor Wheelchair Walks (1st Floor)	28 9am Morning News 9:30am Stretch and Strengthen 10:30am Music Bingo 10:30am Aromatherapy 1:30pm Communion with Peter 6pm Movie Night: Hello Dolly	29 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (1st Floor) 2pm Manicures (LTC) 3pm Catholic Communion Room Visits	30 9am Morning News 9:30am Chair Yoga 10:30am Real Talk with Catherine 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 1:30pm Painting Club	 Centre Avenue - Health & Rehab		Contact the Activities Department at Ext. 531 LTC = Long Term Care Residents All activities are subject to change.

RE-VAMPED AQUARIUM!

Centre switched to a new service provider for our fish tank, named Mike, per the recommendation of long-time Centre Avenue nurse, Eric! We have been so happy with his expertise so far. The tank looks better than ever, with two new baby Blue Acara. They are small little silver guys now, but will grow to at least three times their current size and deepen in color until they are a deep, iridescent blue. The residents have been even more excited for the new fish than we realized, asking when they were arriving for weeks! All Columbine facilities have fish tanks, and for good reason. Here are just some of the research-backed reasons for that trend:

- Watching fish can lower blood pressure
- They add a feeling of peace, tranquility, and home-like charm to any environment
- They can have a calming effect, especially for those with dementia, often reducing agitated behaviors
- Provides an accessible form of cognitive stimulation
- The residents grow to care for the fish! One of our residents even saved the life of our Severum, noticing he was pale and unable to eat. We quickly found he had a plastic flower lodged in his throat that he tried to eat off a new plant. It was quickly extricated with a pair of tweezers!



EXPLORING THE NEW JAPANESE DOLLAR STORE IN FORT COLLINS!

Exploring the New Japanese Dollar Store in Fort Collins!

If you look at our calendar, you may notice the “Daiso Shopping Outing” on the 24th. This brand, new store just opened in March, and we thought it would be fun to check out! They are located on College Ave. where the David’s Bridal used to be. Daiso has good deals on snacks, household goods, arts and crafts supplies, accessories, and personal care items.



Having fun during the Mardi Gras event!



The daughter of one of our residents, Nancy, played a violin duo for Nancy’s birthday for all the residents to enjoy!



Norma looks up to make sure she’s keeping the right beat in our percussion group!



Dana played music with strong beats that our residents were familiar with to play along to, and guided them in establishing a strong drum circle.