

FEBRUARY BABIES!

Join us for some cake and live music **on the 28th** while we recognize our monthly birthdays! Here are the birthdays for long-term care:

Connie P. - February 10
Marilyn P. - February 13
Annie R. - February 16
Bev O. - February 16
David K. - February 17
Bob R. - February 25
Annette W. - February 26



Louise shows off her Secret Santa gift. Thanks to all the staff who participated and made sure each long-term care resident had something to open Christmas day!



Residents enjoyed angelic harp music for the holidays with a special guest musician, Mary Holmes.



Residents enjoyed a holiday choir on Christmas Eve! They especially enjoyed the children who came.

UPCOMING FEBRUARY ACTIVITIES!

Valentine's-themed activities this month include the following:

- Galentine's Spa Day and Valentine's Card Making on the 6th
- Love Stories for Book Club on the 10th
- Chocolate Covered Strawberries on the 12th
- Our Valentine's Social on the 14th!

Please join us for these activities for some delicious treats and good company!

OTHER SPECIAL EVENTS

We will have a new Chaplain intern with us, Anne, until May. She already works in activities over at Lemay Avenue and is looking forward to getting to know the residents of Centre by offering increased spiritual 1:1 visits and spiritual-themed activities. **The first group she's leading will be on the 3rd, and is a "Grief Reminiscing Group."** We actually got the idea for this group from our own long-term care resident, Linda, during our last Memorial Service. She mentioned wanting a space to share memories about people the residents have lost like spouses, and not just for other residents who have passed like we typically do in the memorial. The activities department and Anne both thought this was a wonderful idea. Especially as the holiday of love approaches, many living here will likely be thinking about their spouses and other loved ones they miss. Anne's unique qualifications as a Chaplain will help her facilitate this group in a way we hope the residents find to be compassionate and healing.

In addition to all of February's focus on paper hearts and love, we also will be having a party for the Super Bowl! **Join us for that on the 9th at 3:30 p.m. in the Activities Room** for a watch party with some tasty snacks and drinks!



Residents rang in the new year a little early with jokes, trivia, and a countdown complete with noise makers and sparkling Welch's juice in pretty glasses!

Centre Avenue Health & Rehab Facility

Happenings

FEBRUARY 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 Bringhurst

ADMISSIONS DIRECTOR
 Christine Vandenhoff

REGISTERED DIETICIAN
 Tina Jones

ENVIRONMENTAL SERVICES
 Tara Mattaliano

RESIDENT COUNCIL PRESIDENT
 Dorothy Price

OMBUDSMAN
 Kara Marang
 (970) 498-7771



HOLIDAY REMINISCING

Here are some favorite Holiday memories shared from staff for you to enjoy!

"Cooking with my grandparents, laughing and tasting everything. It was serious business." -Steven Prentiss, HIM

"The White Elephant exchange at my grandparents' house after Christmas dinner. Every year my cousins and I would fight over the large, heavy box which always contained a jug of windshield wiper fluid. Not sure why we never caught on."

-Rachael Peden, MDS Nurse Manager

"Christmas Eve minute to win it games every year!" -Jordyn Pim, Director of Nursing

"Picking out the tree and decorating!!"

-Tina Jones, Dietician

"My favorite memories: Receiving my first stereo and of course a new pair of JAMMIES every year!" -Jane Reeve, Admissions

"Remembering when I'm spending \$50/each for my kids stocking stuffers when as a kid, we were thrilled to get a candy cane with our oranges, apples and nuts that mom and dad took out of the kitchen to stuff them with!"

-Jaqueline Avitia, Business Office Manager

"The day after Thanksgiving, our whole family would out for a whole day of sledding, hot chocolate with donuts and cutting down the Christmas tree! (yes, very Hallmark movie-esk, haha.)"

-Stacey Huber, Health Information Management

"When I had over 3 dozen cinnamon rolls at my house and trying to decide which one was my favorite."

-Joelle Eitemiller, Admissions

"Last year, I went to the Mall and sat on Santa's knee. It was the most thrilling and exciting experience that I have ever had during the holidays!!!!!!"

-Liz Pierce, Social Work

"My favorite holiday memory is going to my grandparents' house on Christmas Eve every year, eating spaghetti, and opening presents and pretending to be surprised when we got socks from my grandma AGAIN. Good times!"

-Veronica Stark, Infection Prevention Nurse

"At my Granny and Papa's house, my cousins and I would all sleep on sleeping bags on the living room floor around the tree. Then in the morning we would take turns being 'Santa,' where one of us would wear a paper towel beard and Santa hat while we passed out presents! My cousins (all boys and older than me) also taught me how to gamble. We played Poker, betting with peanuts and peppermints. To this day, falling asleep looking at lights and ornaments on the tree is still very comforting to me, but now I've upgraded to a couch instead of a sleeping bag."

-Lizzy Bringhurst, Activities Director

"The Christmas pickle hidden in my tree when I was younger."

-Tara Mattaliano, Housekeeping Supervisor

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY 2025

Centre Avenue - Health & Rehab Facility

Contact the Activities Department at Ext. 531
LTC = Long Term Care Residents

9am Morning News **1**
9:30am Stretch and Strengthen
10:30am Bingo
1:30pm The Crown Watch Party

GROUNDHOG DAY! **2**
9am Morning News
9:30am Stretch and Strengthen
10:30am Online Sunday Service
1:30pm Social Hour: Everything Goes "C."

9am Morning News **3**
9:30am Stretch and Strengthen
10:30am The "American Club:" Coffee and Civil Political Discourse led by Harold!
10:30am Aromatherapy
1:30pm **Grief Reminiscing Group**

9am Morning News **4**
9:30am Stretch and Energize
10:30am Bingo
1:30pm Pet Therapy (2nd Floor)
1:30pm Brain Games/Trivia Packets
2pm Manicures (LTC)
3pm Catholic Communion Room Visits
6pm Movie Night: Groundhog Day

9am Morning News **5**
9:30am Chair Yoga
10:30am Senior Serenaders
10:30am Pet Therapy (1st Floor)
1pm Book Cart (1st Floor)
1:30pm Real Talk with Catherine

9am Morning News **6**
9:30am Stretch and Energize
10:30am Galentine's Spa Day
1:30pm **Valentine Card Making**

9am Morning News **7**
9:30am Stretch and Energize
10:15am Sing-A-Long with Kendra Hansen
1:30pm Rosary Prayer Group
2pm Painting Club
3pm Book Cart (2nd Floor)

9am Morning News **8**
9:30am Stretch and Strengthen
10:30am Bingo
1:30pm The Crown Watch Party

9am Morning News **9**
9:30am Stretch and Strengthen
10:30am Oline Sunday Service
2pm Games and Open Rec
3:30pm **Super Bowl Party!**

9am Morning News **10**
9:30am Stretch and Strengthen
10:30am Book Club: Love Stories!
10:30am Aromatherapy
1:30pm Bible Study with Peter

9am Morning News **11**
9:30am Stretch and Energize
10:30am Bingo
1:30pm Pet Therapy (1st Floor)
1:30pm Brain Games/Trivia Packets
2pm Manicures (LTC)
3pm Catholic Communion Room Visits

9am Morning News **12**
9:30am Chair Yoga
10:30am Real Talk with Catherine
10:30am Pet Therapy (2nd Floor)
1pm Book Cart (1st Floor)
1:30pm **Chocolate Covered Strawberry Making!**

9am Morning News **13**
9:30am Stretch and Energize
10:30am Resident Council
2:30pm Ice Cream Social with music by Josh Long

VALENTINE'S DAY! **14**
9am Morning News
9:30am Stretch and Energize
10:30am Painting Club
1:30pm **Valentine's Social**
3pm Book Cart (2nd Floor)

9am Morning News **15**
9:30am Stretch and Strengthen
10:30am Bingo
1:30pm The Crown Watch Party

9am Morning News **16**
9:30am Stretch and Strengthen
10:30am Online Sunday Service
1:30pm Social Hour: Everything Goes "D."

PRESIDENT'S DAY! **17**
9am Morning News
9:30am Stretch and Energize
10:30am Presidential Trivia Group
10:30am Aromatherapy
1:30pm Happy Hour with Country Music by Alysia Kraft
6pm Movie Night: Only the Lonely

9am Morning News **18**
9:30am Stretch and Energize
10:30am Bingo
1:30pm Pet Therapy (2nd Floor)
1:30pm Brain Games/Trivia Packets
1:30pm Manicures (LTC)
3pm Catholic Communion Room Visits

9am Morning News **19**
9:30am Chair Yoga
10:30am Real Talk with Catherine
10:30am Pet Therapy (1st Floor)
1pm Book Cart (1st Floor)
2:00pm Painting Club

9am Morning News **20**
9:30am Stretch and Energize
10:30am Music with Susan
1:30pm Reminiscing: Vintage Toys!
3pm Book Cart (2nd Floor)

9am Morning News **21**
9:30am Stretch and Energize
10:30am Creative Arts
2pm Karaoke Happy Hour

9am Morning News **22**
9:30am Stretch and Strengthen
10:30am Bingo
1:30pm The Crown Watch Party

9am Morning News **23**
9:30am Stretch and Strengthen
10:30am Online Sunday Service
2pm Games and Open Rec

9am Morning News **24**
9:30am Stretch and Strengthen
10:30am Percussion Group with Dana!
10:30am Aromatherapy
1:30pm Communion with Peter
6pm Movie Night: Parenthood

9am Morning News **25**
9:30am Stretch and Energize
10:30am Bingo
1:30pm Pet Therapy (2nd Floor)
2pm Manicures (LTC)
3pm Catholic Communion Room Visits

9am Morning News **26**
9:30am Chair Yoga
10:30am Real Talk with Catherine
10:30am Pet Therapy (1st Floor)
1pm Book Cart (1st Floor)
1:30pm Painting Club

9am Morning News **27**
9:30am Catholic Mass
10:45am Stretch and Energize
2pm Reminiscing: Twenty Questions

FIRST EVENING OF RAMADAN **28**
9am Morning News
9:30am Stretch and Energize
10:30am Giant Crossword
2pm Happy Hour with Music by Uno, Dos, Tracz
3pm Book Cart (2nd Floor)

