

The Worthington Happenings



MAY 2025

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Sierra Reilly



MAY

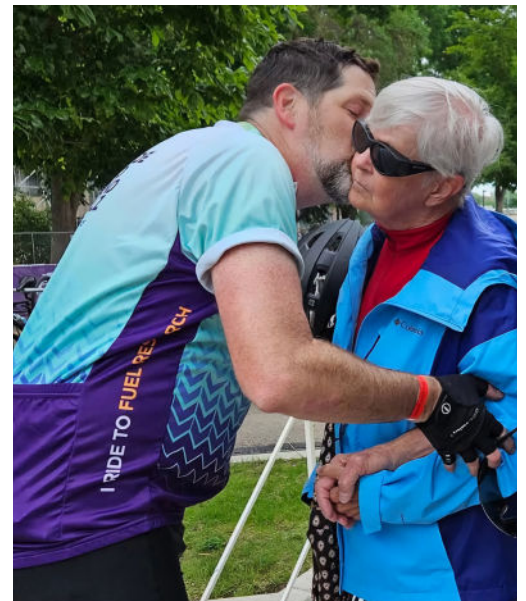
Oh My, It's May! We have a lot to do in May and we don't want to waste a minute of the month. Our theme for May is the Great Lakes. We will make waves by celebrating Great Lakes Awareness Month. Every Tuesday We will examine something to do with our Great Lakes, the largest fresh water supply in the world.

May also brings us May Day, the Kentucky Derby, Mother's Day, Cinco De Mayo and Memorial Day. Of course, we will celebrate all of these holidays with style! We also have many trips planned so that use can enjoy the great Springtime weather.

The birds, the bees and everything, A symphony of sound.

RIDE TO END ALZHEIMER'S JUNE 8TH, 2025

On Sunday, June 8th, my father and I will be riding in the Ride To End Alzheimer's Colorado. This year is special because, as many of you know, instead of riding In Honor of we are now riding *In Memory of Linda Baker*. If you would like to give to the Ride, in particular, Team HiYa Toots, there is a QR code below. You may also go to **act.alz.org/goto/hiyatoots** OR you may pick up donation forms at the Worthington Front Desk. Together, we can all help in the fight to cure Alzheimer's Disease.





WELCOME SIERRA REILLY!

We are delighted to welcome Sierra Rielly as our new Office Manager. Sierra has come to us via the Wexford, our Loveland sister building. Sierra worked there as a receptionist. The following message from Sierra:

"My name is Sierra Reilly, and I am originally from Bellevue, Washington and I have been making Colorado home for almost three years now. I graduated from CSU in 2023 and have a degree in Journalism and Media Communication with minors in Business administration and Creative Writing. When I am not at work, you will likely find me with my animals or with my nose in a book. I have a retired racehorse named Atlas, a golden retriever named Kenai, and two cats named Read and Fox. I am a first-degree black belt in Taekwondo and have been in martial arts studio since I was 4 years old. I was an instructor teaching kids and adults for 9 years before moving to Colorado.

I have worked at the Wexford for the past year and am very excited to be joining the team here at the Worthington and Columbine Patio Homes. I spent a lot of time with my grandparents growing up and my grandfather was my best friend, he and I did everything together including spending time with all his friends. Seniors have made a big impact on my life, and I am excited to be able to continue to make an impact on seniors in this new role of Office Manager. Please come by the desk and say, "Hello," I am thrilled to get to know you all."

CHANGES AT THE WORTHINGTON

Residents: Please note the following changes for Front Desk Protocol. **Starting immediately the desk will be closed for lunch break from 12:45 pm to 1:15 pm.** Also, we will no longer be calling about package delivery instead memos will be inserted in your inter-building mailboxes. **Phone calls, however, will be made for pharmacy deliveries, flowers, and perishable deliveries.**

WHAT'S GOING ON AT THE WORTHINGTON

JIM COLLINSON TALK: PROOF OF CONTINENTAL DRIFT

Jim Collinson will be here on Monday, May 5th at 11 am to present a talk entitled, "Proof of Continental Drift". Jim will explain the following, "The greatest breakdown in earth science since Darwinian evolution (1859) was in the 1960s when the theory of continental drift was accepted. It was proposed in 1915 by Alfred Wagner from Germany. The theory, supported by a few earth scientists in South Africa, Brazil and Australia was mostly dismissed in North America and Europe. The Scott expedition (1910-1913) in Antarctica found evidence supporting the theory but didn't recognize its importance. A lack of support was because a mechanism for moving continents could not be found. Ocean basins were thought to be permanent features. In the 1960s, the theory of plate tectonics and fossil finds in Antarctica finally convinced the earth scientists that the continents were mobile and had once coalesced to form a single land mass (Pangea)."

MOTHER'S DAY

"I can imagine no heroism greater than motherhood."
– Lance Conrad

This month we take time to honor mothers, motherhood, maternal bonds, and the influence of mothers in society. Many countries, including our own, take the time to reflect on Mothers in the month of May. **This year Mother's Day will be celebrated on Sunday, May 11th. Join the Dining Room staff for a special buffet meal at 11am and 2 pm.** Sign-up sheets will be out in the last week of April, so please sign up!

There will be no DINNER SERVICE that day!
Breakfast will be a take home meal.

HOW DID MOTHER'S DAY FIRST START?

Anna Jarvis celebrated the first Mother's Day, when on May 12, 1907, she held a memorial service honoring her own late mother. The occasion was held in Grafton, West Virigina. The idea quickly caught on and within 5 years almost all states were observing the holiday. Woodrow Wilson then declared it an official holiday in 1914. Since then, every 2nd Sunday in May is set aside for this time-honored tradition. We wish all the wonderful mothers at the Worthington a very special and lovely day!

MEMORIAL DAY

Memorial Day is a federally observed holiday in the USA that honors and mourns the US Military personnel who lost their lives while serving in the Armed forces. Starting in 1868 and going thru 1970, it was observed on May 30th. However, in 1971 the observance changed to be on the last Monday of May. It is sometime called Decoration Day since the graves of our fallen are decorated with flags and flowers.

In December of 2000, the US Congress signed into law "The National Moment of Remembrance," to ensure the sacrifices of America's fallen heroes are never forgotten. On Memorial Day at 3 pm local time, Americans are encouraged to observe a minute of silence to remember and honor those who have died in service to our country. It is a way we can help put the memorial back in Memorial Day.

Here at the Worthington, we will be having a special buffet on Memorial Day. **Please join us at 11 am to 2 pm for a memorial buffet to remember!** Sign-up sheets will be out from the 2nd to 3rd week of May. There will be NO DINNER SERVICE that day! **Also, on May 27th at 11 am, we will be having a special memorial service for Past resident that we have lost.** Please join our Chaplain, Rebecca McFee, and members of our staff for this heart-felt ceremony.

OUT TO LUNCH: NICK'S RESTAURANT AND BAR

Please come and join us for our monthly outing for lunch. This month we are going to Nick's Restaurant and Bar in Old Town. Nick's is known for its Italian American favorites such as Buccatini Carbonara, chicken parmesan, NY style pizza, lasagna, and the now famous Nick's Burger. Nicks won the contest a few years ago which was run by the Coloradoan newspaper for the best burger in town. They won out of eighty restaurants! People also love their warm Brussel Caesar and agrodolce chicken wings. **The outing is planned for Thursday, May 1st at 11:30 am.** Sign up quickly, so there is room on the van!

KEVIN COOK

Join Kevin for the 5th installment of his nature series on May 8th at 10 am in the AR. This year's theme Colography: The Nitty-Gritty Colorado is a fun and unique way to look at Colorado history and nature mixed. In May, Kevin will talk about Landscapes and Waterscapes. Kevin says, "Though defined as a single place, Colorado sprawls across three landforms and textures them with hills and mountains, canyons, and valleys. Water standing as lakes and reservoirs or flowing as creeks and rivers accents the land. Landscapes and waterscapes make Colorado more than just one place."

Also remember our fun guy, Jim Willard, will be here the following Thursday at 11 am to take you down memory lane with music, facts and trivia of years gone by. Join him in the AR, it's always a blast.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>MAY</div><div>2025</div></div> <div>The Worthington</div>				<div>MAY DAY1</div> <div>9 am Yoga – AR</div> <div>10 am Ambassador’s Meeting - SR</div> <div>11:30 am Out to Lunch</div> <div>2:30 pm Great Courses with Rebecca – AR</div> <div>3:30 pm M & M - TH</div> <div>6:30 pm Prayer Group - PDR</div>	<div>8:45 am King Soopers Run2</div> <div>9 am Exercise with Diane - AR</div> <div>10 am Coffee & News – PDR</div> <div>11 am Exercise with Brynn -AR</div> <div>1:30 pm Word Spiel - AR</div> <div>2:30 pm May Craft w/ Kimberly – AR</div> <div>4:30 pm Kentucky Derby (AR)</div> <div>7 pm Movie - AR</div>	<div>9 am Exercise – AR3</div> <div>10 am Bingo – TH</div> <div>11 am Wii Bowling –AR</div> <div>2 pm Movie – AR</div> <div>4:30 pm Kentucky Derby - TH</div> <div>7 pm Movie –AR</div>
<div>2 pm Movie – AR</div> <div>7 pm Movie – AR</div> <div>4</div>	<div>CINCO DE MAYO5</div> <div>DR. MIKE IS HERE!</div> <div>9 am Tai Chi Chih – AR</div> <div>10 am Crossword – TH</div> <div>11 am Jim Collinson: Proof of Continental Draft Talk – AR</div> <div>1 pm Quiddler - AR</div> <div>2 pm – 3:30 pm MOA: Mask Exhibit Trip</div> <div>7 pm TV Series - AR</div>	<div>9 am Exercise with Erin – AR6</div> <div>10 am Current Events – TH</div> <div>11 am Hymn Sing – TH</div> <div>1:30 pm Great Lakes Doc - AR</div> <div>2:45 pm Bingo - TH</div>	<div>NATIONAL MILKY WAY DAY!7</div> <div>8:30 am Walmart Run - AR</div> <div>9 am Exercise - AR</div> <div>10 am Wii Bowling – AR</div> <div>10:30 am Senior Serenaders - DR</div> <div>11 am Exercise w/ Erin – AR</div> <div>1:15 pm – Drumming w/Shari - AR</div> <div>2:30 pm Film about Frank Mars with Milky Way Milkshakes - AR</div> <div>7 pm TV Series-AR</div>	<div>9 am Yoga – AR</div> <div>10 am Kevin Cook - AR</div> <div>11 am Historical Documents – AR</div> <div>1:30 pm Faux Beach Glass Craft - AR</div> <div>2:30 pm Great Courses with Rebecca – AR</div> <div>3:30 pm Balloon Tennis - TH</div> <div>6:30 pm Prayer Group - PDR</div> <div>8</div>	<div>9 am Exercise with Diane - AR</div> <div>10 am Coffee & News – PDR</div> <div>11 am Exercise with Brynn– AR</div> <div>1:30 pm Word Spiel - AR</div> <div>2:30 pm Marjorie Morningstar: A Peek at Peru - AR</div> <div>7 pm Movie - AR</div> <div>9</div>	<div>9 am Exercise – AR</div> <div>10 am Bingo – TH</div> <div>11 am Wii Bowling –AR</div> <div>2 pm Movie – AR</div> <div>7 pm Movie –AR</div> <div>10</div>
<div>MOTHER’S DAY11</div> <div>11 am – 2 pm Mother’s Day Buffet - DR</div> <div>2 pm Movie – AR</div> <div>7 pm Movie – AR</div>	<div>9 am Tai Chi Chih – AR</div> <div>10 am Hangman – TH</div> <div>11 am Quiddler – AR</div> <div>1:30 pm Triopoly- AR</div> <div>2:30 pm Collage Craft - AR</div> <div>7 pm TV Series - AR</div> <div>12</div>	<div>9 am Exercise with Erin – AR</div> <div>10 am Current Events – TH</div> <div>11 am Hymn Sing – TH</div> <div>1:30 pm Great Lakes Lighthouses Doc - AR</div> <div>2:45 pm Bingo – TH</div> <div>13</div>	<div>9 am Exercise – AR</div> <div>10 am Wii Bowling – AR</div> <div>11 am Exercise w/ Erin – AR</div> <div>1:15 pm – Sit Dance w/ Shari - AR</div> <div>2 pm Migratory Bird Doc - AR</div> <div>7 pm TV Series - AR</div> <div>14</div>	<div>9 am Exercise – AR</div> <div>10 am Niagara Falls Doc - AR</div> <div>11 am Jim Willard – AR</div> <div>2:30 pm Great Courses with Rebecca – AR</div> <div>3:30 – 5:30 pm Horsetooth Tavern Trip</div> <div>3:30 pm M & M - TH</div> <div>6:30 pm Prayer Group - PDR</div> <div>15</div>	<div>8:45 am King Soopers Run16</div> <div>9 am Exercise with Diane - AR</div> <div>10 am Coffee & News – PDR</div> <div>10-11 am Blood Pressure Clinic</div> <div>1:30 pm Word Spiel - AR</div> <div>2:30 pm Lawn Croquet – FL</div> <div>3 pm Trip for Garden Club: Gulleys</div> <div>7 pm Movie - AR</div>	<div>9 am Exercise – AR</div> <div>10 am Bingo – TH</div> <div>11 am Wii Bowling –AR</div> <div>2 pm Movie – AR</div> <div>2:30 pm Wine Social – TH</div> <div>7 pm Movie – AR</div> <div>17</div>
<div>2 pm Movie - AR</div> <div>7 pm Movie – AR</div> <div>18</div>	<div>9 am Tai Chi Chih - AR</div> <div>10 am Crossword – TH</div> <div>11 am Quiddler - AR</div> <div>1:30 pm Triopoly- AR</div> <div>2:30 pm Decoupage Craft - AR</div> <div>7 pm TV Series - AR</div> <div>19</div>	<div>9 am Exercise with Erin – AR</div> <div>10 am Current Events – TH</div> <div>11 am Hymn Sing – TH</div> <div>1:30 pm Great Lakes Shipwrecks Doc - AR</div> <div>2:45 pm Bingo – TH</div> <div>20</div>	<div>9 am Exercise – AR</div> <div>10 am Wii Bowling - AR</div> <div>11 am Exercise w/ Erin – AR</div> <div>1:15 pm – Drumming w/ Shari - AR</div> <div>2:30 pm Cancer CSU Vet Research Talk: Dr. Steve Withrow - AR</div> <div>3 – 4 pm Ross Trip</div> <div>7 pm TV Series - AR</div> <div>21</div>	<div>9 am Yoga – AR</div> <div>10 – 12 pm Going Ape Fun Party</div> <div>11 am Historical Documents -AR</div> <div>1:30 pm Townhall Meeting - TH</div> <div>2:30 pm Great Courses with Rebecca – AR</div> <div>3:30 pm Scenic Ride - Lobby</div> <div>6:30 pm Prayer Group - PDR</div> <div>22</div>	<div>8 am Men’s Breakfast- PDR</div> <div>9 am Exercise with Diane -AR</div> <div>10 am Coffee & News– PDR</div> <div>11 am Exercise with Brynn –AR</div> <div>1:30 pm Word Spiel- AR</div> <div>2:30 pm Horan’s Petting Zoo</div> <div>7 pm Movie - AR</div> <div>23</div>	<div>9 am Exercise – AR</div> <div>10 am Bingo – TH</div> <div>11 am Wii Bowling – AR</div> <div>2 pm Movie – AR</div> <div>7 pm Movie – AR</div> <div>24</div>
<div>2 pm Movie – AR</div> <div>7 pm Movie – AR</div> <div>25</div>	<div>MEMORIAL DAY!26</div> <div>9 am Tai Chi Chih – AR</div> <div>11 am – 2 pm Memorial Day Buffet - DR</div> <div>7 pm TV Series - AR</div>	<div>9 am Exercise with Erin – AR</div> <div>10 am Current Events – TH</div> <div>11 am Memorial Service for Past Residents – TH</div> <div>1:30 pm Great Lakes Wildlife Doc - AR</div> <div>2:45 pm Bingo - TH</div> <div>27</div>	<div>9 am Exercise - AR</div> <div>10 am Wii Bowling – AR</div> <div>10am Book Club-PDR</div> <div>11 am Exercise w/ Erin – AR</div> <div>1:15 pm – Sit Dance w/ Shari - AR</div> <div>2:30 pm Birthday Party – DR/TH</div> <div>7 pm TV Series - AR</div> <div>28</div>	<div>9 am Yoga – AR</div> <div>10 am Palmer Withrow: CSU Vet Hospital addition – AR</div> <div>11 – 3 pm Viestenz Smith Mountain Park Walk and Picnic Trip</div> <div>6:30 pm Prayer Group - PDR</div> <div>29</div>	<div>9 am Exercise with Diane -AR</div> <div>10 am Coffee & News–PDR</div> <div>11 am Exercise with Brynn –AR</div> <div>1:30 pm Jeopardy-TH</div> <div>2:30 pm Lawn Croquet - FL</div> <div>7 pm Movie - AR</div> <div>30</div>	<div>9 am Exercise – AR</div> <div>10 am Bingo – TH</div> <div>11 am Wii Bowling – AR</div> <div>2 pm Movie – AR</div> <div>7 pm Movie – AR</div> <div>31</div>

MAJORIE MORNINGSTAR: A PEEK AT PERU

Once again Marjorie will join us at The Worthington for a travelogue. This time she will be taking you to the wonderful country of Peru. Marjorie combines her own photos and experiences along with known history, geography, and trivia from the area. It’s always a fascinating presentation. **Sign up to join her on Friday, May 9th at 2:30 pm.**

PALMER WITHROW: A TALK ABOUT THE ADDITION TO CSU VET. HOSPITAL

Are you curious about what is happening right down the street at the CSU Vet Hospital? Have you seen the large expansion happening there? Well, we have the answers for you! Please join Palmer Withrow and colleagues who are with the company in charge of this construction project. Come and find out about new things that are being added, what does this kind of project entail, how much teaching and hospital space is being added, etc... .

CSU Vet Hospital is striving to be the top Vet teaching hospital in the country and this project is helping them do it! **Please join us on Thursday May 29th at 10 am for the talk.** *PS. Palmer is Densie’s Son-in-law.*

CANCER IN PETS TALK WITH CSU DOCTOR AND SURGEON: STEVE WITHROW

Join Dr. Withrow on Wednesday May 21st at 2:30 pm to listen to a talk about Cancer in Pets and the research that takes place at our CSU Veterinary teaching hospital, which is just a hop, skip and jump away from us. The research and care at this top-rated facility is fascinating. You don’t want to miss it! **Please sign up.**

PS: Dr, Withrow is Denises’ Daughter’s father-in-law

SENIOR SERENADERS

Please join the Senior singing group, the Senior Serenaders, for an early morning singing program. The Serenaders will be here on Wednesday, May 7th at 10:30 am in the dining room for a lovely Spring sing. You don’t want to miss this large group of talented singers who enjoy coming to entertain you.

TRIPS IN MAY

Everyone is always welcome to join us for various outings throughout the month. Always sign up as quickly as possible since seating on the van is on a first come first serve basis. The following is a list of the outings that are available on the May calendar.

Thursday, May 1st at 11:30 am – Out to Lunch: Nick’s

Friday, May 2nd at 8:45 am – King Soopers Run

Monday, May 5th at 2 pm – MOA: Mask Exhibit Trip

Wednesday, May 7th at 8:30 am – Walmart Run

Thursday, May 15th at 3:30 pm – Horsetooth Tavern Trip

Friday, May 16th at 8:45 am – King Soopers Run

Friday, May 16th at 3 pm – Trip for Garden Club: Gulleys

Wednesday, May 21st at 3 pm – Ross Trip

Thursday, May 22nd at 3:30 pm – Scenic Ride

Thursday, May 29th at 11 am – Viestenz Smith Mountain Park Walk and Picnic Trip

VIESTENZ- SMITH MOUNTAIN PARK

We will be going on a walk and Picnic to this wonderful Historic Park that opened in 1925. 2 floods happened; one in 1976 and one in 2013 that wiped out the park, but it has been restored to its current state. It is ready for us to explore! It is a beautiful space with hiking trails and picnic spots. Please join us for this great trip! **The trip is on May 29th from 11 am to 3 pm.** Please sign up early as space is limited.

HORSETOOTH TAVERN TRIP

Join us for an afternoon ride up to Horsetooth Reservoir to enjoy an afternoon snack at this tavern. “Welcome to Horsetooth Tavern. Where mountain life meets lake life. Tucked into the Rocky Mountain foothills, we’re a familiar face to neighbors and a destination for out-of-towners. Anchor down at our bar or enjoy a meal with the family while taking in the view from our patio. Come off the reservoir, down the mountain, and gather here with us!” Please sign up so we have enough room on the bus! **This trip will place on Thursday May15th from 3:30 to 5:30 pm.**

DOCUMENTARIES OF THE MONTH

Tuesday, May 6th at 1:30 pm – Great Lakes Doc

Tuesday, May 13th at 1:30 pm – Great Lakes Lighthouses Doc

Wednesday, May 14th at 2 pm – Migratory Doc

Thursday, May 15th at 10 am – Niagara Falls Doc

Tuesday, May 20th at 1:30 pm – Great Lakes Shipwrecks Doc

Tuesday, May 27th at 1:30 pm – Great Lakes Wildlife Doc

SPECIALS AT THE WORTHINGTON

WINE SOCIAL

Please come on Saturday, May 17th for the Wine Social hosted by Venus at 2:30 pm in the Townhall. Come and break up the weekend monotony with a cocktail, appetizer, and conversation. Venus hopes that you all come and enjoy yourself. Please sign up so that she knows how many to set up for.

KENTUCKY DERBY

May 2nd at 4:30pm. May features the Kentucky Derby. The Derby sports events that capture the attention of the world yearly. The Derby is steeped with its own set of traditions such as: mint Juleps, big hats, fun clothing and of course the horses.

The Derby is considered the greatest 2 minutes in sports. We will be serving a special Derby cocktail. In addition will be putting up a special betting board, so all residents can make a bet on the horses. **The race itself will be shown on the big screen in the Activities Room.**

THIS MONTH WITH REBECCA

Rebecca will be with us on numerous occasions this month for various reasons. **First, on Tuesdays she will be here for Hymn sing at 11am in the Townhall.** She will also continue her Great Courses series on Thursdays all month.

This month the great course series will be the Native American of North America. Using the 30 minutes videos from the Great Courses, you will explore the history of Native North Americans. The topics are as follows:

May 1st: The Seven Years War

May 8th: The American Revolution

May 22nd: Indian Removal: The Trail of Tears

May 29th: Native Resistance of 1850-1870

The series will be presented every Thursday in May from 2:30 – 3:30 pm in the Activity Room. The series will continue into June with additional topics.

VISIT FROM HORAN’S PETTING ZOO

We are having a special visit from Horan’s Petting Zoo on Friday, May 23rd at 2:30 pm on our Front lawn. Baby animals such as goats, ducks, chickens and maybe a cow or so will be here. Come on out and say hi!!!

GREAT LAKES WORKOUT

Join us all month long for The Great Lakes Workout. **This fun exercise program will have stations throughout the building all through the month of May.** The stations will feature exercise moves that you may find in exercises that you may do while at the lake, such as rowing movements, swimming movements, hiking steps and movements you may encounter in other beach fun. The map and instructions will be provided in your box when the stations are up and ready. ***Let’s get moving.***



1. Scences from the Easter buffet
2. Saying goodbye to Debbi
3. Men's Egyptian themed breakfast
4. Out to lunch
5. Easter display from Buffet
6. Making spring wreaths
7. Roll a Picasso game fun
8. At the Quilt show