



1.



2.



4.



3.

1. Dave poses with “Sunshine,” a friendly pet duck from a local farm that visited.
2. Residents pose with the new summer hats they decorated in one of our recent arts and crafts programs. Hopefully they help protect them from the summer sun as we continue our outdoor activities and walks in the garden!
3. Mary enjoyed meeting “Raven,” a beautiful duck who acts like a lap dog.
4. Judy and Gracie smile for the camera during a manicure. We have several “regulars” who look forward to getting fresh polish on their nails every Tuesday.

1. The Original 13 Colonies, 2. Joey Chestnut, 3. Massachusetts, 4. John Adams, 5. 150,000!

Trivia Answers

HAPPY BIRTHDAY, JULY BABIES!

Here’s our long-term care birthdays for the month. Be sure to give them your well wishes when you see them and **join us for our monthly birthday party with live music and treats on July 25th.** We will recognize any rehab birthdays in attendance as well!

July 2- Addie D.

July 4- Mary E.

July 12- Marilyn S.

Centre Avenue Health & Rehab Facility

Happenings

JULY 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
Amber Franzel



HAPPY JULY 4TH!

Our primary celebration for **Independence Day will be on the morning of July 2nd**, when a choir group from the local senior center will regail us with Patriotic music while we share themed treats and swag. Fun fact, July 2nd is when the official vote to declare independence took place, and July 4th is when the public found out about it as it was when it was printed in the papers! On July 4th itself, we will be doing a half day of programming, with trivia packets and popsicles delivered from room to room. Here’s some more July 4th fun trivia to get you started (answers at the bottom of the newsletter):

1. What do the stripes on the United States flag represent?
2. Who has won the annual 4th of July “Nathan’s Famous Hot Dog Eating Contest” 16 times?
3. What was the first state to recognize July 4th as an official holiday in 1781?
4. Who is credited with making fireworks part of the July 4th tradition?
5. How many hot dogs do Americans eat on July 4th?

WHAT’S MORE PATRIOTIC THAN AN ELECTION?

It’s time to elect a new Resident Council President and Vice President. We are grateful for the time that Dot and Jan have served in those roles, but they are both ready to step down and hand the torch to others! These roles are required for us to offer by the state in order for the long-term care residents to have an advocate for their concerns. The president and vice president facilitate our monthly resident council meetings, relay concerns and feedback from peers, and connect with department heads and administration as needed. Activities staff will facilitate an election within the coming month. If you are interested in running or nominating someone, contact an activities staff member.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>JULY</div><div>2025</div><div>All activities are subject to change.</div></div>		<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Bingo</div><div>1:30pm Pet Therapy (1st Floor)</div><div>2pm Manicures (LTC)</div><div>3pm Catholic Communion Room Visits</div><div>1</div></div>	<div><div>9am Morning News</div><div>9:30am Chair Yoga</div><div>10:30am Senior Serenaders Patriotic Celebration!</div><div>10:30am Pet Therapy (2nd Floor)</div><div>1pm Book Cart (1st Floor)</div><div>1:30pm Painting Club</div><div>2</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Outdoor Wheelchair Walks (2nd Floor)</div><div>1:30pm Bingo</div><div>3</div></div>	<div><div>4TH OF JULY</div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Popsicle and July 4th Trivia Deliveries Room-to-Room</div><div>4</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Jeopardy</div><div>1:30pm “All Creatures Great and Small” Watch Party</div><div>5</div></div>
<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Streaming Sunday Services</div><div>1:30pm Painting Club</div><div>6</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Outdoor Wheelchair Walks (2nd Floor)</div><div>10:30am Aromatherapy</div><div>1:30pm Grief Reminiscing Group with Peter</div><div>6pm Movie Night: National Treasure</div><div>7</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Bingo</div><div>1:30pm Pet Therapy (1st Floor)</div><div>1:30pm Brain Games/Trivia Packets</div><div>2pm Manicures (LTC)</div><div>3pm Catholic Communion Room Visits</div><div>8</div></div>	<div><div>9am Morning News</div><div>9:30am Chair Yoga</div><div>10:30am Real Talk with Catherine</div><div>10:30am Pet Therapy (2nd Floor)</div><div>1pm Book Cart (1st Floor)</div><div>1:30pm Unclaimed Item Rummage</div><div>9</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Resident Council</div><div>2:30pm Ice Cream Social with Josh Long</div><div>10</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:15am Sing-A-Long with Kendra Hansen</div><div>1:30pm Outdoor Wheelchair Walks (1st Floor)</div><div>3pm Book Cart (2nd Floor)</div><div>11</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Jeopardy</div><div>1:30pm “All Creatures Great and Small” Watch Party</div><div>12</div></div>
<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Streaming Sunday Services</div><div>1:30pm Reminiscing Group</div><div>13</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Outdoor Wheelchair Walks (2nd Floor)</div><div>10:30am Aromatherapy</div><div>1:30pm Book Club</div><div>6pm Movie Night: The American President</div><div>14</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Bingo</div><div>1:30pm Pet Therapy (1st Floor)</div><div>2pm Manicures (LTC)</div><div>3pm Catholic Communion Room Visits</div><div>15</div></div>	<div><div>9am Morning News</div><div>9:30am Chair Yoga</div><div>10:30am Real Talk with Catherine</div><div>10:30am Pet Therapy (2nd Floor)</div><div>1pm Book Cart (1st Floor)</div><div>1:30pm Music Bingo</div><div>16</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>11:30am Fried Chicken Picnic at the Sculpture Garden! (LTC Only)</div><div>2pm Painting Club</div><div>17</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Outdoor Wheelchair Walks (1st Floor)</div><div>1:30pm Rosary Group</div><div>1:30pm Creative Arts</div><div>3pm Book Cart (2nd Floor)</div><div>18</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Jeopardy</div><div>1:30pm “All Creatures Great and Small” Watch Party</div><div>19</div></div>
<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Streaming Sunday Services</div><div>1:30pm Games and Open Rec</div><div>20</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Outdoor Wheelchair Walks (2nd Floor)</div><div>1:30pm Devotional with Peter</div><div>6pm Movie Night: Bell, Book, and Candle</div><div>21</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Bingo</div><div>1:30pm Pet Therapy (1st Floor)</div><div>2pm Manicures (LTC)</div><div>3pm Catholic Communion Room Visits</div><div>22</div></div>	<div><div>9am Morning News</div><div>9:30am Chair Yoga</div><div>10:30am Real Talk with Catherine</div><div>10:30am Pet Therapy (2nd Floor)</div><div>1pm Book Cart (1st Floor)</div><div>1:30pm Retro TV Bingo</div><div>23</div></div>	<div><div>9am Morning News</div><div>9:30am Catholic Mass</div><div>10:30am Stretch and Energize</div><div>1:30pm Brain Games/Trivia Packets</div><div>1:30pm Spa Day</div><div>24</div></div>	<div><div>9am Morning News</div><div>9:15am Stretch and Energize</div><div>10:30am Outdoor Wheelchair Walks (1st Floor)</div><div>2pm July Birthday Celebration with Uno, Dos, Tracz</div><div>3pm Book Cart (2nd Floor)</div><div>25</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Jeopardy</div><div>1:30pm “All Creatures Great and Small” Watch Party</div><div>26</div></div>
<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Streaming Sunday Services</div><div>1:30pm Painting Club</div><div>27</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Strengthen</div><div>10:30am Outdoor Wheelchair Walks (2nd Floor)</div><div>1:30pm Communion with Peter</div><div>6pm Movie Night: An Affair to Remember</div><div>28</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Bingo</div><div>1:30pm Pet Therapy (2nd Floor)</div><div>2pm Manicures (LTC)</div><div>3pm Catholic Communion Room Visits</div><div>29</div></div>	<div><div>“Hatch A Chick” Delivery!</div><div>9am Morning News</div><div>9:30am Chair Yoga</div><div>10:30am Social Hour with Therapy Cat, Lulu!</div><div>10:30am Pet Therapy (1st Floor)</div><div>1pm Book Cart (1st Floor)</div><div>1:30pm Real Talk with Catherine</div><div>30</div></div>	<div><div>9am Morning News</div><div>9:30am Stretch and Energize</div><div>10:30am Music with Susan</div><div>1:30pm Outing to Spring Creek Gardens (LTC only, reserve ahead of time!)</div><div>31</div></div>	<div><div>Centre Avenue</div><div>Health & Rehab</div><div>Contact the Activities Department at Ext. 531 - LTC = Long Term Care Residents</div></div>	