

The Worthington Happenings

AUGUST 2025

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

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Andrew Baker

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DIRECTOR**
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CHEF
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Summertime Easy Living Month!

*Lazy Summer Afternoons,
Walks along the Beach,
Balmy Evenings, Cloudless Skies,
Stars just out of reach,
Sailing on a Quiet Lake,
Hammocks in the Shade...
These are the simple treasures
Of which August Days are Made.*

HELLO AUGUST!

We are ready to enjoy some summertime easy living in the month of August. It will be a month filled with wonderful activities for everyone to enjoy! We will be having everything from a birthday party for the state of Colorado, a whole week of tea related activities for afternoon tea week,

a trip to the Cheyenne Train Museum, a visit from a pack of donkeys, entertainment from some great entertainers and an unique demonstration of Singing Bowls.

We will also be celebrating National Champagne Day, National Relaxation Day, Serendipity Day and International Bow Day. You should come to these activities and find out what awesome fun things we have planned for you!

Also, very importantly we will be kicking off our fundraising effort for the Walk to End Alzheimer's. We will be in direct competition with the other buildings in the Columbine System to see how much we can raise for the cause. We hope that you have a wonderful August and hope that you take the time to join us for all the upcoming events.





HAPPY BIRTHDAY COLORADO

Hey everyone, August 1st is Colorado’s birthday. Colorado was the 38th state to join the union. It actually joined on August 1, 1876, the country’s 100th birthday, which made Colorado the Centennial State. Colorado’s name comes from the Spanish word for red which in turn is derived from the Colorado River, which flows thru canyons of red stone. Colorado boasts the highest average height above sea level at 6,800 ft. Our Capital, Denver, is the “Mile High City” and has an elevation of 5,280 ft, exactly 1 mile above sea level.

Colorado is home to the highest paved road in North America and the world’s highest suspension bridge, located in the Royal Gorge. Colorado also boasts more than 1,000 peaks reaching over 10,000 feet and 54 peaks towering above 14,000 feet. Pikes Peak inspired one of our most patriotic songs “America the Beautiful”, as Katherine Lee Bates penned the song at the summit of Pikes Peak.

Also, there is only one Continental Divide in the world, and it happens to be the Rocky Mountains which happens to run down the middle of our great state. Colorado is a wonderful place to be and therefore we would love for you to **help us celebrate its birthday on Friday, August 1st in the Dining Room.** Join us for food, fun , entertainment and other surprises! Please make sure to sign up!

LIBRARY CLOSURE

In an effort to better organize, clean and restock the library at the Worthington, we will be closing the library for a few days in order to fully take it apart and start over. If you need to use the magnifier, remember there is an additional magnifier on 2nd floor north in the lounge area. We will also

be taking donations of newer and gently used book to add to our collection. If you have any unreturned books that you are done reading, please return as soon as possible, so that we can include them in our organizational efforts. **The library will be blocked off from August 7th thru the 10th. Sorry for the inconvenience.**

DONATIONS FOR OUR PURPLE PASSION PARLOR

Every year for the Alzheimer’s cause, we create a shop for both items that can bought and items that can be bid on for a chance to win. We will create a gift shop in our Galleria for the month of September from the donated items. However, to obtain these items, we will need to start to collect enough usable items now. We are asking residents to donate a new or gently used item that is preferably purple in color to either raffle off or be used to sell for the Alzheimer cause. Items such as quilts, wall décor, scarves, Knick Knacks and another useful items would be ideal. **Please bring any donated item to either the front desk or to Denise. Please consider helping!**

HAIR SALON

Hey everyone, did you know that we have a new hair stylist here at the Worthington, if not you should come down and meet Crystal. Crystal is a very experienced hair stylist and has her own independent shop in Loveland. **Crystal is available here at the building for appointments on Tuesday, Wednesday and Thursdays from 10 am – 4 pm. You can make an appointment ahead of time by calling or texting 970-461-0063.** Drop Ins are also encouraged, If there are no standing appointments Crystal can then accommodate you!

WORTHINGTON SPECIAL FEATURES

CHAMPAGNE COCKTAIL AND A VIDEO TRIP TO FRANCE

Monday, Aught 4th is International Champagne Day and to celebrate it, we are going to have Champagne cocktails while enjoying a lovely armchair travel video to France. **We would love for you to join us for a very relaxing afternoon starting at 2:30 pm in the AR. Please be sure to sign up so that we have enough refreshments.**

KLONDIKE GOLD RUSH NATIONAL HISTORIC PARK DAY

August 5th is the anniversary of the designation of the Klondike National Park in Alaksa. The Klondike Gold Rush which started in 1897 brought many gold seekers to Alaska and the Yukon territory. The Klondike Gold Rush National Historic Park preserves the historic trails, artifacts and stories associated with the Klondike Gold Rush of 1897-98.

Come to the Activities Room on Tuesday, August 5th at 1:30 pm to enjoy a very educational and historic program from PBS about the rush. You will also get to try sourdough bread (find out why) and/ or enjoy a Klondike Ice Cream Bar. Looking forward to seeing you there. **Please Sign up!**

WALK TO END ALZHEIMER’S KICK OFF PARTY

To start our fundraising effort for Alzheimer’s we are hosting a kickoff party. The Party will be part informational, part inspirational and a whole lot of fun! Come down and listen to Angel Hoffman, a spokesperson from the Alzheimer’s Association, talk about the latest science on Alzheimer’s and Dementia and why the walk and the fundraising efforts are so important. Also find out what we are doing as a building from August to October to help combat this terrible disease. The talk will be followed by a reception in the lobby with food and entertainment plus a special door prize drawing! We hope to see you there. **The party starts in the Activities Room at 2:30pm on Wednesday, August 6th.**

SPECIAL OUT TO LUNCH ADVENTURE

Please sign up and join us for a trip to Cheyenne Train Depot in nearby Cheyenne, WY. We will be having a lunch at the Depot at the Accomplice Beer Company which is located inside the Historic Depot. The restaurant boasts Cheynne’s best wings and ribs. Then after eating we will visit the Cheyenne Depot Museum that features the rich railroad history of the area.

The Depot is a designated National Historic Landmark and has been restored to its original glory. The museum features many exhibits with interactive displays! Remember there are limited seats on the van, so **PLEASE SIGN UP QUICKLY! Also please remember that the outing is from 11:30am – 4pm. Remember to bring the cost of lunch and museum entrance fee with you.**

AFTERNOON TEA WEEK

We are going to have a weeklong fun time with afternoon tea events all **through the week of August 11th thru August 15th.** Sign up for some or all the events. Afternoon tea is a British Tradition involving tea and light refreshments. The tradition originated in the 1840s as a way to bridge the gap between lunch and a late dinner, particularly among the upper class. Later the custom evolved into more formal tea receptions. It eventually made its way to other parts of the world. Here at the Worthington, we are going to visit various aspects of these tea parties and the customs that stem from it by having a different kind of event daily. Here is the lineup of events:

Monday, August 11th – Iced Tea Bar with Scones and an explanation of this social custom

Tuesday, August 12th – Making Special Lace Tea Calling Cards that can be given out to friends or family to invite them to our Large tea party on the lawn on August 15th

Tuesday, August 12th at 2:45 pm – Special Communita Bingo

Wednesday, August 13th – Tea Craft with Lori Hunsaker

Thursday, August 14th at 11 am – A trip to Avery’s Modern Tea House in Loveland for a Butterfly Tea, cost \$18

Thursday, August 14th at 1:30 pm – Making Lovely Tea-Stained Paper Stationary

Friday, August 15th at 2 pm – An afternoon tea party on the Front Lawn with Entertainment by James Cristoff

PLEASE SIGN UP: *other instructions to follow*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>AUGUST</div><div>2025</div></div>					<div><div>9 am</div>Exercise Video – AR</div> <div><div>10 am</div>Coffee and News – PDR</div> <div><div>11 am</div>Adult Coloring - Balcony</div> <div><div>1:30 pm</div>Board Games – TH</div> <div><div>2:30 pm</div>Happy Birthday Colorado with Music - DR</div> <div><div>7 pm</div>Movie - AR</div> <div>1</div>	<div><div>9 am</div>Exercise with Brynn – AR</div> <div><div>10 am</div>Bingo – TH</div> <div><div>11 am</div>Wii Bowling – AR</div> <div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie - AR</div> <div>2</div>
<div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie – AR</div>	<div>3</div> <div><div>DR. MIKE IS HERE</div><div><div>9 am</div>Exercise – AR</div><div><div>10 am</div>Hangman – TH</div><div><div>11 am</div>Brain Games – PDR</div><div><div>1:30 pm</div>Tai Chi with Yvonne – AR</div><div><div>2:30 pm</div>Champagne Cocktails and A Trip to France Video - AR</div><div><div>7 pm</div>Nature Series - AR</div></div> <div>4</div>	<div><div>9 am</div>Exercise with Erin – AR</div> <div><div>10 am</div>Current Events – PDR</div> <div><div>11 am</div>Hymn and Parables – TH</div> <div><div>1:30 pm</div>Klondike Gold Rush Doc with Klondike Ice Cream Bars - AR</div> <div><div>2:45 pm</div>Bingo - TH</div> <div>5</div>	<div><div>8:30 am</div>Walmart Run</div> <div><div>9 am</div>Stretch Video – AR</div> <div><div>10 am</div>Card Games - TH</div> <div><div>11 am</div>Exercise with Erin – AR</div> <div><div>1:15 pm</div>Drumming with Shari – AR</div> <div><div>2:30 pm</div>Walk to End Alzheimer Kickoff Party - Lobby</div> <div><div>7 pm</div>TV Series - AR</div> <div>6</div>	<div><div>9 am</div>Yoga – AR</div> <div><div>10 am</div>Ambassador’s Meeting - SR</div> <div><div>11:30 am – 4 pm</div>Out to Lunch: Cheyenne Train Museum & Lunch</div> <div><div>2:30 pm</div>Great Courses with Rebecca – AR</div> <div><div>3:30 pm</div>M and M - TH</div> <div>7</div>	<div><div>9 am</div>King Soopers Run</div> <div><div>9 am</div>Exercise Video – AR</div> <div><div>10 am</div>Coffee and News – PDR</div> <div><div>11 am</div>Adult Coloring - Balcony</div> <div><div>1:30 pm</div>Board Games – TH</div> <div><div>7 pm</div>Movie - AR</div> <div>8</div>	<div><div>9 am</div>Exercise with Brynn – AR</div> <div><div>10 am</div>Bingo – TH</div> <div><div>11 am</div>Wii Bowling – AR</div> <div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie - AR</div> <div>9</div>
<div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie – AR</div>	<div>10</div> <div><div>AFTERNOON TEA WEEK</div><div><div>9 am</div>Exercise – AR</div><div><div>10 am</div>Crossword – TH</div><div><div>11 am</div>Brain Games – PDR</div><div><div>1:30 pm</div>Tai Chi with Yvonne – AR</div><div><div>2:30 pm</div>Iced Tea Bar with Scones - TH</div><div><div>7 pm</div>Nature Series - AR</div></div> <div>11</div>	<div><div>9 am</div>Exercise with Erin – AR</div> <div><div>10 am</div>Current Events – PDR</div> <div><div>11 am</div>Hymn and Parables – TH</div> <div><div>1:30 pm</div>Making Lace Tea Calling Cards Craft – AR</div> <div><div>2:45 pm</div>Bingo – TH</div> <div>12</div>	<div><div>9 am</div>Stretch Video – AR</div> <div><div>10 am</div>Card Games - TH</div> <div><div>11 am</div>Exercise with Erin – AR</div> <div><div>1:15 pm</div>Sit Dance with Shari – AR</div> <div><div>2:30 pm</div>Tea Craft with Lori - TH</div> <div><div>7 pm</div>TV Series - AR</div> <div>13</div>	<div><div>9 am</div>Yoga – AR</div> <div><div>10 am</div>Kevin Cook- AR</div> <div><div>11 am</div>Avery’s Modern Tea House Visit Trip</div> <div><div>1:30 pm</div>Making Tea Stained Paper Stationary Craft- TH</div> <div><div>2:30 pm</div>Great Courses with Rebecca – AR</div> <div>14</div>	<div><div>NATIONAL RELAXATION DAY!</div><div><div>9 am</div>Exercise Video – AR</div><div><div>10 am</div>Coffee and News – PDR</div><div><div>10 – 11 am</div>Blood Pressure Clinic - Galleria</div><div><div>11 am</div>Hand Massages with Relaxation Music - AR</div><div><div>2 pm</div>Tea Party on the Front Lawn - FL</div><div><div>7 pm</div>Movie - AR</div></div> <div>15</div>	<div><div>9 am</div>Exercise with Brynn – AR</div> <div><div>10 am</div>Bingo – TH</div> <div><div>11 am</div>Wii Bowling – AR</div> <div><div>2 pm</div>Movie – AR</div> <div><div>2:30 pm</div>Wine Social - TH</div> <div><div>7 pm</div>Movie - AR</div> <div>16</div>
<div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie – AR</div>	<div>17</div> <div><div>SERENDIPITY DAY</div><div><div>9 am</div>Exercise – AR</div><div><div>10 am</div>Hangman – TH</div><div><div>11 am</div>Brain Games – PDR</div><div><div>1:30 pm</div>Tai Chi with Yvonne – AR</div><div><div>2:30pm</div>Serendipity Movie– AR</div><div><div>7 pm</div>Nature Series - AR</div></div> <div>18</div>	<div><div>INTERNATIONAL BOW DAY!</div><div><div>9 am</div>Exercise with Erin – AR</div><div><div>10 am</div>Current Events – PDR</div><div><div>11 am</div>Hymn and Parables – TH</div><div><div>1:30 pm</div>History of Fine Fashion: Wigs and Fine Fashion Doc - AR</div><div><div>2:45 pm</div>Bingo - TH</div></div> <div>19</div>	<div><div>9 am</div>Stretch Video – AR</div> <div><div>10 am</div>Card Games - TH</div> <div><div>11 am</div>Exercise with Erin – AR</div> <div><div>1:15 pm</div>Drumming with Shari – AR</div> <div><div>2:30 pm</div>Townhall Meeting - TH</div> <div><div>7 pm</div>TV Series - AR</div> <div>20</div>	<div><div>9 am</div>Yoga – AR</div> <div><div>10 am</div>Ted Talks – AR</div> <div><div>11 am</div>Jim Willard – AR</div> <div><div>1:30 pm</div>Rock Ridge Donkeys – FL</div> <div><div>2:30 pm</div>Great Courses with Rebecca – AR</div> <div><div>3:30 pm</div>M and M - TH</div> <div>21</div>	<div><div>8 am</div>Men’s Breakfast - PDR</div> <div><div>9 am</div>Exercise Video – AR</div> <div><div>10 am</div>Coffee and News – PDR</div> <div><div>11 am</div>Adult Coloring - Balcony</div> <div><div>2-3:30 pm</div>Sprouts Run</div> <div><div>7 pm</div>Movie - AR</div> <div>22</div>	<div><div>9 am</div>Exercise with Brynn – AR</div> <div><div>10 am</div>Bingo – TH</div> <div><div>11 am</div>Wii Bowling – AR</div> <div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie - AR</div> <div>23</div>
<div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie – AR</div>	<div>24</div> <div><div>9 am</div>Exercise – AR</div> <div><div>10 am</div>Crossword – TH</div> <div><div>11 am</div>Brain Games – PDR</div> <div><div>1:30 pm</div>Tai Chi with Yvonne – AR</div> <div><div>2:30 pm</div>Book Club - PDR</div> <div><div>7 pm</div>Nature Series - AR</div> <div>25</div>	<div><div>9 am</div>Exercise with Erin – AR</div> <div><div>10 am</div>Current Events – PDR</div> <div><div>11 am</div>Hymn and Parables – TH</div> <div><div>2 pm</div>Singing Bowls - AR</div> <div><div>3 pm</div>Bingo - TH</div> <div>26</div>	<div><div>9 am</div>Stretch Video – AR</div> <div><div>10 am</div>Card Games – TH</div> <div><div>11 am</div>Exercise with Erin – AR</div> <div><div>1:15 pm</div>Sit Dance with Shari – AR</div> <div><div>2:30 pm</div>Birthday Party – DR</div> <div><div>7 pm</div>TV Series – AR</div> <div>27</div>	<div><div>9 am</div>Yoga – AR</div> <div><div>10 am</div>Ted Talks – AR</div> <div><div>11 am</div>Walk with Andrew at Bob cat Ridge plus picnic</div> <div><div>2:30 pm</div>Great Courses with Rebecca – AR</div> <div>28</div>	<div><div>9 am</div>King Soopers Run</div> <div><div>9 am</div>Exercise Video – AR</div> <div><div>10 am</div>Coffee and News – PDR</div> <div><div>11 am</div>Adult Coloring – Balcony</div> <div><div>1:30 pm</div>Board Games - TH</div> <div><div>2:30 pm</div>Scenic Ride</div> <div><div>7 pm</div>Movie - AR</div> <div>29</div>	<div><div>9 am</div>Exercise with Brynn – AR</div> <div><div>10 am</div>Bingo – TH</div> <div><div>11 am</div>Wii Bowling – AR</div> <div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie - AR</div> <div>30</div>
<div><div>2 pm</div>Movie – AR</div> <div><div>7 pm</div>Movie – AR</div>	<div>31</div> <div>The Worthington</div> <div>All activities are subject to change.</div>					

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NATIONAL RELAXATION DAY

Friday, August 15th is National Relaxation Day. We have just the thing to celebrate the day. Join us for relaxing hand massages while being served a lovely mocktail,all while listening to beautiful relaxing music. PLEASE, PLEASE sign up for the event so we are sure to have enough supplies! The event will be held in the AR starting at 11 am.

INTERNATIONAL BOW DAY

Let’s have some fashion fun on August 19th and celebrate International Bow Day! We would love for everyone to wear a bow of some sort. You can wear a bow tie, a bow in your hair, a bow around your waist, a bow on your wrist or bow earring or a bow necklace, whatever you would like. We will have a contest to see who has the most fashionable take on the bow. Later in the day, we will watch the history of fine fashion at 1:30 pm in the AR. PLEASE play along and have fun!

ROCK RIDGE DONKEYS

Get ready for a donkey experience! Meet and greet with a unique and versatile set of donkeys. Learn about pack Burro racing, riding, and driving donkeys and so much more with a visit from the Rock Ridge Donkeys. The donkeys will be here at 1:30 pm on the front lawn on Thursday, August 21st. You don’t want to miss the fun.

WALK AT BOBCAT RIDGE WITH PICNIC

Join Andrew, Denise and Rebekah for a picnic and walk at Bobcat Ridge Natural area. Do not worry about lunch, Chef will be packing us a nice box lunch to take with us. The hike is on a paved walkway, so it is fairly easy to navigate. It’s in a beautiful area that you don’t want to miss. The walk takes place on Thursday, August 28th. We will be leaving the lobby at 11 am. Please sign up quickly!

SPECIAL EVENTS

- August 4th at 9 am: Dr. Mike, Foot Doctor is here in the Building
- August 14th at 10 am: Kevin Cook, Nature Speaker
- August 15th at 10 am: Blood Pressure Clinic
- August 21st at 11 am: Jim Willard, Trivia and Reminiscing
- Every Monday at 1:30 pm: Tai Chi Instructor, Yvonne
- Every Wednesday at 1:15 pm: Sit Dance or Drumming with Shari
- Every 1st and 3rd Thursday at 3:30 pm: Music and Movement with Heather
- August 26th at 2 pm: Singing Bowl Demo with Erin Doty

SPECIAL TRIPS:

- August 6th at 8:30 am – Walmart Trip
- August 7th at 11 am – Out to Lunch: Cheynne, WY
- August 8th and 29th at 9 am – King Soopers Trip
- August 14th at 11 am – Avery’s Modern tea House, Loveland Trip
- August 22nd at 2 pm – Sprouts Grocery Store Trip
- August 28th at 11 am – Walk at Bobcat Ridge with picnic
- August 29th at 2:30 pm – Scenic Ride

EXERCISE IN THE BUILDING

We have a variety of exercises that happen throughout the month in our building that are open for all to attend. We strongly suggest that you partake in one that meets your needs. We have Tai chih chi which is a balance and calming 19 step exercise, plus regular tai chi taught by Yvonne on Mondays, Erin comes on both Tuesday and Wednesday mornings for balance and strength exercises, Shari is here on Wednesday with alternating sit dance and sit drumming classes that are super fun. On Thursdays we have yoga alternating between a video and an instructor. On the 1st and 3rd Thursday of the month in the late afternoon we have Music and Movement taught by a music therapist. Lastly on Saturdays, Brynn a certified exercise instructor is here at 9am to lead a core strength exercise. We will have Dianne returning to lead exercise on Friday mornings as soon as she recovers from surgery. The key to staying healthy is movement and keeping your mind and brain active. Therefore, we also invite you to join us for the many brain exercise events we have, such as hangman, crossword, brain games, scrabble, current events, Ted Talks, coffee and news, card games, board games and interactive jeopardy. Crafts and music programs are also wonderful brain stimulating activities that we would love for you to attend. We challenge you to pick a new activity this month and join us. Look on the calendar and sign up for the fun.



Getting ready for the fourth of July bash!



Patriotic tablescapes.

BINGO

We play Bingo twice a month here at The Worthington. We play 10 rounds at 25 cents a game except the last game of black out being 50 cents. We would love to have more participation, so for the Tuesday afternoon games, I am offering to put the quarters in the pot for any new player that has not joined us in the last 6 months. I’m also adding refreshments to the mix. Please come and enjoy an afternoon with friends. Get out of your apartments!!!!

OTHER INTERESTING THINGS THIS MONTH:

- Saturday, August 16th, 2:30 pm: Wine Social -TH
- Friday, August 22nd, 8 am: Men’s Breakfast -PDR
- Wednesday, August 27th, 2:30 pm: Monthly Birthday party with entertainment

Butterflies in our garden





Sculpture garden visit



Sculpture garden visit



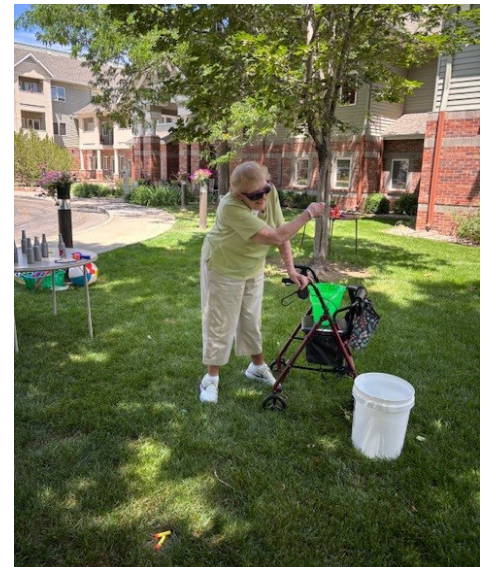
Jeff and Venus taking a photo shot.



Visiting Cheyenne Botanical gardens



Visiting Cheyenne Botanical gardens



Games on the lawn.



Men's breakfast tablescape.



Art and wine.



A crowd for current Events.

