

Centre Avenue Health & Rehab Facility

Happenings

OCTOBER 2025



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

ADMINISTRATOR

Clinton Dale

DIRECTOR OF NURSING

Jordyn Pim

OFFICE MANAGER

Jackie Avitia

ACTIVITY DIRECTOR

Elizabeth Bringham

ADMISSIONS DIRECTOR

Christine Vandenhoff

REGISTERED DIETICIAN

Tina Jones

ENVIRONMENTAL SERVICES

Tara Mattaliano

RESIDENT COUNCIL PRESIDENT

Ellen J.

INTERIM OMBUDSMAN

Sari Obendorf



THE CENTRE AVE HARVEST FESTIVAL

Residents and their families, staff, and members of the community came together enjoy our biggest fundraising event. Activities offered included live music, face painting, pumpkin painting, churros and snacks for sale, handmade arts and gently used goods for sale, goats to pet and feed, and a dunk tank! Department heads were encouraged to give their staff an opportunity to dunk them for charity!

HALLOWEEN!

Fans of Spooky Season can look forward to Halloween activities throughout the last week of October. **On Monday, the 27th, we will be**

watching the original Hocus Pocus for our movie night. On Tuesday, the 28th, a few of our long-term care residents can sign up to go to The Arc, which has some fun costume options if you want to shop for that or other things. On the 29th, we will deliver Halloween-themed trivia packets. On the 30th we will be crafting masks and sharing treats with the children from a local school. Then, on Friday the 31st we will be having a themed dance party in exercise, followed by some short films by Alfred Hitchcock and our Halloween Costume Parade and Contest! All who dress up and participate in the parade will get a bag of goodies, courtesy of Activities, and the residents will get the honor of judging the staff on their costumes! Staff will also be dressing up throughout the week of Halloween, and residents are welcome to do so as well!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER Centre Avenue Health & Rehab			9am Morning News 9:30am Chair Yoga 10:30am Real Talk with Catherine 10:30am Pet Therapy (1st Floor) 1pm Book Cart (1st Floor) 1:30pm Trivia Packet Delivery 1:30pm Painting Club 1	9am Morning News 9:30am Stretch and Energize 10:30am Puppet Show with the Rivendell School! 1:30pm Wisdom Study Group 2	9am Morning News 9:30am Stretch and Energize 10:30am Giant Crossword 1:30 Rosary Group 2pm Outdoor Wheelchair Walks (1st Floor) 3pm Book Cart (2nd Floor) 3	9am Morning News 9:30am Stretch and Strengthen 10:30am Brain Games 2pm “All Creatures Great and Small” Watch Party 4
9am Morning News 9:30am Stretch and Strengthen 10:30am Streaming Sunday Services 1:30pm Games and Open Rec 5	9am Morning News 9:30am Stretch and Strengthen 10:30am Outdoor Wheelchair Walks (1st Floor) 10:30am Aromatherapy 2pm Music with Marc Friedland 6pm Movie Night: Priscilla (Romance/Drama) 6	2ND FLOOR VACCINES 9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (2nd Floor) 1:30pm Trivia Packet Delivery 2pm Manicures (LTC) 3pm Catholic Communion Room Visits 7	9am Morning News 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 8	9am Morning News 9:30am Stretch and Energize 10:30am Resident Council 2:30pm Ice Cream Social with Josh Long 9	9am Morning News 9:30am Stretch and Energize 10:15am Sing-A-Long with Kendra Hansen 1:30pm Outdoor Wheelchair Walks (2nd Floor) 3pm Book Cart (2nd Floor) 10	9am Morning News 9:30am Stretch and Strengthen 10:30am Brain Games 2pm “All Creatures Great and Small” Watch Party 11
9am Morning News 9:30am Stretch and Strengthen 10:30am Streaming Sunday Services 1:30pm Second Floor Root Beer Float Social 12	9am Morning News 9:30am Stretch and Energize 10:30am Bible Study with Peter 10:30am Aromatherapy 1:30pm Outdoor Wheelchair Walks (2nd Floor) 6pm Movie Night: Field of Dreams (Family) 13	9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (2nd Floor) 2pm Manicures (LTC) 3pm Catholic Communion Room Visits 14	9am Morning News 9:30am Chair Yoga 10:30am Community In-Reach for Medicaid LTC Patients 10:30am Pet Therapy (1st Floor) 1pm Book Cart (1st Floor) 1:30pm Reminiscing with Catherine 15	9am Morning News 9:30am Stretch and Energize 10:30am Music with Susan 1:30pm Trivia Packet Delivery 1:30pm Painting Club 16	9am Morning News 9:30am Stretch and Energize 10:30am Giant Crossword 2pm Memorial Service 3pm Book Cart (2nd Floor) 17	9am Morning News 9:30am Stretch and Strengthen 10:30am Brain Games 2pm “All Creatures Great and Small” Watch Party 18
9am Morning News 9:30am Stretch and Strengthen 10:30am Streaming Sunday Services 1:30pm Games and Open Rec 19	9am Morning News 9:30am Stretch and Strengthen 10:30am Aromatherapy 10:30am Outdoor Wheelchair Walks (1st Floor) 1:00 Voting Assistance 2:30pm Happy Hour with Music by Alysia Kraft 6pm Movie Night: A Good Year (Drama/Romance) 20	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 21	9am Morning News 9:30am Chair Yoga 10:30am Real Talk with Lizzy 10:30am Pet Therapy (2nd Floor) 1pm Book Cart (1st Floor) 2pm Painting Club 22	9am Morning News 9:30am Catholic Mass 10:15am Stretch and Energize 1:30pm Trivia Packet Delivery 1:30pm Outdoor Wheelchair Walks (2nd Floor) 23	9am Morning News 9:15am Stretch and Energize 10:30am Book Club 2:30pm October Birthday Celebration with Uno, Dos, Tracz 3pm Book Cart (2nd Floor) 24	9am Morning News 9:30am Stretch and Strengthen 10:30am Brain Games 2pm “All Creatures Great and Small” Watch Party 25
9am Morning News 9:30am Stretch and Strengthen 10:30am Streaming Sunday Services 1:30pm Games and Open Rec 26	9am Morning News 9:30am Stretch and Strengthen 10:30am Communion with Peter 10:30am Aromatherapy 1:30pm Outdoor Wheelchair Walks (2nd Floor) 6pm Movie Night: Hocus Pocus- 1993 (Family/Scary) 27	9am Morning News 9:30am Stretch and Energize 10:30am Bingo 1:30pm Pet Therapy (2nd Floor) 1:30pm Shopping Outing to The Arc (LTC Only) 3pm Catholic Communion Room Visits 28	9am Morning News 9:30am Chair Yoga 10:30am Social Hour with Therapy Cat, Lulu! 10:30am Pet Therapy (1st Floor) 1:30pm Trivia Packet Delivery 2pm Manicures (LTC) 29	9am Morning News 9:30am Stretch and Energize 10:30am Halloween Mask Making and Treats with the Rivendell School! 1:30pm Outdoor Wheelchair Walks (1st Floor) 30	HALLOWEEN 9am Morning News 9:30am Spooky Dance Party! 10:30am Alfred Hitchcock Presents: The Sorcerer’s Apprentice and The Chaney Vase 1:30pm Halloween Costume Parade and Contest! 3pm Book Cart (2nd Floor) 31	All activities are subject to change.

TIPS FOR STAYING HEALTHY DURING FLU SEASON!



On October 7th, nursing will be rolling out our flu and covid vaccines for our second-floor residents. Vaccines for staff and first floor will occur soon after. In a facility where we are all in close proximity with many medically sensitive people, it's important we all take precautions to minimize the spread of illness, especially during cold and flu season. Veronica, our infection control nurse, advises everyone at Centre to wash their hands before meals and after encountering animals and other people. When washing hands is not immediately available, use hand sanitizer. If you develop any symptoms of illness, like an abnormal cough or sore throat, let a staff member know as soon as possible and limit your contact with others when possible.

We also asked a group of our residents what they do to stay healthy. **Here are some of their suggestions:**

- Many residents voiced that they exercise on a regular basis, either with activities or independently

- Jan wears a mask when around others, especially when there's an outbreak in the facility
- Dot keeps lots of live plants in her room to keep the air clean
- Nancy H. enjoys fresh fruit, especially citrus, to boost her immunity
- Dot also uses lotion that has Vitamin C in it
It should be noted that while topical application of Vitamin C can boost collagen in the skin, it does not directly correlate with boosting the immune system unless ingested.
- Jan suggested taking both Vitamin C and Zinc as supplements

OCTOBER BIRTHDAYS

Join us for our monthly birthday party on 10/24 at 2:30pm with live music and cake! Both rehab patient and long-term care birthdays will be honored! Here's our only LTC birthday for October:

- Joan Z. - October 16



Jan hits the bullseye to get D'Shaynna dunked on at our Fall Festival!



Dolores and Karen loved checking in on our chicks before they returned to the farm.



Staff brought in their dogs for National Dog Day!



Dot says hi to one of the donkeys at our Fall Festival!