

# The Worthington *Happenings*

SEPTEMBER 2025



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

## ADMINISTRATOR

Andrew Baker

## ACTIVITY DIRECTOR

Denise Kidd

## CHEF

Andrew Daigle

## DINING ROOM SUPERVISOR

Venus Ortiz

## ENVIRONMENTAL SERVICES

Carlos Medina

## OFFICE MANAGER

Sierra Reilly



## SEPTEMBER IS HERE! FOOTBALL IS NEAR! COLLEGE STUDENTS ARE BACK! APPLES & PEARS ARE READY TO HARVEST, AND PUMPKINS ARE RIGHT BEHIND!

It's time to enjoy the wonderfully beautiful autumn 9th month of the year.

Virgos and Libras will celebrate their birthdays this month; it's the most popular month for birthdays in the USA, with more citizens having birthdays in September than in any other month.

We here at the Worthington will be embracing Fall plus the Alzheimer's Cause. We will be putting effort into fundraising for the cause plus raising awareness as to what we can do individually to help ourselves and others escape this dreaded disease.

We also will be exploring The Greatest Escapes in History along with learning new ways to entertain ourselves. Come along for the ride! We would love to see you at our events.

## SEPTEMBER SONG

*It seems that summer's fading fast  
And autumn-time is here;  
The leaves all turn to red and gold  
About this time of year.  
October is just a breath away  
And now September Song.  
There's loveliness about the earth  
And birds sing all day long.  
The crimson red & gold & green  
All to the eye will please.  
Folks come from miles to Mountain high  
To view this lovely scene.  
We thank you, God, for all I see  
So picturesque & clear;  
Each pretty leaf we see today  
Is in Your loving care.*

- Katherine Smith Matheny



## LABOR DAY

Labor Day is on Monday, September 1st. Most of the staff will not be here that day, so that they can enjoy the holiday. We do have a wonderful picnic meal planned on Labor Day for you to enjoy, along with a limited calendar of events for that day.

### 10 facts everyone should know about this American holiday:

- #1 The first Labor Day celebration was in 1882 in NYC. It was a parade planned by the Central Labor Union.
- #2 Grover Cleveland officially declared Labor Day a national holiday.
- #3 Labor Day is celebrated on the first Monday of every September.
- #4 The holiday is meant to celebrate the nearly 160 million working Americans.
- #5 Other countries celebrate Labor Day on May 1st.
- #6 Most schools & jobs are closed on Labor Day; however, stores are open.
- #7 It's the 3rd most popular day of the year to have a cookout.
- #8 Labor Day marks the end of peak hot dog season.
- #9 It's back to school in most states.
- #10 Fashion rule: (archaic) No white after Labor Day.

## FYI: VACATION TIME

**Just a FYI for residents:** Denise and Andrew will both be taking some time off in the month of September. **Denise will be gone Sept. 4–10.** Sierra and Rebeckah will help cover events on those days. **Andrew will be gone from the 1st to the 15th – returning on the 16th.** If you have any issues, please see Sierra at the front desk during this time.

## FLU SHOT CLINIC INFO

FYI, we will be having a flu shot clinic for residents here at The Worthington. **The clinic will be on Wednesday, October 8th from 9am-3:30 pm in the Activities Room.** We are telling you in advance so that you can plan accordingly. We need you to pick up a consent form at the front desk. That along with a copy of your insurance card will be needed the day of the shot. Just so you know, our clinic, does not accept Kaiser Insurance. If you have that insurance, you will need to go elsewhere for a shot.

## STAND TALL, FALL PREVENTION AWARENESS EVENT

UChhealth is hosting a fall prevention event at The Northside Atzlan Center at 112 East Willow Street in Fort Collins **on Wednesday, September 17th from 9am to noon.** There will be booths, screenings, resources, and guest speakers. Falls are the leading cause of injury for adults ages 65 and older and resulting health complications and for that reason we encourage you to sign up for the event. Information will be in your boxes soon. **If we have enough people to request a van, we will order one, however we must know by Friday, Sept 5th that you are interested but need a ride.**

## GRANDPARENTS DAY

Grandparents Day is Sunday, September 7th. Did you know that Grandparents Day is an official national holiday that was signed into law by President Jimmy Carter in 1978? It is officially celebrated the first Sunday after Labor Day.

Grandparents & grandchildren have a special connection that is proven to make grandparents live longer and make children more emotionally resilient.

For that reason, Grandparents Day is an opportunity to treasure that connection & spend quality time with loved ones. Here at the Worthington, we will have a nice dinner, so that you can invite a grandchild to. **Just remember you must tell the front desk that you will be having a guest by Thursday, Sept. 4th.** We welcome the company. Happy National Grandparent's Day.

## WORTHINGTON SPECIAL FEATURES

### UNTIL THEY'RE HOME AGENCY

Until They're Home is an agency dedicated to creative solutions for homeless pets in Colorado. They are fierce advocates for Colorado families and their four-legged friends.

Their pledge is to shake up the stale systems & bring effective & necessary programs to the pet rescue world. They provide temporary fostering, rehousing options, sliding scale behavior training, and aftercare help through a "find a foster" program.

Our hairstylist is a volunteer with this program and has offered to bring these wonderful rescue puppies & kittens for an animal visit to our front lawn **on Sunday, September 14th from 1–3 PM.** Please come out and see these great little fur balls. Ask family & friends if they would like to come and enjoy the animals also.

### ALZHEIMER'S PASTA BUFFET FUNDRAISER & THE PURPLE PASSION PARLOR

Please help us out this month in an effort to raise money for Alzheimer's research. Every year we raise money through various ways to help combat this dreadful disease.

**From September 12th thru September 24th,** we will be turning our Galleria into the Purple Passion Parlor. Here we will be both raffling off items for the cause plus selling items for the cause.

It's not too late to donate gently used items to be sold. Also, we would love for you to invite your family members to our Pasta Buffet with drinks & appetizer meal plus an Ice Cream Sundae Bar.

**This will be a fundraiser.** Tickets can be bought for all or part of the evening's festivities. Information will go out in your boxes as to how to obtain tickets. We will also have an awesome 7-piece jazz band performing for the event during the dinner hour; along with piano music performed by our own Esther Parsons during the cocktail hour. **We would really appreciate encouraging your family and friends to buy tickets for the event, please get the word out now.**

Staff will also be inviting family & friends to buy tickets for the buffet event.

### The Day of the Buffet:

**If you are not planning on purchasing tickets for the dinner event you will be required to dine at lunch for that day's meal at 12:00 noon.** There will be no regular dinner hour for residents that day. Breakfast & lunch will be the only meals served.

You can choose to purchase a ticket for the evening event and donate to the Alzheimer's cause. **Everyone that purchases dinner tickets will get tickets for the door prizes.**

## FOOTBALL IS HERE!

For all of you football fans, the season has arrived! We love football here at the Worthington too and would be happy to turn on the Broncos or Rams games in the Town Hall. Just ask the front desk to help you out with that.

The Broncos & Rams games for Sept are as follows:


### Broncos

- **Sunday September 7th** – Titans vs. Broncos, 2:05 PM
- **Sunday September 14th** – Broncos vs. Colts, 2:05 PM
- **Sunday September 21st** – Broncos vs. Chargers, 2:05 PM
- **Monday September 29th** – Bengals vs. Broncos, 6:15 PM

### Rams

- **Saturday September 6th** – Northern Co. vs. CSU, 1 PM
- **Saturday September 20th** – LTSA vs. CSU, TBD
- **Saturday 27th** – Washington St. vs. CSU, 5:30 PM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <b>All activities are subject to change.</b>	<b>HAPPY LABOR DAY! 1</b> 9 am Exercise – AR 10 am Ted Talks - AR 11 am Brain Games – PDR 2 pm Movie - AR 7 pm Nature Series- AR	<b>2</b> 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Grief support group with Rebecca - TH 1:30 pm Quiddler- AR 2:45 pm Bingo - TH	<b>3</b> 8:30 am Walmart Run 9 am Stretch Video – AR 10 am History’s Greatest Escapes with Morgan Freeman Doc - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Neuropathy and Parkinson’s Talk - AR 7 pm TV Series - AR	<b>4</b> 9 am Yoga – AR 10 am Ambassador’s Meeting - SR 11:30 am – 4 pm Out to Lunch: Oreganos 2:30 pm Great Courses with Rebecca: Understanding Cognitive Biases – AR 3:30 pm M and M – TH 6:30 pm Prayer Group - PDR	<b>5</b> 9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Balloon Tennis – TH 2-4 pm Musical with Pop and Popcorn - AR 7 pm Movie - AR	<b>6</b> 9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR	
	<b>7</b> GRANDPARENTS DAY! 2 pm Movie – AR 7 pm Movie – AR	<b>8</b> DR. MIKE IS HERE! 9 am Exercise – AR 10 am Ted Talks - AR 11 am Brain Games – PDR 2 – 4 pm River Dance 25th Anniversary Show - AR 7 pm Nature Series - AR	<b>9</b> 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Grief support group with Rebecca - TH 1:30 pm Quiddler- AR 2:45 pm Bingo - TH	<b>10</b> 9 am Stretch Video – AR 10 am History’s Greatest Escapes with Morgan Freeman Doc - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Fall Gnome Craft - AR 7 pm TV Series - AR	<b>11</b> 9 am Yoga – AR 10 am Kevin Cook - AR 11 am - 1:30 pm Walk and picnic at City Park 2:30 pm Great Courses with Rebecca: Understanding Cognitive Biases – AR 3:30 pm Giant Ring Toss - Lobby 6:30 pm Prayer Group - PDR	<b>12</b> CHOCOLATE MILKSHAKE DAY! 9 am King Soopers Run 9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Balloon Tennis – TH 2 - 3 pm Milkshake with Venus at Union Trip 7 pm Movie - AR	<b>13</b> 9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR
	<b>14</b> 1-3 pm Rescue Animal Visit - Lobby 2 pm Movie – AR 7 pm Movie – AR	<b>15</b> 9 am Exercise – AR 10 am Crossword – TH 11 am Brain Games – PDR 1:30 pm Phase 10 Card Games – AR 2:30 pm Making Fall Flower Arrangements Craft - AR 7 pm Nature Series - AR	<b>16</b> 9-11 VOTER REGISTRATION WITH LEAGUE OF WOMEN VOTERS IN LOBBY 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Meditative prayers and songs with Rebecca - TH 12:30 – 3pm Macy’s Trip 1:30 pm Quiddler- AR 2:45 pm Bingo - TH	<b>17</b> 9 am Stretch Video – AR 10 am History’s Greatest Escapes with Morgan Freeman Doc - AR 11 am Exercise with Erin – AR 1:30 pm Hair Care Seminar with Crystal - AR 2:30 pm Scenic Ride Trip 7 pm TV Series - AR	<b>18</b> 9 am Yoga – AR 10 am Tiffany and Co Doc - AR 11 am Jim Willard- AR 2:30 pm Great Courses with Rebecca: Understanding Cognitive Biases – AR 3:30 pm M and M – TH 6:30 pm Prayer Group - PDR	<b>19</b> 8 am Men’s Breakfast – PDR 9 am Exercise Video – AR 10 am Coffee and News – PDR 10 – 11 am Blood Pressure Clinic - Galleria 11 am Balloon Tennis – TH 2-4 pm Musical with Mocktails and Snacks - AR 7 pm Movie - AR	<b>20</b> 9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 2:30 pm Wine Social - TH 7 pm Movie - AR
	<b>21</b> 2 pm Movie – AR 7 pm Movie – AR	<b>22</b> AUTUMN BEGINS! 9 am Exercise – AR 10 am Hangman – TH 11 am Brain Games – PDR 1:30 pm Phase 10 Card Games – AR 2:30pm Exploring the Splendid Lives of the Fall Wildlife Doc– AR 7 pm Nature Series - AR	<b>23</b> 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Meditative prayers and songs with Rebecca - TH 1:30 pm Quiddler- AR 2:45 pm Bingo - TH	<b>24</b> 9 am Stretch Video – AR 10 am History’s Greatest Escapes with Morgan Freeman Doc - AR 11 am Word Spiel – AR 2 – 4 pm Movie - AR 4:30 pm – 7pm Walk to End Alzheimer’s Pasta Meal - DR 7 pm TV Series - AR	<b>25</b> 9 am Yoga – AR 9:30 – 11 am Fort Collins Museum of Discovery Trip 1:30 pm Jeopardy - TH 2:30 pm Great Courses with Rebecca: Understanding Cognitive Biases – AR 3:30 pm Giant Ring Toss – Lobby 6:30 pm Prayer Group - PDR	<b>26</b> 9 am King Soopers Run 9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Balloon Tennis - TH 2:30 pm Birthday Party - DR 7 pm Movie - AR	<b>27</b> 9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR
<b>28</b> 2 pm Movie – AR 7 pm Movie – AR	<b>29</b> 9 am Exercise – AR 10 am Crossword – TH 11 am Brain Games – PDR 1:30 pm Phase 10 Card Games – AR 2:30 pm Book Club - PDR 7 pm Nature Series - AR	<b>30</b> 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Meditative prayers and songs with Rebecca - TH 1:30 pm Townhall Meeting - TH 2:45 pm Bingo - TH				<b>The Worthington</b>	





# SPECIAL EVENTS

## SPECIAL OUT TO LUNCH ADVENTURE

Please sign up and join us for a trip to Oreganos. “A neighborhood joint serving tasty Chicago pizzas and Italian dishes. Our recipes are a mix of old family classics along with some innovative culinary creations, all served in abundant portions. Our kitchens bustle with the sounds and smells of big zany flavors served in a unique and retro environment, where every visit is treated like a special occasion. You can always count on a full stomach, great service, and of course, a good dose of garlic breath.” **Remember there are limited seats on the van, so PLEASE SIGN UP QUICKLY! Also please remember that the outing is from 11:30 am – 4 pm.**

## SPECIAL VISITS:

- **September 8th at 9 am:** Dr. Mike, Foot Doctor is here in the Building
- **September 11th at 10 am:** Kevin Cook, Nature Speaker
- **September 19th at 10 am:** Blood Pressure Clinic
- **September 18th 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

## SPECIAL TRIPS:

- **September 3rd at 8:30 am** – Walmart Trip
- **September 4th at 11:30 am** – Out to Lunch: Oregano’s
- **September 11th at 11 am** – Walk with Andrew
- **September 12th and 26th at 9 am** – King Soopers Trip
- **September 12th at 2 pm** – Union Milkshake Trip
- **September 16th at 12:30 pm** – Macy’s Trip
- **September 17th at 2:30 pm** – Scenic Ride
- **September 25th at 9:30 am** – Fort Collins Museum of Discovery Trip
- **September 26th at 9 am** – King Soopers Trip

## WALK AT CITY PARK WITH PICNIC

Join Denise and Rebekah for a picnic and walk at City Park. **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 easy to navigate. It’s in a beautiful area that you don’t want to miss. The walk takes place **on Thursday, September 11th. We will be leaving the lobby at 11 am.** Please sign up quickly!

## KEVIN COOK

Kevin will be at the Worthington for his 9th installment of his Colorado Nature series, “Colography: The Nitty-Gritty Colorado.” This installment is entitled “Federal Lands and Their Scapes.” Kevin would say about this: “Congress originally didn’t want the federal government to own land, but the country’s size exceeded the people who could settle it. Through many decades Congress

formed agencies to oversee public lands that came to be known as national forests, national parks, and national wildlife refuges.” Please come and join the experience on September 11th at 10 am. 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.

## NEUROPATHY TALK

We are pleased to announce a special presentation with Erin Doty **on Wednesday, September 3rd at 2:30 PM.** This talk will provide valuable information on two important neurological conditions: Neuropathy and Parkinson’s Disease.

Neuropathy and Parkinson’s can significantly affect mobility, balance, and quality of life. **During this session, Erin Doty will explain:** The underlying causes and symptoms of each condition, How these disorders affect the nervous system, Current treatment options and emerging therapies and Practical steps individuals can take to better manage daily challenges

**By attending, you will:** Gain a clearer understanding of Neuropathy and Parkinson’s, Learn effective strategies to cope with symptoms, Explore lifestyle changes and supportive therapies that may improve daily function, and Identify local and national resources available for patients and caregivers

We encourage everyone to take advantage of this opportunity to learn, ask questions, and engage in an open discussion on these impactful health issues.



Walk at Watson Lake.



Walk at Watson Lake.



Walk at Watson Lake.

## WINE SOCIAL

**Please come on Saturday, September 20th 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. **Do not Forget the Men’s Breakfast on Friday, September 19th at 8 am in the PDR.**

## HAIR CARE SEMINAR FOR SENIORS

As we age, our hair, scalp and hair follicles age with us and for that reason seniors need to follow a different hair care regiment. Just to keep you as healthy and looking and feeling as good as possible, we have arranged with our hair stylist, Crystal to come and do a seminar about the specific needs for senior haircare. **Come listen to the session on Wednesday, September 17th at 1:30 pm in the Activities Room,** it will be informative.

## CRAFTING THIS MONTH

I am pleased to announce that my talented and crafty friend Lori Hunsaker will now be here once a month to instruct a craft class. **This month she will be here on Wednesday, September 10th at 2:30 pm** to help you make a fall Gnome. **Also on Monday the 15th, we will be making fall flower arrangements for you to keep.** Sign up for both events, please.





*Ladies Tea.*



*Iced tea bar event.*



*Julie and Marilyn, Sanford's Restaurant, Cheyenne.*



*International tea week events.*



*Trip to Cheyenne, Train Museum.*

*Men's breakfast, indoor campout.*



*International tea week events.*



*International relaxation day, hand massages.*



*Alzheimers kickoff party.*