

The Worthington *Happenings*

JANUARY 2026



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Fort Collins, CO

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*Sparkling winter sunshine,
Faces all aglow
Making resolutions,
And angels in the snow –
Steaming cups of cocoa,
A year that's fresh and new...
All of this is magic –
Unfolding just for you.*

IT'S 2026!!!

Hey everybody, Welcome to January 2026!! It's a new year with great adventures happening through The Worthington Activity Department. We hope that you will take the time to travel on these adventures with us. Because it's virtual travel month and virtual mapping month we will be doing these great adventures through

the magic of virtual reality. **On Monday evenings** our Nature series will be all about America's last great frontier, Alaska. Come and experience the great state of Alaska through the magic of armchair travel. Check your calendars and sign up to go.

We will also be exploring the fun and useful technology of virtual mapping, wayfinding and voice maps, along with the city of Fort Collins virtual mapping program. Learn how you can find out about city street projects, parks and hiking trails, recreation opportunities, animal sightings and more through the city's virtual program. **We will be tackling these activities on Mondays at 2:30 pm.**

Tuesdays at 11am we will be taking virtual tours to famous museums, zoos, colleges and world landmarks. Come and see how these virtual tours work. You will feel like you are there walking through these spaces in real time. Come for the fun.

A BIG THANK YOU!!

Thanks to all the Residents and staff that participated in both of our Holiday gift giving drives.

Your gift giving spirit is tremendous and the community at large thanks you. The Thanksgiving Food drive was amazing and produced **over 200 pounds of food** for the community. We also collected enough food to provide a holiday meal for two of our employees whose families needed a little holiday cheer. At the writing of this newsletter, we are also on our way to collecting many gifts for the Toys for Tots program. Thanks for your support. **I also want to Thank residents for participating in the displays for our display cases in both November and December.** The family photos were lovely, and the nativity scenes were spectacular. Please feel free to ask to display any collection you may have in the upcoming months.

CHRISTMAS TRIVIA FUN!!!

1. What is the name of the horse in the song Jingle Bells?
2. What is the name of Grinch’s dog?
3. How many ghosts appear to Scrooge?
4. What were the 3 wiseman’s gifts?
5. Who brought the gift of music to Baby Jesus?
6. What was the 9th gift in the 12 days of Christmas?
7. Where did the practice of Christmas trees originate?
8. What are the names of Santa’s reindeers?
9. Who played the snowman character in the 1960s Rudolph movie?
10. What is Santa called in France, in Mexico, in Poland?

See Denise for Answers.

WORTHINGTON HAPPENINGS

VIRTUAL TRAVEL & TOURS TUESDAYS

Travel the world from the comfort of the Activities Room at The Worthington with our Virtual Travel & Tours program! **Held every Tuesday at 11:00 AM**, these guided virtual experiences invite participants to explore famous landmarks, cultural treasures, and fascinating destinations—no packing required.

Each session features high-quality virtual tours and videos, along with light discussion and opportunities to share memories, ask questions, and enjoy conversation with others. This is designed to be relaxed, informative, and enjoyable, making it perfect for you who love learning, travel, and connecting with others.

Whether you’re revisiting favorite places or discovering somewhere new, Virtual Travel & Tours offers a wonderful way to stay curious and engaged.

Travel Schedule

- January 6** — The British Museum

Explore world-renowned artifacts and treasures from ancient civilizations.
- January 13** — San Diego Zoo

Enjoy an up-close look at one of the most famous zoos in the world and its incredible animals.
- January 20** — Harvard University

Take a virtual walk through one of America’s most historic and prestigious campuses.
- January 27** — Dublin, Ireland

Discover the rich history, culture, and charm of Ireland’s vibrant capital city.

All residents are welcome to attend—join us for one session or enjoy the full month of virtual adventures!

PIANO HOUR

Join us each Tuesday afternoon for Piano Hour, a relaxing and enjoyable musical program **held in the Townhall at 1:30 pm on Tuesdays**, this hour-long gathering features live piano music, including beloved classics, familiar tunes, and gentle melodies that inspire memories and lift the spirit. The music will be provided by various piano players in our community. **Please check the daily board to see who will performing for the hour.**

Everyone is welcome to simply sit back and listen, tap along to the rhythm, or sing along to favorite songs. Piano Hour provides a peaceful atmosphere to unwind, enjoy beautiful music, and connect with others through shared musical moments.

We are welcoming for all, offering comfortable seating and a friendly, social environment. Whether you are a lifelong music lover or just enjoy a pleasant afternoon activity, Piano Hour is a wonderful way to relax and enjoy the power of music.

All residents are welcome. Come enjoy the music and the company!

FELT CREATIONS: A GENTLE CRAFTING AFTERNOON

Join us at The Worthington for a relaxed and enjoyable felt-crafting craft. This welcoming, hands-on session offers the chance to create simple and charming felt projects at an easy, comfortable pace. Crafting with felt is a wonderful way to stimulate creativity, improve fine motor skills, and enjoy a calming, stress-free activity.

All materials will be provided, and step-by-step guidance will be available throughout the program. No prior crafting experience is necessary. We encourage you to socialize, share ideas, and enjoy a pleasant afternoon in a supportive and friendly environment.

Whether you are an experienced crafter or trying something new, this program offers a perfect opportunity to relax, create, and connect with others. **Come and join us Friday, February 2nd & February 16th at 2:30 pm in the AR.**

SIT, CHAT & CREATE

Take a break and enjoy a peaceful, creative afternoon with Sit, Chat & Create, held **on Wednesdays at 2:30 PM in The AR**. This laid-back program is designed to encourage relaxation, conversation, and self-expression in a comfortable and welcoming setting.

Residents are invited to sit back, chat with friends, and take part in simple, low-pressure creative activities such as light crafts, coloring, or guided projects. We also encourage you to bring a project that you may be working on yourself such as a crochet project, embroidery, quilting or drawing. The work always goes faster when you have someone to talk to. Come and create together.

Whether you’re feeling creative, social, or simply looking for a calm way to spend the afternoon, Sit, Chat & Create offers a wonderful opportunity to connect, unwind, and enjoy shared moments together.

No experience is needed—just come as you are and enjoy the company, creativity, and conversation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year JAN		 The Worthington All activities are subject to change.		NEW YEAR'S DAY 9 am Exercise – AR 2 pm Movie – AR 7 pm Movie - AR	9 am Exercise w/ Diane – AR 10 am Coffee and News – PDR 11 am Rummikub – AR 1:30 pm Book Club (Dec Book) - PDR 2:30 pm Felt Craft – AR 7 pm Movie - AR	10 am – Senior Fitness (AR) 11 am – Mexican Train Dominoes (LSLR) *1:15 pm – Wii Bowling (AR) 3 pm – Kickstart Chair Yoga Therapy w/ Sherry (AR) 6:15 pm – Movie: Casablanca (AR)
2 pm Movie – AR 7 pm Movie – AR	DR. MIKE IS HERE 9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Polynesian Wayfinding Doc- AR 7 pm Alaska’s Grizzly Doc - AR	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Virtual Travel: British Museum - AR 1:30 pm Piano Hour - TH 2:45 pm Bingo - TH	8:30 am Walmart Run 9 am Stretch Video – AR 10 am Readers Theatre- AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Sit, Chat and Create - AR 7 pm TV Series, Only Murders in the Room - AR	ELVIS’S BDAY 9 am Seated Ballet – AR 10 am Kevin Cook- AR 11:30 am – 2 pm Out to Lunch 2:30 pm Elvis Movie with Grilled P/B and Banana Apps – AR 3:30 pm Fit Group Exercise -TH	9 am King Soopers Run 9 am Exercise w/ Diane – AR 10 am Coffee and News – PDR 11 am Rummikub – AR 1:30 pm Word Nerd Day Spellbound Movie - AR 7 pm Movie - AR	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR
2 pm Movie – AR 7 pm Movie, The Call of The Wild – AR	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Learn about Voice Map - AR 7 pm Alaska, The Great Frontier- AR	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Virtual Travel: San Diego Zoo - AR 1:30 pm Piano Hour - TH 2:45 pm Bingo - TH	9 am Stretch Video – AR 10 am Readers Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Sit, Chat and Create - AR 7 pm TV Series, Only Murders in the Room - AR	9 am Seated Ballet – AR 10 am Ambassador’s Meeting - SR 11 am Jim Willard – AR 2 pm Piano Bar Party - DR 3:30 pm M and M - TH	9 am Exercise w/ Diane – AR 10 am Coffee and News – PDR 10am Blood Pressure Clinic 11 am Rummikub – AR 1:30 pm Jeopardy - TH 2:30 pm Felt Craft – AR 7 pm Movie - AR	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
2 pm Movie – AR 7 pm Movie – AR	MARTIN LUTHER KING JR. DAY 9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm MLK Doc - AR 7 pm Alaska, The Inuit People - AR	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Virtual Tour: Harvard - AR 1:30 pm Piano Hour - TH 2:45 pm Bingo - TH	9 am Stretch Video – AR 10 am Readers Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Sit, Chat and Create - AR 7 pm TV Series, Only Murders in the Room - AR	9 am Seated Ballet – AR 10 am Making Bread with Michelle (Cook) - TH 2 pm Townhall Meeting – TH 3 pm Crucible Movie Showing - AR 3:30 pm Fit Group Exercise-TH	9 am King Soopers Run 9 am Exercise w/ Diane – AR 10 am Coffee and News – PDR 11 am Rummikub – AR 1:30 pm Family Feud - AR 2:30 pm Wine and Cheese Party - TH 7 pm Movie - AR	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR
2 pm Movie – AR 7 pm Movie – AR	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Learn about City of FC Web Maps - AR 7 pm Alaska,Tales from the last Frontier - AR	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Virtual Tour: Dublin - AR 2 pm Singing Bowls with Northern Lights - DR 2:45 pm Bingo - TH	9 am Stretch Video – AR 10 am Readers Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Birthday Party - DR 7 pm TV Series, Only Murders in the Room - AR	9 am Seated Ballet – AR 10 am Thomas Paine Freethinker Day – AR 11 am Scrabble Play - AR 2 pm Book Club - PDR 3:30 pm M and M - TH	9 am Exercise w/ Diane – AR 10 am Coffee and News – PDR 11 am Rummikub – AR 1:30 pm Wii Bowling Tourney - AR 2:30 pm Laugh-In and Cocktails – AR 7 pm Movie - AR	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR



WORTHINGTON SPECIAL ACTIVITIES

OUT TO LUNCH:

Please join us for a special lunch trip **on Thursday, January 8th**, one week later than usual due to the New Year holiday. **This month we will travel to our local Chilis for a fun lunch.** Chilis is one of Americas favorites because it offers great food and an awesome lunch menu. Our family loves the diverse menu and the great food. **Please sign up quickly since this is always a popular event.** We always have fun and it's a great way to break up the winter doldrums.

MAKING BREAD WITH MICHELLE (COOK)

Enjoy a cozy and informative morning at *Making Bread with Michelle* (Cook) **on Thursday, January 22nd at 10:00 am in TH.** This hands-on culinary program invites residents to experience the comforting art of bread-making while learning helpful techniques from Michelle.

Michelle will guide the group through each step of the process, from combining simple ingredients to mixing, kneading, and understanding how dough rises and bakes. Along the way, she will share practical tips, baking knowledge, and personal insights that make bread-making approachable and enjoyable.

Residents will have the opportunity to ask questions, observe techniques up close, and enjoy the warm, inviting atmosphere created by the sights and aromas of freshly made bread. This

will encourage social connection, learning, and the joy of creating something homemade.

Whether you are a seasoned baker or have never made bread before, this program offers a relaxed and rewarding experience for all.

LAUGH-IN & COCKTAILS

Join us for a fun-filled afternoon at Laugh-In & Cocktails **on Friday, January 30th at 2:30 pm in The AR!** This cheerful social event is all about enjoying good company, sharing laughter, and relaxing in a lively, welcoming atmosphere.

Residents will enjoy a selection of lighthearted entertainment from the classic 1970's show Laugh-in, including humorous clips, jokes, and feel-good comedy designed to bring smiles and spark conversation. Festive cocktails and mocktails will be served, allowing everyone to sip and socialize while enjoying the fun.

This will be a good connection, positivity, and plenty of laughter—perfect for unwinding and ending the week on a high note. Whether you come for the laughs, the drinks, or the friendly company, this event promises an enjoyable and uplifting afternoon.

PIANO BAR PARTY

Get ready for an afternoon of music, fun, and lively entertainment at our Piano Bar Party **on Thursday, January 15th at 2:00 pm.** This upbeat social event brings the spirit of a classic piano bar to life, creating a relaxed yet festive atmosphere where music and connection take center stage.

Enjoy a wide variety of familiar songs, sing-along favorites, and toe-tapping tunes played live on the piano. Residents are encouraged to clap, sing,

make song requests, or simply sit back and enjoy the performance. The interactive nature of this program makes it a joyful and engaging experience for all.

This is a wonderful opportunity to socialize, share laughs, and enjoy the energy of live music in a friendly setting. Whether you love to sing or just enjoy listening, this event promises a fun and memorable afternoon.

KEVIN COOK

Kevin will be at the Worthington for his 1st installment of his Colorado Nature series. This installment is entitled “Old-Timer Trees, Poisonous Mushrooms, & Living Out of Place” and he said, “Old age differs among species, but we have trees growing here since before Humanity knew the world was round. We also have a mushroom that produces an interesting toxin plus four species we typically assume should live far, far away.” **Please come and join the experience on January 8th 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.

TRIPS IN JANUARY

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

Thursday, January 8th at 11:30 am – Out to Lunch:

Friday, January 9th at 9 am – King Soopers Run

Friday, January 23rd at 9 am – King Soopers Run

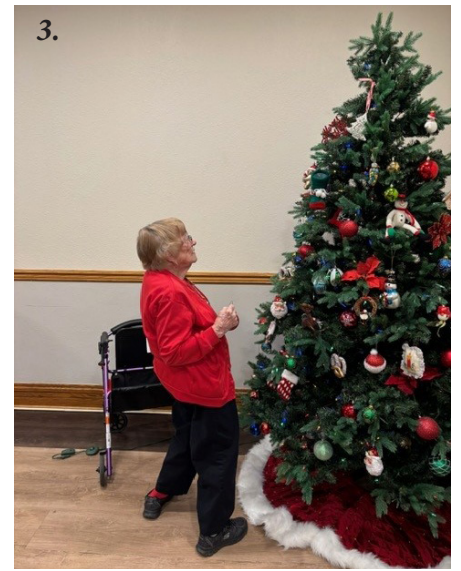
FUN INTERACTIVE GAMES WITH STAFF

Hey, everyone we have added three interactive experiences with staff for fun events that we all can enjoy. Please join us for Jeopardy with staff, Family Feud with staff and a Wii bowling Tournament. The staff is always delighted to interact and have fun experiences with the residents. **All the fun is on Friday afternoons,** please look at the calendar and find out when they are and come and have a great time.

READERS THEATRE

If you haven't heard, we have a Readers Theatre Group that has been having fun **on Wednesday mornings at 10am.** Worthington volunteer, Michelle Shaub has been leading the fun. Residents are really enjoying the experience of play acting and are excited to write a play about life here at The Worthington. If you are interested in joining or watching, they would love to have you. Please feel free to try, it's a great experience.





1. Worthington toy drive,
- 2-3. Decking the halls with residents,
4. Worthington Xmas village,
5. Worthington trees around the world,
6. Observing Christmas performers,
7. Mary and Lois ready to join in,
8. Michelle & Dani volunteer gift wrapping services,
9. Bob Harris & Suzanne Duo perform
10. Decorating cookies with Kitchen staff,
11. Werner Choir performance