



**Stories from my
Life Column**
By Elaine Turner

The Room at the Top of the Stairs

In 1980 England everything closed on Sunday. Every shop and restaurant bolted the door and turned dark for the day. Large cities offered more choices, even McDonalds and Wimpies. But in the small towns and villages we loved . . . eating on Sunday was optional. We did our homework and picked the “open on Sunday” restaurant. Then we looked for a bed. We picked a hotel in

Belper because it was only a block to town and had a pub and a restaurant.

Appearing in a pub two nights in a row attracted attention. How did you get here? Our standard answer was “by driving on the wrong side of the road.” That always got a big laugh. They started buying drinks for us . . . we quickly had ten each lined up on the bar. Some senior citizens came in . . . we asked our beer buying friends and the barkeep if they would mind us treating the old folks, no one objected. One man told us you can make a lot of friends with a free brew. English folks entertain in the pub. The crowd was usually the same every night. Everyone seemed to know everyone and what they had been doing all day. They called a few that weren't there. Then the whole crowd talked about them. Two Americans in the mix caused a stir. Everyone was talking.

The next day we had lunch in town. As we returned to our hotel a gorilla grip clamped onto our elbows. “You have to come see my new room at the top of the stairs.” My new what? Was she repaying us for the beer? Was she mad because she only got one beer? Was she going to poison us or push us out the window? We looked at each other over our attacker's head. That was easy to do. She was only 4'6” tall and hunched by years. Her gray wispy white hair was tied back by a little-old-lady, drab-colored scarf topped by a dark wool coat. As we were being pulled across the parking lot we wordlessly agreed this would be a unique adventure. In our wildest dreams we never imagined a little old lady would invite us to look at her room at the top of the stairs.

The house . . . she was born in the south bedroom. This was the house her sisters and brothers were born in. After her parents died it was sold by all and the money was divided. Recently the home was offered again and she bought it. Her goal was to refurnish the house with original furniture and items that would have been present when she was born. Some relatives were cooperating and giving her items. Some were selling things to her. Some were refusing.

The front door opened to a showroom of elegant antique furniture. A large carved buffet covered one wall. Pride and joy erupted as she explained it was a wedding gift to her parents. A scratch-free surface silently revealed years of careful care and regular polishing. Two high back chairs and a fainting coven (what is this?) crammed the room. Upholstery and wood were pristine. We sat in the chairs and looked at family photo albums. Stories rolled on for hours. Finally the time had come. We headed up to view the main attraction.

A gold vinyl folding door opened. There it was. A potty sitting on the landing at the top of the steps. It was fitted into an old coat closet. The “room” included a potty and a W.C. on the wall. No sink or tub. The plumbing was visible coming out the side of the toilet base. A plumber must have worked hours to create this masterpiece. The scary part of this room is that it took up all but 12” of the landing. Only 12” to falling down the stairs. There was one advantage: free knee massages. The room was so narrow your knees rubbed on the opposite wall. A pillow tacked on the wall would have been a lovely addition.

On the way out through the kitchen we saw the old tin wash tub sitting in the middle of the kitchen floor. A copper pot sat on the stove indicating recent use. The outhouse sat in the tiny walled back yard. Used cold water filled the tub halfway. How did she empty it? There was no drain in the floor.

Sunday evening we returned to the pub. There was a new star shining at the bar. Our little old friend was busy telling how impressed the Americans were with her new room. They admired the plumbing, the wood water closet on the wall, the porcelain chain pull and, of course, the toilet. They were SO impressed! Beers for 3 piled up on the counter. Senior citizens came in. Free beers were passed around.

So that's the story of the room at the top of the stairs. We saw the 100 plus year old house. Saw the photo albums of her childhood years. Saw the potty. Saw the outhouse. The stuff “dreams of England” tours are made of. And we had a nice cuppa tea and biscuits! What more could you ask for?

Centre Avenue Health & Rehab Facility

Happenings

MAY 2021

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

ADMINISTRATOR
Blake Sims

**DIRECTOR
OF NURSING**
Jessica Knight

OFFICE MANAGER
Nikki Brosh

ACTIVITY DIRECTOR
Shelby Bulfer

**SOCIAL SERVICES
DIRECTOR**
Michelle Burleson

**ADMISSIONS
DIRECTOR**
Meloney West

**BUSINESS OFFICE
COORDINATOR**
Lacey Gordiyenko

**REGISTERED
DIETICIAN**
Tina Jones

**ENVIRONMENTAL
SERVICES**
Robin Kelly

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Columbine Commemoration Thursday, May 13

Our namesake, the columbine flower, means “Fortitude: Courage in the face of adversity.” To honor and respect the challenging year we have experienced, we will return to our namesake, The Columbine, to symbolize the fortitude we have experienced, within ourselves and others. Please join us for a “Columbine Commemoration” on THURSDAY, May 13 at 3PM, as we plant a columbine flower, together honor this past year through a moment of silence and express our thanks for those whose fortitude shined through this year.

Activities Events & Reminders

May 1st Kentucky Derby Party 2:00 PM

May 5th Cinco De Mayo Party 2:30 PM

May 6th High Tea 2:00 PM

May 9th Mother's Day

May 10th Resident Council 10:30 AM

May 13th Commemoration 3:00 PM

May 20th Scenic Drive Day

May 31st Memorial Day Celebration 1:00 PM



Mother's Day Menu May 9th

Roasted tenderloin
of beef with
rosemary demi-glaze

Shrimp cake,
remoulade sauce

Potato cup, steamed
asparagus and carrots

Strawberry cream
poke cake

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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MAY

Centre Avenue Health & Rehab Facility

						1 Kentucky Derby 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM Kentucky Derby Party with music by Kimberly
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2 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Sunday Service 1:30 PM The Crown Series 2:00 PM 1st & 2nd Floor Book Cart	3 9:30 AM Morning Exercise 10:15 AM 1st Floor Aromatherapy/Relaxation 1:00 PM 1st Floor Outdoor Wheelchair Walks 3:00 PM Happy Hour	4 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM Bible Readings 2:30 PM Educational Series	5 Cinco De Mayo 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Real Talk with Catherine 2:30 PM Cinco De Mayo Party	6 High Tea 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Creative Arts 2:00 PM 1st Floor Creative Arts 2:00 PM High Tea	7 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Music Group with Kimberly 1:30 PM Matinee Movie 2:00 PM 2nd Floor Inspirational Readings 6:00 PM 1st Floor Brain Games	8 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM 1st Floor Saturday Sweets 3:00 PM 2nd Floor Brain Games
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9 Mother's Day 9:30 AM Morning Exercise 10:30 AM Sunday Service 1:30 PM The Crown Series 2:00 PM Mother's Day Flowers	10 Resident Council 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Resident Council 1:00 PM 1st Floor Outdoor Wheelchair Walks 2:00 PM 2nd Floor Book Cart 3:00 PM Happy Hour	11 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM 1st Floor Book Cart 2:30 PM Great Courses & Educational Series	12 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Real Talk with Catherine 1:00 PM 2nd Floor Outdoor Wheelchair Walks 2:30 PM Ice Cream Truck - 1st Floor	13 Commemoration 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Commemoration Board 3:00 PM Outside Commemoration	14 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Music Group with Kimberly 1:30 PM Matinee Movie 2:00 PM 2nd Floor Inspirational Readings 6:00 PM 1st Floor Brain Games	15 National Chocolate Chip Day 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM 1st Floor Saturday Sweets - Chocolate Chip Cookies
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16 9:30 AM Morning Exercise 10:30 AM Sunday Service 1:30 PM The Crown Series 2:00 PM 1st Book Cart	17 9:00 AM Morning News 9:30 AM Morning Exercise 10:15 AM 1st Floor Affirmations 1:00 PM 1st Floor Outdoor Wheelchair Walks 2:00 PM 2nd Floor Book Cart 3:00 PM Happy Hour	18 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM Bible Readings 2:30 PM Great Courses & Educational Series	19 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Real Talk with Catherine 1:00 PM 2nd Floor Outdoor Wheelchair Walks 2:30 PM Ice Cream Truck - 2nd Floor	20 Scenic Drive Day 9:00 AM Morning News 9:30 AM Morning Exercise 9:30 AM Scenic Drive 1:00 - 2:30 PM Scenic Drive 2:00 PM Manicures 3:00 - 4:30 PM Scenic Drive	21 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Music Group with Kimberly 1:30 PM Matinee Movie	22 Jelly Bean Day 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM 1st Floor Saturday Sweets - Jelly Beans 3:00 PM 2nd Floor Brain Games
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23 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Sunday Service 1:30 PM The Crown Series 2:00 PM 1st Book Cart	24 9:00 AM Morning News 9:30 AM Morning Exercise 10:15 AM 1st Floor Aromatherapy/Relaxation 1:00 PM 1st Floor Outdoor Wheelchair Walks 2:00 PM 2nd Floor Book Cart 3:00 PM Happy Hour	25 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM Bible Readings 2:30 PM Great Courses & Educational Series	26 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Discussion group with Kimberly 1:00 PM 2nd Floor Outdoor Wheelchair Walks	27 9:00 AM Men's Coffee 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Art Education: Van Gogh 2:00 PM 1st Floor Creative Arts 2:00 PM Manicures	28 9:00 AM Morning News 9:30 AM Morning Exercise 10:30 AM Music Group with Kimberly 1:30 PM Matinee Movie 2:00 PM 2nd Floor Inspirational Readings 6:00 PM 1st Floor Brain Games	29 9:30 AM Morning Exercise 10:30 AM Bingo 2:00 PM 1st Floor Saturday Sweets
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30 9:30 AM Morning Exercise 10:30 AM Sunday Service 1:30 PM The Crown Series	31 Memorial Day 9:00 AM Morning News 9:30 AM Morning Exercise 10:15 AM 1st Book Cart 1:00 PM Outdoor Happy Hour & Memorial Day Celebration	<p>Contact the Activities Department at Ext. 531</p>			
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