



The Worthington

Happenings

MAY 2021



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Fort Collins, CO
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ADMINISTRATOR
Andrew Baker

ACTIVITY DIRECTOR
Denise Kidd

DIETARY MANAGER
Trey Goodwin

DINING ROOM SUPERVISOR
Tess Braslau

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Debra Davis

MAINTENANCE SUPERVISOR
Carlos Medina

OFFICE MANAGER
Debbi May



Decorated for Spring

HELLO, IT'S MAY!

May is the month

When flower petals blossom

On Mother's Day we write a card

To tell Mom she's awesome!

On Memorial Day weekend,

We wear red, white and blue.

We celebrate America and have a barbeque.

Ms. Munchkin

Glorious May has arrived with its wonderful blossoms and the promise of warm weather. Therefore, it is time to spend some time outdoors!!! We invite you to participate in the many things that are planned outside which include exercise on the lawn, bean bag toss on the lawn, walks with Andrew, a commemoration ceremony, a birthday party and a barbeque. Look for all these wonderful outdoor events on the calendar and sign up for the fun.





AMBASSADOR PROGRAM

We are planning on having an influx of new residents with the arrival of warm weather, the lessening of COVID precautions and the success of our vaccination program. With that being said, we will have to revive our Ambassador program here at The Worthington. The ambassador program is designed to help new residents adjust to life here at The Worthington. Ambassadors are asked to help the residents learn the ins and outs of dining at The Worthington, how the calendar and activities work, and just help with general questions they may have in their early stages here. Please let Andrew or Denise know if you are interested.

CONNECT WITH A COLLEGE STUDENT VIRTUALLY

Colorado State University is looking for volunteers to connect with college students virtually. They are asking for adult volunteers over fifty to participate in virtual social visits with students. The visits can just be as simple as a conversation or it can be touring a virtual museum or concert with them. You must have computer and internet access but video conference experience is not required. If you are interested in this program, please contact Denise so that she can help you get enrolled in the program.

BATTERY RECYCLING

You can help us with keeping the earth a little greener by recycling your used batteries. It is just a small thing to do but it can make a large impact if everyone participates. Please bring the batteries to the front desk instead of tossing them in the garbage. We will make sure that the batteries are recycled properly. Thank you for the help!

ACTIVITIES QUESTIONNAIRE

Please take the time to fill out the questionnaire that has been inserted into this month's newsletter. The questionnaire is an excellent way to convey your activity interests and needs for future activity calendars. The top rated entries from residents will be considered and adapted for the calendar. Be as thorough and accurate as you can be with the questions. When you have completed the survey, return to either Denise or the front desk. Thank you for your cooperation.

COLUMBINE FORTITUDE: COURAGE IN THE FACE OF ADVERSITY

Floriography ("The language of flowers") might not be known to many of us today, but for some cultures, it was or still is an expression of meaning and emotion. From British Shakespeare to Japanese Ikebana, flowers express human emotion and meaning. Interestingly, in Victorian floriography, our namesake, the columbine, means "Fortitude: Courage in the face of adversity."

The columbine certainly upholds its reputation! If you have ever hiked in Colorado, you have probably witnessed columbine flowers that thrive by weaving through rock cracks and crags. Casting deep roots to find nurturement, they thrive on little, yet still break out in varieties of purple, yellow and white blossoms each May. They thrive regardless of conditions.

On May 13th, using the Columbine flower as our symbol, we will commemorate the journey we have experienced together through the COVID pandemic. Our conditions have been harsh at times: we have faced sacrifice, fear, isolation, and exhaustion. We have had setbacks, disappointments and tears. And yet, we-residents, staff, administrators and families- have emerged this Spring- much as the Columbine does- ready to continue forward.

We hope you will join your facility in a moment of silence and planting of a columbine to express our many emotions of this past year. Together we will commemorate the courage of our residents, the faithfulness of our loved ones and the fortitude of our staff. Thank you, Chaplain Rebecca McFee

WORTHINGTON SPECIAL FEATURES

National Paranormal Day

Let's have some fun and join in on some ghostly activities. National Paranormal day is on **Monday, May 3rd** and we are going to have fun celebrating it at **1:30 pm** in the Activities Room. There will be a lot of ghostly surprises along with drinks and snacks. Please sign up for the fun! BOO!

Crocheting fun



Mala always ready to help at the Front desk



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1>						1 Kentucky Derby 9am Exercise Video-AR 2pm Movie-AR 3pm Bingo-DR 7pm Movie-AR
2 10am Church Streaming-AR 1pm Bible Series-AR 2pm Movie-AR 7pm Movie-AR	3 Foot Doctor Here 9am Shape Up-AR 9:45am Shape Up-AR 10a Hangman-TH 11am Quiddler-AR 1:30pm Ghost Party-AR 2:30pm Downton Abbey-AR 3pm Bean Bag Toss-Lawn	4 9am Balance & Mobility-AR 9:45am Balance & Mobility-AR 10am Current Event-PDR 11am Craft-AR 1:30pm Board game fun-TH 2pm Sit Dance-AR 3pm Bingo-DR	5 Cinco De Mayo 9am Stretch-AR 10:30am Exercise on Lawn 11am Wii Bowling-AR 1:30pm Cinco De Mayo fun-AR 3pm Balloon Tennis-TH 7pm Movie-AR	6 9am Yoga-AR 10am Kings in the corner-AR 11am Prayer Group-PDR 1:30pm Great courses-AR 2:30pm Canasta-AR 3:30pm Music & Movement-AR	7 National Space Day 9am Friday Exercise-AR 10am Coffee& News-PDR 11am PBS Colorado Experience-AR 1:30pm brain Games-TH 2:30 Mother's Day tea-DR 7pm Movie-AR	8 9am Exercise Video-AR 2pm Movie-AR 3pm Bingo-DR 7pm Movie-AR
9 Mother's Day 10am Church Streaming-AR 1pm Bible Series-AR 2pm Movie-AR 7pm Movie-AR	10 9am Shape Up-AR 9:45am Shape Up-AR 10am Crossword- TH 11am Quiddler-AR 1:30pm Ice cream social-Patio 2:30pm Downton Abbey-AR 3pm Bean Bag Toss-Lawn	11 National Twilight Zone Day 9am Balance & Mobility-AR 9:45am Balance & Mobility-AR 10am Current Event-PDR 11am Genius of the Modern World-AR 1:30p Twilight Zone Party-AR 2:30pm Sit Dance-AR 3pm Bingo-DR	12 9am Stretch-AR 10:30am Exercise on Lawn 11am Wii Bowling-AR 1:30pm All Residents Meeting-AR 3pm Balloon Tennis-TH 7pm Movie-AR	13 Rebecca is Here 9am Yoga-AR 10am Kevin Cook-AR 11am Prayer Group-PDR 1:30pm Great courses-AR 2:30pm Canasta-AR 3pm Commemoration Ceremony-Lobby	14 9am Friday Exercise-AR 10am Coffee& News-PDR 11am PBS Colorado Experience-AR 1:30pm brain Games-TH 2:30 Andrew's Dad Presentation "My time in Vietnam"-AR 7pm Movie-AR	15 9am Exercise Video-AR 2pm Movie-AR 3pm Bingo-DR 7pm Movie-AR
16 10am Church Streaming-AR 1pm Bible Series-AR 2pm Wine Social-TH 2pm Movie-AR 7pm Movie-AR	17 9am Shape Up-AR 9:45am Shape Up-AR 10am Hangman-TH 11am Quiddler-AR 1:30pm Snacks on Patio 2:30pm Downton Abbey-AR 3pm Bean Bag Toss-Lawn	18 9am Balance & Mobility-AR 9:45am Balance & Mobility-AR 10am Current Event-PDR 11am Genius of the Modern World-AR 1:30pm Jeopardy-TH 2pm Sit Dance-AR 3pm Bingo-DR	19 9am Stretch-AR 10:30am Exercise on Lawn 11am Wii Bowling-AR 1:30pm Painting on Balcony 3pm Balloon Tennis-TH 7pm Movie-AR	20 9am Yoga-AR 10am Kings in the corner-AR 11am Prayer Group-PDR 1:30pm Great courses-AR 2:30pm Legacy Writing-AR 3:30pm Music & Movement-AR	21 9am Friday Exercise-AR 10am Coffee& News-PDR 11am PBS Colorado Experience-AR 1:30pm brain Games-TH 2:30 Birthday Party-DR 7pm Movie-AR	22 9am Exercise Video-AR 2pm Movie-AR 3pm Bingo-DR 7pm Movie-AR
23 10am Church Streaming-AR 1pm Bible Series-AR 2pm Movie-AR 7pm Movie-AR	24 9am Shape Up-AR 9:45am Shape Up-AR 10am crossword-TH 11am Quiddler-AR 2:30pm Downton Abbey-AR 3pm Bean Bag Toss-Lawn	25 National Wine Day 9am Balance & Mobility-AR 9:45am Balance & Mobility-AR 10am Current Event-PDR 11am Genius of the Modern World-AR 1:30pm Wine with Music-AR 2:30pm Sit Dance-AR 3pm Bingo-DR	26 National Paper Airplane Day 9am Stretch-AR 10:30am Exercise on Lawn 11am Wii Bowling-AR 1:30pm Paper Airplane Fun-AR 2pm Walk with Andrew-Lobby 3:30pm Scenic Ride-Lobby 7pm Movie-AR	27 9am Yoga-AR 10am Kings in the corner-AR 11am Prayer Group-PDR 1:30pm Great courses-AR 2:30pm Legacy Writing-AR 3:30pm Book Club-PDR	28 9am Friday Exercise-AR 10am Coffee& News-PDR 11am PBS Colorado Experience-AR 1:30pm brain Games-TH 7pm Movie-AR	29 9am Exercise Video-AR 2pm Movie-AR 3pm Bingo-DR 7pm Movie-AR
30 10am Church Streaming-AR 1pm Bible Series-AR 2pm Movie-AR 7pm Movie-AR	31 Memorial Day 9am Shape Up-AR 9:45am Shape Up-AR 10am Hangman-TH 11am Quiddler-AR 12pm Memorial Day Party-Front Lawn 2:30pm Downton Abbey-AR 3pm Bean Bag Toss-Lawn	<h1>THE WORTHINGTON</h1>				

Board Game Fun

On **Tuesday, May 4th at 1:30 pm**, come join us in the Town Hall for beer, snacks and games. It is a fun way to fill up your afternoon. Bring a friend and pick a game of your choice. Parcheesi, Monopoly, Uno, Cribbage, Pictionary, Scrabble, Yahtzee and the list goes on for you to pick from. The more the merrier!

Cinco de Mayo

Cinco de Mayo is an annual celebration held every May 5th by peoples of Mexican, Mexican-American, and non-Mexican heritage to commemorate the Mexican's army's victory over the French Empire at the Battle of Puebla. It is more popularly celebrated in the US than it is in Mexico. The holiday has become highly associated with the celebration of Mexican-American culture in the US, particularly, in the western part of

Jean gets help from the front desk



the country. Help us celebrate by coming to the Dining Room on **Thursday, May 5th at 1:30 pm**. We will have a fun fiesta and enjoy the best of the Mexican –American Culture. We will enjoy its wonderful food, music and color. You really don't want to miss the fun.

Music and Movement

Please note that Music and Movement has moved from Monday afternoons on the first and third Monday of the month to Thursday afternoons on the **first and third Thursday of the month at 3:30pm**. The exercises will begin at 3:30pm in the Town Hall. Heather is a trained Music Therapist who has many specialized classes for you to enjoy. She would really love for you to join in on the fun.

Debbie joins in the April Fools fun



Great Courses

This month we will explore the Big History of Civilization through the Great Courses program. Explore human civilization with Dr. Craig G. Benjamin, a history professor at Grand Valley State University. He will help you trace the story of human civilizations from our emergence as a species to the technology age of the 21st century. The course starts with the tale of the two world's oldest cities, Jericho and Anau. The course will cover the scope of human history. Join us on **Thursday afternoons at 1:30pm** in the Activities Room.

Mother's Day Tea

This month we will be celebrating the Mothers of The Worthington with a Peacock themed afternoon tea. The tea will be for Residents only!! Unfortunately, we will be unable to allow any outside guests at this time. The tea will begin at **2:30pm in the Dining Room**. Please come dressed in your finest purple, blue or teal clothing. Lovely refreshments, wonderful company, great music will be on hand. You must sign up for this event!

Ice Cream Social

Who doesn't like sharing time with a friend while eating ice cream? That's what I thought, everyone does! So come and join us for a wonderful ice cream social. We will start the fun in the lobby on **Monday, May 10th at 2pm**. You will be surprised at the yummy flavors that will be available. Please sign up, we need to know how much yummy ice cream to buy!

The Twilight Zone

Tuesday, May 11th is National Twilight Zone Day which makes it a great day to enjoy some classic Twilight zone shows while enjoying a cocktail and popcorn. The show will start at **1:30pm in the Activities Room**. Please sign up to enter the twilight zone.

Exercise on the Lawn

Exercise on the lawn starts on **Wednesday, May 5th at 10:30am**. Please come and enjoy the fresh air while exercising with Erin a certified exercise instructor.

Erin will be here every Wednesday morning starting in May! Please try this program out so we do not lose this service. Thank you in advance for trying it out.

Wine Social

Sunday, May 16th at 2pm, join us for the monthly wine social in the Town hall. Tess will be providing wonderful appetizers, wine, background music and conversation. Be sure to sign up so that she knows how many people to set up for!! Mark your calendars so you don't forget!

Snacks on the Patio

Make your afternoon special by joining us for trivia, snacks and cocktail on the back patio. The fun will be on **Monday, May 17th at 1:30 pm**. Be sure to sign up!

Commemoration Ceremony

As mentioned previously in the newsletter, Columbine is having a company- wide commemorative ceremony on May 13th to mark our travel through the COVID pandemic. Each building is to mark the ceremony in their own way. Our ceremony at The Worthington will be on **Thursday, May 13th at 3pm** on the North Front lawn, weather permitting. We will be planting a commemorative columbine with a plaque to forever remember the journey that we all went on. We will also have a commemorative wall inside the building marked with heart felt messages to our friends, family, co-workers and fellow residents. The forms will be given to you earlier in the month for you to fill out for the wall or just to give to a person of your choice. We would like for everyone to join in the ceremony. If you could, we would like for everyone to either wear purple or blue the color of the Columbine on that day. Thank you for your participation.

Ted Baker Talk

On **May 14th at 2:30 pm**, join us for Speaker, Ted Baker (Andrew's father). In honor of Armed Forces Day, that occurs on Saturday, May 15th, Mr. Baker will deliver a speech supported by a slide show entitled "My Time in Vietnam". Mr. Baker was a 1st Lieutenant Infantry Advisor during the Vietnam War. Along with being Andrew's father, Mr. Baker is also a retired FBI agent. Please come and listen to this informative talk.

Kevin Cook Talk

Kevin Cook, naturalist, will be here on **Thursday morning, May 11th at 10am** for his monthly talk. This month's talk is entitled "Beauty worth Saving." Yellow Lady Slippers, a native orchid, is slowly but steadily vanishing, but a well devised project could save a local population. Learn more about this Colorado wildflower and other native wildflowers in this informative talk.

Monthly Birthday Party

Come help us celebrate our May birthdays on **Friday, May 26th at 2:30pm**. Along with the cake and ice cream, Kaylene Peters will be here to entertain you with her wonderful voice. Please sign up for the party.

Legacy Writing Classes

Back by popular demand, Our Chaplain, Rebecca will return for another session of legacy writing. Please join her for the writing sessions in our Private Dining room on **Thursday afternoons at 2:30pm starting on May 20th**. Legacy writing is a wonderful way to preserve your family stories for your children and grandchildren.

Hike with Andrew

Starting in May and continuing through the warm months, Andrew will be hosting a monthly hike at a local park or trail. Residents who sign up will travel in a van with Andrew to a nearby trail. There you can enjoy the great outdoors with your friends. Space is extremely limited so please be sure to sign up for a spot. The first walk occurs on **Wednesday, May 26th at 2pm**. Also, we have one scenic ride available in May. The ride this month will occur on **Wednesday, May 26th at 3:30pm**.

Continuing Programs

Downton Abbey will finish this month for all of you who were fans. Also we will be continuing PBS: Colorado Experience, other favorites such as crossword, hangman, Wii bowling, current events, and all exercise programs will continue. One change is that News day discussion will change to Coffee and News. The new Coffee and News will be held in the Town hall and will have refreshments along with a video clip to start your discussion. Brain games is a fun way to start your weekend so come join us!!

Memorial Day Barbeque

Help us celebrate Memorial Day with a lunch barbeque on the front lawn. Trey, Tess and their staff will be helping you celebrate by providing all the favorite BBQ fare. Patriotic music will also be on hand. The fun will start on **Monday, May 31st** at noon.

