



The Worthington

Happenings

JANUARY 2022



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

ADMINISTRATOR
Andrew Baker

ACTIVITY DIRECTOR
Denise Kidd

DIETARY MANAGER
Trey Goodwin

DINING ROOM SUPERVISOR
Tess Braslau

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Bernice Quiroz

MAINTENANCE SUPERVISOR
Carlos Medina

OFFICE MANAGER
Debbi May



WELCOME TO JANUARY: AN EAZY MONTH

Welcome to the New Year: January 2022. We Hope that the new year will be an EAZY kind of month where we can relax and take a break from the hustle and bustle of the crazy holiday season. We are zeroing in on the letter “Z” during this wintery month, and catching up on our ZZZ’s when we are not participating in the great activities that The Worthington has to offer! January will be the “Z” best without a doubt.

Join this month for all things “Z” such as Zen Corner where all things relaxing and stress free will occur. Visit all the places around the world that begin with the letter “Z” during Documentary Monday. Enjoy some Zapiekanka (Polish Pizza), and come and participate in some EAZY crafts, learn about Colorado A to Z and have “Z” fun in Jeopardy. Also come taste beer from Zwei Brewery.

We also want you to learn about Zebras and play Zig, Zag, Zoom, and do some Zen-doodling. Oh, by the way, all the Friday night movies will begin with the letter “Z”; come see what they will be! Here’s to the “Z” Month of January!





MEAL SERVICE AT THE WORTHINGTON

The Worthington meal service is as follows: Continental Breakfast is served from 7:30 am to 9:30 am. You may pick up your food and either dine in or take your meal back to your own apartment. The Worthington serves a plated lunch from 12pm to 1 pm with full service, and has full dinner service from 5pm to 6pm. We prefer that you join us in the dining room for your meals; however, we do provide pick up or delivery services. We will deliver to anyone who is ill since we prefer that you stay in your apartment when not feeling well. We also allow pick up meals if you call ahead. For those who are not ill, but still prefer dinner to be delivered, there will be a \$3 fee. Guests are allowed to dine in with family members at assigned tables if they call ahead and make a reservation at least 2 hours prior.

HAIR SALON

The Worthington provides salon services on Wednesdays from 9 am until last appointment. Please make an appointment with our Hair Stylist to be sure to get a spot. Nicole can be reached at 970-691-2099. Services and prices are posted outside the Salon.

BLOOM AT HOME SERVICES

Columbine offers assistance at home where you need it with Bloom at Home. Bloom at Home is a proud division of Columbine Poudre Home Care and provides personal care services to meet your in-home needs. Bloom is a non-Medical Home Care Provider who can refer you to all the resources of Columbine Health Systems and in the Community if your care needs change; Call 970-482-5096 for more information.

I-PADS AVAILABLE

We have iPads at the Front Desk if you need to use for Zoom/Video Calls. Ask Denise or Debbie for Assistance.

THANK YOU'S TO STAFF AND RESIDENTS

A thank you to all Residents and Staff that joined in to make the Worthington holiday season memorable. A big thank you to all who helped decorate, and who donated and joined into the service projects. A thank you to the kitchen who provided great holiday food, and to housekeeping and Jeff who continually cleaned up the holiday messes. Also, to residents Marilyn, Yuriko, Toni and others who donated items to the Raffle. It was a great success. We hope that you had a wonderful holiday season.

DISPLAY CASE AND GALLERIA WALL

We are in great need of people who are willing to display their artwork or collections in either the Galleria or display case. Please see Denise if you are able to do either.

THE WORTHINGTON SPECIAL FEATURES

Documentary Monday

Going along with our "Z" theme of the month, we will be visiting and learning about locations around the world that begin with the letter "Z". Come and join in this fun experience **every Monday at 2:30 pm in the Activities Room.**

Jan. 3rd: Zambia

Jan. 10th: Zurich

Jan. 17th: Zimbabwe

Jan. 24th: Zanzibar

Jan 31st: Zaragoza

Dick visits with a friend of the four legged kind



National Trivia Day

January 4th is National Trivia Day, and we are doing our part by having Spin the Wheel Trivia in the **Activity Room at 1:30 pm.** Come for the fun, laughs and knowledge. See you there.

Raptor Visit

A special treat is coming to the Worthington. The Rocky Mountain Raptor Program will be visiting on National Bird Day, **January 5th at 1:30 pm** in the Lobby. Jessica Miller, the Outreach and Educational Coordinator, will be here to present raptors that live right among us in Northern Colorado. Please sign up because you do not want to miss these magnificent birds.

Felting with Blue Moose Gallery

The artists from the Blue Moose Gallery will once again visit the Worthington. This time they will be conducting a course on felting. You will be able to make an adorable penguin with this technique! Please come to the Activities Room at **2:30 pm** directly after the Raptor program. The cost for the class and all supplies is \$35. Please sign up so they know how much supplies to bring with them.

Board Games by the Fireplace

For all of you that want a fun, relaxing way to enjoy an afternoon, come and play a board game by the fireplace at **10 am on Thursday Mornings.**

- Jan. 6th: Trouble and Scrabble
- Jan. 20th: Yahtzee and Parcheesi
- Jan. 27th (10:30 am due to All Resident's Meeting): Monopoly and Trivia Pursuit

Board Games are a wonderful way to exercise your brain.

Out to Lunch

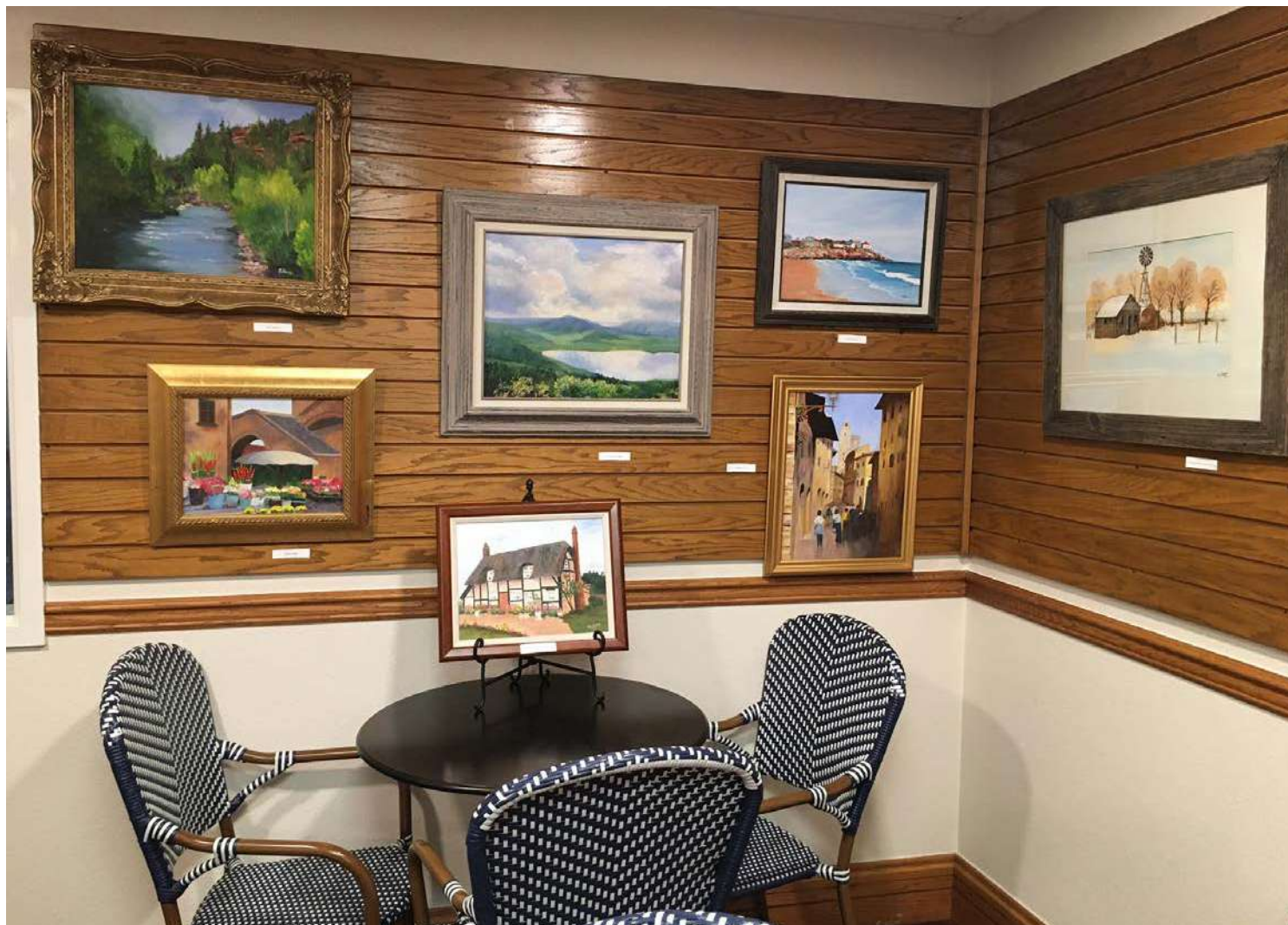
Are you wanting to enjoy a nice lunch outing? Well, come and enjoy the fun modern setting of the Union restaurant located in downtown Fort Collins. The Union offers a hip and new take on an old-fashioned diner and Soda Fountain. Their great floats, shakes and sundaes are also a great way to end a lunch. Sign up to go on **Jan. 6th at 11:30 am.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY</h1> <h1>THE WORTHINGTON</h1>						1 New Year's Day 2pm Movie-AR 7pm Movie-AR
2 2pm Movie- AR 7pm Movie-AR	3 DR. MIKE IS HERE 9a Senior Workout-AR 10a Crossword-TH 11a Quiddler-AR 1:30p Brain Games-TH 2:30p Documentary Monday: Visit Zambia-AR 7p- Nature Series-AR	4 National Trivia Day 9a Exercise w/Erin-AR 9:45a Exercise Video-AR 10a Current Event-PDR 11a PBS: Colorado Experience-AR 1:30p Spin the Wheel Trivia-AR 3pm Bingo-DR	5 National Bird Day 8:30a Walmart Run-Lobby 9a Stretch-AR 10a Wii Bowling-AR 11a Stretch with Erin-TH 1:30p Raptor Visit-DR 2:30p Felting w/Blue Moose-TH 7p The Crown-AR	6 9a Yoga w/Erin-AR 10a Board Games by the Fireplace-Lobby 11a Prayer Group-PDR 11:30a Out to Lunch at Union-Lobby 1:30p Great Courses-AR 2:30p All About Zebra's Documentary-AR 3:30p Music & Movement-TH	7 9a Friday Exercise-AR 10a Coffee & News-PDR 11a Aerial World-AR 1:30p Zen Corner with Rebecca-AR 2:30p Poker Fun-AR 7p Friday Night Movies: Zootopia-AR	8 Elvis Presley's Birthday 9a Exercise-AR 2p Elvis Movie-AR 2:45p Bingo-DR 7p Elvis Movie-AR
9 2pm Movie- AR 7pm Movie-AR	10 9a Senior Workout-AR 10a Dictionary.com-TH 11a Quiddler-AR 1:30p Brain Games-TH 2:30p Documentary Monday: Visit Zurich-AR 7p- Nature Series-AR	11 9a Exercise w/Erin-AR 9:45a Exercise Video-AR 10a Current Event-PDR 11a PBS: Colorado Experience-AR 1p Trader Joe's Visit-AR 3pm Bingo-DR	12 National Popcorn Day 9a Stretch-AR 10a Wii Bowling-AR 11a Stretch with Erin-TH 1:30p Balloon Tennis-TH 2:30p Easy Craft Zebras-AR 7p The Crown-AR	13 9a Tai Chi-AR 10a Kevin Cook-AR 11a Prayer Group-PDR 1:30p Great Courses-AR 2:30p Let's Zendoodle-AR 3:30p WordSpiel-AR	14 9a Friday Exercise-AR 10a Coffee & News-PDR 11a Aerial World-AR 1:30p Zen Corner with Erin-AR 2:30p Poker Fun-AR 7p Friday Night Movies: Zula-AR	15 9a Exercise-AR 2p Movie-AR 2:45p Bingo-DR 7p Movie-AR
16 2pm Movie- AR 2:30p Wine Social w/Entertainment 7pm Movie-AR	17 MLK Jr. Day 9a Senior Workout-AR 10a Crossword-TH 11a Quiddler-AR 1:30p Brain Games-TH 2:30p Documentary Monday: Visit Zimbabwe-AR 7p- Nature Series-AR	18 9a Exercise w/Erin-AR 9:45a Exercise Video-AR 10a Current Event-PDR 11a PBS: Colorado Experience-AR 1:30p Colorado A to Z-AR 3pm Bingo-DR	19 9a Stretch-AR 10a Wii Bowling-AR 11a Stretch with Erin-TH 1p Scenic Ride-Lobby 1:30p Balloon Tennis-TH 2:30p Birthday Party w/John Melton-DR 7p The Crown-AR	20 9a Yoga w/Erin-AR 9:30a Ambassadors meeting-SR 10a Board Games by the Fireplace-Lobby 11a Prayer Group-PDR 1pm Communion 1:30p Great Courses-AR 2:30 Legacy writing-PDR 2:30p Zig Zag Zoom Game-AR 3:30p Music & Movement-TH	21 9a Friday Exercise-AR 10a Coffee & News-PDR 11a Aerial World-AR 1:30p Zen Corner with Andrew-AR 2:30p Poker Fun-AR 7p Friday Night Movies: Zodiac-AR	22 9a Exercise-AR 2p Movie-AR 2:45p Bingo-DR 7p Movie-AR
23 2pm Movie- AR 7pm Movie-AR	24 9a Safeway Run-Lobby 9a Senior Workout-AR 10a Dictionary.com-TH 11a Quiddler-AR 1:30p Brain Games-TH 2:30p Documentary Monday: Visit Zanzibar-AR 7p- Nature Series-AR	25 9a Exercise w/Erin-AR 9:45a Exercise Video-AR 10a Current Event-PDR 11a PBS: Colorado Experience-AR 1:30p Jeopardy: Z-Fun-TH 3p Bingo-DR	26 9a Stretch-AR 10a Book Club-PDR 10a Wii Bowling-AR 11a Stretch with Erin-TH 1:30p Craft with Michelle-AR 2:30p Beer Tasting from Zwei Brewing-DR 7p The Crown-AR	27 9a Tai Chi-AR 9:30a All Residents Meeting-TH 10a Board Games by the Fireplace-Lobby 11a Prayer Group-PDR 1:30p Great Courses-AR 2:30p Zapiekanka Polish Pizza Party & Music-AR	28 9a Friday Exercise-AR 10a Coffee & News-PDR 11a Aerial World-AR 1:30p Zen Corner with Denise-AR 2:30p Poker Fun-AR 7p Friday Night Movies: Zoolander-AR	29 9a Exercise-AR 2p Movie-AR 2:45p Bingo-DR 7p Movie-AR
30 2pm Movie- AR 7pm Movie-AR	31 9a Senior Workout-AR 10a Crossword-TH 11a Quiddler-AR 1:30p Brain Games-TH 2:30p Documentary Monday: Visit Zaragoza-AR 7p- Nature Series-AR	<h2>Masks are required at all activities.</h2>				
<h2>Activities are subject to change.</h2>						

Great Courses (Wondrium)

If you haven't tired our ever-changing lecture series through Wondrium (Formerly Great Courses), then you should. Wonderium is the place for everyone who ever wondered about anything. This month we will be traveling in the footsteps of Vincent Van Gogh. This Program will be a virtual program with an immersive walk through the works of a master. It really is an awesome program given by Profess Jean- Pierre Isbauts. He will help you unravel the mystery of the artist's One-of-a-Kind style, and gain a fresh insight and a deepened appreciation for the undeniable genius behind a troubled, but brilliant artist. Jean- Pierre is an art historian and a best selling national geographic author.

Lavena's Artwork



All about Zebras

Following in our "Z" theme for the month of January, we will of course have to find out about the Wonderful Zebra! Zebras are an African equine with distinctive stripes that can run up to 40 mph. Come to find out if the animals are white with black stripes or black with white stripes. See you in the Activity room at **2:30 pm**.

Zen Corner

I told you that we are going to have an EAZY kind of month, so for that reason we are going to have a Zen corner. Join us on **Friday afternoons at 1:30 pm** in the PDR to Relax, Chill Out and have a meditative hour. Erin Doty, Rebecca, Andrew, and I will all be participating in various Friday Sessions. Zen is a school of Mahayana Buddhism that originated in China during the Tang Dynasty that aims at enlightenment by direct intuition through mediation.

Friday Night Movies with "Z"

We are going to continue the fun with the letter "Z" by having our Friday night Matinee movies start with the letter "Z". Come and join us for movie night **every Friday at 7 pm in the Activities Room**.

Jan. 7th: Zootopia

Jan. 14th: Zula

Jan. 21st: Zodiac

Jan. 28th: Zoolander

The Crown

Wednesday nights at 7 pm in the Activities Room

We will be showing the drama series, The Crown. This Netflix show is a lavish drama that chronicles the life of Queen Elizabeth from the 1940's to modern times. We will be running this show until it's 40 episodes are done. The Crown has received high reviews since its inception 4 years ago.

Trader Joe's Visit

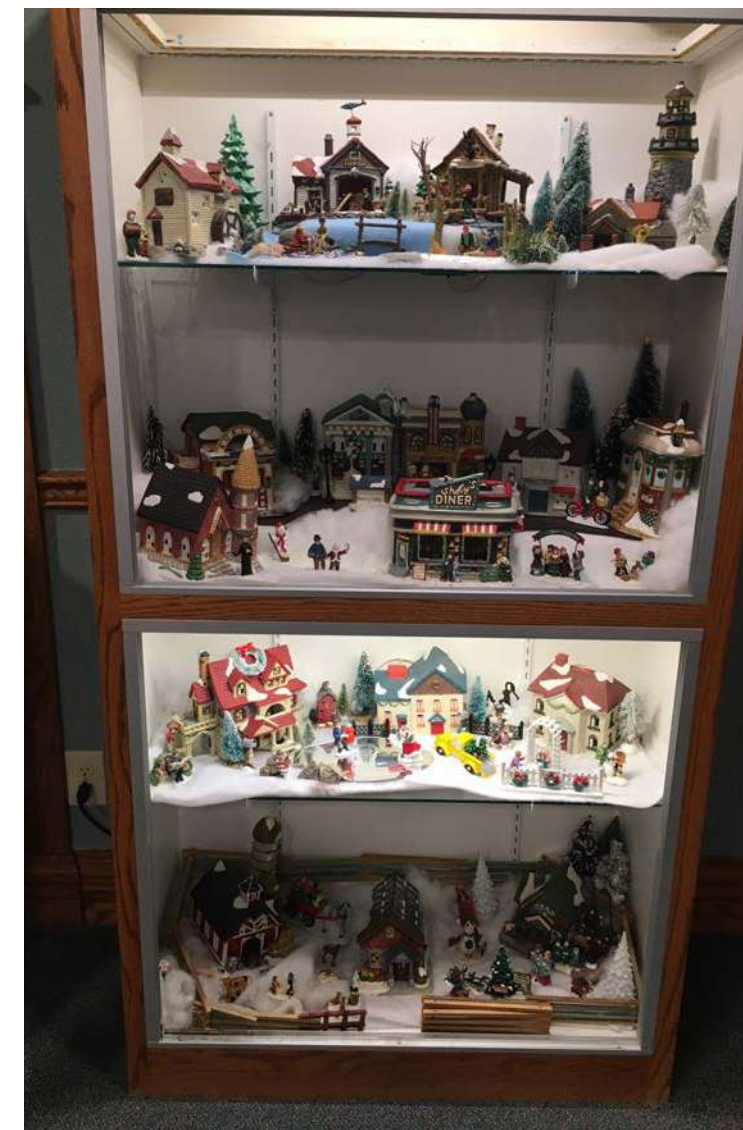
By popular request, we will be taking a trip to the local Trader Joes. Trader Joe's is an American grocery store first founded in California and now has 537 Stores nationwide. Trader Joe's mainly stocks its own brand and describes itself as "Your Neighborhood Grocery Store." Products include gourmet, organic and vegetarian food. Many of the company's products are environmentally friendly. So, if you would like to visit this unique grocery store, please sign up for the trip on **Tuesday, Jan. 11th at 1 pm**.

Kevin Cook

Kevin Cook will be once again visiting us monthly in the year 2022. His nature program for 2022 will be "A naturalist Desiderata: Part 2" Dictionaries define desideratum as something needed, wanted or desired". Truth be told almost no one uses the word, "desideratum". Yet Max Ehmann's gently meaningful phrase-poem "Desiderata" maintains a sub-culture following and rightfully so. What if "desideratum" is defined to make it more substantial than just a wanting something? The year-long theme for 2017 did that predefining "desideratum" as a powerful ideal by which a person guides passage thru life. That year presented 12 desiderata for the nature enthusiast.

Now, 5 years later, 12 more naturalists' desiderata complete the guide by which a person can engage the wonder of life on Earth. Join Kevin for the first program on Jan. 13th: "The Journey". Kevin says the naturalist's journey is to read the story of life, but to understand the story has no final chapter and the journey represents the accumulation of knowledge through experience over time. It is a journey of deliberately growing mind and soul.

Lobby Christmas display case



OTHER “Z” FUN DURING JANUARY

- Jan. 12th: Let’s Do an EAZY Craft at 2:30 pm in AR
- Jan. 13th: Let’s Zen-doodle at 2:30 pm in AR
- Jan. 20th: Let’s Play Zig Zag Zoom
- Jan. 26th: Let’s Taste Beer from Zwei Brewing
- Jan. 27th: Let’s Enjoy Zapiekanka (Polish Pizza)

BIRTHDAY PARTY

Join us for our monthly Birthday Party on **Wednesday Jan. 19th at 2:30pm** in the Dining Room. John Melton will be here to entertain. Please sign up and come to help celebrate all our January Birthdays.

OTHER CALENDAR EVENTS OF INTEREST

- PBS Colorado Experience
Every Tuesday at 11am in Activities Room.
- Bingo
Every Tuesday at 3pm in the Dining Room.
- Wii bowling
Every Wednesday at 10am.
- Prayer Group
Every Thursday morning at 11am in PDR.
- Aerial America
Every Friday at 11am in Activities Room
- Various Exercise Classes
Every morning in Activities Room.

