

Happy Birthday Ruth!

On November 20th, we had the privilege of celebrating a 100th birthday with our very own Ruth Edes! We honored Ms. Ruth with a harpist, a beautiful and tasty bakery cake, and a framed card signed by all of us. It's not every day you get to celebrate a century with someone!



Deck the Halls!

It's the holiday season – and we're all decked out! We began decorating trees and decking the halls to create a festive experience. Residents have also been hard at work crafting and cooking. We made 2 types of Christmas cards, a few paintings, and some homemade cookies. We even made a few gingerbread houses which a few residents said they have never done before, but everyone did an amazing job!



News from Columbia Cottage Assisted Living Community  
The ONLY Licensed Assisted Living in the area

January 2024

Message from the President of Columbia Cottage

Taking Control

Many of us seek out the opportunity to step in and take control of a particular situation or event. Whether it is leading a sports team to the World Series, running a fast-food restaurant, or even caring for an elder family member, when things are going smoothly, it's easy to feel as if you're in charge. The more you perceive yourself as your own master, and the more comfortable you become in this role, the harder you will fall as it is said that storms will come, and uncertainties will loom on the horizon. If you cling to control and feel entitled to having things go your way, you are likely to sink when difficulties surface. I believe that we are encouraged to enjoy times of smooth sailing and to be thankful for them, but we need to be equally warned not to become addicted to this sense of mastery over your life as we are being trained to always trust in Him – for He is your Refuge. He uses adversity to set you free from the illusion of being in control. When your circumstances and your future are full of uncertainties, look to Him. Therefore, we are encouraged to find your security in knowing Him, the Master who is sovereign over the storms of your life – over everything.



-Jim

Family Festivities

We kicked off the holiday season with an evening of hot cocoa and cookies! Residents and families enjoyed homemade hot cocoa and Italian cookies while listening to music brought to us by Michael Oelschlager.



Jingle? Bells

Elf on the Shelf is a newer family tradition, but we brought it here to the cottage! We had a contest to name our elf – and we named him Jingle! Residents had fun waking up each morning and trying to find where Jingle hid himself overnight. Did you see Jingle anywhere?



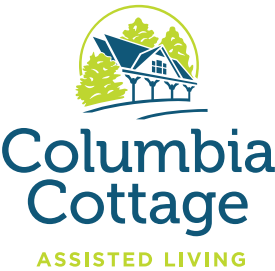
\* Resident Referral Bonus is \$1000.00

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Performing with a passion for excellence while doing the right things the right way.

**MISSION**  
Connecting with our customers. Knowing their needs and exploring their ideas. Delivering products and services that they value.

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Please review your experience with us:  
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# January 2024



[www.columbiacottage.com/whats-happening/](http://www.columbiacottage.com/whats-happening/)  
Note: Calendar is available online and is subject to change. COLLEGEVILLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>In Memory of Frank Laffredo</div>	<b>1</b> <i>New Year's Day</i> 10:00 Coffee & Chronicles 11:00 Moving Monday	<b>2</b> 10:00 Holy Communion 11:00 Toning Tuesday 11:30 Noodle Ball 2:00 New Year: Folklores, Facts, and Traditions! 3:00 Bingo	<b>3</b> 10:00 Coffee & Chronicles 11:00 Workout Wednesday 11:30 White Board Word Games 1:30 Jeopardy! 3:30 Craft Corner: No Sew Sock Snowmen	<b>4</b> <i>National Trivia Day</i> 10:00 Morning Ministries 11:00 Thinking Thursday 11:30 Balloon Toss 2:00 Winter Trivia! 3:00 Bingo	<b>5</b> 10:00 Coffee & Chronicles 11:00 Fitness Friday 11:30 News Flash! 2:00 Cooking Class: Black Bottom Cupcakes! 3:00 TGIF Happy Hour	<b>6</b> <i>Three King's Day</i> 10:00 Coffee & Chronicles 11:00 Saturday Stretches  Bored Board in the Country Kitchen!
<b>7</b> 10:00 Coffee & Chronicles 2:00 Coloring and Conversations  Bored Board in the Country Kitchen!	<b>8</b> 10:00 Resident Council Meeting 11:00 Moving Monday 11:30 Guess Who? 2:00 Monday Manicures 3:00 Paint n' Sip: Snowy Silhouette	<b>9</b> 10:00 Holy Communion 11:00 Toning Tuesday 11:30 Noodle Ball 2:00 Cooking Class: Bundt Cake Banana Bread 3:00 Bingo with Nancy!	<b>10</b> 10:00 Coffee & Chronicles 11:00 Workout Wednesday 11:30 White Board Word Games 1:30 Crazy Cocoa Wordsearch! Mass 3:00	<b>11</b> 10:00 Morning Ministries 11:00 Thinking Thursday 11:30 Balloon Toss 2:00 Craft Corner: Snowflake Suncatchers! 3:00 Bingo	<b>12</b> <i>National Hot Tea Day</i> 10:00 Coffee & Chronicles 11:00 Fitness Friday 11:30 News Flash! 2:00 Guided Painting: Winter Watercolors 3:00 Tea Party Happy Hour!	<b>13</b> <i>Christmas Card Day</i> 10:00 Coffee & Chronicles 11:00 Saturday Stretches  Bored Board in the Country Kitchen!
<b>14</b> 10:00 Coffee & Chronicles 2:00 Coloring and Conversations  Bored Board in the Country Kitchen!	<b>15</b> <i>Martin Luther King Jr. Day</i> 10:00 Coffee & Chronicles 11:00 Moving Monday 11:30 Guess Who? 2:00 Musical Entertainment: Lorri Woodward! 3:00 Who Was Martin Luther King Jr?	<b>16</b> 10:00 Holy Communion 11:00 Toning Tuesday 11:30 Noodle Ball 2:00 Craft Corner: Singing Snowmen 3:00 Bingo with Nancy!	<b>17</b> 10:00 Coffee & Chronicles 11:00 Workout Wednesday 11:30 White Board Word Games 1:30 Cooking Class: Cookie Butter Ice Cream 2:30 Silly Sing Along!	<b>18</b> <i>National Gourmet Coffee Day</i> 10:00 Morning Ministries 11:00 Thinking Thursday 11:30 Balloon Toss 2:00 Craft Corner: Warm My Heart Mug! 3:00 Bingo	<b>19</b> <i>National Ugly Sweater Day</i> 10:00 Coffee & Chronicles 11:00 Fitness Friday 11:30 News Flash! 2:00 Armchair Travelogue: The Philippines! 3:00 TGIF Happy Hour	<b>20</b> 10:00 Coffee & Chronicles 11:00 Saturday Stretches  Bored Board in the Country Kitchen!
<b>21</b> 10:00 Coffee & Chronicles 2:00 Coloring and Conversations  Bored Board in the Country Kitchen!	<b>22</b> <i>National Blondie Day</i> 10:00 Coffee & Chronicles 11:00 Moving Monday 11:30 Guess Who? 2:00 Monday Manicures 3:00 Cooking Class: Gooley Butter Cake Bars!	<b>23</b> <i>National Pie Day</i> 10:00 Holy Communion 11:00 Toning Tuesday 11:30 Noodle Ball 2:00 Let's Try Some Pie! 3:00 Bingo with Nancy!	<b>24</b> <i>Go Caroling Day</i> 10:00 Coffee & Chronicles 11:00 Workout Wednesday 11:30 White Board Word Games 2:00 Craft Corner: Birthday Cards! 3:00 New Fashioned: Fondue Fun!	<b>25</b> 10:00 Morning Ministries 11:00 Thinking Thursday 11:30 Balloon Toss 2:00 Winter Charades! 3:00 Bingo	<b>26</b> <i>National Activity Professionals Day</i> 10:00 Coffee & Chronicles 11:00 Fitness Friday 11:30 News Flash! 2:00 Cottage Country Store 3:00 TGIF Happy Hour	<b>27</b> 10:00 Coffee & Chronicles 11:00 Saturday Stretches  Bored Board in the Country Kitchen!
<b>28</b> 10:00 Coffee & Chronicles 2:00 Coloring and Conversations  Bored Board in the Country Kitchen!	<b>29</b> 10:00 Coffee & Chronicles 11:00 Moving Monday 11:30 Guess Who? 2:00 Which Happened Last? 3:00 Craft Corner: Clay Conversation Hearts	<b>30</b> 10:00 Holy Communion 11:00 Toning Tuesday 11:30 Noodle Ball 2:00 Remembering Love Songs 3:00 Bingo with Nancy!	<b>31</b> <i>National Hot Chocolate Day</i> 10:00 Coffee & Chronicles 11:00 Workout Wednesday 11:30 White Board Word Games 1:30 Hot Cocoa and Cookies Social 2:30 Romantic Reels: Singin' in the Rain!			

Congratulations

Resident Birthdays  
Alan Greidus, 1/18  
Jane Jones, 1/27

Staff Birthdays  
Nahjah Mason-Tran, 1/4  
Carla Jimenez, 1/19  
Michael Rice, 1/24

Employee Anniversaries  
Nancy Torrens, Homemaker – 12 years  
Anna Albright, Homemaker – 1 year  
Tristan Olmo, Administrative Assistant – 1 year