

## **Weekly Courier**

*February 8, 2021- February 14, 2021*

### **MANAGER-ON-DUTY – February 6<sup>th</sup> & 7<sup>th</sup> Hope Nevins**

**To contact the Manager-on-Duty, call Security on x2020 and they will contact the MOD via cell phone to respond.**

All Courier submissions, meeting schedules and meeting room reservations should be sent through **EMAIL OR IN WRITING ONLY** to:

**Tiffan'e Markham**

[\(tamarkham@collington.kendal.org\)](mailto:tamarkham@collington.kendal.org).

Tiffan'e can be reached on x4778

- **FOR UPDATES ON ALL EVENTS:** Continue to check email, voice mail for broadcast messages, the TV (Channel 972) for updated information.
  - **Fitness Center Visits** –contact 2254 to schedule an appointment.
  - **Outdoor Visits for IL** – May Resume.
  - **Creighton Center Outdoor Visits-** PAUSED
  - **BB&T trips to the Kettering Branch** – Contact Security to Sign-up
  - **Outdoor Fitness Classes** will remain available with increased measures to ensure 6' social distancing
  - **The OO Shop** – Open M/W/F from 2:30 PM to 4:30 PM
  - **Creatives Arts-** Open
  - **Classrooms, Auditorium, Meeting Spaces-** 1 person per 200sq limited to small meetings only.
  - **Resident packages and mail** pick-up will continue
  - Security will continue to **deliver groceries** to the apartments. Cottage/Villa residents may have the deliveries brought to their residences.
  - **Billiards Room-** Open (Limited to 1 player, wear masks, Keep safe distance.)
  - **Walking Trails-**Open
  - **The Salon** – Open 9 AM to 3 PM
  - **The Library** – Open 12 noon to 3 PM



- **The Chapel**- Open (Subject to Chapel Use Guidelines) -Contact Merritt Edner to Reserve the Chapel **X7360**
- **The Country Store** – Pick-up hours are **Monday-Saturday, 1 PM-3 PM.** Closed on Sunday
- **Outdoor seating areas** on Broadway Verandas and outside of the private dining room and Ivy lounge area, Courtyard are available for use.
- **Resident-to-Resident visits** Resumed
- **Meeting Room Reservations**- You can now reserve your own meeting space via LiveCollington.org
- **Guest Room Reservations** – Cancelled
- **Trips** – Cancelled
- **Pool** – Open 3-8 person maximum, see sign ups
- **The Landing** – Closed.
- **Housekeeping services**- Resumed
- **Facilities work orders** -Resumed

**Carryout operations - Group 1 can pick up their meal from 11:00am to 1:00pm and Group 2 can pick up their meal from 3:00pm to 5:00pm.**

	MON	TUE	WED	THUR	FRI	SAT	SUN
GROUP 1: <b>APARTMENTS, 1000</b>	11:00AM TO 1:00PM	11:00AM TO 1:00PM	11:00AM TO 1:00PM	11:00PM TO 1:00PM	11:00PM TO 1:00PM	10:00AM TO 12:00PM	10:00AM TO 12:00PM
GROUP 2: <b>2000, 3000, 4000, 5000 5100</b>	3:00PM TO 5:00PM	3:00PM TO 5:00PM	3:00PM TO 5:00PM	3:00PM TO 5:00PM	3:00PM TO 5:00PM	1:00PM TO 3:00PM	1:00 PM TO 3:00PM

- **TRANSPORTATION:** For Medical Appointments, complete the Transportation request form and drop it off at Security. Transportation to medical appts runs: 8:30am, 10am, and 1pm. **Grocery Trips on Mondays- Wegmans, Wednesdays-Giant, Fridays- Safeway.** Call Security x2020 to sign-up for Metro. Limited to 4 people.



<b><u>Morning Metro</u></b>	<b><u>Afternoon Metro</u></b>
<b>LEAVES Collington at 5:45am</b>	<b>LEAVES Collington at 3:15pm</b>
<b>ARRIVES Metro at 6:00am</b>	<b>LEAVES Metro at 3:35pm</b>
<b>LEAVES Metro at 6:05am</b>	<b>ARRIVES Collington 3:50pm</b>
<b>LEAVES Collington at 6:25am</b>	<b>LEAVES Collington at 3:55pm</b>
<b>ARRIVES Metro at 6:40am</b>	<b>LEAVES Metro at 4:15pm</b>
<b>LEAVES Metro at 6:45am</b>	<b>ARRIVES Collington at 4:30pm</b>

**MEETING ROOM SPACES AND WHO TO CONTACT:**

Natalee Zimmerman has provided the square footage and the capacity as regulated (1 person per 200 SF) for all of our available rooms.

We are limited to only one room, the Auditorium, for any meeting/activity with 10 individuals. Also, the Auditorium is the only space that permits live *and recorded* broadcasting on 972.

Tiffan'e Markham – Reserves meeting room spaces for meetings not requiring a Zoom Connection or 972 broadcast. Tiffan'e may be reached on x4778.

Kim Rivers – Handling all requests for any activity/meeting to be aired on 972. Kim may be reached on x7393

In addition, the Game Room, is being utilized by Marketing for appointments. Terri Mosley is handling the reservations for this space and may be reached on x7703.

Please remember, Zoom and Outdoor gatherings (if the weather permits and we have a warm winter day) are the safest options to gather together as we continue to navigate through the pandemic.



Room	Square feet	Capacity 11/15/2020, 1person per 200sq feet
Classroom A	660.69	3
Classroom B	400	2
Fitness gym	668.67	3 (2 residents, 1 staff)
Billiards	355.66	1
First floor apt meeting room	264	1
Third floor apt meeting room	264	1
Chapel	1128.8888	5
Game Room	637	3
Auditorium	Did not measure- following Gov. Mandate for 10 persons	Only allowing 10 currently
Library	-	Only allowing 3 currently
Creative Arts Room	1009.5925	5
Pool	1800sq feet not including the deck space around Spa- 80sq feet not including the deck space around	10 total <i>including</i> lifeguard & instructor: <i>8 residents max in a class</i> <i>3 for lap swim</i> <i>5 for therapeutic swim</i>
OO Shop and Watch repair	1298	6
Flower shop	TBD	TBD
OO Shop Sorting Room	471	2



## This Weekend

### SATURDAY, February 6<sup>th</sup>

Time	Activity
<b>10am - 4pm</b>	<b>Vaccine Clinic – Auditorium</b>
10:00 am	Aqua Class with Marsha Voigt – <i>Must sign up, 3-8 person maximum</i> – <b>Pool</b>
2:00 pm	Croquet playing at the croquet court if above 50 Degrees

**SATURDAY WEED WARRIORS: No work this week; we'll hope for better weather next time.**

### SUNDAY, February 7<sup>th</sup>

Time	Activity
<b>10am - 4pm</b>	<b>Vaccine Clinic – Auditorium</b>
1:00 pm	Croquet playing at the croquet court if 50 Degrees
2:00 pm	Pickleball playing – <b>At the Courts</b>

### MONDAY, February 8<sup>th</sup>

Time	Activity
<b>Transportation</b>	<b>Greenbelt – 8:30 am, 10:00 am, and 1:00 pm departures</b>
9:00 am	Movement Monday w/ Ebony Jordan – <b>by the Greenhouse</b>
9:00 am- 3:00 pm	Salon Open
10:00 am	Aqua Class w/Ebony Jordan - <i>Must sign up, 3-8 person maximum</i> - <b>Pool</b>
10:00 am – 12:00 pm	Wood Shop drop-off hour
10:00 am	Balance and Beyond w/ Nelson Mirafior <b>(Recording) – Ch 972</b>
<b>10:00 am</b> <b>10:30 am</b>	<b>Grocery Run to Wegmans</b> <i>(two departure times)</i>
12pm-3pm	Library Open
1:00 pm	Gathering 4 Broadcast – <b>Ch 972</b>
2:30 pm- 4:30pm	OO Shop Open
4:00 pm	One Day University – Author in Chief: Our Presidents and the Books They Wrote- <b>Ch 972</b>



## TUESDAY, February 9<sup>th</sup>

Time	Activity
<b>Transportation</b>	<b>Bowie – 8:30 am, 10:00 am, and 1:00 pm departures</b>
9am-3pm	Salon Open
9:00 am	Tabata Tuesdays w/ Ebony – <b>by the Greenhouse</b>
10:00 am	Senior Aerobic Fitness with Ebony Jordan- <b>Ch 972</b>
10:00 am	Wood Shop drop-off hour
10:30 am	Chair Yoga- Marion Robbins ( <b>Recording</b> )- <b>Ch 972</b>
11:00 am	Pickleball drills – <b>At the Court</b>
11:30 am	Tai- Chi YouTube Video ( <b>Link</b> ) – <b>Ch 972</b>
12pm-3pm	Library Open
2:30 pm	Short Stories/ Trivia – Ellen Sistare – <b>Ch 972</b>
3:15 pm	Songs from our Front Porch- with Steve Woodbury & Ann Bauer– <b>Ch 972</b>
4:00 pm	First Floor District Meeting – <b>Ch 972</b>

## WEDNESDAY, February 10<sup>th</sup>

Time	Activity
<b>Transportation</b>	<b>Greenbelt – 8:30 am, 10:00 am, and 1:00 pm departures</b>
9am-3pm	Salon Open
9:00 am	Stretch Band Wednesday w/ Ebony – <b>by the Greenhouse</b>
9:00 am	Aqua Class w/Marsha Voigt – <i>Must sign up, 3-8 person maximum</i> - <b>Pool</b>
10:00 am	Body Pump w/ Ebony Jordan – <b>Ch 972</b>
<b>10:00 &amp; 10:30 am</b>	<b>Grocery Run to Giant</b> ( <i>two departure times</i> )
10:00 am	Aqua Class w/Marsha Voigt – <i>Must sign up, 3-8 person maximum</i> - <b>Pool</b>
11:00 am	Buildings Committee Meeting – <b>Ch 972/Zoom</b>
12:00 pm	Balance and Beyond w/ Nelson Miraflor – <b>Ch 972/Zoom</b>
12pm-3pm	Library Open
1:00 pm-2:00pm	Wood Shop drop-off hour
1:00 pm- 3:00 pm	Wood shop open – Do-it-yourself projects
1:00 pm	Wellness Circle w/Kim: Wheel of Life (registered participants only) – <b>Auditorium</b>
1:00 pm	Collington Computer Clinic- Dennis Evans - <b>Zoom</b>
2:30 pm- 4:30 pm	OO Shop Open
4:30 pm	Black History Comm.: Lecture on African- American Families – <b>Ch 972</b>
7:00 pm	Valentine’s Day Concert – Artist in Residence - <b>Ch 972</b>



**THURSDAY, February 11<sup>th</sup>**

<b>Time</b>	<b>Activity</b>
<b>Transportation</b>	<b>Bowie – 8:30 am, 10:00 am, and 1:00 pm departures</b>
9am-3pm	Salon Open
9:00 am	Wild Card Thursday w/ Ebony Jordan – <b>by the Greenhouse</b>
10:00 am	Chair Aerobics with Ebony Jordan – <b>Ch 972</b>
10:00 am	Wood Shop drop-off hour
10:30 am	Floor Yoga – Nadine Hathaway – <b>Ch 972</b>
11:00 am	Pickleball Playing – <b>At the Court</b>
12pm-3pm	Library Open
2:00 pm	Wellness Circle w/ Kim: Mindfulness (registered participants only) – <b>Auditorium</b>
3:00 pm	Grounds Committee Meeting – <b>Ch 972/Zoom</b>

**FRIDAY, February 12<sup>th</sup>**

<b>Time</b>	<b>Activity</b>
<b>Transportation</b>	<b>Bowie – 8:30 am, 10:00 am departures Greenbelt – 1:00 pm departure</b>
9:00 am	Tabata Friday w/Ebony Jordan – <b>by the Greenhouse</b>
10:00 am	Aqua Class with Marsha Voigt – <i>Must sign up, 3-8 person maximum</i> – <b>Pool</b>
10:00 am	HITT w/ Ebony Jordan – <b>Ch 972</b>
10:30 am	Marian Robbins Chair Yoga – <b>(Recording) Ch 972</b>
11:30 am	Categories of American Popular Music w/ Don Zelman – <b>Ch 972</b>
1:00 pm	V-360 Love Day Presentation – <i>Asking everyone to wear RED</i> – <b>Ch 972/Zoom</b>
4:00 pm	Meditation w/ Nadine Hathaway – <b>Chapel</b>

**Saturday, February 13<sup>th</sup>**

<b>Time</b>	<b>Activity</b>
10:00 am	Aqua Class with Marsha Voigt – <i>Must sign up, 3-8 person maximum</i> – <b>Pool</b>
10am-3pm	Ping Pong in the Auditorium, sign-up on Activity Bulletin Board
10am-3pm	Badminton in the Auditorium, sign-up on the Activity Bulletin Board
1:45 pm	Croquet for beginners at the croquet court if above 50 degrees
2:00 pm	Croquet playing at the croquet court if above 50 degrees



**Sunday, February 14<sup>th</sup>**

<b>Time</b>	<b>Activity</b>
10am-3pm	Ping Pong in the Auditorium, sign-up on Activity Bulletin Board
10am-3pm	Badminton in the Auditorium, sign-up on the Activity Bulletin Board
12:45 pm	Croquet for beginners at the croquet court if above 50 degrees
1:00 pm	Croquet playing at the croquet court if above 50 degrees
2:00 pm	Pickleball Playing – <b>At the Court</b>

*\*All activities times/topics are subject to change*

**Happening this Week**

**MONDAY, February 8<sup>th</sup>**

**Monday, 2/08, 9:00 am – Movement Monday: Cardiovascular and Functional Fitness Class**

Heart healthy cardio exercises coupled with functional fitness training that is designed to mimic ADL movements (activities of daily living) in your day-to-day life in an effort to help your body prepare itself for common physical tasks – everything from rising to a standing position, reaching down to pick something up, buttoning a shirt or even putting on a sweater.

**Monday, 2/08, 4:00 pm – One Day University - One Day Univ.- Author in Chief: Our Presidents and the Books They Wrote**

Most Americans know Abraham Lincoln’s famous words in the Gettysburg Address. But few could name the book that helped him win the presidency: a speech collection he assembled secretly and published just before the election of 1860.

Presidential books, it turns out, have made a huge and overlooked impact on American history, beginning with volumes written by Thomas Jefferson (the first campaign book) and John Adams (the first presidential memoir). In this lecture, Craig Fehrman will draw on ten years of research into this topic to tell fresh stories about Lincoln, Jefferson, Adams, Kennedy, Reagan, and other iconic presidents. He also will explain how a literary





lens can reveal surprising sides to even these well-known presidents. Looking at presidents as they write means going behind the scenes and seeing them at their most human. We'll discover what presidential books can reveal about history — and the humans who wrote them. Fehrman's lecture also will share some behind-the-scenes details about the process that goes into writing a unique history book.

### **TUESDAY, February 9<sup>th</sup>**

#### **Tuesday, 01/26, 9:00 am - Tabata Tuesday**

High Intensity training for ALL levels! Perform as many of the given exercises for 20 seconds followed by a short rest period before beginning the next repetition. The exercises vary and the results can be outstanding! Challenge yourself at your own pace and work on continuous progression for best results.

### **WEDNESDAY, February 10<sup>th</sup>**

**Wednesday, 2/10, 9:00 am – Stretch Band Wednesday** Stretch Band Wednesday – Resistance training with bands designed to maintain and/or improve muscular strength. Consistency is key!

**Wednesday, 2/10, 4:30 pm - Black History Comm.: Lecture on African-American Families** The Black Family: Representation, Identity, and Diversity

Remarks will focus on the Pre-Civil War Black Family: From arrival in the New World to the Civil War.

**Wednesday, 2/10 at 7pm, Channel 972 Valentine's Day Concert**

Artists in Residence, Tonya Burton and Syneva Colle join with your fellow residents to present an evening of classic love songs. We hope you'll tune in for this special event!



**THURSDAY, February 11<sup>th</sup>**

**Thursday, 2/11, 9:00 am – Wild Card Thursday**

Every week there is a different focus. We mix up almost everything!

**FRIDAY, February 12<sup>th</sup>**

**OnSite Dermatology** -Schedule an Appointment with OnSite Dermatology Friday, Feb 12, Starting at 8:45 am. Various insurance plans accepted **Call 1-877-345-5300**

**Friday, 2/12, 9:00 am – Tabata Friday**

Same as Tuesday, with a few different moves to mix it up. High Intensity training for ALL levels! Perform as many of the given exercises for 20 seconds followed by a short rest period before beginning the next repetition. The exercises vary and the results can be outstanding! Challenge yourself at your own pace and work on continuous progression for best results

**Friday, 2/12, 1:00 pm – Vitalize 360 Love Day Presentation – Kim Rivers**

*Asking everyone to wear **RED***

*\*\*\*See Announcement\*\*\**

**SATURDAY, February 13<sup>th</sup>**

**SUNDAY, February 14<sup>th</sup>** – Happy Valentine's Day



**WELCOME TO COLLINGTON**

Ingrid Finnan will move into apartment 352 on February 10, 2021. Her telephone number is 541-5135.



## **ITEMS OF INTEREST**

### ***Saying Thank You to the Collington Staff***

After you get your Covid Vaccine shot this weekend there will be an opportunity to sign a “thank you poster”. The posters will be located in the Ivy Bar as you exit the dining area. Signing should only take a minute and the area will be set to maintain safe distancing.

The Collington staff has spent the last year doing hundreds of things that have kept we residents well and safe. While we may routinely thank those we see there a many who we don’t know and never see. Letting them know we appreciate all they do is important. The posters are a small way to do so. Please plan to include your thank you by signing one of the posters.

### **Attention All Residents**

Our Resident Engagement Coordinator, Kim Rivers, is requesting for residents to lend a hand in the auditorium to help with broadcasting segments on 972. There are a few residents that have dedicated some time, along-side our sound booth guru, John Lees, to learn how the sound booth functions, how to connect zooms/webinars to our auditorium equipment, and how to use the video camera. If you are looking for something to do and want to learn how the auditorium team works, then please contact **Kim Rivers, x7393 ~ [krivers@collington.kendal.org](mailto:krivers@collington.kendal.org)**. Thank you!!

### **Revealing Women: A History of America**

#### **SAVE THE DATES! February 18, 25, and March 4, 11 and 18, 2021**

This year’s women’s history class, “Revealing Women in American History” will feature the many sources available to discover our diverse foremothers’ lives, from traditional letters and diaries to housing floorplans and our favorite personal objects. The class will feature the newly published *Doing Women’s History in Public* written by resident Heather Huyck. Presented on Zoom, each class will combine her presentations with small group discussions and participant sharing. MOTS (Males of the Species) very welcome as you were last year. Will be held on five Thursdays, 12-1:30pm beginning on February 18, 25, and March 4, 11 and 18, 2021. Registration information coming soon.



**MaCCRA Members! MaCCRA needs your membership dues for 2020 and 2021!**

For those who don't know, MaCCRA is the Maryland Continuing Care Residents Association. It is a statewide organization with chapters in 18 CCRCs, including Collington. We seek to protect and advance the interests of residents in CCRCs in Maryland. Our dues are primarily used to pay a professional lobbyist, Barbara Brocato, to alert us to bills in the Maryland General Assembly that bear on the interests of Maryland's CCRC residents, and to educate our state senators and delegates about our needs.

Here at Collington, MaCCRA's Treasurer did not send out requests for dues in 2020. And now it's time to gather dues for 2021, too. Over the next couple of weeks, all previous members of Collington MaCCRA will find renewal notices for 2021 in their mail slots, including a request to add a donation for 2020.

When we are finished reminding all our existing members, we will begin inviting all of our non-members to join, too. Invitations will include an application form that you can use to sign up for MaCCRA, pay dues for 2021, and add a donation for 2020 if you were here then, too.

We look forward to welcoming returning members and new members who wish to assist Collington and other CCRC's to stand up for the rights of CCRC residents throughout Maryland.

**The OO Shop will start accepting clothing again!** For all of you who have been collecting clothing to donate, the OO Shop will begin to accept your used clothing. Please remember that we do **NOT** accept underwear and **DO ACCEPT** gently used **CLEAN** clothing items. Additionally, we will accept your items by week as follows:

- District 1000      Clothing accepted week of February 7th
- District 2000      Clothing accepted week of February 14th
- District 3000      Clothing accepted week of February 21st
- District 4000      Clothing accepted week of February 28th
- District 5000      Clothing accepted week of March 7th
- Apartments      Clothing accepted week of March 14th



We request that you stick to this schedule, as we have very little space within the shop to sort, tag, and display clothing. Should you wish to drop your donations off during hours we are closed, please place them in the green wagon outside the Shop door. Thank you.

**Correction to a previous Collington Foundation Board member profile for**

**Dorothy J. Lee Jones - It should have read:**

Dorothy Jones served on the Village of Collington Board of Directors several times instead of served as Director of the Board.

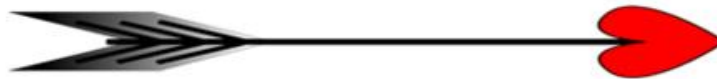
**COME PLAY PING PONG IN THE AUDITORIUM!!!** The Fitness Committee, working with Natalee Zimmerman and others, has arranged for the table to be set up with paddles, balls and sanitizer in the auditorium ever Saturday from 10-3 and Sunday from 10-3. How do you find a partner? **All interested ping pong players, send your name, email address and indicate if you are a beginner or regular player to Norma Taylor at [normaiaam2@hotmail.com](mailto:normaiaam2@hotmail.com). I will compile a list of interested players and send it to you.** This will enable you to contact players and agree on dates and time. You will still need to sign-up on the sheet located on the Campus Activity Board just up the hall from the library. You are encouraged to send your comments and suggestions to me as to how the process can be made as seem less as possible. All equipment found in the closet near the middle auditorium door. **Remember to sanitize the paddles, balls and your hands before and after playing. HAVE FUN!!!**



## February 12th

Asking all Collington Residents and Team Members to  
**wear RED**

to celebrate self-love, love for others, and Valentine's Day!



**It is so easy to show love and appreciation for others, especially if they are family members or close friends. But what about yourself? How much attention do you give yourself? Do you take time to do self-care? Join Kim, your health coach, as she discusses the importance of self-compassion and self-love.**

### **LOVE DAY Presentation**

**February 12, 2021**

**At 1:00 pm**

**On 972**

**Call Kim Rivers for questions, x7393**



## **Department Announcements**

### **From Administration:**

Ask Me Anything sessions: No need to submit questions ahead of time.

- Board-related: February 24 at 3 PM (Zoom) and rebroadcast on 972 Friday, February 26 at 3:30 PM
- Marketing: March 31 at 3 PM (Zoom) and rebroadcast on 972 Friday, April 2 at 2 PM

### **From the COO, Megan Barbour:**

#### **COVID-19 Vaccination Clinic**

Reminder that the second dose vaccination clinic will be held this weekend, Saturday, February 6<sup>th</sup> and Sunday, February 7<sup>th</sup> in the auditorium. Please see the attached memo from last week for details of the vaccination clinic.

We continue to ask CVS to conduct a secondary vaccination clinic to offer first round doses for residents. At this time, they have told us this will be the last clinic. Please see the paragraph in the attached memo about how to register to receive the vaccination through the county. The health services team is here to support residents who will be utilizing that means of receiving the vaccine.

Thank you for staying vigilant in infection control efforts, although the vaccine brings much hope, please remember to keep them up even after the vaccine has been received.



February 3, 2021	Creighton Center Residents	Independent Living Residents	Team Members
Current Persons Under Investigation (PUIs)- those showing symptoms consistent with COVID	0	0	0
Active Positive Cases	0	0/Apartment	2
Total Positive Cases During Pandemic (Cumulative)	35	8/ Apartment 3/Cottage	54
Released/ Recovered from COVID	27	8/ Apartment 2/Cottage	52
Deaths with COVID	8	1/Cottage	0

### **Life Enrichment/Fitness and Wellness Updates:**

#### **The Pool**

Reminders:

1. You must exit the pool after the slotted time session is up, the lifeguard MUST sanitize the pool items, towel hooks, benches, railings etc. There is a 45- minute allotment.
2. You must sign up in advance for a pool slot, for contract tracing purposes, please do not add your name once the slots are full.
  - At this time, the temperature is set to 85 degrees.





## Pool is closed on Sundays

**Feb 8<sup>th</sup>-13<sup>th</sup> 2021**

**\*\* New additional group classes this week**

<b>Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8:00a-8:45</b>	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	<b>Closed</b>
<b>9:00a-9:45a</b>	Lap/Free Swim	Lap/Free Swim	**Aqua Class lead by Marsha V	Lap/Free Swim	Lap/Free Swim	<b>Closed</b>
<b>10:00a-10:45a</b>	Aqua Class lead by Ebony J	Lap/Free Swim	Aqua Class lead by Marsha V	Lap/Free Swim	Aqua Class lead by Marsha V	Aqua Class lead by Marsha V
<b>11:00a-11:45a</b>	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim	Lap/Free Swim
<b>12:00p-12:45p</b>	<b>Closed for lunch and cleaning</b>	<b>Closed for lunch and cleaning</b>	<b>Closed for lunch and cleaning</b>	<b>Closed for lunch and cleaning</b>	<b>Closed for lunch and cleaning</b>	Lap/Free Swim
<b>1:00p-1:45p</b>	Lap/Free Swim	Therapeutic Swim	Lap/Free Swim	Therapeutic Swim	Lap/Free Swim	Lap/Free Swim
<b>2:00p-2:45p</b>	Lap/Free Swim	Therapeutic Swim	Lap/Free Swim	**Aqua Class with Ebony	Lap/Free Swim	<b>Closed</b>

### **Culinary Update:**

Carryout services will restart Monday February 8<sup>th</sup>, 2021. Group 1 will be served from 11:00am to 1:00pm and Group 2 will be served from 3:00pm to 5:00pm. As a reminder, group 1 consists of residents who live in the apartments and 1000s. Group 2 will consist of residents who live in the 2000s, 3000s, 4000s, 5000s, and 5100s. If residents need to switch meal periods temporary, please feel free to do so.

### **Reminder about meal dollars in the country store**

The meal plan will only cover items in the country store that are considered food. Non-food items such as toiletries, batteries, and laundry soap are non-meal plan eligible and will be charged to your account.



# Revealing Women: A History of America Spring 2021

February 18, 25, and March 4, 11 and 18, 2021, 12-1:30 pm, Collington.

This year's Collington women's history class, "Revealing Women in American History" features the many sources available to discover our diverse foremothers' lives, from traditional letters and diaries to housing plans and our favorite personal objects. The class will feature the newly published *Doing Women's History in Public* written by resident Heather Huyck. Presented on Zoom, each class will combine her presentations with small group discussions and participant sharing. MOTS (Males of the Species) are very welcome as you were last year. Will be held on five Thursdays, 12-1:30 pm, beginning on February 18, 25, and March 4, 11 and 18, 2021.

## Registration Form: Revealing Women: A History of America

1. Name: \_\_\_\_\_

2. Phone: \_\_\_\_\_ Residence #: \_\_\_\_\_

3. Email: \_\_\_\_\_ No email \_\_\_\_\_

4. Birth cohort: Please circle:

1920-1929   1930-1939   1940-1949   1950-1959   1960-1969

5. Knowledge of history of American women: Please circle

Very Little   A Little   Some   Lots   Lots & Lots

6. Favorite historic places you know:

7. Anything else you think we should know to make this course wonderful?

Please return to Heather Huyck, #2006 mail slot by February 10, 2021.

Thank you! We look forward to seeing you all in this class.

Pick up	Collington Main Dining			Weekly Menu
	11:00 AM - 1:00 PM	11:00 AM - 1:00 PM	11:00 AM - 1:00 PM	11:00 AM - 1:00 PM
	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM	3:00 PM - 5:00 PM
	<u>Monday</u> 8-Feb	<u>Tuesday</u> 9-Feb	<u>Wednesday</u> 10-Feb	<u>Thursday</u> 11-Feb
SOUPS	White Bean & Ham Soup  Orange/Pear	Potato Leek Soup  Banana	Tuscan Wild Rice Soup  Apple	Broccoli & Cheese Soup  Orange/Pear
SALADS	Fruit Salad	Tossed Salad	Antipasto	Tossed Salad
ENTREES	Chicken Parmesan  Flounder Florentine  Southwest Burrito	Beef and Sweet Peppers  Grilled Swordfish with Caper Butter  Chili Rubbed Tofu with Spanish Rice	Orange Glazed Chicken  Pecan Crusted Pollock  Stuffed Portobello Mushroom	Japanese Grilled Chicken  Grilled Grouper with Olives, Capers and Tomatoes  Taco Grain Bowl with Beans
	Salad Bar		Salad Bar	Chicken Wing Bar
STARCH & VEGETABLES	Roasted Root Vegetables  Mustard Greens  Buttered Pasta	Kale with Onions  Sautéed Mushrooms  Brown Rice	Roasted Tomato  Broccoli  Barley pilaf	Spinach  Corn on the Cob  Sweet Potatoes

			Alternative Menu	Alternative Menu Instructions
11:00 AM - 1:00 PM	10:00 AM- 12:00 PM	10:00 AM- 12:00 PM	<u>Available M-F</u>	
3:00 PM - 5:00 PM	1:00 PM- 3:00 PM	1:00 PM- 3:00 PM		Roasted Kosher Chicken
<u>Friday</u> 12-Feb	<u>Saturday</u> 13-Feb	<u>Sunday</u> 14-Feb	Open Faced Omelette**	
Pho Soup	Lemon Chicken Soup	Navy Bean Soup		Hot Dog
Banana	Apple	Orange/Pear		
Arugula, Feta, and Pecan	Cole Slaw	Bacon and Egg Potato Salad	Rainbow Trout***	Call x2135 by 9:00am. Please leave your order, name and unit number.
Garlic Cheddar Chicken	BBQ Pulled Pork	Rotisserie Chicken		
Meatloaf	Grilled Snapper	Seafood Creole	Grilled Sirloin Steak*	
Vegetable Shepherds Pie	Vegan Spaghetti	Stuffed Acorn Squash		
Salad Bar	Leg of Lamb	Breakfast Bar	<b>Build your own Pizza:</b>	This menu is available every Monday through Friday.
Asparagus Sautéed Zucchini & Red Peppers Cheesy Scalloped Potatoes	Mixed Vegetables  Butternut Squash  5 Grain Blend	Collard Greens with Vinegar  Grilled Yellow Squash  Mushroom Risotto		
			Mushrooms, green peppers, onion, olives, sausage, pepperoni, ham, bacon, spinach	