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## Mayflower Adds All-Abilities Cycle

The Mayflower Community has purchased a side-by-side tandem Van Raam “Fun2Go” three-wheeled cycle, which was delivered Wednesday, August 14th. It can be peddled by one or both of the riders and can be used to ferry less-abled residents around the greater campus, which includes the downtown Central Park and business district.

Mayflower Executive Director Steve Langerud observed, “The joy and utility of bicycling transcends age and ability. For seniors, this simple pleasure also helps improve mobility, build social connections, and stimulate brain development to support memory and neurological function that impacts quality of life.”

A recent wellness survey of Mayflower residents, conducted by Grinnell College faculty and students, revealed that the opportunity to get out of doors was a key desire, particularly for those in our health center and assisted living. A second market research study of Mayflower residents found that two services—transportation and running errands—topped their list of needs.

“We believe that this All Ability Cycle will provide a creative, healthy, and collaborative solution to both wellness and home service needs of residents and the community,” said Langerud.

With the Fun2Go cycle, one person steers while one or both pedal, using the freewheel switch, whereby the second rider can disengage or pedal at any speed. The battery-powered engine provides assistance for climbing inclines. The two riders can easily talk as they sit next to each other.

Local triathlete Austin Jones, who is also the Grinnell State Bank President and President of the Mayflower Board of Trustees, was the inaugural rider. Austin observed, “It was a joy seeing the expression on the faces of my passengers while riding with them. One in particular was especially fun. He was strong and wanted to peddle and get that bike going. We rode over to see his wife. He

(...continued)

was excited to greet her, but then kept wanting to go ride. Then, while riding with Bob Smith, we got to the corner of the Mayflower Lane. I asked if he wanted to turn around. He said, 'No. Let's ride around the block.' This will be a great addition to the campus providing transportation and joy for all the residents."

Mayflower's healthcare Activity Director, Chery Nelson, shared, "A dream come true! I'm excited about the opportunity for our residents to enjoy a bike ride. I saw their smiles, and it brings so much joy!"

Langerud added, "Most importantly, cycling is fun! Imagine a community errand and transportation service for seniors where you are picked up, delivered, and returned home by bicycle. Imagine intergenerational programs in which seniors and students are riding together for fun and transportation. Our ministry drives us to be collaborative and active leaders in supporting the health of all seniors in Grinnell and Poweshiek County."

- *Bob Mann, Sales & Marketing Director*



## **Mayflower Names Director of Health Services**

Mayflower Community's Associate Director/Administrator Kellie McGriff, NHA/BSN has announced RN Holly Thomas as the new Director of Health Services. Thomas will be responsible for all clinical supervision of Mayflower's Health Center, Beebe Assisted Living, and Home Services.

Thomas earned her registered nursing credentials in 2006 at Marshalltown Community College. She has been employed by the East Marshall Community School District as a school nurse for the past nine years. Prior to school nursing, Thomas had four years of experience in the Grinnell Regional Medical Center Intensive Care Unit.

In addition, Thomas has been employed on a part-time basis in Mayflower's Health Center and Beebe Assisted Living facilities since 2014 as a charge nurse. McGriff says of

Thomas, "Holly is a dedicated and thoughtful professional. Her nursing and leadership skills are outstanding. She is passionate about providing quality care for residents while working with families and employees."

Thomas begins her full-time duties effective September 1, 2019.

- *Bob Mann, Sales & Marketing Director*

## Visiting Mayflower's Health Center and Carman Center

The new season of Mayflower Residents Association-sponsored Lyceum programs kicked off Thursday, September 5th at 7:00pm in the Carman Center. The Greek word "Lyceum," meaning a place for education or entertainment, is used for the regular Thursday evening presentations from September through May. The first program was a musical presentation by Grinnell's acclaimed Too Many String Band. Members of the group include Mayflower residents and Wait-List members.

So how do I get to the Mayflower Carman Center? One of the finest entertainment venues in Grinnell, it's located on the second floor of the Health Center (600 Park Street).

There has been a change made to Health Center access in order to provide safety for residents and to mitigate the visitor traffic passing through the lobby. The main floor of the Health Center is now locked for ingress and egress. This is intended to reduce the risk of air-borne illness and to protect residents' peaceful enjoyment of their living space. People visiting Health Center residents will be "buzzed" in and out of the building.



Mayflower is asking people using the Carman Center to enter via one of two paths. First, residents who have been provided the door code for private entrance just to the south of the main Health Center entrance, can reach the Carman Center via stairs. This route can

### ***Carman Center access route beginning at the Beebe entrance***

also be taken to access the Obermiller Center exercise room and the Sports Room, both located on the Health Center lower level. Exiting can be made through the same door.

The second route is the skywalk over Park Street, entering on the west end from the Beebe Assisted Living building elevator or stairs. Visitors can park in the Beebe Circle, on Mayflower Lane, on 1st Avenue, or on Park Street under the skywalk.

Soon, the first floor Health Center elevator will only be accessible via a keypad for use by staff only. The Health Center will no longer be a foyer for pass-through to the elevator for the second floor and the lower level.

Your understanding is appreciated. Enjoy this year's line-up of Lyceum programs!

- Bob Mann, Sales & Marketing Director



## Too Many String Band Kicks Off Mayflower Lyceums

On Thursday, September 5th, The Mayflower Community kicked off its 2019-2020 Lyceum year with a performance by Grinnell's own Too Many String Band. (Yes, it's singular, as in "String Band," but this one has too many!)



They were brilliant and much appreciated. Punctuated by Mayflower residents Sandy Moffet, Betty Moffet, and Sig Barber, as well as several Mayflower Wait-List members, the group played and sang a variety of favorites along with original numbers.

The Lyceums are offered by the Mayflower Residents Association and include a variety of musical and informational programs on Thursday evenings at 7:00pm in the Carman Center. Access to the second-floor venue is through the skywalk over Broad Street, entering from the west at the Beebe building to the Health Center on the east end. The public is welcome.

- Bob Mann, Sales & Marketing Director

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## LYCEUM PROGRAM SCHEDULE FOR SEPTEMBER AND OCTOBER

Sept. 5 - Too Many String Band  
Sept. 12 - Dr. Ryan Dahlby Albright, guitar and vocals  
Sept. 19 - Sara and Gerry Adams, Our 82-day Asia and Pacific Cruise  
Sept. 26 - Music by Gene Wubbels, guitar and vocals



Oct. 3 - International Students from Grinnell College TBA  
Oct. 10 - Randye Jones and Marlys Grimm, spirituals by women composers  
Oct. 17 - Professor Gene Gaub playing pieces by Haydn, Schumann, and Scriabin  
Oct. 24 - Octoberfest music by Pasha and John Buck, Jerry Beauchamp, and Myrt Evans  
Oct. 31 - NO PROGRAM Halloween night

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## Pop-Up Partying at Mayflower



On Friday, September 6, 2019, the Mayflower Residents Association hosted a "pop-up party" during cool, inviting weather. Held in the beautiful Jewel Garden on the west side of the new Watertower Square apartment building, residents enjoyed conversation and a glowing fire pit flame. The event was announced at the last minute — that's how it works with a pop-up party. Many residents gathered to enjoy refreshments, chocolates, and good cheer. Held periodically during nice weather, the pop-ups are one more means of enjoying Mayflower in community with others.

## Tripping the Light Fantastic and Venezuelan Dining at Mayflower

Four weeks of Salsa dancing lessons in The Mayflower Community Buckley Courtyard culminated with a dance demonstration and a Venezuelan-themed dinner hosted by the Mayflower Residents Association on Tuesday, August 20th.

The Salsa dance students led off the evening with a demonstration in the Buckley Dining Room. Dancers included instructor Silvia Ardila and her husband Matt Sonnichsen; Mayflower Foundation Director Bill Ferguson and his wife, Claudia Beckwith; residents Suzanne Schwengels and husband Darwin Kinne; Food Service staff member Marilyn Starnes; locals Tim and Gailanne Dill; and others.

Silvia, a native of Caracas, Venezuela, trained at a Salsa dance academy in Puerto Rico. She led the Mayflower group of 20 students during four evenings of class.



While the dancers were stepping and swaying, diners enjoyed wine and Venezuelan tizana (fruit punch). The meal entrees included empanadas (baked turnovers) with pork and beef, shredded beef, shredded pork, cachapas (corn cakes) with sour cream, arepas (ground corn maize) with Monterey Jack cheese, and cachito (croissant) with mozzarella. The sides were black beans with ham hock, rice, guasacaca (similar to guacamole), and pico (a relish-like salsa). Dessert? A quesillo flan, of course! The alfajores (shortbread cookies with dulce de leche) were scrumptious. All was prepared by The Mayflower Community cooks!

As with all of our foreign-themed meals, residents typically observed, “I couldn’t pronounce what I ate, but it was delicious. All of it!”

- Bob Mann, Sales & Marketing Director



## Make a Splash and Dive in!

Starting September 9, 2019, two different classes will be offered at the Country Inn and Suites to accommodate various levels of fitness: The Calm Waters Class and Wild Waters Class.

**The Calm Waters Class** will focus on movement and range of motion and will have lower joint impact. The class will take place twice a week on Mondays and Wednesdays from 9:00 to 9:45 a.m. for \$50 a month.

**The Wild Waters Class** will provide more intensity and will focus on raising your heart rate with optional jumping. This class will take place three times a week -

- Mondays, Wednesdays, and Thursdays from 10:15 - 11:00 a.m. for \$70 a month.

"I'm excited to have this great opportunity to provide such an amazing service to our communities. I love seeing people able to move and challenge themselves in ways that are not possible anywhere else," said Dori Pearce, an Aquatics Education Association (AEA) certified instructor.

The average cost per class is \$6.

For additional information or to sign up for a class, contact Dori Pearce, AEA certified instructor, by email [dori.pearce@unitypoint.org](mailto:dori.pearce@unitypoint.org) or call 641-990-4715.



## A Journey Through Parkinson's Disease

In conjunction with Iowa State University Extension and Outreach, The Mayflower Community will be hosting three 45-minute sessions about Parkinson's disease. This interactive program is designed to help participants recognize and understand Parkinson's and learn therapeutic activities that can be used in the home.

Entitled "A Journey Through Parkinson's Disease," the offering will be led by three specialists from ISU's Kinesiology and Human Sciences staff. Instructor Joy Rouse, said, "You will learn about therapies and in-home activities that can delay the progression of Parkinson's disease, which is very important for continuing to live a full and happy life."

The sessions will be held on September 13th, 20th, and 27th from 1:30 to 2:30pm in Mayflower's Carman Center. See page 3 of this Informer for a Carman Center navigation guide.

There is no cost for the program, but participants are asked to register by contacting Mayflower's Deb Jack (641-236-6151 or [djack@mayflowerhomes.com](mailto:djack@mayflowerhomes.com)).



## State Fair Picnic at Mayflower

The Mayflower Community put on an Iowa State Fair-themed picnic lunch Wednesday, August 14. The event was hosted on behalf of the Mayflower Residents Association by residents Stan and Janaan Swann. The fare - reminiscent of a feast you might find strolling down Grand Avenue in Des Moines - was served in the air-conditioned comfort of the Buckley Dining Room.

Food options included corn dogs, BBQ ribs, loaded potato nachos, Guinea Grinders, fried chicken, corn on the cob, and a variety of desserts - including funnel cakes, of course! - Bob Mann, Sales & Marketing Director



## Bell Choir Rings Again!



The Mayflower Bell Choir started up again on September 9, with rehearsals occurring each Monday from 1:00-1:45 pm in the Health Center Conference Room. Director Karen Phillips plans to focus two practices each month on preparing a sacred song to be played in the Tuesday morning Chapel service once a month. In addition, she'll add two practices each month focused on teaching new bell choir members the fundamentals of ringing and playing secular songs "just for fun."

By having more variety in the music available for the bell ringers, Karen hopes to expand the available group of ringers and provide more musical experiences to Mayflower residents who just like to make music with other people without necessarily having the pressure of a performance.

And don't be scared off if you didn't make the first rehearsal. "I welcome people anytime!" Karen enthused.

If you have questions about joining the bell choir, please contact Karen by email: [ksiglerphillips@gmail.com](mailto:ksiglerphillips@gmail.com). All bell choir members and prospective members are encouraged to come to every practice in September so they can plan their practice times and focus for each week.

### **IMPORTANT MESSAGE FROM PASHA BUCK:**

**Beginning October 1, the monthly Communion Service will be on first Sundays (not first Wednesdays). The Wednesday service has been discontinued.**

**Thank you!**

**Rev. Pasha Buck, Interim Chaplain • Buckley 218 • 236-8034**





## IN MEMORIAM

*Dorothy Jeanne Watt Pinder*  
*August 29, 1922 - September 5, 2019*

### **Mayflower Residents Jenny and Luther Erickson Honored**



The Mayflower Community is pleased to salute residents Jenny and Luther Erickson on the creation of a new professorship at Grinnell College in their honor: The Luther & Jenny Erickson Endowed Professor of Chemistry.

The initial professorship has been awarded to Leslie Lyons, professor of chemistry. She is pictured with Jenny and Luther.

The Ericksons moved to Grinnell in 1962 when Luther accepted a chemistry professorship at the College. He retired in 2003 after 41 years in the classroom and lab. He is now a professor emeritus of chemistry. Jenny retired as Director of the College Forum and the Harris Center in 1997 after serving for 20 years. As a team, they worked with thousands of Grinnell College students over the years while also playing a strategic part in Grinnell by serving as community volunteers.

Jenny and Luther have lived in a Mayflower Community Harwich Terrace patio home since May of 2014. Jenny just completed her sixth year as a member of the Mayflower Community Board of Trustees. Luther has been active in the Tuesday/Thursday morning coffee group that has wrestled with some of the world's weightier problems. In addition, he has been the official photographer for The Log, the quarterly publication of the Mayflower Residents Association.



*Didn't get enough of the Mayflower salsa dance lessons taught by Silvia Ardija? Sign up for her 4-week, 8-class block, currently offered at Michelle's Dance Academy. You can choose two classes each week from the 4-week program.*

**Classes begin September 11 and end October 5.**

**\$65 per individual/\$120 per couple**

There are various class times available, both morning and evening.

**Call 641-990-2208 for more information.**





## Mayflower's Labor Honors Labor Day

Mayflower staff members make a difference in residents' lives. Why? Because our motto is, "Do the right thing."

We know that it makes a difference. Recently, we received a letter from a family member of a resident who spent her last days in our Health Center. It said, in part, "Although many were puzzled by [loved one's] decision to move to Grinnell, I was not among them. Grinnell and Iowa are great places. I feel sorry for those who don't understand that!"

"It wasn't, however, until I spent my [loved one's] final days and nights in Mayflower's Health Center that I was not only NOT puzzled, I was immensely grateful that [loved one] was there. The nurses and other caregivers in the Health Center are some of the hardest working, most conscientious, smartest, capable women and men that I have had the

privilege to know. The staff never once touched my [loved one] without explaining what they were doing. They always used [loved one's] name when doing so. They tried to hear and understand what [loved one] was trying to convey, and they did all of this with respect and with patience."

"I am of an age where I have many friends whose parents are in similar communities, and all of them have expressed envy when I share the end of life care experience and exceptional support that we had."

This Labor Day, we were affirmed in the work we do. — Bob Mann, Sales & Marketing Director



**MAYFLOWER FLU SHOT CLINIC with Public Health Nurses  
Thursday, October 17 • 9:00–11:00 am in Buckley Dining Room**

**Remember to bring your Medicare and other insurance cards!**

## Transition Treks!

Recent Mayflower independent living move activity includes:



### Moved In:

- Sheila Gause – From Lynnville to Watertower Square #106
- Jean and Bill Wissmiller – From Grinnell to Buckley #211

### Moves in Process:

- Deb VanArkel – From rural Grinnell to 519 State Street Harwich Terrace
- Bill and Lisa Case – From Grinnell and Iowa City to Pearson #206 (remodeling in process)
- Linda Stoll – From Grinnell to Watertower Square #208
- Jim and Janet Ferguson – From Grinnell to Buckley #305 (remodeling in process)

- Bob Mann Sales & Marketing Director ([bmann@mayflowerhomes.com](mailto:bmann@mayflowerhomes.com))

**“I wish we had moved sooner!”**



### LESTER BUS SEPTEMBER GROCERY TRIPS

Wednesday, Sept. 11 -- Sig Barber

Wednesday, Sept. 18 -- Kevin Stutz

Wednesday, Sept. 25 -- Lyle Roudabush

### **NEIGHBORHOOD LUNCH GROUPS** ***(Mondays at 12 noon in Buckley Dining Room)***



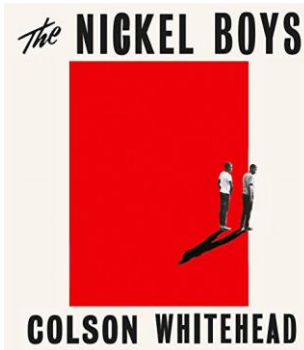
**September 16:** Buckley 2<sup>nd</sup> floor, Watertower 2<sup>nd</sup> & 3<sup>rd</sup> floors,  
Harwich Terrace East

**September 23:** Altemeier, Harwich Terrace Southeast, Harwich Terrace  
North

**October 7:** Buckley 1<sup>st</sup>, Harwich Terrace South, Edwards, Montgomery

**October 14:** Buckley 3<sup>rd</sup>, Pearson, Watertower 1<sup>st</sup>

## **BETWEEN THE BOOKENDS**

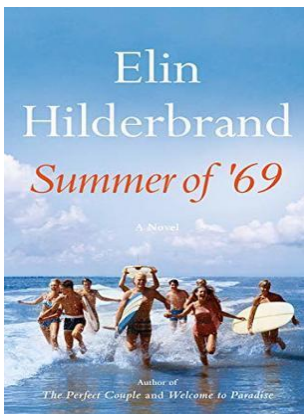


**“The Nickel Boys,”** by Colson Whitehead

Whitehead won the Pulitzer and National Book Awards for his previous book, *The Underground Railroad*. This new novel takes the reader into another facet of African-American history, telling the story of boys sentenced to a horrific Florida reform school in the Jim Crow-era.

Elwood Curtis is a good, smart boy who is totally committed to the words of Martin Luther King, Jr. He makes one innocent mistake and ends up at Nickel Academy, a juvenile reform school. He makes one real friend and lives a life of tension between his idealism and his friend’s skepticism.

The book is based on the real story of a reform school in Florida that, for 111 years, warped young lives and set them on the stage of their lives to come. It might be difficult to read in some parts, but is well written and a story that we should all acknowledge.



**“Summer of '69,”** by Elin Hilderbrand

1969: A tumultuous year. A dysfunctional family is spending the summer on Nantucket. Jessie is the youngest of four, and enjoys a special friendship with her brother, Tiger, who is in the service. For her, this summer brings unwanted liberties, thefts, first kiss, heartbreak, birth, death, racism, romance, the moon landing, the Kennedy scandal, and Woodstock.

At 13, Jessie discovers that she has become a real person in the summer of '69.

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### **New Library Acquisitions:**

***Run Away*** by Harlan Coben LP  
***At the Edge of the Orchard*** by Tracy Chevalier LP  
***The Alice Network*** by Kate Quinn  
***The Big Burn***, by Timothy Egan  
***The Old Drift***, by Namwali Serpell  
***The Dry***, by Jane Harper  
***Sapiens***, by Yuval Noah Harari

### **On the Podium:**

***Wisdom: Quotes of Prominent Women and Men Over the Age of 65***



- Robin Estes, MRA Librarian



# UPCOMING SATURDAY MATINEES AT KIESEL THEATRE

The plush Kiesel Theatre in The Mayflower Community seats 55 comfortably in reclining theatre seats harvested from the local Strand Theatre during its remodeling. The seats have cup holders and have been refurbished (meaning that none of the gum you put under your seat when you were dating years ago is still there!). Enjoy some hot buttered popcorn, a soft drink, and sit back for the film you've been waiting to see (or are seeing once again!). **There's a great flick screened every Saturday at 2 pm!**



## **The Man Who Knew Too Much – September 14**

**Rated PG**

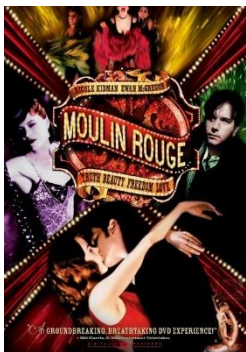
While vacationing in Morocco, American tourist Ben McKenna (James Stewart) learns of an assassination plot but can't turn to the police without endangering his young son, who's been kidnapped to ensure McKenna's silence. Director Alfred Hitchcock's suspenseful remake of his 1934 thriller features a rare dramatic turn by Doris Day as Ben's wife and makes legendary use of the Oscar-winning tune "Whatever Will Be, Will Be (Que Sera, Sera)."



## **Mary Poppins Returns – September 21**

**Rated PG**

The magic continues in Disney's classic as Mary Poppins (Emily Blunt) helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible... even the impossible. Starring Emily Blunt, Lin-Manuel Miranda, Colin Firth, Julie Walters, Dick Van Dyke, and Meryl Streep.



## **Moulin Rouge – September 28**

**Not Rated**

A naïve young poet (Ewan McGregor) falls in love with a cabaret star (Nicole Kidman), and their ill-fated romance serves as a convenient peg on which to hang a dazzling array of songs, from snatches of Rodgers and Hammerstein's "The Sound of Music" to Madonna's "Like a Virgin." But the real star is director Baz Luhrmann, who came up with this infectious concoction that won two Oscars for art direction and costume design as well as six other nods.



## **After Auschwitz – October 5**

**Not Rated**

After Auschwitz is a "Post-Holocaust" documentary that follows six extraordinary women, capturing what it means to move from tragedy and trauma towards life. Hoping to find a sense of normalcy, the survivors immigrate to America, get married and raise children. They serve as our guides on an unbelievable journey, sometimes celebratory, sometimes heart breaking but always inspiring.

## Jennie Canfield Celebrates Her Centennial

Although her birthday is actually August 19, community resident Jennie Canfield celebrated her 100<sup>th</sup> birthday Sunday, August 18 with a reception in the Beebe Assisted Living Dining Room. She was surrounded by friends and family for her special day.

Jennie, who moved to Beebe from her home in Grinnell, recently transitioned to Mayflower's Health Center. She was surrounded by friends and family for her special day. Happy 100<sup>th</sup>, Jennie!



Myrt Canfield, pictured (above) with her mom, Jennie, retired earlier in the summer from working as the Health Center's receptionist.

Happy Birthday!

## OCTOBER BIRTHDAYS

- |   |  |
|---|--|
| 1 - Dwight George, Bernie Ulm,              | 18 - Nadine Brouwer                      |
| 4 - Lyle Kuehl, Nancy Agnew, Nancy Guenther | 19 - Laird Keever, Ginny Cameron         |
| 8 - Sandy Beyer                             | 21 - Lolya Lipchitz                      |
| 9 - Ruth Robertson                          | 24 - Kathy Locey                         |
| 10 - Mary Ogata, Carolyn Roudabush          | 25 - Martha Voyles                       |
| 12 - Suzanne Redenius                       | 26 - Will Case                           |
| 13 - Anette Cech                            | 29 - Gail Greenwald,<br>Christine Tinker |
| 15 - Margaret Rorvig                        | 30 - Nancy Hendrickson, Sis Vogel        |
| 16 - Judy Barber                            |  |

## Homecoming Parade Planning



If you graduated from Grinnell High School or have any family members who have or are currently in Grinnell schools, please notify Kellie McGriff ([kmcgriff@mayflowerhomes.com](mailto:kmcgriff@mayflowerhomes.com)) or Sis Vogel ([sisvogel1@gmail.com](mailto:sisvogel1@gmail.com)).

We're putting together that information to determine how to honor Mayflower's connection to Grinnell schools in the Homecoming Parade, slated for October 3<sup>rd</sup>. Please include name, graduation year, and - if possible - a senior picture.

Thank you! - Kellie McGriff, Associate Director/Administrator

# J & B BISTRO MENU - SEPTEMBER



## **HOURS:**

**Monday-Friday 10:30 AM – 6:00 PM**

### **Monday, September 16**

**Chicken of the Sea Salad** – *Mixed greens topped with crab and tuna with your choice of dressing* - **\$4.75**

**Polish & Kraut** – *Polish sausage with sauerkraut* - **\$4.25**

**Chicken Sandwich** – *Served with Cheddar cheese, tomatoes, and chives* - **\$4.25**

### **Tuesday, September 17**

**Cobb Salad** – *served with vinaigrette* - **\$4.75**

**Grilled Cheese & Bacon** - **\$4.25**

**Fancy Fruit Panini** – *Raisin bread with cinnamon cream cheese and topped with strawberry and banana* - **\$4.25**

### **Wednesday, September 18**

**Garbage Salad** – *Seasoned beef on lettuce with tomato, cheese, onion, hard-boiled egg, and your choice of dressing* - **\$4.75**

**Reuben Sandwich** – *Corned beef, sauerkraut, Swiss, and Thousand Island dressing on rye bread* - **\$4.25**

**Turkey Club** – *A classic, on toasted wheat bread* - **\$4.25**

### **Thursday, September 19**

**Tamale Salad** – *Lettuce topped with onion, corn, and Tamale's salsa, with sour cream served on the side* - **\$4.75**

**Grilled Ham and Cheese** – *On marble rye* - **\$4.25**

**Chicken Avocado BLT** – *Chicken topped with bacon, avocado, lettuce, and tomato on a bun* - **\$4.25**

### **Friday, September 20**

**Dilled Shrimp Pasta Salad** - **\$4.75**

**Smoked Beef Brisket** – *served with Cheddar, bacon, and BBQ sauce* - **\$4.25**

**Tuna Salad Croissant** - **\$4.25**

### **Saturday, September 21**

**Pizza (from 10:30 AM to 5:30 PM)**

**ALL MENUS ARE SUBJECT TO CHANGE**



# J & B BISTRO MENU - SEPTEMBER



## **HOURS:**

**Monday-Friday: 10:30 AM – 6:00 PM**

### **Monday, September 23**

**Crispy Chicken Salad** – Served with honey BBQ dressing - **\$4.75**

**Hot Brown Sandwich** – Open-faced turkey sandwich with bacon, tomato, and Mornay sauce - **\$4.25**

**Ranch Chicken Wrap** – **\$4.25**

### **Tuesday, September 24**

**Grilled Chicken Salad** – Mixed greens topped with grilled chicken and your choice of dressing - **\$4.75**

**Open-Faced Hot Beef Sandwich** - **\$4.25**

**Chicken Caesar Melt** – Grilled chicken, bacon, Romaine, Parmesan cheese and Caesar dressing on panini bread - **\$4.25**

### **Wednesday, September 25**

**Chicken Bacon Ranch Melt** – Grilled Chicken with bacon, Swiss, and ranch dressing on a bun - **\$4.75**

**BBQ & Blue Burger** – Beef patty with blue cheese, BBQ, and onion rings - **\$4.25**

**Club Sandwich** – **\$4.25**

### **Thursday, September 26**

**Breakfast Sandwich** – Sausage and bacon topped with egg and cheese - **\$4.25**

**Fish Sandwich** – Served with tartar sauce - **\$4.25**

**Strawberry Chicken Salad** – with pecans and vinaigrette - **\$4.75**

### **Friday, September 27**

**Chef Salad** – with choice of dressing - **\$4.75**

**Salsa Chicken** – Chicken breast, onion, and roasted tomatoes. Served with chunky salsa - **\$4.25**

**Fish Tacos** - **\$4.25**

### **Saturday, September 28**

**Pizza (served from 11 AM to 5:30 PM)**

**ALL MENUS ARE SUBJECT TO CHANGE**

## UPCOMING EVENTS

### **Book Club: Game Room, 1:00 PM**

Friday, September 20: *A Spark of Life*, by Jodi Picoult.

### **Kiesel Theatre Saturday Matinees, every Saturday at 2:00 PM**

September 14: *The Man Who Knew Too Much*, rated PG

September 21: *Mary Poppins Returns*, rated PG

September 28: *Moulin Rouge*, not rated

October 5: *After Auschwitz*, not rated

### **Lyceum Program, every Thursday at 7:00 PM, Carman Center**

Sept. 19: Sara and Gerry Adams, Our 82-day Asia and Pacific Cruise

Sept. 26: Music by Gene Wubbels, guitar and vocals

Oct. 3: International Students from Grinnell College TBA

Oct. 10: Randy Jones and Marlys Grimm, spirituals by women composers

### **SE\*ED Senior Education Program**

September 16 – **“Singing Bowls,”** with Kathy O’Connor

September 23 – **“Studying with The Help of The Community,”** with Mary Jane Shroyer, Director of Health Professions Career Community Center for Careers, Life, and Service, Grinnell College

September 30 – **“Update Your Health – Intelligent Aging,”** with Andy Nish, Medical Director of John Stoddard Cancer Center

### WEEKLY ACTIVITIES

<b>Theraband</b>	Mon, Wed, Fri - 11am	Beebe Activity Room
<b>Senior Strength</b>	Mon, Wed - 2:15pm	Sports Center
<b>Women’s Table Tennis</b>	Monday - 4pm	Table Tennis Center
<b>Walking Warriors</b>	Tues, Thurs 8:15am	Buckley Courtyard
<b>Chair Yoga</b>	Tues, Thurs 11am	Montgomery Lounge
<b>Game Night</b>	Wednesday - 6:30pm	Anchor Room
<b>Koffee &amp; Konversation</b>	Friday - 9:30am	Buckley Dining Room
<b>Men’s Coffee Group</b>	Thursdays - 8:30am	Buckley 3 <sup>rd</sup> Floor Lounge
<b>Senior Strength</b>	Friday - 11am	Sports Center

### WORSHIP OPPORTUNITIES

<b>Sunday Worship</b>	Sunday - 10am	Carman Center
<b>MRA Chapel</b>	Tuesday - 10am	Carman Center

**September 17: Dorothy Noer, Mayflower Resident**

**September 24: Pastor Donovan Van Wyk, Westchester Community**

<b>Evening Worship</b>	Wednesdays - 6pm	Beebe Activities Rm
<b>Unitarian Service</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Sunday - 10:30am	Montgomery Lounge
<b>Eucharist (BCP)</b>	1 <sup>st</sup> Sunday - 3pm	Fireside Room

**OCTOBER’S INFORMER WILL BE PUBLISHED AND DISTRIBUTED FRIDAY, OCTOBER 11.**

**DEADLINE FOR SUBMISSIONS IS FRIDAY, OCTOBER 4. Please email your submissions to**

**Sarah at: [spfennigs@mayflowerhomes.com](mailto:spfennigs@mayflowerhomes.com)**