

## The Informer

September 2, 2022  
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### Expanded Mayflower Well-Being Offerings Fall 2022

Beginning Monday, September 12<sup>th</sup>, a broad range of physical Well-Being activities will be offered by Mayflower's staff to all residents.


At their inception, the classes will be offered at 9:00am, Monday through Friday mornings. Initially, they will be offered in the Carmen Center (2<sup>nd</sup> floor of Health Center). Eventually, class locations will include the Obermiller Center (lower level of Health Center) and in the newly constructed Pearson Fitness Center (lower level).

Class instructors and providers will include:

- Hannah O'Polka – Well-Being Coordinator
- Leslie Jaworski – Community Life and Wellness Staff
- Cecelia Bagnoli – Community Life and Wellness Staff
- Dr. Darius Bradford, DC – Chiropractor
- Melinda Sherman – Licensed Massage Therapist
- Sydney Bradford – Acupuncturist (later)
- Jackie Hutchison – Craniosacral Therapy (later)

The first classes will be:

- Senior Strength. Mondays and Wednesdays. Hannah. When strength training and balance exercises work together, significant improvements can be made in our ability to counteract age-related muscle loss. Join this fun, high energy, weight training class to combat weakness, build muscle strength, and preserve your independence!
- Chair Yoga. Tuesdays and Thursdays. Staff. This will be an



opportunity to practice self-care through yoga's ability to enhance strength, balance, and flexibility; ease back pain and arthritis symptoms; increase mental and physical energy, alertness, and enthusiasm; and support stress management. All levels of experience will be welcome. Wear comfortable clothing (sweatpants, yoga pants, sweatshirts, t-shirts). Mats will be provided; however, you are welcome to bring your own mat or cushion.

- TheraBand. Fridays. Staff. This 30- to 40-minute class uses the TheraBand® stretch strap, a thick elastic loop used for light resistance stretching to strengthen muscles and joints to enhance functional mobility. If you have your own TheraBand, bring it. Otherwise, straps will be provided. Wear loose, comfortable clothing.

Classes in the planning process, which will be offered later, include:

- Step It Up! This class takes the buzz of your classic 1990s step aerobics class and combines it with modern, heart-pumping music and fun, low impact cardio movements. Modifications will be available for those who need it. Let's step up your heart health game!
- Tai Chi. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Please wear a mask as you enter the Beebe building and elevator to take the skywalk over to the Carman Center. Masks will not be required during class if you are vaccinated and boosted.

Watch for "Take Note" announcements with additional details.

*-Kellie McGriff, Associate Director/Administrator*

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## Sew What?

Accomplished seamstress, Susan Ford, is a Housekeeper in Grinnell's







Mayflower Community. She enjoys volunteering with Health Center residents.

In the accompanying photo, Susan assists residents in a recent sewing session. Susan (right) assists Karen Stevenson who is sewing a pillow.

*-Tracy Woolfolk, Community Life and Wellness Department*

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## **Reminder: Jack Morrison Retirement Reception**

Yes, it's true. After 38 years of faithfully serving The Mayflower Community, Jack Morrison, Director of Facilities Management, will be retiring today (Friday, September 2<sup>nd</sup>). To honor Jack and his wife Jackie, a Retirement Reception will be hosted by Mayflower in the Buckley Dining Room, 2:00-3:30pm. Come wish Jack well.

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## **Resident News**

### **Timer Memory**

On Thursday, August 18<sup>th</sup>, Steve Cranston represented the Deep River American Legion Post #296 in making a donation to The Mayflower Community in memory of Norman ("Timer") McCombs. After farming in the rural Deep River area, Timer lived for a period at the end of his life in Mayflower's Beebe Assisted Living and then the Health Center. The Community Life and Wellness staff will find many uses for the 41 word-puzzle books, four boxes of colored pencils, 10 washable markers, and 24 super thin washable markers. And, Timer is probably still smiling!



*-Leslie Jaworski, Director, Community Life and Wellness Department*

## Recycle Collection Points on Mayflower Campus

This is a reminder for residents of the five “Traditional” apartment buildings. We collect paper and cardboard recycle materials in the marked bins in each floor’s “Utility Room.” For other recyclables—plastic, tin, aluminum—we have made special arrangements with the City to have those picked up from two special dumpsters located in the recycle building on Mayflower Lane across from the Pearson building.

These latter items cannot be mixed in the cardboard dumpster without getting a warning (or worse!) from the City. Please be mindful that every day, our Facilities staff has to scoop up the cardboard and paper from inside the buildings and carry it to the recycle building.



### **MRA September Forum** *The Grinnell College Museum of Art*

The museum opened 20 years ago as the Faulconer Gallery in the Bucksbaum

Center for the Arts at Grinnell College. Since then, it has spawned a dramatic expansion of art on the campus as well as in the Grinnell community. In addition, the Museum embodies the College’s commitment to promoting the arts and enhancing the quality of life by producing major exhibitions of national and international art and artists.

In 2019 the name was changed to the Grinnell College Museum of Art to better encompass everything it does.

The Mayflower Community’s first Forum of the season will host Susan Baley, the new Director of the Grinnell College Museum of Art.

- Date: Tuesday, September 13th
- Time: 2:00pm
- Place: Kiesel Theater (lower level of the Pearson building)

*-Gerry Guenther, Forum Committee*



The Spiritual Life Committee of the Mayflower Residents Association will host the first Fall Chapel Service:

- Tuesday, September 13th
- 10:00 to 10:30am
- Kiesel Theatre

As Chapel is just restarting, no permanent schedule has been set. When offered, services will be 10:00am on a Tuesday in the Kiesel, but the specific dates are yet to be determined. Dates will be published when established.



## Happenings at Grinnell College

### Offering Two Wellness Classes

Announcement from Ben Coopriider, Grinnell College Assistant Athletic Director: Two classes will be held in the Multi-Purpose Dance Studio (P103) on the street level of the Natatorium side of the Bear Center. Starting Tuesday, August 30<sup>th</sup>, the HIIT (High Intensity Interval Training) class will be held every Tuesday and Thursday from 4:30-5:15pm when classes are in session.

This high-energy class encompasses a mixture of both strength training and HIIT work. We will utilize mostly dumbbells and bodyweight exercises with a different format used each class. This class is good for all fitness levels, as modifiers are available.

And, on Fridays from 12:00noon-1:00pm, we will be offering a Yoga class, which is a breath-initiated practice that strings postures together into a yoga “flow”. All levels welcomed.

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### Treasure Chest Notice and Plans

The September display in the Pearson lobby Treasure Chest will be Mayflower 75<sup>th</sup> anniversary artifacts. Founded in 1950, Mayflower will celebrate that anniversary in



2025. If you have anything from the “old days” that we could display in the Treasure Chest, please deliver it to my office by Wednesday, August 31<sup>st</sup>. Treasure chest items can be brought to Steve's office or Joni.

*-Steve Langerud, Executive Director*

Greetings members of the Mayflower Community. The Treasure Chest Committee needs your help during the year 2023. Please note the date of 2023. You did read correctly. We wanted to give you plenty of time to think.

First, DO YOU HAVE COLLECTIONS YOU MIGHT WISH TO DISPLAY? Your collection might not be enough to fill the entire display case located in the lobby of Pearson. We (the committee) will help you coordinate with others for a complete display.

This month we have placed several “teasers” (antique fishing gear, fans, stamps, coins, etc.) in the case to get you thinking about your own collections. Please note the committee is also available to assist in setting up and taking down your display should you wish. Displays will be left up for two months at a time (or one month if you want to take it down earlier).

Second, we would welcome other members to our small committee. It is an exciting and fun job talking about collectors, their collections and why they have them!

Contact: Doug or Ginny Cameron (236-4544), [cameronv641@gmail.com](mailto:cameronv641@gmail.com) and Janis Peak (236-8993)

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**Armchair Travels**  
**in Mayflower's Kiesel Theatre**  
*2:00pm on Thursdays*

Below are the upcoming virtual "trips.

**September 8<sup>th</sup>**

- U.S., North Dakota & South Dakota; Taste of
- U.S., Massachusetts, West Boxford



- Italy, Tuscan Harvests

### September 15<sup>th</sup>

- Canada, Quebec City
- U.S., Virginia, Faber
- Peru, Machu Picchu

### September 22<sup>nd</sup>

- U.S., Alaska, Bear Island
- U.S. Alaska Inside Passage

### September 29<sup>th</sup>

- U.S., Montana, Wolves in Yellowstone
- Immigrating to America

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## Kiesel Theatre Movies Saturdays, 2:00pm.

**September 10<sup>th</sup>:** *Field of Dreams* (1989). Kevin Costner. “If you build it, he will come.” With these words, referring to “Shoeless” Joe Jackson, Iowa farmer, Ray Kinella (Kevin Costner), is inspired by a voice he can’t ignore to pursue a dream he can hardly believe. Supported by his wife Anne (Amy Madigan), Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true. Along the way we meet reclusive activist Terence Mann (James Earl Jones), the mysterious “Doc Graham” (Burt Lancaster) and even the legendary “Shoeless Joe” Jackson (Ray Liotta). A heartwarming experience that has moved critics and audiences like no other film of this generation. 105 minutes. PG. English subtitles.

**September 17<sup>th</sup>:** *Downton Abbey: A New Era* (2022). The much-anticipated cinematic return of Downton Abbey follows the Crawleys and their staff as they welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. With a screenplay by Julian Fellowes and starring the original cast alongside exciting new additions, *Downton Abbey: A New Era* is full of exuberant moments, excitement and humor, tears of joy and sadness, and new beginnings for all your favorite characters. 123 minutes. PG. English subtitles.



**September 24: *American Underdog* (2021).** Biographical sports film about NFL quarterback, Kurt Warner. The film depicts Warner's journey as an undrafted player who ascended to winning Super Bowl XXXIV. It stars Zachary Levi as Warner, alongside Anna Paquin as his wife Brenda, and Dennis Quaid as his head coach Dick Vermeil. 112 minutes. PG. English subtitles.

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## Available Mayflower Homes

### Apartments

- Pearson #211. 1,133 sq.ft. One bedroom/one bath. Dining room + den/living room. Luxury vinyl wood floor plank. Washer/dryer. Extra storage. \$79,500
- Buckley #207. 1,027 sq.ft. One bedroom + den. 1½ baths. All luxury vinyl wood floor plank. Extra storage. Two balcony doors/long balcony. \$76,750
- Altemeier #105. 892 sq.ft. One bedroom/one bath. Large great room. Kitchen dining space. Washer/dryer. Two exposures.
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$64,750
- Pearson #213. 600 sq.ft. One-bedroom. New LVP flooring. \$48,250
- Buckley #202. 592 sq.ft. One-bedroom/one bath. Outside door/balcony over Buckley courtyard. Four closets. \$55,250

### Harwich Terrace Patio Homes

- 25 Park Street. 1,280 sq.ft. One bedroom/one and one-half bath up. Three-season sunroom. Deck. Full, mostly finished basement with two bedrooms, full bath, family room, shop. In Wait-List.

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## Residents' Birthdays

John Buck, Gloria Clay, Mari Duke, and Dennis Perri on September 2<sup>nd</sup>

Lynn Budding, Charlie Duke, Lois Oertwig, Suzy Raffety, and Bob Williams on September 7<sup>th</sup>

Nancy Brown on September 12<sup>th</sup>

Mary Grey on September 17<sup>th</sup>

Arloene Yungclas on September 17<sup>th</sup>

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## In Memoriam

Netia Worley

Date of Birth: December 19, 1928

Date of Passing: August 21, 2022



### Informer Submission Deadlines

- Submission deadline is September 9<sup>th</sup> for publication September 16<sup>th</sup>
- Submission deadline is September 23<sup>rd</sup> for publication September 30<sup>th</sup>

Find more of *The Informer* online [here!](#)



Mayflower  
Information

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