

The Informer

September 30, 2022
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Well-Being Is Leaning and Stretching at Mayflower!

Senior Strength, Chair Yoga, TheraBand, Hydromassage,

workout equipment in two different fitness rooms....It is happening in The Mayflower Community!

The independent living resident Well-Being program, led by Hannah O'Polka, CNS, FT, has performed training on a number of pieces of workout equipment and is now offering exercise classes every weekday morning. Other instructors include Leslie Jaworski and Cecelia Bagnoli of Mayflower's Community Life and Wellness department. Additional classes are in the offing.

In the accompanying photo, Hannah leads a Senior Strength class in Mayflower's spacious Carman Center.

Massage therapist, Melinda Sherman, LMT (641-821-9629), began seeing her first Mayflower clients last Friday. Other professionals are or will be available, including the podiatrist, audiologist, chiropractor, craniosacral therapist, acupuncturist, and physical and occupational therapists.

Mayflower is committed to providing support for our Active Adults.

Bob Mann, Mayflower Sales & Marketing Director

September Wine & Cheese Gathering

The next Wine and Cheese event will be (today!)



Friday, September 30th, 4:30-5:30pm, Buckley Dining Room. Come and enjoy Mayflower resident conversation...and refreshments!

Fall Dinner October 4th

Serving will begin at 5:00pm in the Buckley Dining Room for this menu: Braised Beef Roast, table rolls with butter, roasted butternut squash salad, honey-glazed carrots, duchess potatoes, and apple pie. \$12.00 per person. No pick-up or delivery.

Reservations for residents and guests due by Monday, October 3rd, 12:00noon (641-236-6151 x216 or jstaroska@mayflowerhomes.com)

MRA October Forum Peter Hanson: The Grinnell College National Poll

Grinnell College Associate Professor, Peter Hanson, PhD will be the featured speaker at the Mayflower October Forum.



A specialist in American politics, Dr. Hanson is the director of the highly-acclaimed Grinnell College National Poll and will be sharing its most recent results.

First launched as a pilot project in August of 2018, the poll partners Grinnell College faculty and students with nationally-renowned pollster J. Ann Selzer to probe the political attitudes of the American public, providing thoughtful and timely information on current events, national trends, and important policy questions.

Date: Tuesday, October 11th

Time: 2:00pm

Place: Kiesel Theater (lower level of the Pearson building)

-Gerry Guenther, Forum Committee

Resident News

Jack Thanks You

To Mayflower Residents and Staff,

I'd like to thank all of you for a great retirement party! It was fantastic to see all of you. I appreciate all of you who took time to stop by, especially when the line was so long! Thank you also to all those who called, texted, sent cards, or stopped by... I enjoyed our conversations.

It's been my honor to work at Mayflower all these years and be a part of the team taking care of the facilities at Mayflower. To those staff who worked with me, you are the best! Keep up the good work!

I'd also like to thank the staff who worked so hard to put on the party, Christy Kaisand (and daughter) along with Jacob Staroska and all the Foodservices staff for producing and serving the food. It tasted great (as always)!

I look forward to seeing you all. I'll be around.

-Jack Morrison, Retired Director of Facilities

Available Mayflower Homes

Apartments

- Pearson #211. 1,133 sq.ft. One bedroom and one and a half baths. 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 #218. 887 sq.ft. One bedroom. 1½ baths. Office. Walk-in closet. \$77,900
- 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

- 725 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.

Mayflower Chapel Service Resumes

Worship

The Spiritual Life Committee of the Mayflower Residents Association presents biweekly Chapel Services: **2nd and 4th Tuesdays; 10:00-10:30am; Kiesel Theatre.**

The worship leaders for upcoming services are:

- October 11th. Rev. Anthony Nieuwsma, Grinnell Friends Church Pastor
- October 25th. Rev. Eric Schubert, Grinnell United Methodist Church Pastor
- November 8th. Rev. John Noer, Retired United Church of Christ Pastor and Mayflower resident
- November 22nd. A special service remembering Mayflower residents who have died in the past liturgical year led by Rev. Anne Sunday and Dorothy Noer, Mayflower resident

Wanted: Persons willing to serve on the Mayflower Residents Association Spiritual Life Committee and volunteer musicians. If interested, please contact Dorothy Noer, Spiritual Life Committee Chair, at 712-420-1337 or email jdnoer@gmail.com.



Happenings at Grinnell College

September 27 – December 10 –
Reverent Ornament: Art from the Islamic World Exhibition
premieres at Grinnell College Museum of Art

On Tuesday, Sept. 27, the Grinnell College Museum of Art (GCMoA, 1108 Park St.) opened Reverent Ornament: Art from the Islamic World continuing through Saturday, Dec. 10. The exhibition explores the West's fascination with the arts and crafts traditions of the Middle East and beyond. Learn more on the College's [website](#).

Booklist

Once a Liar by A.F. Brady
The Heron's Cry by Ann Cleeves
The Cafe by the Sea by Jenny Colgan
The Bookshop on the Corner by Jenny Colgan
The Santa Clause Girl by Patricia Goodin
Golden Girl by Elin Hilderbrand
Woven (LP) by Nancy Heil Knor
The Summerfield Bride by C.G. Oster
My Italian Bulldozer (LP) Alexander McCall Smith
The Good Left Undone by Adriana Trigiani
Black Cake (LP) by Charmaine Wilkerson
Still Life (LP) by Sarah Winman

LP= large print

Book Reviews

The Stories of My Life

By James Patterson

What is your favorite Patterson book? James Patterson is one of the best-known and biggest selling writers of all time. His books have sold over 375 million copies worldwide. In this book he is once again telling stories but this time they are stories about his life and how a small town boy becomes a famous writer. Because of his unique writing style this book is easy to read and hard to put down and it's in large print!

The Cafe by the Sea

Jenny Colgan
(Large Print)

This is the first Jenny Colgan book that I have read and it was quite enjoyable. The setting is Mure, a fictional Scottish Isle based on the actual beautiful, rustic area of Scotland. Learning about this part of the world, its people, language, lifestyle and food (recipes included) was probably my favorite part. We meet Flora who has escaped Mure for the big city life in London. Her job as a paralegal sends her back to Mure to settle a legal dispute between the townspeople and a wealthy American who is trying to setup a posh resort. Flora rediscovers her love for Mure and her family and must make a decision which will affect the rest of her life.

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



Below are the upcoming virtual "trips."

October 6th

- Taiwan
- Norway, Oslo
- U.S., New Mexico, Santa Fe

October 13th

- Arctic, People of The Ice
- Scotland, Edinburgh & The Highlands

October 20th

- U.S., Colorado & Utah
- Europe, Medieval

October 27th

- Greece, The Parthenon
 - Mexico, Oaxaca
-

Kiesel Theatre Movies
Saturdays, 2:00pm.

October 1: *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.

October 8: *American Statue of Liberty* (1985). Film by Ken Burns. This lyrical, compelling, and provocative portrait of the statue explores both the history of America's premier symbol and the meaning of liberty itself. The fascinating story of this universally-admired monument is told, featuring rare archival photographs, paintings and drawings, readings from actual diaries, letters, and newspapers of the day. 60 minutes. Not rated. English subtitles.

October 15: *Divine Secrets of the Ya-Ya Sisterhood* (2002). Neither New York playwright, Hilda Lee Walker, nor her eccentric Louisiana mother Vivi will take steps to mend the rift between them. The Ya-Yas, lifelong friends of Vivi, stage an unorthodox "intervention" to bring together mother and daughter in this warm adaptation of Rebecca Wells' bestsellers. Sandra Bullock, Ellen Burstyn, Ashley Judd, James Garner, Fionnula Flanagan, Shirley Knight, Maggie Smith, and more. Powerful and funny. 116 minutes. PG-13. English subtitles.

October 22: *Ace of Hearts* (2008). Family adventure proving love and determination can make anything possible. Officer Dan Harding (Dean Cain) and canine partner Ace are the best duo on the police force, but that leaves little time for Dan's family, including his 13-year-old daughter Julia (Britt McKillip). When Ace is falsely accused of a crime, Julia works to prove Ace's innocence. Julia's sleuthing skills combined with her unending faith and will to save Ace, aid the critical reconnection of her family. 100 minutes. PG. English subtitles

October 29: *Amelia* (2009). Based on the story of Amelia Earhart (Hilary Swank), the legendary American aviator who boldly flew in the annals of history. Richard Gere co-stars as charismatic business partner and adoring husband, George Putnam. Their enduring marriage could not be broken by Amelia's determination to fly nor her passionate affair with Gere Vidal (Ewan McGregor). Equal parts gripping drama, stirring romance, and epic adventure. 111 minutes. PG. English subtitles.

Residents' Birthdays

Darwin Kinne on September 30th

Dick Vogel on September 30th
Dwight George on October 1st (101!)*
Bob Cadmus on October 3rd
Lyle Kuehl on October 4th
Nancy Agnew on October 5th
Nancy Guenther on October 5th
Sandy Beyer on October 8th
Helen Lippincott on October 9th
Ruth Robertson on October 9th
Carolyn Roudabush on October 10th
Janice Logan on October 11th
Suzanne Redenius on October 12th
Margaret Rorvig on October 15th (102!)**
Judi Barber on October 16th
Nadine Brouwer on October 18th
Laird Keever on October 19th

*624 Broad Street M-9, Grinnell IA 50112

**927 – 1st Avenue #204, Grinnell IA 50112

Informer Submission Deadlines

- Submission deadline is October 7th for publication October 14th
- Submission deadline is October 21st for publication October 28th

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



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Mayflower
Information



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