

Carlyle Place Independent Living August 2024

# The Carlyle Chronicle

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## Fun - NOT in the Sun Week!

Check out pages 2, 4 & 15 for more information

### Documentary: *March of the Penguins*

Sunday, August 11 · 7 pm · The Grande

### Afternoon (Cold) Tea

Monday, August 12 · 2 pm · Seasons Dining

### Be Cool while Line Dancing

Monday, August 12 · 3 pm · The Grande

### OT Dance for All

Tuesday, August 13 · 1 pm · The Grande

### Peach Ice Cream Social

Tuesday, August 13 · 3 pm · Activity Rooms

### Chair Volleyball Tournament

Wednesday, August 14 · 3 pm · The Grande

### Creamsicle Happy Hour

Wednesday, August 14 · 5 pm · The Pub

### Trip to Pin Strikes

Thursday, August 15 · Depart Lobby at 12 pm

### Scavenger Hunt

Thursday, August 15 · 10 am - 3:30pm

### Karaoke Happy Hour with DJ Dustin

Friday, August 16 · 4:30 pm · The Grande

### Movie: *Doctor Zhivago*

Saturday, August 17 · 7 pm · The Grande

## Recurring Activities

### Happy Hour

Monday - Friday · 5:00 - 6:00 pm · The Pub  
Saturdays · 5:00 - 7:00pm · The Pub

### Have You Heard

Tuesdays · 11 am · The Grande

Attend this weekly town hall-style meeting to stay up-to-date on information about what is happening at Carlyle Place.

### Line Dancing

Mondays · 3:00 pm · Group Fitness Rm  
Except on August 12

### Pub Trivia

2nd Tuesday · 4 pm · The Pub

The Pub opens early for this rowdy, competitive game of trivia where teams of five or less compete for prizes. Sign up in the Uniguest app and note if you are in search of a team to join.

### Coffee & Conversations

Wednesdays · 9:30 am · The Library

### Tie Blankets for Children

Fridays · 10:30 am · Activity Room B

This weekly group service project assembles blankets for patients at the Atrium Health Levine Children's Beverly Knight Olsen Children's Hospital.

### Communions

Episcopal - Mon., August 5 - Act. Rm A · 10:00 am  
Episcopal - Thurs., August 15 - Act. Rm A · 10:00 am  
Methodist - Thurs., August 15 - Act. Rm A · 1:00 pm

### BUMs Breakfast

Saturday, August 17 · 8:30 am · The Grande  
Robert Dickey of Dickey Farms will be speaking.

### Catholic Mass: TBD

Tuesday, August 27 · 2:30 pm · Activity Rm A

## Out & About

### Trip to Dickey Farms

Friday, August 2 · Depart Lobby at 1:30 pm  
Enjoy our last trip this season for a visit at Dickey Farms to purchase produce and grab a bite of peach ice cream.

### Shopping at Fresh Market

Friday, August 9 · Depart Lobby at 1:00 pm  
Take a trip up the road to shop at Fresh Market for produce.

### Bowling at Pin Strikes

Thursday, August 15 · Depart Lobby at 12:00 pm  
Enjoy a game of Bowling at Pin Strikes as part of our week of Fun NOT in the Sun.

### What the Funk:

### Macon Pops at Hawkins Arena

Friday, August 16 · Depart Lobby at 5:15 pm  
Get ready to groove and move at the ultimate funk extravaganza, brought to you by Macon Pops! Ticket is required and is available at [bit.ly/PopsFunk](https://bit.ly/PopsFunk)

### Dinner at Her Majesty's Kitchen

Thursday, August 22 · Depart Lobby at 5:00 pm  
This regal establishment offers a wide range of delicious dishes fit for royalty. From classic comfort food to gourmet delicacies, the menu at Her Majesty's Kitchen is sure to satisfy any appetite.

### Butterfly Garden at Amerson River Park

Thursday, August 29 · Depart Lobby at 9:00 am  
Take a trip to Amerson River Park to enjoy nature and view the Butterfly Garden!

### Fences at Theatre Macon

Thursday, August 29 · Depart Lobby at 6:45 pm  
Troy Maxson, a former star of the Negro baseball leagues who now works as a garbage man in 1957 Pittsburgh. Excluded as a black man from the major leagues during his prime, **Troy's bitterness takes its toll on his relationships with his wife and his son, who now wants his own chance to play ball.** Ticket is required.

## Proper Shoe Selection Can Reduce Risk of Falling

by Patti Kunselman, Wellness Manager

According to the Centers for Disease Control and Prevention, more than one third of adults age 65 and older fall each year in the United States. One can reduce their risk for falling by choosing the correct footwear. A study of 606 older adults, living in residential care facilities, found that residents who wore slippers had a significantly higher risk of falling compared to residents who wore shoes. Furthermore, an additional study of 1,371 adults, age 65 and older, concluded that risk for falls decreased when the person wore athletic shoes compared with other shoe types. Athletic shoes, such as walking shoes, have a wide rubber sole and a large area of contact between the shoe sole and the ground. This aids in stability and balance. Avoid running shoes however, as these shoes have thick soles and a tread that extends up the front of the shoes. The tread on the front of the shoe can catch on the carpet, making one stumble or fall. Likewise, some sandals can increase risk of falling as the front of the sandal catches on the carpet.

To reduce the risk of falling, avoid wearing slippers, sandals, or shoes with a smooth leather sole. Instead, lace up a pair of good walking shoes or oxford-style shoes. Once you have them on, you can further reduce your risk of falling by wearing them to an exercise class in Resident Life. Hope to see you there!

## Great-Grand Pet of the Month

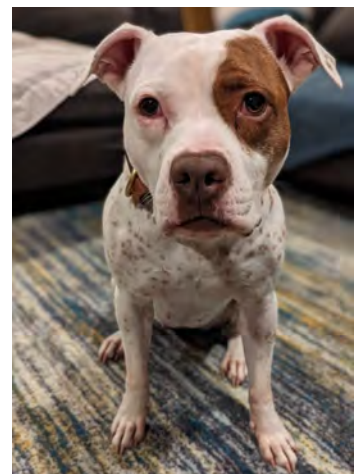
by David Shoffitt



Hi Everyone - My name is Lady and I am Beverly Meador's great grand dog. I am a rescued Pit Bull currently residing in Nashville, Tennessee, with my dad (and a brother who I refuse to acknowledge unless he shares his snacks - Manchester AKA Manny). I know people think we are scary - but I am very sweet! I don't know much about my early life other than it was ruff (I was found on the interstate by a local rescue). Fortunately, Beverly's grandson adopted me and I went from scrounging for food to having my very own chair - as well as a couch that I allow my human to sit on sometimes.

A little about me - I spend a lot of time in the gym - you don't get this muscular without that! I also spend a lot of time watching my yard out the window. My yard activities have slowed down recently as I just had the first of two knee replacements - but the doctor tells me I will be back chasing squirrels in no time. When I am not working out or watching the yard, I help dad make charcuterie boards for charity - my face is even etched on the back of them. You could say I am a well rounded pup just trying to be the best dog I can be!

I first met my Great Grandmother a few years ago when we visited Macon. I was very well behaved and did not break a single thing with my tail! I even tried to crawl into her lap - dad said no, so I settled for a few kisses! I have been back a few times since - and I have to say you all have some great grass and fun birds. I look forward to seeing everyone again soon.





## In-House Events

### Healthcare Tour

Thursday, August 1 · 10:00 am · Healthcare Hallway  
Sign up on Healthcare Row for a tour of our Healthcare neighborhoods. Questions about this important part of our Life Plan community will be answered. Space is limited.

### National Mah Jongg Day: Come to Learn or Come to Play!

Thursday, August 1 · 3:00 pm · The Grande  
Celebrate National Mah Jongg Day with other residents. There will be Mah Jongg instruction if you have never played, or you be assigned to a table or arrange your own table of four. Refreshments and favors will be served. Stick around for Mah Jongg Happy Hour at 5pm.

### Mah Jongg Happy Hour

Thursday, August 1 · 5:00 pm · The Pub

Enjoy a specialty drink and appetizer for this Happy Hour on National Mah Jongg Day.

### Tech Tutoring with Caleb

Fridays in August · 4:00 pm · The Parlor

Caleb Varnadore, an 9th grade Stratford student, volunteers his time to help residents with technology issues or questions. Bring your technology with you.

### Uniguest App Training & Questions

Monday, August 5 · 2:00 pm · The Grande

Join Cele and Elizabeth to learn the ins and outs of the Uniguest App, registering for activities and ask any questions you may have about how the app operates.

### BINGO

Thursday, August 8 · 3:00 pm · The Grande

Bring your correct change to "rent" \$1 BINGO cards for cash winnings. Four games will be played

### Middle Georgia Library Representative

Fridays, August 9 & 23 · 3:00 pm · The Grande

Yufiel Franklin will help residents download books, sign up for library cards, & other library needs. He will also bring the book mobile, so contact Cele with books you would like him to bring for you to check out.

### Afternoon (Cold) Tea

Monday, August 12 · 2:00 pm · Seasons Dining

As part of our Fun NOT in the Sun week, join fellow residents at this gathering where you will be treated to COLD tea and finger foods. Space is limited to 32 guest so please remember there is a no show fee for this event.

### Be Cool while Line Dancing

Monday, August 12 · 3:00 pm · Group Fitness Room

Join Jai & Patti and learn a line dance that even someone with two left feet can do! As a bonus, Teams can earn one extra point for August's Pub Trivia by attending!

### OT Dance for All

Tuesday, August 13 · 1:30 pm · The Grande  
Sharona Rubinstein, COTA will lead this fun and energizing session. Check out page 13 & 15 for more information.

### Peach Ice Cream Social

Tuesday, August 13 · 3:00 pm · Activity Rooms  
Enjoy some delicious peach ice cream from Dickey's.

### Chair Volleyball Tournament

Wednesday, August 14 · 3:00 pm · The Grande  
Residents will be randomly placed on teams for this fun-filled event. Competitive laughs a plenty. Prizes!

### Creamsicle Happy Hour

Wednesday, August 14 · 5:00 pm · The Pub  
Cool off with a refreshing and free specialty drink. Check out page 15 for more information.

### Scavenger Hunt

Thursday, August 15 · 10 am - 3:30 pm  
Find a hidden beach ball and turn it in to Resident Life for a free ice cream or cold drink from the Bistro! Check out page 15 for more information.

### Karaoke Happy Hour

Friday, August 16 · 4:30 pm · The Pub  
Calling all singers and "wannabe" singers! This is your chance for fame. There will be an opportunity to score LOTS of bonus points for September's Pub Trivia! Check out page 15 for more information.

### Beer BINGO

Monday, August 19 · 4:00 pm · Seasons Dining  
This game of Bingo for beer lovers is a way for adults to enjoy beer and fun with friends! This activity is limited to 18 seats and participants are chosen by lottery.

### Craft Class: Decorate Trinket Dishes

Tuesday, August 20 · 3:00 pm · Activity Room A  
Design your own trinket dish with a favorite summer memento for your home.

### Robert Cripe, Vocalist

Tuesday, August 20 · 7:00 pm · The Grande  
Robert Cripe Vocalist, will perform for after dinner entertainment.

Unless otherwise noted, sign ups for indicated activities will be through your Uniguest App.

## Resident Led Activities

### Pickleball Play & Instruction

Monday, Wednesday, Thursday & Friday at 8:30 am

### Poker

Mondays • East Wing Game Room • 1:00 pm  
Facilitated by Walter Barnett: 478-238-5392

### BYOP (Bring Your Own Project)

1st, 2nd, 3rd & 5th Mondays • Activity Rm A • 1:30 pm  
Bring an individual project (craft, painting, needlework, etc.) to work on with friends. Or just come to fellowship with friends—new and old!

### Beginners Clogging w/ Elaine Davies

Wednesdays • Group Fitness Rm • 4 pm

### Joker

Tuesdays • The Pub • 7:00 pm  
Wednesdays • East Wing Game Rm • 2 pm

### Rummikub

Tuesdays • East Wing Game Rm • 7:00 pm  
Saturdays • The Pub • 7:00 pm

### Party Bridge

Tuesdays • The Pub • 1 pm  
Facilitated by Joe Scalzo: 706-766-7190

### Sequence

Thursdays • East Wing Game Rm • 7:00 pm

### The Harmonica Group

1st & 3rd Wednesdays • Back Rm Studio • 4:00 pm  
Join this starter group of aspiring harmonica musicians who are learning how to play. All newbies are welcome.

### Duplicate Bridge

1st, 2nd, 4th & 5th Thursdays • 1:15 pm • The Pub  
Facilitated by Rae Scott: 478-474-3116

### Canasta

Thursday • East Wing Game Rm • 1:30 pm

### Beginners Line Dancing w/ Jo Ann Dankel-Dobbs

Fridays • Group Fitness Room • 1:00 pm

### Worship in the Grande

Sundays • The Grande • 11:00 am

### Mexican Train Dominoes

Sundays • The Bistro • 6:00 pm  
Facilitated by Walter Barnett: 478-238-5392

### Coloring Workshop

Tuesday, August 6 • Activity Rm A • 1:30 pm  
No experience is necessary and no supplies are needed. Come chat and learn adult coloring techniques with special seasonal projects with Debra Collins.

### Paper Craft Workshops

August 12, 21 & 30 • Back Room Studio • 2:00 pm  
These workshops are for learning new Paper Craft skills and/or completing projects. Contact Magda Morris or Marty Reese for further information.

### Book Club

Thursday, August 8 • Activity Rm A • 11:30 am  
*River of the Gods: Genius, Courage, and Betrayal in the Search for the Source of the Nile* by Candace Millard will be the discussed book at this meeting.

### The Artful Touch with Debra

August 15 & 29 • Back Room Studio • 3:00 pm  
This class is a very basic, beginners watercolor class with a bit of doodling too. No experience is necessary. No supplies are needed. Class is limited to 8 participants. This will be held on two dates and both are the same class. Please sign up for only one session in August.

### Pondering the Story with Elaine Davies

Mon., August 19 • Admin Conf Room • 2:30 pm  
**Mark 1: 40-45. Leper Cleansed**

### Prepare Lunches for Loaves & Fishes

Monday, August 26 • Activity Room A • 2:30 pm  
Sign up on the Uniguest App to help with this monthly service project.

### Democrats Luncheon

Tuesday, August 27 • Seasons Dining • 11:30 am  
Contact Leslie Morris to RSVP: 478-491-1731

Unless otherwise noted, sign ups for indicated activities will be through your Uniguest App.

## Pooh, Piglet & Eeyore

Submitted by Mary Dempsey

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's house.

Inside the house was Eeyore.

"Hello Eeyore," said Pooh.

"Hello Pooh. Hello Piglet" said Eeyore, in a glum sounding voice.

"We just thought we'd check on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay."

Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather sad, and alone, and not much fun to be around at all. Which is why I haven't bothered you. Because you wouldn't want to waste your time with someone who is sad, and alone, and not much fun to be around at all, would you now."

Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.

Eeyore looked at them in surprise. "What are you doing?"

"We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling sad, or alone, or not much fun to be around at all. True friends are there for you anyway. And so here we are."

"Oh," said Eeyore. "Oh." And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better.

Because Pooh and Piglet were there.

No more; no less.

Author - AA Milne

## Ticketed Event Information

Cultural events around Macon that require tickets are easy to purchase by phone or online. For most ticketed events, it is your responsibility to purchase your event tickets and sign up for transportation on the Uniguest App. Below are the phone numbers and websites for the most frequently visited venues:

### **BLP - Backlot Players**

(478) 994-0443

Website: [thebacklotplayers.org](http://thebacklotplayers.org)

### **GOH - Grand Opera House**

(478) 301-5470

Website: [www.thegrandmacon.com](http://www.thegrandmacon.com)

### **CP - Centreplex**

[www.maconcentreplex.org/coliseum/ticket-office/](http://www.maconcentreplex.org/coliseum/ticket-office/)

### **MLT - Macon Little Theatre**

(478) 471-7529

Website: [www.maconlittletheatre.org](http://www.maconlittletheatre.org)

### **DT- Douglass Theatre**

(478) 742-2000

Website: [douglasstheatre.myboxoffice.us](http://douglasstheatre.myboxoffice.us)

### **TM -Theatre Macon**

(478) 746-9485

Website: [www.theatremacon.com/tickets](http://www.theatremacon.com/tickets)

### **FH - Fickling Hall at Mercer University**

(478) 301-5470

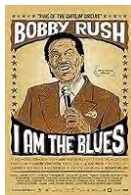
Website: [www.mcduffie.mercer.edu](http://www.mcduffie.mercer.edu)

## August Movies:

### Documentary: I Am The Blues

NR · 2015 · Music/Documentary · 1h 46m  
Saturday, August 3 · 7:00 pm

A tour of the juke joints and other venues of the legendary Chitlin Circuit in the Mississippi Delta, including performances by aging blues musicians in their eighties who used to play the circuit.



### The Endless Summer

NR · 1966 · Sport/Documentary · 1h 35m  
Saturday, August 24 · 7:00 pm

The crown jewel to ten years of Bruce Brown surfing documentaries. Brown follows two young surfers around the world in search of the perfect wave, and ends up finding quite a few in addition to some colorful local characters.



### Dirty Dancing

PG-13 · 1987 · Romance/Drama · 1h 40m  
Saturday, August 10 · 7:00 pm

Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.



### Stand By Me

R · 1986 · Comedy/Adventure · 1h 29m  
Saturday, August 31 · 7:00 pm

A writer recounts a childhood journey with his friends to find the body of a missing boy.



### Documentary:

### March of the Penguins

G · 2005 · Documentary/Family · 1h 20m  
Sunday, August 11 · 7:00 pm

In the Antarctic, every March since the beginning of time, the quest begins to find the perfect mate and start a family.



### Dr. Zhivago

PG · 1965 · Drama/War · 3h 17m  
Sunday, August 17 · 7:00 pm

The life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during World War I and then the October Revolution.



Residents play cornhole in the Lower Level Courtyard

### Win a Special Prize During Fun NOT in the Sun Week

Fun NOT in the Sun Week starts Monday, August 12 and runs through Friday, August 16. Participation in some activities will place your name in a drawing for a big prize. The prize winner will be announced at Have You Heard on Tuesday, August 20.



## Cannaday's Corner

On the 1st Friday of each month, Troy Cannaday, Carlyle Place Executive Director, hosts a lunch meeting for a small group of residents at 11:30 am in the main Dining Room. If you would like to join Troy to discuss whatever may be on your mind, please contact Troy Cannaday at 478-405-4521 to sign up.



**Support Group:**  
**Dementia Support Group**  
Thurs., August 22 · Activity Rm A · 1:30 pm

## Uniquet "Bulletin Board"

On the Uniquet Community App there is an interactive module called the *Bulletin Board*. It is for residents to use to communicate with each other. Within this module, you can post information about items that are for sale, events that are happening around Carlyle Place, or anything that you think might interest others. Using this app is an easy way to share information with the community. If you need help with the Bulletin Board module, ask anyone in Resident Life.

## Free Transportation to Stores:

**Kroger**  
Every Wednesday · Depart Lobby at 9:30 am

**Walmart & Publix**  
Alternating Wednesdays · Depart Lobby at 1 pm

## Channel 1960 Guide

**Staying Strong**  
Mon, Wed, & Fri - 10:00 am  
Tue, Thu, & Sat - 2:00 pm

**Balance**  
Everyday - 11:30 am

**Flex Class**  
Mon, Wed, & Fri - 2:00 pm

## Carlyle Place Committees

**Building & Grounds** Chairperson: George Beck  
1st Thursday · 10:00 am · Admin. Conf. Rm  
(Due to July 4th, will take place on July 8th at 11:30 am)

**Development** Chairperson: Don Kea  
4th Thursday · 10 am · Admin. Conf. Rm  
Quarterly: January, April, July, October

**Dining** Chairperson: Ann Meia  
1st Wednesday · 10:00 am · Admin. Conf. Rm

**Library** Chairperson: Pat McMahon  
2nd Monday · 1:00pm · Executive Conference Rm  
Jan. - March - May - July - Sept. - Nov.

**Marketing** Chairperson: Kathleen Sheil  
3rd Wednesday · 10:30 am · Admin. Conf. Rm

**Programming** Chairperson: Joan Anderson  
2nd Wednesday · 3:00 pm · Admin Conf Rm

**RAC** President: Ty Ivey  
2nd Thursday · 10:00 am · Admin Conf Rm



## Wesleyan Lifelong Learning Program Offers Educational Opportunities to Macon's Adult Learners

BY EVELYN DAVIDSON • FEATURED IN *MACON MELODY* • JULY 25, 2024

For the five years that Vince Coughlin spent in Aiken, South Carolina, he served on the curriculum committee for the University of South Carolina's Lifelong Learning program and as the program president for two terms.

When Coughlin moved to senior living community Carlyle Place, he realized that Macon was missing an education program for adult learners and sought to establish one. Coughlin collaborated with then provost and later president of Wesleyan College, Vivia Fowler, who agreed to host the program.

With startup funding from Carlyle Place, the Wesleyan Academy for Lifelong Learning launched in the fall of 2011, offering a variety of four-week courses for adult learners that run from September through November. **"Wesleyan has been really privileged to be able to host it on campus,"** said Director of Auxiliary Services Hannah Doan, who serves as WALL Program Coordinator. **"I think that it's a good way for Wesleyan to show the greater community all that it has to offer."**

Doan – who was program coordinator from 2012 to 2019, before leaving and returning to the role again in 2022 – reflected on the **program's immense growth over the years**. When it began, the program had just 50 enrolled members in the first semester. Since then, it has grown to more than 650 Lifelong Learning members since its inception in 2011, with 100 active members today.

**"We have a really robust retirement community here in Middle Georgia,"** she said. **"They are looking for something to do during the day, something to keep themselves active and keep their minds active. And they're just looking for community as well."**

WALL also supports the greater Wesleyan community by funding two \$2,000 scholarships for Wesleyan juniors and seniors.

A 12-person volunteer curriculum committee chooses what WALL courses to offer. The courses often focus on current events or local Macon history, such as "Stories of Macon Freeman after the Civil War" and Coughlin's own course, "History and Humor: The Use and Abuse of Cats from Ancient Egypt until the Cold War." Other courses offered include "Alchemy of the Seasons of Life: Exploring the Magic of Mixed Media Art" and "Wine and Winemaking."

**"I have gotten a great deal of pleasure out of seeing the response of the students who take the courses,"** said Coughlin, who is an attorney and has a masters in physics. **"They are very enthusiastic about the academy, and it fills a need, not only intellectually, but also socially."**

### The Instructors

Wesleyan professors, as well as instructors from Mercer and Middle Georgia State, teach the courses at the Wesleyan College campus. **"Our WALL students are very eager,"** said Doan. **"They love to ask questions, and they love to pick the professor's brains, and they always clap for them at the end of their classes."** Wesleyan professor Brooke Bennett-Day offers WALL courses such as, "Psychology in the Legal System," "Psychology of Good and Evil" and "Psychology of the Future." You get to pick your best stuff, according to Bennett-Day, and the course is condensed, so there are no exams or assignments.

**"You get to just go in and have this conversation, and it really is a conversation with them too,"** she said, noting that half of her hour-long class is an interactive discussion amongst the students and herself. **Bennett-Day's favorite part about teaching WALL courses is the students' excitement, engagement with the material and eagerness to share their personal experiences.**

**"They are absolutely teaching me some things that I didn't know about,"** she said. Students bring her newspaper clippings or share real-life examples from their own experiences earlier in life. For example, she recalled one WALL student, a former psychologist, who made a video on the famous psychotherapist Alfred Adler for Bennett-Day to share with the students in her other classes.

Students from all different backgrounds take an interest in **Bennett-Day's classes** – not just those in the psychology field.

Some know nothing about psychology, while others know lots, said Bennett-Day, who has even taught former engineers and educators in her WALL courses.

### Join Today

The sense of community goes beyond the classroom, as WALL members have immersed themselves in all aspects of campus life. They volunteer in the library, walk to campus with Wesleyan students and even eat in the dining hall.

**"It kind of opens up a new world for them,"** Doan said. **"And it really gives a sense of belonging."**

Registration for fall courses is currently open. Call (478) 757-5233 or e-mail [lifelonglearning@wesleyancollege.edu](mailto:lifelonglearning@wesleyancollege.edu) or [hdoan@wesleyancollege.edu](mailto:hdoan@wesleyancollege.edu) for more information. To register for courses online, visit [pages.wesleyancollege.edu/WALL/](https://pages.wesleyancollege.edu/WALL/). WALL offers annual, semester and single course memberships. Courses are four weeks long and start at the beginning of September, October, November and mid-November.

## New Resident: Bob Evans

Written by Mary Dempsey



Introducing a man of MANY interests .... think “nice dinner companion!”

**Bob Evans**, (apartment 1209) arrived at Carlyle Place in early June. He came to us from North Augusta. Bob grew up in Long Island, New York. He did his undergraduate work at the University of Connecticut and continued his education at the University of Pennsylvania, where he graduated from their dental program. Bob taught for one year in the dental school at this Ivy League university. Bob returned to Long Island where he spent eight years in solo practice. Following the sale of his practice he moved to Atlanta where his career continued for another 35 years. He retired in 2014 and moved to North Augusta. It was here that he enjoyed kayaking. His home was

situated on a creek that led right to the Savannah River. When his house became too much for him to maintain, he joined his sister, Rae Scott, here at Carlyle Place.

Throughout his life, sports and fitness have been high priorities. He was an avid sailor spending many days on his catamaran, sailing the waters off Long Island. In his early years, he was a tennis player and wrestler. He continues to be an avid fan and follower of UFC (Ultimate Fighting Championship), the largest mixed martial arts organization in the world, featuring the best international fighters using a variety of martial art styles and disciplines.

Bob is a car buff and over the years enjoyed his Austin Healy, red Pantera, and Jaguar XKE. Well... maybe not so much the Jaguar when he passed a police car at 100 mph. Yes, they caught him and he received four tickets!

Bob enjoys reading in all areas of science. He is an avid follower of current events. He is an audiophile, passionate about high-fidelity sound reproduction and quality. He enjoys listening to high quality sound through two six foot speakers housed in his apartment.

Bob calls cooking his passion. He said, “I can cook anything. I specialize in ethnic dishes and wok cooking. I think it would be fun to have a small Carlyle group shop, cook, and enjoy a meal together.”

Bob is presently working on his game of pool. He would like to get together with other players (novices welcome). If you have any interest call Bob at 478-259-0178 and help him get this group going.

If you're looking for a dinner companion and care to discuss science, music, cooking, sailing, kayaking, cars, tennis, the UFC, music, or current events... Bob's your man!

## New Resident: Tony Ruggiero

Written by Mary Dempsey



Confusion reigns! Two single men named Tony moved to Carlyle within weeks of one another. Some dubbed them Tony One and Tony Two.

This article is introducing Tony one, the first Tony to take residence . . . Tony Ruggiero.

Tony grew up in Illinois. He attend Kansas State University where he majored in biology and geology. He continued his education earning a masters degree in business administration from the Dominican University in Illinois.

Tony served in the Air Force from 1964 to 1968. Following boot camp in San Antonio he was stationed in Wichita Kansas where he was with the 835th TAC Hospital Squadron where he worked in a lab servicing both enlisted men and a large military dependents population. Tony started his career with Bio Science Lab, the company that later became GlaxosmithKLINE. It was here he met his wife, Sherry. They were married for 44 years.

Following his retirement, the couple moved to South Carolina (Beaufort and Bluffton) where for 10 years he worked for the Department of Health, Education, and Conservation (DHEC).

Tony and his wife were world travelers. They spent time traveling throughout Europe, Russia, South, and Central America, the list goes on. Tony says it would be easier to just say where they have NOT been...China!

It was after the loss of his wife in 2023 that he decided to visit Carlyle. Several of his Bluffton, South Carolina, friends who live at Carlyle encouraged him to "take a look." On his first visit, Tony found the perfect apartment and jumped on board! He says he was happy to leave hurricanes behind and join some of his former neighbors here at Carlyle. Tony was impressed with the overall atmosphere of Carlyle and the people living here. He knew this was the place for him and he did not need to look elsewhere.

If you spend any time outdoors, you are bound to run into Tony and his 10 year old dachshund, Cannoli, as they are out several times a day taking short walks. Tony said that following the renovation of the dog park, he and Cannoli may spend time there getting to know other residents and their pets.

Tony, we are happy to welcome you and Cannoli into the Carlyle family.

## Celebrating August

**Goat Cheese Month**

**Traffic Awareness Month**

**What Will Be Your Legacy Month**

**Farmers Market Week**

*August 4–10*

**National Championship**

**Chuckwagon Race**

*August 24–  
September 1*

**Professional Speakers Day**

*August 7*

**Bowling Day**

*August 10*

**World Honey Bee Day**

*August 17*

**Mail Order Catalog Day**

*August 18*

**Kiss and Make Up Day**

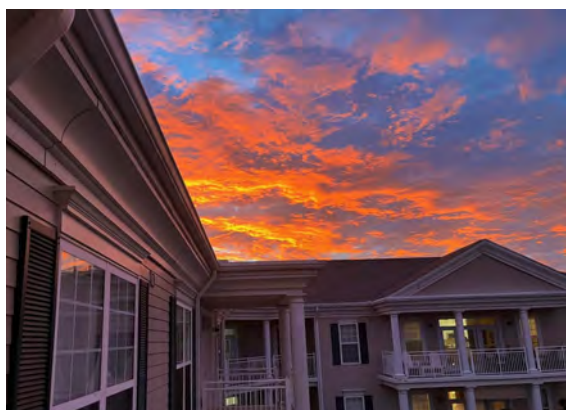
*August 25*

**Pony Express Day**

*August 25*

**Eat Outside Day**

*August 31*



Beautiful sunset over Carlyle Place taken by Ty Ivey

## Carlyle Place Important Phone Numbers

Accounting	478-405-4505
Carlyle at Home	478-405-4563
CGR Credit Union	478-745-0494
Concierge	478-405-4500
Housekeeping	478-405-4590
Maintenance	478-405-4528
Physical Therapy	478-405-4545
Resident Life	478-405-4525
Salon	478-405-4564
Security	478-405-4568
	Cell - 478-972-8557
To Go Orders	478-405-4569
Transportation	478-405-4515
Wellness Nurse	478-405-4537

## Famous August Birthdays

If you were born between August 1–22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends. Those born between August 23–31 are Virgos. Virgos are considered shy and sometimes naïve, private, and tidy. They are curious explorers who are incredibly loyal and well respected by their friends and colleagues.

Tony Bennett (singer) – August 3, 1926  
 Bob Cousy (athlete) – August 9, 1928  
 Buck Owens (singer) – August 12, 1929  
 Gary Larson (cartoonist) – August 14, 1950  
 Julia Child (chef) – August 15, 1912  
 Mae West (actress) – August 17, 1893  
 Robert Redford (actor) – August 18, 1936  
 Rita Dove (poet) – August 28, 1952  
 Nancy Wake (war hero) – August 30, 1912



## June 2024 Honorariums & Memorials

### Donated in Memory of:

Sue Allen

John Hurst

Shirley Myers

### Donated by:

Edith Moye

Don & Mary Dale Kea

Don & Mary Dale Kea

Memorial and Honorarium gifts to Carlyle Place are posted monthly in the Carlyle Chronicle. They are also updated every 6 months on the Recognition Board. To make a gift, please make your check payable to Carlyle Place Resident Assistance Fund or Carlyle Place General Fund and mail to 3330 Northside Drive, Macon, GA 31209. Contact Tarver Perry at 478-633-7395 with questions. Postage paid envelopes for the purpose of memorial/honor gifts are available in the Carlyle Place main lobby near the elevator.

## OT DANCE For All

Tuesday, August 13 · 1:00 pm · The Grande

**Taught by Sharona P. Rubinstein, BA & MA Dance, COTA/L**

### What is it?

OT Dance classes combine the science and art of Occupational Therapy with the techniques and art of dance. Every class is designed to provide meaning and healthy, physical fun for the participants, no matter their experience, age or ability.

### Who is it for?

Everyone can benefit from dance classes. Dance, especially creative dance, is adaptable to all bodies, ages, and abilities.

### Why choose it?

Physical exercise is necessary to maintain a healthy body and mind. Dance classes will provide the opportunity for participants to explore their mind-body connection and discover their own creative expression through movement. With my years of expertise in dance as a choreographer, performer and teacher of ballet, creative, modern, and Jazz dance, as well as many styles of dance from around the world, I will create the dance classes to suit the interests of the participants. For the past several years, I began to study Occupational Therapy and I am now a COTA/L, a licensed Certified Occupational Therapy Assistant. I created OT Dance which uses Creative Dance exploration as a healthy leisure activity that provides enjoyment, physical exercise and an opportunity to build relationships. These classes will also incorporate other dance styles and music choices that are of interest to the participants. In addition to learning new dance skills, the participants will experience many mental and physical benefits such as increased self-esteem, cardio-vascular exercise, stress release, increased body awareness and connecting socially with the other participants.

### What to expect?

Participants begin the class seated in chairs, and may remain seated throughout the entire class if they are not comfortable standing. Each class will begin with a Brain Dance Warm-up to refocus and oxygenate the brain, followed by an introduction of the dance concepts which are the focus of the day. Using fun, enjoyable music, participants explore and develop those concepts through guided improvisation, sometimes using instruments and/or props. Participants may stand to dance if they feel they are able to balance well during the exploration. Classes also include group and/or partner interaction as participants are instructed to contribute their ideas for creating dances together. All classes end with gentle stretching techniques set to calming music.

## Fourth of July



JoAnn Avant, Jean Bragg, Jo Banks, Jack De Mave, Jane Dickey, Edyth Snow & Frank Wrigley in their red, white & blue



Barbara Scully at the Red, White & Blue Happy Hour

## Carlyle Place Library Donation

Written by Mary Dempsey

The Carlyle Place Library received a donation of 82 books from resident Joan Huffman. When Joan recently moved to Healthcare, her daughters invited library chairperson, Pat McMahon, to go through several floor-to-ceiling bookcases and choose books for our library. Never having been featured in the Carlyle Chronicle, many of us did not have an opportunity to know what an accomplished woman she is.

Joan earned a masters degree and PhD in history from Georgia State University. She traveled between Macon and Atlanta to realize her goal. She was a founding faculty member at Middle Georgia State where she was a history professor and strong advocate for women's rights. Women and the Vote was the subject of Joan's dissertation. Middle Georgia State awards a yearly scholarship in her name. After retiring from academia, Joan authored a book, *Lady Frances: Frances Balfour Aristocrat Suffragist*, the first complete and accurate story of a remarkable woman who spent 40 years working for women's causes. Joan's book is available in the biography section of our library.

The library committee is grateful for Joan's donation and happy that we have the opportunity to share with you some career highlights from the life of a very, accomplished resident.



## “Fun NOT in the Sun” Week Prize Opportunities

Participate in the following activities for a chance to win fabulous prizes!

### Be Cool while Line Dancing

Monday, August 12· 3:00 pm · The Grande

Join Jai & Patti and learn a line dance that even someone with two left feet can do! As a bonus, Teams can earn one extra point for August’s Pub Trivia!

### OT Dance for All

Tuesday, August 13· 1:00 pm · The Grande

Sharona Rubinstein, COTA will lead this fun and energizing session. Learn more about OT dance on page 13 of the Chronicle.

### Peach Ice Cream Social

Tuesday, August 13 · 3:00 pm · Activity Rooms

Enjoy some delicious Peach ice cream from Dickey’s Farm.

### Chair Volleyball Tournament

Wednesday, August 14 · 3:00 pm · The Grande

Residents will be randomly placed on teams for this fun-filled event with a prize for the winning team.

### Creamsicle Happy Hour

Wednesday, August 14 · 5:00 pm · The Pub

Cool off with a refreshing and free specialty drink.

### Scavenger Hunt

Thursday, August 15 · 10:00 am - 3:30 pm

Find a beachball and turn it in to Resident Life for a free ice cream or cold drink from the Bistro! Only one ball per resident can be redeemed.

### Karaoke Happy Hour

Friday, August 16 · 4:30 pm · The Pub

Calling all singers and “wannabe” singers! This is your chance for fame. There will be an opportunity to score LOTS of bonus points for September’s Pub Trivia!

## July Employee Anniversaries

### 1 Year

Sandra Simpson-Baldwin  
Aniyah Harpe  
Latonya Williams  
Mary DeLoach  
Seth Bloodworth  
Erika McGruder  
Najat Middleton

### 2 Years

Adrienne Peterson  
John Pritchett  
Elizabeth Fletcher

### 3 Years

Tammy Hortman

### 4 Years

Kalaeb Hutto

### 5 Years

Fran Ryan  
Sandra Brown

### 6 Years

Andrew Chratian

### 7 Years

Simamu Ncube

### 9 Years

Etta Brooks

### 11 Years

Barbara Fields

### 14 Years

Don Daniels

## I SPY - August 2024

*"I Spy" showcases a resident who makes a difference in our community, someone who brightens other's days or someone who has done something extra special to benefit others.*

This month, "I Spy" would like to recognize Ann Meia & Phyllis Feldman, two ladies who were a tremendous help during the great flood of 2024! They could be found pushing carts, carrying buckets, emptying pots, drying towels, lending an ear, or helping out in any other way you could imagine. Phyllis Feldman and Ann Meia were just two of the 2<sup>nd</sup> floor West Wing residents who jumped in to help and we thoroughly appreciate all they did in those first hours/days – and for all they do around Carlyle Place on our dry days too! They are great neighbors and friends!

## Have You Heard Format

### Tuesdays at 11:00 am in the Grande

Various weeks of the month feature a specific topic or group, in addition to the weekly items (I'd Like to Hear, Leadership Reports, and any New Resident introductions). The formats are as follows:

#### Week 1

Connect to Purpose—Employee Anniversaries  
Resident Life Monthly Activities

#### Week 2

Board Member Visits  
Handbook Review  
Committee Report

#### Week 3

RAC Report  
Take 3 for Wellness  
Handbook Review

#### Week 4

Committee Report  
New Employee Introductions/Employee of the Month  
Marketing Minute

#### Week 5 (March, June, August, November)

Healthcare Updates/Reminders  
CP at Home Updates/Reminders

#### 2024 Committee Report Schedule:

Building & Grounds:	10/08	
Library:	10/22	
Development:	8/13	11/12
Marketing:	8/27	11/26
Dining:	9/10	12/10
Programming:	9/24	12/31

## August Birthdays

Marolyn Parson	8/1
Carol Hopp	8/2
Shirley Laffrey	8/2
Carolyn Bradley	8/2
Carl Schuessler	8/5
Rae Scott	8/5
Jane Perry	8/6
Jim McInerney	8/8
George Beck	8/10
Joan Harris	8/12
Ian Davies	8/13
Sandy Manwaring	8/13
George Mixon	8/13
Roberta Hawes	8/17
Sharon Welch	8/18
Jean Bragg	8/20
Jay Spivey	8/20
Gail Spivey	8/21
John Atkinson	8/22
Rush Peace	8/22
Kay Moore	8/23
Kathy Myers	8/25
Vince Coughlin	8/26
Amy Oldfield-Powell	8/28
Joyce Schafer	8/28
Nancy Bailey	8/30
Virgil Cooper	8/30
Sandra Freyer	8/31

#### Carlyle-at-Home

Jimmy Walker	8/8
Louis Philhower	8/11
Marty Dodd	8/21
Lynn Collier	8/27
Marty Frame	8/31



## August's Pet of the Month: Bud Black

Written by: Dorothy Black



Battle Scared Bad Bud Black

My name is Bud, Feral Agent Bud Black. I retired to Carlyle Place last summer along with my human, Dorothy, aka. Dot. Mr. John was supposed to move with us, but very sadly he could not. I really miss him as I no longer have anyone to torment.

I don't know my age, but I'm somewhere in my twenties. It was a very cold December morning long, long ago in Augusta, Ga. when I arrived on the Black's porch. I was sporting a red collar with a tiny red jingle bell. What could anyone do with such an adorable ball of fur but take me in?

My people raised me as a house cat, which in my mind is equal to a house human, i.e. no dominate species in this abode. My screened porch outings - when outdoor temperature is between 60 and 80 degrees – are a ruse for my thankless job of surveilling the Carlyle neighborhood critters. You never know what's lurking in the shrubbery. I have recently observed some very suspicious activity. The Canada geese family hasn't been around since the last storm; same story with the three aloof black cats that wore matching white tuxedos. Maybe they are on vacation. I am keeping a close watch on the deer, blue heron, Miss Linda's pet rat snake, and a bunny, who with its scruffy parent, feeds after the neighborhood hawk hangs it up for the night. My most recent observation involves the gopher tortoise who is not able to scale the street curbing, leaving himself way too vulnerable. Carefully pick him up, and put him on the grass!

Should you encounter me outside please return me to GH #70, so my human will not go into crisis mode. I can be distinguished from other American Short Hairs by my lack of a left hind leg, amputated after 19 radiation treatments for cancer failed. Who needs four legs? And, no, I do not glow in the dark. Mr. John wanted to rename me Tripod; thankfully my other human prevailed. I am a bit hard of hearing as well, but aren't we all?

I have adapted quickly to CP residency as there is no tall staircase to climb, and no one annoys me, probably because of the sign over my bed that reads, "Don't Mess With Me," provided by my friend, Bonnie, to ensure my marathon cat naps are not interrupted.

Life is a highway.

### Dan Darden & Friends Tickets

Tickets are now on sale for *Dan Darden & Friends: A Musical Evening with the Oldie Goldies*. This event will take place at Forest Hills Church. The concert is on September 5, 6, & 7. Carlyle Place will provide transportation to the Thursday, September 5 show. Doors open at 6:30 pm. The tickets are \$25 each and can be purchased by calling 478-474-7101 Tuesdays – Thursdays between 9 am to 5:30 pm.

### Podiatry services

Dr. Demetria Martin will see Carlyle Place residents on Friday, August 16 beginning at 1:30 pm. The services provided include thorough foot evaluations, diagnosis and treatment of most foot problems, and assessment of the need for diabetic footwear. For new patients, your consent form must be completed one week prior to the scheduled appointment. If you would like to schedule an appointment or have any questions contact Cynthia Hubbard at 478-405-4542.

## July's Employee of the Month: Veronica Williams



July's Employee of the Month was Veronica Williams. She has worked at Carlyle Place for almost 15 years where she has worked in the Dining department as a server. Over the years, Veronica has served in all three Healthcare neighborhoods and currently works in Stafford Suites.

Veronica grew up here in Macon, GA. She has two sons (39) and (35) and one daughter (29). Veronica states that when she is not at work, she very much enjoys swimming and shopping.

When asked about what she enjoys most about her job, Veronica said "Helping the residents in any way that she can. I enjoy seeing the residents smile, it brings me so much joy."



Leslie Morris at the Watermelon Social



Carol & Bob Hopp at Assembly Studios

## Author Birthdays in August

During 2024 the Carlyle Place Library Committee will be celebrating authors and their birthdays. Some of the authors' books will be on display in the Veranda Library display area. More books by these authors will be found in the Veranda Library on the 2nd floor.

**Please feel free to borrow them!**

1 August: Herman Melville &  
Robert James Waller  
3 August: P.D. James & Leon Uris  
4 August: JoJo Moyes  
5 August: David Baldacci  
7 August: Garrison Keillor  
9 August: Barbara Delinsky  
11 August: Alex Haley  
12 August: Sue Monk Kidd

14 August: Danielle Steel  
15 August: Julia Childs &  
Sir Walter Scott  
19 August: Fred McCourt  
20 August: Jacqueline Susann  
22 August: Ray Bradbury  
24 August: Alexander McCall Smith  
25 August: Frederick Forsyth  
30 August: Mary Shelley

## August 2024 Parlor Library Display: By the Sea

Written by The Library Committee

For the month of August, the Carlyle Library Committee is highlighting some books that are good beach reads. Even if you aren't going to the seaside for a vacation, beach reads can take you there!

Beach read books listed are available in the Parlor Library Display for you to borrow. Books in bold print are available in Large Print.

*Andrews, Mary Kay*

Ladies Night  
The Newcomers  
Savannah Breeze  
Sunset Beach

*Delinsky, Barbara*

**The Secret Between Us**

*Deveraux, Jude*

**Moonlight in the Morning**  
**Moonlight Masquerade**  
The Woman Next Door

*Frank, Dorothy Benton*

Bulls Island  
**Queen Bee**  
Return to Sullivans Island

*Hannah, Kristin*

Summer Island  
**The Things We Do For Love**

*Hilderbrand, Elin*

28 Summers  
Summer of '69  
Troubles in Paradise

*Macomber, Debbie*

Window on the Bay

*Mallery, Susan*

When We Found Home

*Roberts, Nora*

Whiskey Beach

*Sparks, Nicholas*

The Last Song  
**Two By Two**

## MOWW



Pictured to the left is Colonel Kenneth Emery, USAF (Ret) and currently Director, Museum of Aviation, Robins AFB, GA is welcomed by MOWW Macon Chapter Commander, Captain Theron Simpson, USMC (Ret) at the chapter meeting in July. Col Emery has been the Director of the Museum since 2007 and works directly for the 78th Air Base Wing commander. He provided insight into the future of the museum and stories regarding the challenges related to the recovery and restoration of 50—70 year-old aircraft.

## Newsletter Submissions

Is there something interesting about you that you think other residents would like to know? Have you recently snapped a photo of something special around Carlyle Place? We want your submissions for the Chronicle! Send them to Elizabeth Fletcher at [Elizabeth.Fletcher@atriumhealth.org](mailto:Elizabeth.Fletcher@atriumhealth.org).

## Around Carlyle



Pop-up entertainment in the Parlor  
by Marc Gregory's son & friend



Mary Louise Williams, Barbara Scully, Kate Williams, Jane Cogswell & Linda Andersen eating with Roger Andersen



# What the Surprising History of Mah Jongg Can Teach Us About America

Written by Cady Lang · May 4, 2021 · [www.time.com](http://www.time.com)

Mah-jongg, a game in which players match or sequence sets of tiles, is often referred to as China's "national pastime." However, its rise as a globally beloved game has roots somewhere else: in the emergence of modern American culture in the 1920s. The long and diverse history of the game has had its fair share of controversies, however, especially when it comes to race—a recent critique of a company's "refresh" of the game as possible cultural appropriation earlier this year uncannily echoed concerns raised during the height of the game's popularity in the early 20th century.

## So, what are the origins of mah-jongg?

Mah-jongg was a relatively modern game that was developed in the mid-to-late 1800s, around the Yangtze River Delta. By the end of the 1800s, it was spreading in popularity in China, but mostly only in specific urban centers like Shanghai and Beijing. But in the early 1920s, it developed this international reputation, which helped spread interest in China as well. This trend was driven by exporters, marketers and businessmen, particularly Joseph Park Babcock, whose mah-jongg sales company helped popularize it with American expatriates living in China before intentionally marketing it as this new, exotic and cosmopolitan consumer good to the broader American public.

## How did it become such an influential part of American gaming and culture?

When the fad began, it was a game associated with the American elite, people like President and First Lady Harding and Hollywood celebrities. But it soon became played by and talked about everywhere across the country. The game becomes a way for people, but especially white Americans, to help themselves transition into this new self-consciously modern era, because of its association with connection with Asia. There's also this performative culture around mah-jongg; white women dress up in costumes to play the game in their homes, with their friends. For these white women, it meant that even respectable middle class or wealthy matrons, not just flappers, could inhabit these new boundaries of increasingly sexualized culture and femininity, which speaks to the ways in which gender and race are intertwined and the long history of how ideas of Asian people and Asian culture have taken form.

## How did American mah-jongg emerge and how did it become a part of the American Jewish tradition?

In the late 1930s, a group of Jewish women, including one named Dorothy Meyerson (who had already been marketing her own slightly adapted version of the game, which she called a streamlined version) decided to standardize the game and simplify some of the complicated scoring rules that had already been simplified from the original version. They met in New York City and formed the National Mah-jongg League in 1937. It was never intended to create a form of the game that would be primarily associated with Jewish women, but it spread along Jewish women's networks and in ways connected to specific landscapes of leisure that Jewish Americans forged especially after WWII, most influentially in the Catskills. It served a really important and unusual kind of role in 1950s, rapidly suburbanizing, rapidly upwardly mobile, middle-class households, where Jewish Americans were able to access the middle class in a new generationally shifting way because of the larger context of the time. Women who are disproportionately highly educated and having participated in and leaving the workforce, are sharing this experience of young motherhood with other women in the suburbs. It becomes a norm once a week across households. It becomes this really powerful social thread and ends up becoming an ethnic marker as well.