

The Carlyle Chronicle

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Harvest Week

Bourbon & Barbeque with The Ruby Reds

Sunday, October 12 • 4:30 pm • Lower Level Courtyard

To kick off Harvest Week, a 3-piece jazz band, The Ruby Reds, will offer smooth tunes while you enjoy this annual party. The bar will open early (at 4:00 pm) under The Pavillion, and BBQ with all the fixings will be served starting at 4:30 pm.

Comedian: Juanita Lolita

Monday, October 13 • 7:00 pm • The Grande

Don't miss this comedy show with Juanita Lolita joining us from South Florida. Coffee, beer, wine, cash bar and desserts will be served for this evening entertainment.

Harvest Hoedown

Tuesday, October 14 • 5:30 pm • Lower Level Courtyard

Don't miss this lively party featuring live music! The bar will open for Happy Hour at 5:00 under The Pavillion, and dinner will be served at 5:30 pm.

Harvest Breakfast & Coffee Bar

Wednesday, October 15 • 8:30 am • The Pub

Enjoy juices, hot coffee, iced coffee, pastries and breakfast savories as a morning treat!

Fall Follies Finale

Thursday, October 16 • 4:00 pm • The Grande

End Harvest Week with a resident favorite - Fall Follies, where Carlyle Place staff and friends perform skits for the residents. Drinks will be served before the show and appetizers will be served after the show. The bar will open at 3:30 pm.

Recurring Activities

Happy Hour

Monday - Friday • 5:00 - 6:00 pm • The Pub

Saturdays • 5:00 - 7:00pm • The Pub

Wednesday, October 1 • 5:00 pm • The Pub

Oktoberfest Happy Hour

Friday, October 17 • 5:00 pm • The Pub

Boiled Peanut Happy Hour

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

Choristers Practice

Tuesdays • 1:30 pm • The Grande

Trivia

Tuesday, October 7 • 4:00 pm • The Grande

Trivia popularity has forced a move to the Grande to accommodate more teams for this rowdy, competitive game where teams of five or less compete for prizes. Sign up on the Uniquet App and note if you are in search of a team.

Coffee & Conversation

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.

Bark in the Park

Friday, October 10, 24, & 31 • 10:00 am • Dog Park

Bring Fido to the dog park for a canine meet and greet.

Communions

Episcopal - Mon., October 6 - Act. Rm A • 10:00 am

Episcopal - Thurs., October 16 - Act. Rm A • 10:00 am

Methodist - Thurs., October 16 - Act. Rm A • 1:00 pm

All are welcome to attend Methodist & Episcopal Communion.

BUMs Breakfast

Saturday, October 18 • 8:30 am • The Grande

All men are welcome to attend this monthly breakfast where our own Alex Thigpen will speak.

Catholic Mass

Tuesday, October 28 • 2:00 pm • Activity Rm A

Out & About

Explore the GA National Fair & Dinner

Thursday, October 2 • Depart Lobby at 2:30 pm

Come enjoy agriculture, livestock, fine art, exhibits, and more at the GA National Fair in Perry, GA, where will grab dinner.

Back Pack Ministry Project

Friday, October 3 • Depart Lobby at 1:00 pm

Join in on this service project, and give back to the community by preparing food for children in need.

Organ Concert & Evensong Service

Sunday, October 5 • Depart Lobby at 4:15 pm

Choral Evensong is a cherished service in the Anglican tradition, characterized by its serene beauty and contemplative atmosphere. Attend this service at Christ Church.

Fabian Concert at Fickling Hall

Tuesday, October 7 • Depart Lobby at 6:45 pm

Soprano Jasmine Habersham is joined by violinist Amy Schwartz Moretti, Rebecca Albers, Hal Robinson, Jeewon Park, and the McDuffie Young Artists. Ticket is required.

Thrift Shopping & Lunch

Thursday, October 9 • Depart Lobby at 9:30 am

Visit various thrift stores in WR and have lunch at Greek Village.

Macon Pops: "I Spy: For Your Ears Only" at The Grand Opera House

Friday, October 10 • Depart Lobby at 6:45 pm

Enjoy this spy themed musical adventure at The Grand Opera House. Ticket is required.

The Smoke Stack Farmers Market

Saturday, October 11 • Depart Lobby at 10:00 am

Visit this weekly farmer's market at Payne Mill for fresh shrimp, meat, produce, honey, baked goods & more.

Grand Opening of the Cathy Ivey Community Library

Monday, October 13 • Depart Lobby at 12:45 pm

A separate branch of the Middle Georgia Regional Library is opening on Forsyth Road and will be dedicated to the memory of Cathy Ivey at this event. Sign up online.

Shopping at J. Jill

Friday, October 17 • Depart Lobby at 10:00 am

Shop at J.Jill at the Shoppes at River Crossing for brand new fall fashions.

The Met Opera: La Sonnambula at Douglass Theatre

Saturday, October 18 • Depart Lobby at 12:00 pm

Enjoy this live showing of *La Sonnambula*. Ticket is required.

Choral Society of Middle Georgia

Sunday, October 19 • Depart Lobby at 3:15 pm

Choral Society of Middle Georgia and Mercer University Choir present *To Celebrate Music*. Ticket is required.

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

Out & About

Allen Levi Book Discussion & Signing at Christ Church

Monday, October 20 • Depart Lobby at 5:15 pm

Join us for an evening of conversation and storytelling with Allen inspired by Theo of Golden, held in the beautiful sanctuary of Christ Church in downtown Macon. Admission is free.

Dinner at Chico&Chang

Tuesday, October 21 • Depart Lobby at 5:00 pm

Enjoy dinner at this Korean Mexican fusion restaurant.

Toast & Taste at The Hay House

Thursday, October 23 • Depart Lobby at 5:30 pm

Enjoy tastings from the region's top wineries, distilleries and breweries, as well as cuisine from Macon's culinary best! Guests will also enjoy a silent auction featuring gourmet dinners, exciting getaways, and other fabulous items. Ticket is required.

Dan Darden & Friends Concert at Lizella Baptist

Thursday, October 23 • Depart Lobby at 6:15 pm

After 20 years - don't miss the final performances of Dan Darden and Friends at Lizella Baptist Church. This is a rescheduled event. If you purchased tickets previously, you will receive a phone call to confirm your ticket information. If you have not received a call, please contact 478-474-7101. Ticket is required.

Walk to End Alzheimer's at MGA

Saturday, October 25 • 9:00 am • Depart Lobby

Join members of the Middle Georgia community as we walk to show support for those with Alzheimer's. The walk is approximately one-half mile and self-paced. The bus will return to Carlyle Place at approximately 11:00 a.m.

Greek Festival at

Holy Cross Greek Orthodox Church

Sunday, October 26 • Depart Lobby at 1:00 pm

Tour the Holy Cross Greek Orthodox Church and enjoy lunch.

Music & Arts: Author, Calvin Cherry at Vineville United Methodist Church

Sunday, October 26 • Depart Lobby at 3:15 pm

Calvin Cherry, a Georgia native author, will read and present from his novel *Stoker* at Vineville United Methodist Church

Whistle Stop Café in Juliette, GA

Thursday, October 30 • Depart Lobby at 10:30 am

Visit the iconic café from the movie *Friend Green Tomatoes*, in Juliette, Georgia.

The Rocky Horror Show at Macon Little Theatre

Thursday, October 30 • Depart Lobby at 7:30 pm

Come out for this Halloween tradition – The Rocky Horror Picture Show. Ticket is required.



Sue Norris with author, Dr. Vivia Fowler at her book signing



Leonora Raggi, Jane Perry, Debra Collins, and Sherry Sims in paint pouring class



John & Myrtle Page, Kathy & Bill Marbut, Bob & Carol Hopp, and Mavis Trice at Pizza Happy Hour

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

In-House Events

Fall Into Fitness Challenge: Sign Up

October 1 - October 24 • In Resident Life

Stay strong this season by joining this 3 week fall challenge that is all about teamwork, boosting energy, building healthy habits, and keeping you moving as the holidays approach. This challenge will take place from November 3rd-November 21st. Grab your friends and join forces to make a team of seven! Together, you will track progress and push each other to stay active for the month of November. This is fun, motivating, and all fitness levels are welcome! Sign up from Oct 1st- October 24th in Resident Life.

Tech Tutoring with Caleb

Sunday, October 5, 19, & 26 • 4:00 pm • The Parlor

Caleb Varnadore volunteers his time to help residents with technology issues or questions. Bring your own device.

Healthcare Tour

Thursday, October 2 • 10:00 am • Healthcare Hallway

Sign up on Healthcare Row to tour our Healthcare neighborhoods. Questions about this important part of our community will be answered by Morgan Waters. Space is limited.

Middle GA Library Representative

Friday, October 3 • 3:00 pm • The Parlor

Yufiel Franklin will help residents download books, sign up for library cards, & assist with other library needs.

21st Century Partnership for Robins Air Force Base Card Signing Event

Tuesday, October 7 • 9:00 am - 2:00 pm • The Parlor

Sign cards for service members to show our support and appreciation. The signed cards will go to the 21st Century Partnership, the community partner for Robins Air Force Base. From there, they are sent to service members in various locations.

Broad River Therapy Presentation: Understanding Parkinson's Disease & Therapy Approaches

Wednesday, October 8 • 11:00 am • The Grande

Learn how physical, occupational, and speech therapy can help improve mobility, strength, balance, and overall quality of life for those living with Parkinson's.

Bag Mats for the Homeless: Service Project

Thursday, October 10 • 2:00 pm • Activity Room A

A service project where we will prepare bags used to make mats for the homeless to use for a variety of functions, including sleeping and sitting mats.

Middle GA Flute Choir

Sunday, October 19 • 2:30 pm • The Grande

Enjoy a Sunday afternoon treat as the Middle Georgia Flute Choir performs for Carlyle Place.

Poring Class with Joann

Tuesday, October 21 • 3:30 pm • Activity Rm A

Learn a painting technique called "pouring" with Joann Dankel-Dobbs. No supplies needed. Sign up is required.

CP Round Table: Jim Crisp

Wednesday, October 22 • 4:00 pm • Activity Rm A

Attend this roundtable event for At Home members and Carlyle Place residents, and hear from Jim Crisp, founder of Theatre Macon. Afternoon tea and wine will be served. Limited seating - sign up required.

Dementia Support Group

Thursday, October 23 • 1:30 pm • Activity Rm B

Chair Volleyball

Thursday, October 23 • 4:00 pm • The Grande

Golfing Putting Game with Carlyle Place Pros

Monday, October 27 • 10:00 am • Putting Green

Join our top golfers at Carlyle Place who will lead you in a competition against other teams vying for a position as the #1 putting team and individual. Sign up on Uniquet.

Arts & Crafts: 3D Canvas Art

Tuesday, October 28 • 2:30 pm • Back Rm Studio

Sign up on the app to create a 3D floral art piece on a canvas.

Monster Bash

Thursday, October 30 • 7:00 pm • The Grande

Jam out at this Halloween party where appetizers, beer, wine and a cash bar will be on hand. Wear your best costume to celebrate the season, and participate in our costume contest to win a prize.

Harvest Week

See Front Page



Connie Coughlin & Dorothy Reed during
National Adulting Day Games

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

Resident Led Activities

Pickleball Play & Instruction

Monday, Wednesday, Thursday & Friday at 8:00 am

Poker

Mondays · East Wing Game Room · 1:00 pm

Sundays · East Wing Game Room · 2:00 pm

Facilitated by Walter Barnett: 478-345-9781

BYOP (Bring Your Own Project)

1st, 2nd, & 4th Monday · Activity Rm B · 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 with Elaine Davies

Wednesdays · Group Fitness Rm · 3:00 pm

Joker

Mondays & Tuesdays · The Pub · 7:00 pm

Wednesdays · West Wing Game Rm · 3:00 pm

Rummikub

Tuesdays · East Wing Game Rm · 6:30 pm

Party Bridge

Tuesdays · The Pub · 1 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.

Sequence

Thursdays · East Wing Game Rm · 6:30 pm

Duplicate Bridge

1st, 2nd, 4th, & 5th Thursdays · 1:15 pm · The Pub

Facilitated by Rae Scott: 478-474-3116

Canasta

Thursdays · East Wing Game Rm · 1:30 pm

Schwartz Bible Study

1st, 2nd, 4th, & 5th Thursday · 2:00 pm · The Grande

MahJongg

Fridays · West Wing Card Room · 1:00 pm

Worship

Sundays · The Grande · 11:00 am

Billiards for Ladies

Sundays · Pool Table · 2:30 pm

Facilitated by Leonora Raggi: 478-993-6014

Mexican Train Dominoes

Sundays · The Bistro · 6:00 pm

Facilitated by Walter Barnett: 478-345-9781

Ladies & Men Poker

Sat., October 4 & 18 · East Wing Game Rm · 2:00 pm

Contact Leonora Raggi for information.

STIX Game Night

Saturdays · The Bistro · 7:00 pm

Chicago Style Bridge

Wednesdays · East Wing Game Rm · 1:15 pm

Facilitated by Rae Scott: 478-474-3116

Fridays · East Wing Game Rm · 1:15 pm

Facilitated by Demme Pluta: 770-754-7930

Food Pantry Bag Project

Thursday, October 2 · Activity Room A · 2:00 pm

Help support the St. Peter Claver Food Pantry by volunteering for this worthy cause.

Paper Craft Workshops

October 6, 13, & 24 · Back Room Studio · 2:00 pm

Learn new skills and/or complete projects. Contact Magda Morris or Marty Reese for information. Sign up on the app.

Coloring with Debra

Tuesday, October 7 · Activity Rm A · 3:00 pm

No experience is necessary and no supplies are needed. Relax and learn coloring techniques with Debra Collins. Sign up on the app.

Book Club

Thursday, October 9 · Activity Room A · 11:30 am

Lessons in Chemistry: A Novel by Bonnie Garmus

Bingo with Bingo Bob

Sat., October 11 & 25 · The Pub · 4:00 pm

Join Bob & Demme Pluta for Bingo! \$5 for 5 games, please bring correct change. Sign up on the app.

Pondering the Story with Elaine Davies

Mon., October 20 · Admin Conf Room · 2:30 pm

The story of blind Bartimaeus: Mark 10:46-52 will be discussed.

The Artful Touch with Debra:

Watercolor Class

Sunday, October 19 · Back Rm Studio · 2:30 pm

Participate in this step by step tutorial project to learn basic watercolor techniques and create a finished painting. No experience or supplies needed. Sign up on the app.

Prepare Lunches for Loaves & Fishes

Monday, October 27 · 2:30 pm · Activity Rm A

Sign up on the Uniquet App to help with this monthly service project.

Democrats Lunch

Tuesday, October 21 · Season's Dining · 11:30 am

Contact Linda Degelmann to RSVP: 222-942-2000

Take 3 for Wellness:

Submitted by Tonya Wilson

Cholesterol is a waxy fat-like substance that is found in all cells of your body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Two kinds of lipoproteins carry cholesterol throughout your body: low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

LDL cholesterol is called "bad" cholesterol. A high LDL level leads to a buildup of cholesterol in your arteries which can lead to heart disease and strokes. The lower the better. (ideal is <100)

HDL cholesterol is called "good" cholesterol. This is because it carries cholesterol from other parts of your body back to your liver. Your liver removes the cholesterol from your body. (ideal >60)

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. which increases the risk of heart disease and stroke.

Although high cholesterol can be hereditary, it is often the result of unhealthy lifestyle choices. Risk factors:

- Poor diet: Eating saturated fat, found in animal products, and trans fats can raise your cholesterol level. Foods that are high in cholesterol, such as red meat and full-fat dairy products, will also increase your total cholesterol.
- Obesity: Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.
- Large waist circumference: Your risk increases if you are a man with a waist circumference of at least 40 inches (102 centimeters) or a woman with a waist circumference of at least 35 inches (89 centimeters)
- Lack of exercise: Exercise helps boost your body's HDL, or "good," cholesterol while increasing the size of the particles that make up your LDL, or "bad," cholesterol, which makes it less harmful.
- Smoking: Cigarette smoking damages the walls of your blood vessels, making them likely to accumulate fatty deposits. Smoking may also lower your level of HDL, or "good," cholesterol.
- Diabetes: High blood sugar contributes to higher LDL cholesterol and lower HDL cholesterol. High blood sugar also damages the lining of your arteries.

The best treatment begins with lifestyle changes but sometimes it's necessary to take medications. The most common med to take is a statin drug. Statins block a substance your liver needs to make cholesterol. This causes your liver to remove cholesterol from your blood. Statins may also help your body reabsorb cholesterol from built-up deposits on your artery walls, potentially reversing coronary artery disease. The same heart-healthy lifestyle changes that can lower your cholesterol can help prevent you from having high cholesterol in the first place. To help prevent high cholesterol, you can: 1) Eat a low-salt diet that includes many fruits, vegetables and whole grains 2) Limit the amount of animal fats and use good fats in moderation 3) Lose extra pounds and maintain a healthy weight 4) Quit smoking 5) Exercise on most days of the week for at least 30 minutes 6) Drink alcohol in moderation

CVS Mobile Vaccine Clinic: Flu, Covid, Tdap, Shingles, RSV and Pneumonia Thurs. 10/02 8-12 and 10/03 from 8-3 in the Grande. The Consent forms will be on the counter in Post office area the last week of Sept so you can fill it out ahead of time to save time the day of the clinic. You will need to bring it along with your insurance and Medicare information. If you question whether to receive a vaccine, please discuss this with your doctor prior to the clinic.

Movies

Nonnas

PG · 2025 · Comedy · 1h 51m
Saturday, October 4 · 7:00 pm

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.



Beverage Tab Collection

We are collecting beverage can tabs to help support our local Ronald McDonald House program. Please place all beverage can tab donations in the collection box on the desk located in The Parlor.

Superman

PG-13 · 2025 · Sci-Fi/Action · 2h 9m
Saturday, October 11 · 7:00 pm

Superman must reconcile his alien Kryptonian heritage with his human upbringing as reporter Clark Kent. As the embodiment of truth, justice and the human way he soon finds himself in a world that views these as old-fashioned.



Scam Article: Can Clicking on a Spam Text Be Dangerous?

Originally Written by Clark Howard

Published on September 19th, 2025 on clark.com

According to the Federal Trade Commission (FTC), Americans lost \$470 million to scams that started with a text message in 2024. That's five times higher than what was reported in 2020. The most common text scam, according to the FTC? Fake package delivery, which aligns with Robokiller's analysis.

The danger is that these spam texts can lead to being robbed of your hard-earned money and even expose you to identity theft.

Clicking on spam texts can expose your phone to cybersecurity threats, including malware, and many spam texts can try to get you to divulge your address or other personal information which can lead to identity theft.

Money expert Clark Howard plays it safe by making sure to never click on text links sent from phone numbers he doesn't recognize.

Mask

PG-13 · 1985 · Drama · 2h
Saturday, October 18 · 7:00 pm

A teenager with a massive facial skull deformity and biker gang mother attempt to live as normal a life as possible under the circumstances.



Fried Green Tomatoes

PG-13 · 1991 · Drama · 2h 10m
Saturday, October 25 · 7:00 pm

Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe.



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.

New Residents

Bob & Margaret Means
Garden Home 61

Jim & Carolyn Bruner
Garden Home 65

Diane & Alan Baca
Apartment 2025

Lee & Ellen Murphey
Apartment 2217

Uniquet "Bulletin Board"

The Uniquet Community App has 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

Development Chairperson: George Beck

4th Thursday • 10 am • Admin. Conf. Rm

Quarterly: January, April, July, October

Dining Chairperson: Rose Butler

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: Jim McInerney

3rd Wednesday • 10:30 am • Admin. Conf. Rm

Programming Chairperson: Carolyn McInerney

2nd Wednesday • 3:00 pm • Admin Conf Rm

RAC President: Marianna Gebara

2nd Thursday • 10:00 am • Admin Conf Rm

August 2025 Honorariums & Memorials

Donated in Memory of:

**Mr. Richard George
Mrs. Ellen Schneider**

Donated by:

**Dr. Donald & Mrs. Mary Dale V. Kea
Dr. Donald & Mrs. Mary Dale V. Kea**

Memorial and Honorarium gifts to Carlyle Place are posted monthly in the Carlyle Chronicle. They are also updated annually on the Recognition Board. To make a gift, please make your check payable to the Navicent Health Foundation, and indicate if you would like your gift applied to the Carlyle Place Resident Assistance Fund, Watkins Employee Scholarship Fund, or to the Carlyle Place General Fund. Mail to 3330 Northside Drive STE 100, Macon, GA 31294-9646. You may 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

Aging: An Analogy

Submitted by Alan Morris

The body gets an occasional crease.
Brown rust spots appear.
The joints creak.
The tires get worn,
And the roof fades in color.
Occasionally the carburetor needs adjustment.
The coil, plugs, a shock or front strut need replacing.
The valves quite often need reaming.
The horn gets scratchy sounding.
The headlights dimmer.
The cooling system gets an occasional leak.
It also gets overheated,
Or won't get warm enough.
Or both.
The ignition system just isn't up to snuff.
Very hard to get started in the morning.
The hydraulics gets oh so sluggish...
Hopefully the "Master Cylinder" will hold up.
Fuel intake is about the same, but...
It doesn't burn up as well,
Leaving behind a most unwanted "Residue".
Finally, last but not at all least,
The exhaust system gets louder and louder
as the years pass by.
But...
Like the old car, the "Bod" putts along,
Chalking up the mileage year after year,
Until finally someone has to pay
To drag it away to the junk yard.
RUST IN PEACE



Certificate of Appreciation presented
to Carlyle Place Library Committee



Rescued Monarchs from the Butterfly Garden
Submitted by Nalini Isaac

A Christian Symbol: The Rooster

Written by Rog Anderson



A rooster on a church steeple is a Christian symbol with roots in the story of Saint Peter's denial of Jesus and has become a symbol of spiritual vigilance, the dawn of a new day, and Peter's eventual repentance and Christ's triumph. The tradition was formulated by Pope Gregory I and Pope Nicholas I between the 6th and 9th centuries, leading to roosters being placed on churches to serve as weathervanes and as a reminder of Peter's betrayal and subsequent forgiveness. The rooster became a symbol of the Protestant Reformation and was thus used to distinguish Protestant Churches from Catholic ones.

This rooster said, in the apartment of Linda and Rog Andersen: "I'm only a rooster and a fowl one at that, but your home is now my home, so that's where I'm at. Pastor Paul, I'll give you my all but all I can do is cocka-doodle doo! (Rog kicked me out of the hen house and over to Paul Evan's home).

Then at the Evans apartment, the rooster wrote to Linda and Rog: "Thank you so much for allowing me to live in the Evans apartment. They know us rooster's history and will honor me on their display cabinet, where I now reside. Thanks again for letting me move."

Check out this beautiful weather vane on the lower level of the South Wing.

September's Employee of the Month: Stacy Pritchard



September's Employee of the Month was Stacy Pritchard. Stacy has worked at Carlyle Place for nearly 15 years, and began her career here as the Independent Living Dining Manager. After a year, she transferred into Facility Services where she currently holds the title of Secretary.

Stacy was born in Oregon, raised on an Indian reservation in Colorado, and later moved to Florida before beginning high school. She graduated from Wesleyan College in Macon in 2000. She thrives in her career, where her natural love for order, structure, and problem-solving shines. Outside of work, Stacy embraces a lifestyle of creativity and sustainability. She grows her own fruits and vegetables, hunts for year-round self-sufficiency, and uses oils and herbs she cultivates for health and healing. A passionate cook, she loves transforming fresh ingredients into nourishing meals, as well as painting and sewing in her spare time. Stacy is married and the proud mother of Madison, age 15.

If you see Stacy Pritchard, be sure to congratulate her and thank her for all of her hard work around Carlyle Place.

The Carlyle Place Roundtable: A New Series

Written by Ann Tift

King Arthur's knights and The Algonquin Hotel pundits had their Roundtables; now both Carlyle Place residents and At Home members are invited to participate in a Roundtable of our own. Beginning October 22, small monthly gatherings will feature a notable speaker – chosen by Carlyle Place members from among our own campus residents, At Home affiliates, and beyond – to talk about topics in the arts, sciences, history, or such 21st-century topics as technology, sports, finances, and more.

Located in Activities Room A, meetings will offer an intimate opportunity to hear the speaker and join in give-and-take between 4:00 and 5:30 pm. Choose from the provided libations of wine and afternoon tea. Our first speaker is Jim Crisp, founder of Theatre Macon, its Artistic Director for 32 years, and winner of the 2018 Governor's Award in the Arts and Humanities for his "significant contributions to the state's cultural landscape." In retirement, Jim has remained active in Macon's cultural scene, directing local plays, teaching courses at WALL and other venues, and supporting many local projects.

Future Roundtable speakers will be selected entirely by Carlyle Place residents and At Home members. Register for a seat at a Roundtable meeting by signing up on the Uniguest App, or contacting Resident Life. To propose speakers, please send an email to Ann Tift: anntift33@gmail.com



Jean Bragg, Holly Ertel, Jim Neil, Bob Hopp, Marianna Gebara, and Joann Dankel-Dobbs during National Adulting Day Games

Celebrating October

Adopt a Shelter Dog Month

Squirrel Awareness Month

International Day of Older Persons
October 1

Guardian Angels Day
October 2

World Smile Day
October 3

World Teachers' Day
September 6

John Lennon Day
October 9

Fall Harvest Day
October 16

Pastoral Care Week
October 19 - 25

Mother-in-Law Day
October 26

Halloween
October 31

Support Group:

Dementia Support Group
Thurs., September 25 • 1:30 pm • Activity Room A



Submitted by Jane Perry

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 October Birthdays

Julie Andrews (singer)	October 1, 1935
Groucho Marx (comedian)	October 2, 1890
Buster Keaton (comedian)	October 4, 1895
Kate Winslet (actress)	October 5, 1975
Desmond Tutu (archbishop)	October 7, 1931
Eleanor Roosevelt (first lady)	October 11, 1884
Paul Simon (musician)	October 13, 1941
Evel Knievel (daredevil)	October 17, 1938
Mickey Mantle (ballplayer)	October 20, 1931
Dizzy Gillespie (musician)	October 21, 1917
Mahalia Jackson (singer)	October 26, 1911
Jonas Salk (doctor)	October 28, 1914
Gabrielle Union (actress)	October 29, 1972

RAC Corner

Carlyle Place Employee Gift Fund: Celebrating the Heart of Our Community

What is one of the highest-rated aspects of Carlyle Place? If you guessed our staff—you're exactly right!

In our most recent Holleran Survey, staff friendliness, quality of maintenance, and competence of staff received the highest satisfaction scores. Our employees are recognized for their dedication, professionalism, and the genuine care they provide every day. Now it's our turn to show them how much they mean to us.

Each year, residents, healthcare families, and Carlyle at Home members come together to support the Employee Gift Fund—a special tradition that ensures every eligible staff member (excluding administrators) receives a gift of appreciation. The amount each employee receives is based on the total number of hours worked throughout the year, making it a true reflection of their contribution.

Think about it this way: just \$1.15 per day adds up to the suggested donation of \$420 per resident. With that small daily gesture, we can reach—and hopefully surpass—our 2025 goal of \$135,000. Last year, even with fewer residents, we raised an impressive \$150,000!

The Resident Advisory Council (RAC) oversees this effort from start to finish—beginning with introductory letters, continuing through weekly progress posters and “Have You Heard” updates, and culminating in the preparation of hundreds of checks and a joyous celebration event. At the helm is RAC president Marianna Gebara, guiding this important tradition with care and dedication.

Our employees are respected, loved, and admired—for good reason. They are the heart of Carlyle Place, and they deserve the very best. The Employee Gift Fund is more than a financial contribution—it is a meaningful expression of gratitude from the residents to the staff who support our daily lives.

Together, let's make this year's Employee Gift Fund another outstanding success!

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 Laney Doster:

Laney.Doster@advocatehealth.org

Library Display: Fall Into Books

Written by Library Committee

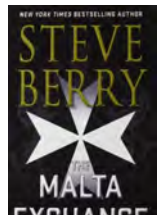
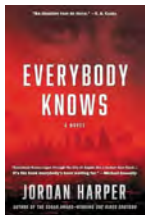
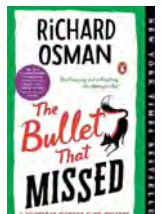
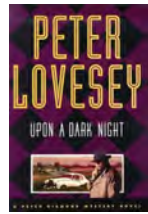
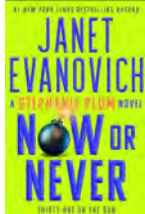
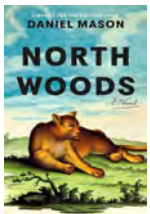
The Carlyle Place Library Committee wishes everyone a wonderful Fall season. The Veranda Library and the Parlor Library are showcasing books that you might enjoy as the days grow shorter and the nights grow longer. The Library Committee thought you might like to know about the use of the term "Fall".

Before the 16th century Harvest was the term usually used to refer to the season. As more people gradually moved from working the land to living in towns, the word Harvest lost its reference to the time of year and came to refer only to the actual activity of reaping. Autumn, as well as Fall began to replace it as a reverence to the season.

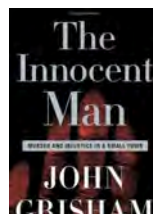
During the 17th century, English settlers began emigrating to the North American colonies and took the English language with them. Fall became the common term in North America.

Feel free to borrow some of the books on display in the Parlor Library!

Books on display in the Veranda Library:



Books on display in the Parlor Library:



Eyeglass Collection

A Carlyle Resident, Frank Anderson, takes donated eyeglasses to The Lions Club every other week.

The Lions Club is an international group that serves the community in various ways: from disaster relief to collecting donated items.

If you are interested in donating your eyeglasses, please leave them at Concierge desk anytime of the day/week.

Macon - Mercer Symphony Orchestra Savings

The Macon-Mercer Symphony Orchestra is unique; it pairs musicians from the Atlanta Symphony Orchestra with our talented string students from our Center. MMSO is happy to offer a savings of 30% off per ticket by using code OVATION at check out.



Marilyn Ladner, Paul Evans, Barbara Scully, Kaye Foltz, Rhonda Koplin, and Mary Dempsey at Cocktails with Alex & Simmi

September Employee Anniversaries

1 Year

Shannon McGeehee
Braeden Carmical
Katelynn Smith
Annamarie Matthews
Ambria King
Zle Petty
Jessica Leverett

2 Years

Ally Leverett
Sierra Watkins
Zoe Harrison

3 Years

Carmen Poole
Juanita Brown
Kimberly Noltion
Jacqueline Valentine
Chinyere Ezeilo
Betty Saxby

6 Years

Veronica Deshazier

9 Years

Alicia Alexander

10 Years

Lashona Walker

15 Years

Veronica Williams

18 Years

Sherry Raines

21 Years

Susan Bankston

24 Years

Charlie Perkins

I SPY - October 2025

"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.

I spy...a resident whose dedication and behind-the-scenes efforts have been instrumental in the success of CP's monthly Loaves & Fishes sack lunch service project. Elyene Thompson consistently arrived early, stayed late, and worked closely with the Resident Life team to brainstorm and implement efficient ways to organize fellow volunteers. Her leadership, creativity, and commitment ensured that each month's service opportunity ran smoothly. Her shoes will be hard to fill, but her example will continue to inspire us. Thank you, Elyene, for your service, your heart, and your leadership.

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:

Week 1

Connect to Purpose—Employee Anniversaries
Resident Life Monthly Activities

Week 2

Rehab Updates/Reminders
Committee Report

Week 3

RAC Report
Take 3 for Wellness
Snapshot (Quarterly: Jan, Apr, July, Oct)

Week 4

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

Week 5 (January, May, August, October)

Healthcare Updates/Reminders
CP at Home Updates/Reminders

2025 Committee Report Schedule:

Building & Grounds: 10/14
Library: 10/28
Development: 11/11
Marketing: 11/25
Dining: 12/9
Programming: 12/23

October Birthdays

Tony Zelonis	10/1
Peggy Cox	10/2
Jeanne Cochran	10/5
Paula McGlamery	10/7
Boonie Nable	10/7
Emily Dickey	10/9
John Amabile	10/13
Ann Meia	10/14
Lorraine Connell	10/17
Sarah M. Cooper	10/17
Thomas Tengg	10/18
Nell Flatau	10/20
Dan Sheil	10/ 21
Carl Howk	10/21
Cathy Smith	10/21
Patty Prince	10/23
Ed Brewton	10/25
Frank Ellis	10/26
Theron Simpson	10/28
Sandra W. Brown	10/29
Sue Stone	10/29

Carlyle-at-Home

Elizabeth Jones	10/7
Don Faulk	10/9
Betty Talbot	10/9
Albert Reichert	10/11
Carol Kimsey	10/14
Stephen Mallary	10/18
Helen Stembridge	10/22
Melanie Eberhardt	10/28
Sandra Sizemore	10/31

Walk to End Alzheimer's

Written by Carol Badley

Get ready with your PURPLE! Our BIG regional Walk to End Alzheimer's is near! Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Approximately 20 of these BIG walks are scheduled in Georgia this fall. All ages and abilities can participate, and we walk rain or shine (Dementia doesn't stop for weather!)

This past year at Carlyle Place, we really went "over the top" raising funds for this cause, and now it is time to celebrate our amazing success. There is no registration fee - we just show up and walk. The walk will take place on Saturday, October 25th at Middle Georgia University. We will be departing the lobby at 9:00 a.m. Please sign up on the Uniquist app.



BUM's Breakfast - Submitted by Bob Pluta

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 Uniquist App. Below are the phone numbers and websites for the most frequently visited venues:

BLP - Backlot Players

(478) 994-0443

Website: thebacklotplayers.org

CP - Centreplex

(478) 803-1593

www.maconcentreplex.org/coliseum/ticket-office/

DT- Douglass Theatre

(478) 742-2000

Website: douglasstheatre.myboxoffice.us

FH - Fickling Hall at Mercer University

(478) 301-5470

Website: www.mcduffie.mercer.edu

GOH - Grand Opera House

(478) 301-5470

Website: www.thegrandmacon.com

MCA - Macon City Auditorium

(478) 803-1593

<https://www.maconcentreplex.org/auditorium/>

MLT - Macon Little Theatre

(478) 471-7529

Website: www.maconlittletheatre.org

TM - Theatre Macon

(478) 746-9485

Website: www.theatremacon.com/tickets

A Message From Dining

October: A Month of Flavor, Fun & Fellowship

October in Dining is packed with delicious celebrations, themed treats, and community moments that bring warmth to the fall season. Here's a look at what's happening:

Week 1

Oct 1 – National Pumpkin Spice Day: Pumpkin Spiced treat in the dining room.

Oct 3 – National Caramel Custard Day: Caramel Panna Cotta served.

Oct 4 – National Taco Day & National Vodka Day: Pub Happy Hour celebration.

Week 2

Oct 5 – National Apple Betty Day: Apple Betty dessert offering.

Oct 6 – National Noodle Day: Homemade pasta salad at the Salad Bar.

Oct 7 – National Chocolate Covered Pretzel Day: Chocolate Pretzel Pecan Pie.

Oct 8 – National Pierogi Day: Pierogis in the Pub during Happy Hour.

Oct 9 – National Beer & Pizza Day: Pizza Bites in the Pub.

Oct 10 – National Angel Food Cake Day: Dessert in the dining rooms.

Week 3

Oct 18 – National Chocolate Cupcake Day: Chocolate cupcakes served.

Oct 20 – National Chicken & Waffles Day: Bistro special: Chicken & Waffles.

Oct 22 – National Nut Day: Praline Cupcakes.

Oct 23 – National Boston Cream Pie Day: Boston Cream Pie dessert.

Oct 24 – National Bologna Day: Fried Bologna Sliders in the Pub.

Oct 25 – World Pasta Day & National Greasy Foods Day: Pub Happy Hour celebration.

Week 4

Oct 26 – National Pumpkin Day: Pumpkin-themed treats.

Oct 27 – National Potato Day: Loaded Fries in the Bistro.

Oct 28 – National Oatmeal Day: Cracked Pie for dessert.

Oct 30 – National Candy Corn Day: Themed Cheesecake.

Oct 31 – National Caramel Apple Day: Caramel Apple Cake.

Bonus Treats

National Chocolate Day – Triple Chocolate Cake

National Mozzarella Stick Day – Pub Happy Hour

Harvest Week starts on October 12th with Bourbon & BBQ with the Ruby Reds!

New Resident: Lorraine Connell

Written by Jane Winston



Lorraine Connell is quite new to Carlyle Place and just cannot say enough kind things about her less-than-a-year in the South Wing. She was born and lived in Trenton, New Jersey till she was in the 5th grade at which time her family moved to Dunedin, Florida. Shortly after the move, she met her later-to-be-husband, Larry; they were close friends for years eventually marrying and creating a life as husband and wife with four daughters in Florida. Larry was an engineer for Honeywell. He also spent four years in the Marine Corp at Camp Lejeune in New Jersey. Lorraine spent a good number of years as a bookkeeper for a local Florida high school. Two of the girls, one in Macon and one in Forsyth, brought mom to Carlyle Place after the death of dad six years ago. The other two daughters live in Maryland and Florida. Larry and Lorraine had five grandchildren and 12 “great grands.” They were married 64 years!

I always ask if the interviewee would please share something of interest that perhaps others don't know about. Well, Lorraine had a great memory to share that brought tears to this interviewer's eyes!

One-year ago, for Christmas, a family member gave her a “DNA opportunity kit.” She followed the directions and discovered, in addition to learning she is Italian/Bohemian, she has a half-brother who is 15 years younger than she. Lorraine's mother died when Lorraine was young; she lost touch with her dad; he remarried, and they have a son who lives in New Jersey. With a big **gulp**, she called him and arranged to travel from Florida to New Jersey to meet him. She flew up, and all went very well. They are in constant contact and have plans for another meet-up, again in New Jersey, as he does not wish to fly. I, for one, want to stay-tuned for more information on this dream come true!

Lorraine loves Carlyle Place and just people in general. You can find her playing Rumikub, Joker, Mexican Train, Stix, Sequence and Hand and Foot. “I've recently been introduced to Euchre, and I'm thinking that is my favorite.”

Her concluding comment left me in stitches, so I shed a few tears and had a good laugh in one hour. Life doesn't get much better than that! Thanks, Lorraine. ***“I just love to get old. Can't wait to get older.” (With sarcasm.)***



Joann Dankel-Dobbs leading a Paint Pouring Class



Monthly Service Project: Back Pack Ministry at Forest Hills



A group of residents at Pizza Happy Hour



Ron Freeman, Jean Bragg, and Barbara Hovagimian at White Out Happy Hour



Mary Dempsey and Ann Rambusch participating in National Adulting Day Games



Carlee Davies, Lenore Sell, and Ian Davies color coordinate at Happy Hour

