

The Carlyle Chronicle

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Turkey Week 2025

Join these activities as we kick off the holiday season at Carlyle Place

Loaves & Fishes Food Pantry Collection

Monday-Wednesday, Nov. 24 - 26 · Front Lobby
Look for list of acceptable items in your mailbox. No perishable items.

Turkey Tac Toe & Games

with Resident Life & Healthcare Staff

Monday, November 24 · 3:30 pm · The Grande
Holiday themed games will give you an opportunity to win prizes during this laughter inducing event led by your RL staff.

Thanksgiving Tea

Tuesday, **November 25 · Season's Dining · 2:00 pm**
Celebrate the holiday season with a Thanksgiving themed Tea in Season's Dining. Sign up on the App for this limited seating event.

Turkey Happy Hour

Wednesday, November 26 · 5:00 pm · The Pub
Celebrate with fellow residents at this Turkey Happy Hour. A specialty drink will be served.

Clara & Felix Hoffman Performance:

A Thanksgiving Tradition

Friday, November 28 · 3:30 pm · The Grande
The Hoffman siblings, grandchildren of Edith Moye, will perform their annual vocal and piano performance for anyone looking to enjoy some holiday spirit.

Recurring Activities

Happy Hour

Monday - Friday · 5:00 - 6:00 pm · The Pub
 Saturdays · 5:00 - 7:00pm · The Pub
 Friday, November 21 · 4:30 · The Pub

Have You Heard

Tuesday, Nov. 4 & 25 · 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
 Not being held on November 24th

Choristers Practice

Tuesdays · 1:30 pm · The Grande

Trivia

Tuesday, November 11 · 4:00 pm · The Grande
 This rowdy, competitive game where teams of five or less compete for prizes is a resident favorite. Sign up on the Uniguest 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, November 14 & 28 · 10:00 am · Dog Park
 Bring Fido to the dog park for a canine meet and greet.

Communions

Episcopal - Mon., November 3 - Act. Rm A · 10:00 am
 Episcopal - Thurs., November 20 - Act. Rm A · 10:00 am
 Methodist - Thurs., November 20 - Act. Rm A · 1:00 pm
 All are welcome to attend these Communions.

BUMs Breakfast

Saturday, November 15 · 8:30 am · The Grande
 All men are welcome to attend this monthly breakfast to hear from Daniel Rhoades, the President and CEO of the Museum of Aviation.

Catholic Mass

Tuesday, November 25 · 2:00 pm · Activity Rm A

Out & About

Jarrell Plantation Syrup Festival

Saturday, November 1 · Depart Lobby at 9:30 am
 Jarrell Plantation is hosting its 36th Annual Syrup Makin' Event on Saturday November 1st. Join them for a sweet day of fun!

General Election

Tuesday, Nov. 4 · Depart Lobby at 10:00 am & 1:00 pm
 Municipal General Election & Special Election

Jubilee Art Series Concert at Fickling Hall

Tuesday, November 4 · Depart Lobby at 6:45 pm
 Jacob Keith Watson, *lyric baritone*, will be performing. Watson is an actor, singer, teacher, and Arkansas native. Ticket required.

Back Pack Ministry Project

Friday, November 7 · Depart Lobby at 1:00 pm
 Join in this service project and give back to the community by preparing food for children in need.

Christmas Made in the South

Friday, November 7 · Depart Lobby at 9:30 am

Mercer Jazz Ensemble at Fickling Hall

Friday, November 7 · Depart Lobby at 6:45 pm
Songs in Passage, Director Monty Cole

MET Opera Live: La Boheme

Saturday, November 8 · Depart Lobby at 12:00 pm
 Enjoy this live showing of *La Boheme*. Ticket is required.

New Desautels Organ Inaugural Recital

Sunday, November 9 · Depart Lobby at 3:15 pm
 Organist Jack Mitchener performs celebratory works by Bach, Dupré, Eben, Guilment, Hailstork, Laurin, Lebègue, and Mendelssohn on the stunning new Desautels organ at Fickling Hall.

Fabian Concert Series at Fickling Hall

Tuesday, November 11 · Depart Lobby at 6:45 pm
 Piano Quintet and String Trios. Ticket Is Required.

Dinner at Bonefish

Tuesday, November 12 · Depart Lobby at 5:00 pm

Day Trip to Pasaquan & Providence Canyon

Thursday, November 13 · Depart Lobby at 8:30 am
 Walk and hike these two southwest GA locations and enjoy a boxed lunch in between. This will be a strenuous outing with uneven surfaces, extended walking, and standing. A \$10 admission fee to Pasaquan and a \$7.70 transportation fee will be charged to your monthly bill. Sign up on the Uniguest App.

Our Country's Good at Theatre Macon

Thursday, November 13 · Depart Lobby at 6:45 pm
 In June 1789 in the penal colony that was later to become the city of Sydney, a marine lieutenant decides to put on a play to celebrate the king's birthday. Ticket is required

Out & About

Jen's Market at the Howard Community Club

Saturday, November 15 · Depart Lobby at 10:00 am
Crafts, food, music and FUN abounds at this monthly market.

Music & Arts

at Vineville United Methodist Church

Sunday, November 16 · Depart Lobby at 3:15 pm
Enjoy performance from Matthew Dickerson performing on the hammered dulcimer. Supported by kind donations.

Macon - Mercer Symphony Orchestra at the Grand Opera House

Monday, November 17 · Depart Lobby at 6:45 pm
Peter Oundjian, *guest conductor*. Ticket is required.

Mercer Harp Ensemble at Fickling Hall

Tuesday, November 18 · Depart Lobby at 6:45 pm
With One Voice— Calista Anne Koch as director.

Breakfast at Cathedral Coffee

Thursday, November 20 · Depart Lobby at 9:00 am

Shop at Belks

Thursday, November 20 · Depart Lobby at 1:00 pm
Enjoy shopping at Belk's at The Shoppes at River Crossing.

Mistletoe Market in Perry

Friday, November 21 · Depart Lobby at 9:30 am

Mercer Jazz Combo at Fickling Hall

Friday, November 21 · Depart Lobby at 6:45 pm
Amsterdam After Dark with Monty Cole as director.

MET Opera Live: Arabella

Saturday, November 22 · Depart Lobby at 12:00 pm
Enjoy this live showing of *Arabella*. Ticket is required.

Mercer Wind Ensemble at the Grand Opera House

Monday, November 24 · Depart Lobby at 6:45 pm
Voices with Brittan Braddock as conductor. Ticket is required.



Sunrise picture captured by Debra Collins on a morning walk



Linda Dogleman, Elaine Davies, Rose Butler and Nalini Isaac releasing a Monarch



Mary Dale Kea, Ronnie Knapp, Diane Baca, Cathy & Bob Dunne



Don Kea receiving the Profile in Positive Aging Award

In-House Events

Movie Showing

Saturdays · 7:00 pm · The Grande
November 1 - *Psycho*

November 8 - *Downton Abbey*

November 15 - *Downton Abbey: A New Era*

November 22 - *Downton Abbey: The Grande Finale*

November 29 - Silent Movie: *The General*

Tech Tutoring with Caleb

Sunday, Nov. 2, 9, & 16 · 4:00 pm · The Parlor
Caleb Varnadore volunteers his time to help residents with technology issues or questions. Bring your own device.

WINE-O

Monday, November 3 & 17 · 4:00 pm · Seasons Dining
WINE-O, Bingo for wine lovers, is a way for adults to enjoy wine, fellowship, and fun! This activity has limited seating and participants are chosen by a lottery system.

Healthcare Tour

Thursday, November 6 · 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.

Lunch & Learn

Thursday, November 6 · 11:30 am · The Grande
Dr. Rogerio Lilenbaum, Atrium Health Navicent Cancer Center Service Line Leader and Cancer Clinical Trials Officer, will be speaking on the topic, "The Future of Cancer is today."

Middle GA Library Representative

Friday, November 7 · 3:00 pm · The Parlor
Yufiel Franklin will help residents download books, sign up for library cards, & assist with other library needs.

Birthday Bash with Joey Thigpen

Monday, November 10 · 7:00 pm · The Grande
Celebrate November & December birthdays! Cake and Ice-cream will be served. All are welcome

Veterans Day Program

Tuesday, November 11 · 11:00 am · The Grande
This annual program will take the place of Have You Heard.

Broad River Therapy Presentation: Fall Prevention & Safe Mobility at Home

Friday, November 7th · 11:00 am · The Grande
Discover practical strategies, home safety tips, and simple exercises that reduce fall risk and help residents move more safely and confidently.

Arts & Crafts:

Holiday Themed Drinking Glass

Wednesday, November 18 · 3:00 pm · Back Rm Studio
Sign up on the app to create a holiday inspired drinking glass.

Bag Mats for the Homeless: Service Project

Thursday, November 13 · 2:00 pm · Activity Room A
Prepare bags used to make mats for the homeless that will be used for a variety of functions, including sleeping and sitting mats. (no sign up required)

Concert:

Nicole Ying & Dr. Christopher Briggs Rodriguez

Thursday, November 13 · 7:00 pm · The Grande
Enjoy this performance by Nicole Ying on piano and Dr. Christopher Briggs Rodriguez on baritone. Dessert reception to follow.

CP Round Table:

Tom Wight & Emory Whitaker

Wednesday, November 19 · 4:00 pm · Activity Rm A
Attend this roundtable event for At Home members and Carlyle Place residents, and hear from Tom Wight & Emory Whitaker. Additional information on page 10.

Before the First Note Dinner

Thursday, November 20 · 5:00 pm · The Dining Room
Before the McDuffie performance, start a special evening off with a menu of winter cranberry and pear salad topped, short ribs with parmesan risotto, garlic and herb shrimp and scallop skewers, and sautéed asparagus. No reservations are necessary.

Susan & Robert McDuffie Performance

Thursday, November 20 · 7:00 pm · The Grande
Attend a captivating performance by acclaimed violinist Robert McDuffie and his mother, distinguished pianist Susan McDuffie, as they share the stage for a heartfelt musical journey. This special mother-son duo will enchant you with their artistry and connection. A dessert reception will follow, offering guests a chance to mingle and savor sweet treats in celebration of this unforgettable evening.

Nutcracker Performance

Friday, November 21 · 4:00 pm · The Grande
The Nutcracker of Middle GA troupe will perform segments of their upcoming ballet for our residents.

Turkey Tac Toe with Resident Life & Healthcare Staff

Tuesday, November 25 · 3:30 pm · The Grande
See cover for information

Thanksgiving Tea

Monday, November 24 · Season's Dining · 2:30 pm

See cover for information

Clara & Felix Hoffman:

A Thanksgiving Tradition Performance

Friday, November 28 · 3:30 pm · The Grande
See cover for information

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 9:15 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, & 3rd 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!

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 · 1:15 pm

The Harmonica Group

1st & 3rd Wednesdays · Back Rm Studio · 4:00 pm
Join this starter group of aspiring harmonica musicians

Sequence

Thursdays · East Wing Game Rm · 6:30 pm

Duplicate Bridge

1st & 2nd 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, & 3rd 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., Nov. 1 & 15 · 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, November 6 · Activity Room A · 2:00 pm
Help support the St. Peter Claver Food Pantry by volunteering for this worthy cause.

Paper Craft Workshops

November 3, 12, & 21 · 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, November 4 · 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, November 13 · Activity Room A · 11:30 am
Bridget Jones's Diary: By Helen Fielding

Bingo with Bingo Bob

Sat., November 8 & 22 · The Pub · 4:00 pm
Join Bob & Demme Pluta for Bingo! \$5 for 5 games, please bring correct change, and arrive five minutes early. Sign up on the app.

Writers Group Interest Meeting

Friday, November 14 · 2:00 pm · Activity Rm A

Pondering the Story with Elaine Davies

Mon., November 17 · Admin Conf Room · 2:30 pm
Notable Quotes from the Esther Saga

The Artful Touch with Debra: Watercolor Class

Sunday, November 16 · 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.

The Artful Touch with Debra: Sketchbooks

Sunday, November 23 · Back Rm Studio · 2:30 pm
Learn creative ways to fill a sketchbook with Debra Collins!

Prepare Lunches for Loaves & Fishes

Monday, November 24 · 2:30 pm · Activity Rm A
Sign up on the Uniguest App to help with this monthly service project.

Democrat's Lunch

Tuesday, November 25 · Season's Dining · 11:30 am
Contact Linda Degelmann to RSVP: 222-942-2000

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

Take 3 for Wellness: Congestive Heart Failure

Submitted by Tonya Wilson

Congestive Heart Failure, also known as CHF, occurs when your heart muscle doesn't pump blood as well as it should. In heart failure, the main pumping chambers of your heart (the ventricles) may become stiff and not fill properly between beats or your heart muscle may become damaged and weakened, and the ventricles stretch to the point that the heart can't pump blood efficiently throughout your body. Over time, the heart can no longer keep up with the normal demands placed on it to pump blood to the rest of your body.

Any of the following conditions can damage or weaken your heart and can cause heart failure, but the most common cause of heart failure is Coronary artery disease and heart attacks. Other common causes may include:

- High blood pressure
- Faulty heart valves
- Damage to the heart muscle (cardiomyopathy)
- Myocarditis which is an inflammation of the heart muscle
- congenital heart defects
- Abnormal heart arrhythmias
- Other diseases such as diabetes, HIV, thyroid disease, or a buildup of iron or protein

Heart failure signs and symptoms may include:

- Shortness of breath when you exert yourself or when you lie down
- Fatigue and weakness
- Swelling in your legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night
- Swelling of your abdomen
- Very rapid weight gain from fluid retention
- Lack of appetite and nausea
- Difficulty concentrating or decreased alertness
- Sudden, severe shortness of breath and coughing up pink, foamy mucus
- Chest pain if your heart failure is caused by a heart attack

Heart failure is a chronic disease needing lifelong management. Doctors sometimes can improve heart failure by treating the underlying cause. For example, repairing a heart valve or controlling a fast heart rhythm. But for most people, the treatment of heart failure involves a balance of the right medications and, in some cases, use of devices that help the heartbeat and contract properly. Treatment may help you live longer and reduce your chance of dying suddenly.

November Movies

Psycho

R · 1960 · Horror/Suspense · 1h 49m
 Saturday, November 1 · 7:00 pm

A secretary on the run for embezzlement takes refuge at a secluded California motel owned by a repressed man and his overbearing mother.



Downton Abbey

PG · 2019 · Drama/ Romance · 2h 2m
 Saturday, November 8 · 7:00 pm

The Crawleys and their servants prepare to host King George V and Queen Mary at Downton Abbey.



Downton Abbey: A New Era

PG · 2022 · Drama/ Romance · 2h 4m
 Saturday, November 15 · 7:00 pm

The Crawleys go on a grand journey to the south of France to uncover the mystery of the Dowager Countess' newly inherited villa.



Downton Abbey: The Grande Finale

PG · 2025 · Drama · 2h 3m
 Saturday, November 22 · 7:00 pm

When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.



The General

TV-G · 1926 · Drama/ Comedy · 1h 18m
 Saturday, November 29 · 7:00 pm

After being rejected by the Confederate military, not realizing it was due to his crucial civilian role, an engineer must single-handedly recapture his beloved locomotive after it is seized by Union spies and return it through enemy lines.



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.

Service Dogs 101

Submitted by Dan Powell

- 1. Don't distract a working dog.** Service Dogs need to focus on their job and their handler. Never pet a working dog, as this can distract them from their very important work.
- 2. No People food.** It's critical that service dogs maintain proper health and nutrition, Don't offer food to a working dog, as it can interfere with good behavior patterns.
- 3. Always ask.** Handlers must remain in control of their service dog, to ensure they are well mannered. Always ask for permission before interacting with a service dog.
- 4. Keep your pet on a leash.** Service dogs get to relax and play when they are at home. If you see a working dog, keep your pet at a distance so the service dog can focus.

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.

Uniquist "Bulletin Board"

The Uniquist 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.

New Residents

Don & Kay Rickenbaugh
Apartment 2230

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
January - April - July - October

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

September 2025 Honorariums & Memorials

Donated in Memory of:

Ellen Schneider

Donated by:

Mr. & Mrs. Thelen

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 main lobby near the elevator.

A Century of Living Well: Celebrating Shirley Powers' 100th Birthday

Written by Mary Dempsey

In 1925, the world was a very different place — no air-conditioning, limited indoor plumbing, silent movies, and not a coffee maker in sight! That's the year Shirley Powers made her entrance into the world!

Born on October 27, Shirley was educated in Norfolk, VA. She continued her studies at Duke University, where she graduated with a degree in chemistry. She went on to build a career in medical technology as a laboratory technician — quite an accomplishment for a woman in those times.



Staff celebrates with Shirley Powers on her 100th birthday

It was during those early years that Shirley met her future husband, Herman, an engineer. After a brief courtship, they married and went on to raise three children. Today, Shirley is the proud matriarch of a loving family that includes seven grandchildren.

Years later, while traveling from their home in Savannah to Florida, Shirley and her husband happened upon a newspaper featuring a two-page advertisement for Carlyle Place. On a whim, they decided to take a look. After touring the community, Shirley turned to her husband and said, "What more could you ask for?" That question was soon answered in 2003 when they chose to make Carlyle Place their new home.

Both quickly became active residents — enjoying Wii Bowling, Bridge, and Joker. For many years they enjoyed exploring regions of the United States and several foreign countries.

Several years after Herman's passing, Shirley moved to Stafford Suites, where she continues to inspire others with her energy and positive spirit. She can often be seen walking outdoors on pleasant days or keeping up her exercise routine indoors during the winter months.

The entire Carlyle Place family joins together in wishing Shirley Powers a joyful celebration of her 100th birthday — a remarkable milestone! What a century it has been!

Carlyle Place Round Table: Tom Wright & Emory Whitaker

Written by Ann Tift

What connection did Scarlet O'Hara have with the card game of bridge? What married Macon woman was spied with film heart throb Omar Sharif at a Las Vegas bridge tournament? Do you have to be a math genius to play duplicate bridge? Preeminent duplicate bridge players Tom Wight and Emory Whitaker will answer these questions and share their experiences at the Nov. 19 Roundtable, 4:00-5:30 pm.

More than 20 million people around the world play contract bridge and its more competitive cousin, duplicate bridge. Through close to 60 years of experience with the game, our speakers for November 19 have established themselves as nationally elite duplicate players. Tom holds the rank of Sapphire Life Master in the American Contract Bridge League, the largest bridge organization in North America; only 1.68% of members hold this ranking. He is a pillar of the Macon Duplicate Bridge Club, serving as tournament chairman for three sectional tournaments held every year at the Henry Harding Tift Bridge Center in Macon.

Emory holds the rank of Grand Life Master, accumulating more than 16,000 master points to claim the highest standing awarded by the ACBL. Also an active member of the Macon Duplicate Bridge Club, he was inducted into the Georgia Bridge Hall of Fame in 2014 and has played in tournaments across the country, winning a 2023 National Championship in New Orleans.



Tom Wight



Emory Whitaker



Mary Dempsey and Ann Rambusch enjoying the Breakfast and Coffee Bar



Rosalee and Jim Neill enjoying the Oktoberfest Happy Hour

A Message From Dining: November Engagement

November is packed with delicious celebrations and engaging events designed to bring joy, connection, and a touch of indulgence to every day. From national food holidays to musical performances and themed gatherings, here's what's happening this month at our community:

Food-Themed Celebrations

- National Sandwich Day (Nov 3) - Club Sandwich at the Bistro
- National Candy Day (Nov 4) - Sweet treat in the Dining Room
- National Doughnut Day (Nov 5) - Coffee & Conversations in the Library at 9:30 AM
- National Nachos Day (Nov 6) - Cheesy nachos at the Bistro
- National Merlot Day (Nov 7) - Merlot and snacks during Happy Hour at the Pub
- National Sundae Day (Nov 11) - Build-your-own sundae bar in the Dining Room at dinner
- National Happy Hour Day (Nov 12) - Celebrate with drinks in the Pub at 5:00 PM
- National Pickle Day (Nov 14) - Fried pickles in the Bistro
- National Bundt Cake Day (Nov 15) - Bundt cake in the Dining Room
- National Peanut Butter Fudge Day (Nov 20) - Rich peanut butter fudge in the Dining Room
- National Gingerbread Day (Nov 21) - Gingerbread goodies in the Dining Room
- National Parfait Day (Nov 25) - Layered parfait in the Dining Room
- National Cake Day (Nov 26) - Slice of cake in the Dining Room
- National Lemon Cream Pie Day (Nov 29) - Tasty lemon cream pie in the Dining Room

Weekly Gatherings

- Coffee & Conversations - Every Wednesday at 9 AM in the Library, sponsored by Dining

Special Events

- Thanksgiving Tea (Nov 25) - Tea in Seasons Dining Room at 2:00 PM
- Bistro After Dark (Nov 7, 14, and 21) - In the Bistro at 5:30 PM; sign up on the , sign up on the Uniguest app
- Before the First Note Dinner (Nov 20) - Dinner in the Dining Room at 7:00 PM followed by a special performance by Robert McDuffie in the Grand, with dessert bar
- Burger Week (Nov 10–14) - A different burger each day at the Bistro

October's Employee of the Month: Becca Devens



We're thrilled to recognize Becca Devens as our Employee of the Month! Becca has been a cornerstone of our team for the past six years, serving as our Healthcare Education Coordinator. But her impact goes far beyond her title—**she's a behind-the-scenes powerhouse**, contributing to CARF accreditation, CPR and fire safety training, and dementia certification for our dementia practitioners.

Originally from Hawkinsville, Georgia, Becca once saw Macon as the “big city.” She's called Macon home since 2012—the same year she married her husband, Rick Devens, whom she met right here in town. Together, they're raising two wonderful children: Jack (11) and Juliet (8).

Becca is currently going back to college to further her education, showing the same dedication to personal growth that she brings to her work. In her free time, she enjoys reading, writing, and spending time with friends.

Fun fact: Her husband Rick was a contestant on Survivor Season 38, and Becca is excited for his return in February for the show's 50th season, featuring all returning players. She encourages everyone to tune in—it's going to be a big one!

Becca's love for her work shines through in everything she does. She speaks fondly of the residents and values the relationships she's built with staff across all departments. In her own words:

“I can honestly say I've never had a better job. I hope to work here until I retire.”

Thank you, Becca, for your dedication, warmth, and tireless efforts. You make this place better every single day!

Celebrating November

Be Thankful Month

Day of the Dead in Mexico (Dia de los Muertos)

November 1

All Souls' Day

November 2

Election Day

November 4

Good Nutrition Day

November 9

Veterans Day

November 11

Aviation History Day

November 16

Watch the Television Day

November 21

Casablanca's Anniversary

November 26

Happy Thanksgiving

November 27

Trivia

Trivia takes place every 2nd Tuesday for teams of five or less. To receive a bonus point for Trivia for the month of November, one member of each team must attend the Veterans Day Program on November 11th at 11:00 am in the Grande, and snap a photo on your phone of the program. Please show the photo to Cele Minshew upon arriving to trivia on November 11th at 4:00.

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 November Birthdays

Lyle Lovett (singer) – November 1, 1957

Anna Wintour (editor) – November 3, 1949

Vivien Leigh (actress) – November 5, 1913

Sally Field (actress) – November 6, 1946

Carl Sagan (scientist) – November 9, 1934

Demi Moore (actress) – November 11, 1962

Whoopi Goldberg (actress) – November 13, 1955

Rock Hudson (actor) – November 17, 1925

Calvin Klein (fashion designer) – November 19,

1942 Chester Gould (cartoonist) – November 20,

1900 Jamie Lee Curtis (actress) – November 22,

1958 Joe DiMaggio (ballplayer) – November 25,

Samuel Clemens (author) – November 30, 1835

Scary Thought... These People Represent You!

Written by Mary Dempsey



We hope you grabbed your walkers, fastened your seatbelts, and held onto your hearing aids while being treated to RAC's first ever "by invitation only" (Troy) Follies performance - starring none other than the legends of leadership, heroes of hallway gossip, and commanders of communication.

For the first time ever, your Resident Advisory council members stepped into the limelight to show off talents few suspected they had. With courage, humor and a touch of sass they entertained, inspired, and reminded us all that there's no age limit on fun or foolishness.

A huge round of applause goes to Susan who's creative choreography kept everyone moving in rhythm ... more or less.

A special thanks to Resident Life for helping with costumes that fit each personality...and sometimes a little too well!

And we cannot forget Meredith, whose smooth vocals carried the show as he crooned about hot girls, old men, a bar that opens at five and doors that lock at eight.

When the curtains closed, smiles lingered, proving once again that friendship, laughter, and a little mischief make for the best memories!

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: Honoring Veterans

Written by Library Committee

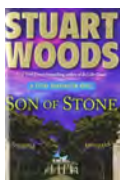
November is the month your library sets aside to highlight veterans and books written by veterans. Some of the authors may surprise you, some may not. Please visit your library and enjoy reading just for the fun of it.



Becky Aikman writes the heart-pounding true story *Spitfires* of the daring American women who piloted the most dangerous aircraft of WWII through the skies of Britain.



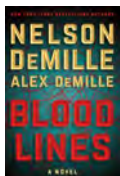
Robin Cook writes a gripping novel (*Toxin*) of bacterial poisoning and corporate malevolence, from the dean of medical thrillers.



Stuart Woods' novel (*Son of Stone*) is another in the Stone Barrington series of novels.



Steven Ambrose's book (*Undaunted Courage*) takes us on an adventure - the greatest expedition ever undertaken in the history of this country (The Lewis and Clark Expedition.)



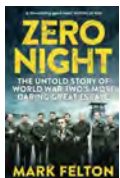
Nelson DeMille with Alex DeMille's novel (*Blood Lines*) features the return of Special Agents Brodie and Taylor on the hunt for the cold-blooded murderer of one of their fellow agents.



Jack Higgins novel (*Bad Company*) highlights how Presidential Skeletons threaten to burst from the closet, in the dramatic best seller from the master of suspense.



Dennis Lehane's novel (*Moonlight Mile*) delivers an explosive tale of integrity and vengeance - heralding the long-awaited return of private investigators Patrick Kenzie and Angel Gennaro.



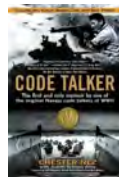
Mark Felton's novel (*Zero Night*) tells the untold story of WWII's greatest escape.



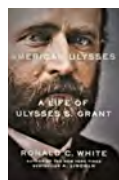
Thoms Ayres tells of the Battle of Mansfield and the forgotten Civil War in Louisiana.



HRH Prince Harry tells his own story (*Spare*) chronicling his journey with raw unflinching honesty.



Chester NEZ book (*Code Talker*) is the first and only memoir by one of the original Navajo code talkers of WWII.



Ronald C. White's biography *The Life of Ulysses S. Grant* has restored Grant to his proper place in history.



Dakota Meyer, a Medal of Honor Recipient, (*Into the Fire*) provides a firsthand account of the extraordinary battle in the Afghan War.



James A. Michener's novel, *Mexico*, tells the story of Mexico's colorful past.



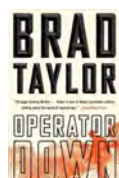
Diane Carlson Evans' book (*Healing Wounds*) tells a Vietnam War Comat Nurse's 190 year fight to win women a place of honor in Washington DC.



Marcus Brotherton tells the true story of green beret medic Gary Beikirch, Medal of Honor recipient.



W.E.B Griffin's novel *Empire of Honor* continues the Honor Bound series.



Brad Taylor gives us another Pike Logan thriller in *Operator Down*.

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 string students from the Macon center.

MMSO is happy to offer a savings of 30% off per ticket by using code "OVATION" at checkout.

October Employee Anniversaries

2 Years

Schcondria Taylor

3 Years

Laney Elliott

4 Years

Kathy Davis
Shinji Bundrige

5 Years

Ruth Stoltz

6 Years

Becca Devens

10 Years

Paulette Spence

11 Years

Marie O' Neal

16 Years

Patricia Singleton

21 Years

Zach Carter

23 Years

Shamika Whisby
Dalisha Tarver

If you can't think of a word say, "I forget the English word for it." That way people will think you're bilingual instead of getting old.

Submitted by Jane Winston

I SPY - November 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 who brightens the day of many with his **uplifting sense of humor**. As a dedicated pickleball instructor, he’s always patient and encouraging, sharing his love for the game with anyone willing to pick up a paddle. Beyond the court, he continues to give back to his community by serving on the Resident Advisory Council, where his thoughtful insights and caring nature make a lasting impact. He also volunteers his time preaching at the Sunday Worship Service **here at Carlyle Place**. Whether he’s teaching a new skill or lending a helping hand, he embodies what it means to be both a leader and a friend. Thank you, Fred Reese, for everything you do around our community.

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:

Development: 11/11
Marketing: 11/25
Dining: 12/9
Programming: 12/23

November Birthdays

Struby Thelen	11/05
Sandy Barnett	11/07
Agnes Scott	11/08
Terry Harris	11/09
Richard Davies	11/10
Jim Kovarik	11/10
Charlotte Gebara	11/10
Debra Collins	11/11
Rich McKee	11/14
Tim Adams	11/14
Joan Anderson	11/ 14
Elaine Davies	11/14
Virginia Stephens	11/14
Dorothy Black	11/18
Ilse Bornemann	11/18
Ellen Beetschen	11/20
Bonny McGarity	11/21
Jane Cogswell	11/22
Alan Baca	11/24
Jane Winston	11/25
Mary Dempsey	11/27
Walter Barnett	11/30
Arja Forester	11/30
Harold Reed	11/30

Carlyle-at-Home

Angela Adams	11/01
Billy Dasher	11/01
Asbury Stembridge	11/01
Cary Ahrano	11/05
Bob Hatcher	11/15
Louan Jarrard	11/15
Betty Talbot	11/16
John Collier	11/20
Don Rhame	11/22
Joseph Van De Water	11/26
Lamar Sizemore	11/30

Carlyle Place Crafters Spread Holiday Cheer

Written by Mary Dempsey



The spirit of giving is alive and well at Carlyle Place, where a dedicated group of 11 women from the community's Paper Craft Group recently completed a heartfelt project—creating 534 hand-made holiday greetings for service members stationed around the world.

Their effort was part of the 21st Century Partnership for Robins Air Force Base, a program that helps deliver holiday cheer to military personnel far from home. The cards will soon be packaged and shipped spreading comfort and gratitude to those who serve. This initiative was also part of a larger Carlyle Place community project, with residents contributing more than 5,500 holiday cards in total. In addition to overseas deployments, cards will be sent to VA hospitals and veterans' homes throughout the United States. "Our goal is simple," one crafter shared. "We want every service member spending the holidays away from loved ones to receive a card that brings a smile."



Many thanks to Magda Morris, Marty Reese, Kaye Foltz, Carol Goings, Cathy Dunne, Mary Dempsey, Rita Moye-Burdette, Jody Lewis, Rose Butler, Peggy Cox, and Sue Norris.

The 11 crafters involved funded most of the material cost and contributed between 175 and 200 volunteer hours to bring the project to life. Work began in July and wrapped up in October, ensuring the cards would arrive in time for the holiday season. This marks the first year the Paper Craft Group at Carlyle Place has partnered with the 21st Century Partnership—but given the success and joy the project inspired, it certainly won't be the last.

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

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

New Resident: Rhonda Koplin

Written by Mary Dempsey



Born and raised in Macon, Rhonda Koplin returned to her hometown after 30 years living in Warner Robins and Atlanta. In 2002, her mother's declining health brought her back to her Macon roots. Shortly after relocating her parents moved to Carlyle Place where Rhonda was introduced to the multiple levels of care available, so it was not a surprise that Rhonda joined the Carlyle at Home program, where she remained an active member for nine years.

As a CP@Home member, Rhonda stayed connected with the Carlyle community. She introduced Zentangle classes, participated in physical therapy and fitness programs. She also served on the Executive Director Search and Marketing Committees as the CP@Home representative, helping bridge the gap between home based and on-campus members.

Rhonda proudly calls herself one of the three “River Rats now living at Carlyle Place – a nickname for students from ‘the other side of the river’ who attended the newly built Lasseter and Mark Smith high schools.

Rhonda is a “double Dawg” with two education degrees from UGA and taught middle school in Cobb County. When married, she moved to Warner Robins and co-owned Traditions, a gift shop in Houston Mall she describes as a “smaller version of Foresters” in Macon.

After a divorce and relocating to Atlanta, Rhonda reclaimed her maiden name ‘Koplin.’ She spent 9 years as Program Coordinator for Keep Georgia Beautiful (KGB) In addition to handling conferences for the 65 state affiliates, Rhonda put her education degree to work. She facilitated staff development for K-8 educators throughout the state. “I was often called ‘the Trash Lady with the KGB’ she laughs, recalling her efforts to promote recycling and litter prevention across Georgia.

When returning to Macon, she worked at Central Georgia Technical College in several capacities. Her favorite assignments there were serving as Dual Enrollment Coordinator and Director of Advancement & Public Relations.

As an active board member of Leadership Macon, Rhonda was involved in various community and civic organizations. She was introduced to Mentor's Project of Bibb County and mentored a student for 10 years. Rhonda attended various parent conferences, took the protégé to experience events in the community, eating out, and support with food and clothing. With community support, she helped the student's family relocate from substandard housing to Pendelton Homes.

She's picky about the art that she hangs in her home; she's either met the artist or has a personal connection to each piece displayed. A friend suggested she share her 3-D Fazzino Olympic piece outside of her apartment door. It brings back memories of working at the 1996 Olympics' recycling venues in Atlanta.

Rhonda had planned to dive right into all the activities Carlyle offers, but a back and hip injury during her move slowed her down. Still, she's making the most of her time, turning her focus to gentler pursuits than planned. She's enjoying journaling and gardening on her balcony, art classes and volunteer opportunities. MahJong, baking and joining a few committees are also on her list.

Scam Article: Warning for Cell Phone Users Do Not Use Public Charging Stations

Originally Written by Clark Howard
Publishes on October 8th, 2025 on clark.com

If you've ever found yourself with a dying phone battery in a public place like an airport or coffee shop, a free USB charging station might seem like a lifesaver. But what many people don't realize is that these convenient charging ports can be a gateway for a dangerous cybercrime known as "juice jacking."

This scam allows criminals to secretly install malware on your device or steal your personal data just by using a compromised port. Money expert Clark Howard and the Federal Communications Commission (FCC) both warn against this deceptive practice.

Public Charging Station Scam: What Is 'Juice-Jacking'?

The "juice jacking" scam preys on cell phone users looking to "juice" up their devices by using public USB charging stations. While you are charging your phone, cybercriminals can either lock your phone or export personal data and passwords, according to the FCC.

Clark says the financial damage done by such a scam can be devastating to your wallet. "Your cellphones unlock so much of your life and particularly are a direct link to so much of your finances."

"A criminal in a public space — coffee shop, or most anywhere — will then download malware right through the USB type A they plug in. Then every time somebody plugs in there, they're able to steal information from their device by uploading on it malware that is spyware," he says. "It's really simple."

How To Protect Yourself

In line with advice from the FCC, Clark says, "Don't use public chargers. You eliminate all this by plugging into electricity."

Here are some additional tips from the FCC:

- When traveling, carry your own charger and USB cables.
- Bring an external battery for your cell phone.
- "Consider carrying a charging-only cable, which prevents data from sending or receiving while charging, from a trusted supplier," the agency says.

Final Thoughts

Cybercriminals are compromising cell phone charging stations in airports and other public spaces, but you can avoid being victimized by making a small investment in some portable electronics.

If you can, always carry a personal charger with you. Having your own portable charger is not only an inexpensive option, but it's also the safest way to go.



Harvest Hoedown



Bourbon & BBQ



Fall Follies



Bourbon & BBQ



Harvest Hoedown



Fall Follies