



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

Robin Mixdorf  
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Eryn Cronbaugh  
Editor

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LIFE AS IT SHOULD BE

# Life AT METH-WICK

## Active Aging Week is Coming October 3-7!

*By Kristin Van Dyke, Fitness Specialist*

It is time for another fun-filled Active Aging Week! Active Aging Week was initiated by the International Council on Active Aging in 2003. This year's theme is the Amazing Race.



Throughout the week, you will be able to practice a variety of skills needed to succeed in the grand finale Amazing Race. There will be teams of 2-3 people competing against one another using the skills/ information you will practice during the week. Such skills will be learning beginner Spanish, Sign Language, Aussie Slang, Chinese Zodiac, Tai Chi, and much more. As always, the goal of Active Aging Week is to try new things and develop new skills. We hope to see you throughout the week.

T-shirts will be given to individuals who come to Active Aging Week programming. Please contact the fitness office at 319-297-8612 or [kvandyke@methwick.org](mailto:kvandyke@methwick.org) with any questions. Additional information will be in campus mail by Friday, September 30.

## October Legacy Month Events

For over 20 years, Meth-Wick has celebrated October as Legacy Month. Each Legacy Month, we focus on annual giving for the community. This year, our project is supporting Arbor Place's Restyle, which is under way. One cottage is completed, and another is under construction. As always, we invite you to support Meth-Wick in areas that are close to your heart. Join us for this year's Legacy Month events as follows!

- **Re-Styling the Future:** *Thursday, October 6, 10:00 a.m. Live. Laugh. Learn. Center*—Hear from families who have a loved one at Arbor Place. **Please R.S.V.P. to The Manor front desk by September 28.**
- **Legacy Lunch:** *Thursday, October 13, noon. Live. Laugh. Learn. Center (This event is invite-only)* Sponsored by Cedar Rapids Bank and Trust.
- **How to Help Protect Your Investments from Inflation with Christine Casey:** *Thursday, October 20, 2:00 p.m. Live. Laugh. Learn. Center*
- **State of the Campus:** *Thursday, October 27, 10:00 a.m. and 2:00 p.m. Live. Laugh. Learn. Center*
- **All-Campus Campus Social:** *Thursday, October 27, 4:00 p.m. Live. Laugh. Learn. Center and Hilltop Dining*

The next issue of *Life at Meth-Wick* will be Friday, October 14. Information should be in writing to Eryn Cronbaugh by noon on Friday, October 7. You can do so through campus mail or email at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)



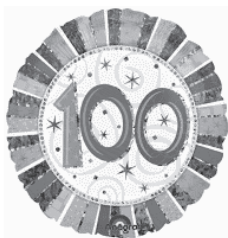
### **Sally Hagerman's 100<sup>th</sup> Birthday Party!**

Join Sally Hagerman on Sunday, September 25 to celebrate her 100<sup>th</sup> birthday in Live. Laugh. Learn. Center between 2:00-4:00 p.m.



### **Juanita Dennert's 100<sup>th</sup> Birthday Party!**

Join Juanita Dennert on Saturday, October 8 to celebrate her 100<sup>th</sup> birthday in Live. Laugh. Learn. Center between 2:00-4:00 p.m.



# Thank You

I wish to thank my friends at Meth-Wick for all the cards, calls, visits, and flowers while in the hospital, and after being dismissed. Your kindness will not be forgotten.

Thanks to all at Meth-Wick for your friendship. You are a great group of people. The staff is the best ever.  
~Dorothy Pool

The family of Marilyn Roushar would like to thank the staff of The Woodlands and The Manor for their excellent service while Marilyn was in their care.

Our family would also like to thank the residents of the Meth-Wick Community, non-medical and medical staff, for their expressions of care and concern. Marilyn was grateful for her many friends at Meth-Wick and thankful to be part of a compassionate, loving, and inclusive community.

*Sincerely,*  
The Roushar family

Thank you so much to everyone who remembered me after my recent knee replacement surgery. Thanks for all the food, cards, prayers, offers to get things, and all the encouraging words. They are all greatly appreciated. What a great place to live!

~Marcia Bruggink

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### **Greeting Cards at Sally's Gifts**

A few days ago, a resident called to say she didn't pay enough for a purchase at Sally's. She did! As you enter Sally's Gifts, most of the cards are on the wall to your left or straight ahead. Sally's Gifts has several thousand cards that aren't necessarily the price listed on the card!

Individually sold cards prices:

- If cards say 50 cents, \$1.00 or \$1.25 on the back of the card—that is their cost.
- Cards that have no price listed on the back are sold for \$1.00.
- If cards say \$2.59 or \$3.89 or any price over \$1.50, those cards are sold for \$1.50 no matter what the back lists.
- Occasionally there is a basket with cards for 50 cents each.

There are Thank You card packages of 6, 8, or 10 cards that are priced by the package.

There are artist's cards that sell for \$1.75 to \$2.50 per card and there are packages of Meth-Wick cards that are \$10.00—none of these are on the walls with the general cards.

Before holiday seasons, cards related to that holiday are available on a table or counter rather than on the wall. For Christmas, individual Christmas cards are sold as well as boxed sets of 16 cards that are sold for \$7.00.

Many of the cards for sale are not out—there isn't room! If you don't see what you want, please ask the volunteer at the desk, or leave a note.

## Program Updates:

By Eryn Cronbaugh (319-297-8620)  
Director of Wellness and Recreation  
Email: [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org)

### Nutrition Connection

Our monthly Nutrition Connection presentation will be held TODAY, Friday, September 23. The topic will be: The Mediterranean Diet. Please join dietitian, Alicia Vance Aguiar at 2:30 p.m. in Live. Laugh. Learn. Center.

### Book Club

The Meth-Wick Community Book Club is scheduled to meet on Monday, September 26th at 2:00 p.m. in Live. Laugh. Learn. Center at The Manor. We will be discussing *The Henna Artist* by Alka Joshi.

All are welcome, whether you have read the book or not. The discussion is always interesting. We will be passing out next month's Cedar Rapids Library Book Club Kit books.

### Cooking Class Lunch

Our next Cooking Class Lunch will be held on Tuesday, September 27 in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk.** The cost is \$5 added to your Meth-Wick bill. The program begins at 11:30 a.m.

### Movie/Popcorn: *Kinnick*

We are excited to be able to show a new movie from local producers all about Nile Kinnick. The documentary movie, *Kinnick*, will be shown at 1:30 p.m. on Wednesday, September 28. **Please sign up at The Manor front desk.**



### Thursday Lunch Bunch Outing: Textile TapHaus and Bloomsbury Farms

Our lunch bunch outing on Thursday, September 29 will be to Textile TapHaus in Atkins, followed by a trip to Bloomsbury Farms to see the pumpkins and sunflower fields! The bus will depart at 11:15 a.m. **Please sign up at The Manor front desk.**

### Ice Cream

Join us in Grandon Courtyard (or Live. Laugh. Learn. in inclement weather) on Friday, September 30 for ice cream novelties between 2:00-3:00 p.m. Enjoy a treat and visiting with friends!

### Piano with Larry Jensen

Enjoy piano music with pianist, Larry Jensen, on Monday, October 3 at 2:15 p.m. in Live. Laugh. Learn. Center. **Please sign up at The Manor front desk.**

### Thursday Lunch Bunch Outing: Prairie Moon on Main

Our lunch bunch outing on Thursday, October 6 will be to Prairie Moon on Main in Prairieburg. **Please sign up at The Manor front desk.** The bus will depart at 11:15 a.m.

### Bingo

Come enjoy a game of BINGO with us at 2:00 p.m. in Live. Laugh. Learn. Center on Monday, October 10. **Please sign up at The Manor front desk.**

### October Cooking Class Lunches

The dates for our October Cooking Class Lunches are Tuesday, October 11 and Tuesday, October 25. **Sign-ups begin on Tuesday, October 4 at 8:00 a.m.** The program begins at 11:30 a.m. and cost is \$5 added to your Meth-Wick bill.

### Swamp Fox Books

Join our friends from Swamp Fox Books on Tuesday, October 11 in Live. Laugh. Learn. Center at 2:00 p.m. See what fun books they bring!

### Birthday Party

If you were born in the month of October, please join us for our monthly birthday party at 2:00 p.m. on Wednesday, October 12 in Live. Laugh. Learn. Center.

### Accordion Duo

It has been a long time, but we're excited to have the Accordion Duo back with us to play fun music on Friday, October 14 at 2:30 p.m. in Live. Laugh. Learn. Center.



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**Jeanne S. Chelikowsky**

October 7, 1939-September 12, 2022  
*Jeanne moved to Meth-Wick in January of 2012.*

**John “Bob” R. Hughes**

August 12, 1935-September 16, 2022  
*Bob moved to Meth-Wick in July of 2018.*

**Norman Cogil**

September 14, 1936-September 17, 2022  
*Norm moved to Meth-Wick in May of 2008.*

**Karen O. Moubry**

December 16, 1933-September 17, 2022  
*Karen moved to Meth-Wick in June of 2010.*

**Shopping Trip Transportation**

• **Target Outing**

If you would like to go shopping at Target on Wednesday, September 28, **please sign up at The Manor front desk.** The bus will depart at 1:00 p.m.



• **Wal Mart**

If you would like to go shopping at Wal Mart on Wednesday, October 12, **please sign up at The Manor front desk.** The bus will depart at 1:00 p.m.

**Community Concert Transportation**

The next Community Concert of the season will be held on Monday, October 10. If you are planning to ride The Meth-Wick bus, please confirm your ride as soon as possible with Eryn at [ecronbaugh@methwick.org](mailto:ecronbaugh@methwick.org) or 319-297-8620. The bus will depart at 6:30 p.m.



