



Resident Birthdays:

Carol McNamee	Apt. 422	Sept. 27
Catherine Speck	Apt. 535	Sept. 27
Nohora Schwager	Apt. 127	Sept. 29
Judith Malinowski	Apt. 526	Sept. 30
Eleanor Zych	Apt. 258	Sept. 30
George Miller	Apt. 415	Oct. 01
Marylea Giessler	Room 2009	Oct. 01
Bonnie Goode	Apt. 227	Oct. 02

Welcome Home:

Richard Kiehlbauch	Apt. 224	Sept. 14
Ed Balotsky	Apt. 540	Sept. 15
Yvonne Arneson	Apt. 264	Sept. 30

Men's Breakfast Club

All St. Mark Village men are invited to our weekly breakfast on Tuesday, September 29 at 8:00 a.m. Our topic will be a Youtube video titled *What Is Under Florida is More Dangerous Than The Ocean*. The video discusses the Florida Aquifer and related sink-hole activity in the Central and West Coast of Florida. The cost of our delicious breakfast is still only \$4.00 and we encourage all the men in Independent Living to come and enjoy this breakfast meeting in the Independent Living Dining Room. Watch for the sign-up sheet on the Elevator Lobby bulletin board.

Ladies' Luncheon

The October Ladies' Luncheon will be on Friday, October 2 at 11:45 a.m. in the Bishop Club Room. All ladies are invited to have lunch and learn. We hope you will join us. Sign up beginning September 24 on the Elevator Lobby bulletin board to indicate you are coming. There is a \$5.00 cash charge for the luncheon payable as you enter. If you sign up and do not come you will be charged for the meal. October is Fire Prevention Month and we are delighted to welcome Elizabeth "Liz" Willie as our guest speaker. She is from the Palm Harbor Fire Rescue and is eager to share with us "Safety for Seniors" and more. Sign up, remember the date and come!!

Village Forum

The Village Forum will be in the Chapel on Friday, October 30 at 10:00 a.m. All are welcome.

Oktoberfest Celebration

On Friday, October 2 the Deutschmeister Blas Band will be in the Chapel from 1:30 p.m. to 3:30 p.m. Come on down and enjoy a festive atmosphere. There will be refreshments following the music in the South Hall.

October Birthday, Anniversary and New Residents Celebration

The October Birthday, Anniversary, and New Resident Celebration will be held on Friday, October 16 at 2:30 p.m. in the Chapel. The entertainment will be provided by the International Chorale. If you celebrate in the month, please sign up on the main bulletin board and come down a little early on the afternoon of the show to have your picture taken.

SynchroBelles of Highland Lakes

On Tuesday, September 29 the SynchroBelles of Highland Lakes will provide a spectacular synchronized swimming performance at 2:00 p.m. in the Pool. This local group of talented performers always puts on a memorable show, so you may want to come early and get a good seat. Please note: The Pool will close from 12:00 p.m. to 2:00 p.m. on Tuesday, September 29 to allow the group to practice. There will be an appearance from the infamous Synchro Beaus you won't want to miss.

Michigan Club

The next meeting of the Michigan Club will be Monday, October 5 at 7:00 p.m. in the 5th Floor Lounge. Ask a friend to come with you, all are welcome. If you have any questions don't hesitate to call Katherine at 8516.

Dermatology Solutions

Dermatology Solutions will be on the IL 2nd Floor Nurse's Office on Wednesday, October 7 from 9:00 a.m. to 12:00 p.m. If you would like an appointment, call 888-506-8838 and ask for Mona.

Calendar of Events

Sunday, September 27, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Sunday Worship - Chapel and 2491
- 3:00 Needle Art - Hobby Room
- 5:00 Poker-5th Floor Lounge
- 6:30 Village Movie - Chapel

Monday, September 28, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Strength Class-Village Wellness Studio
- 10:30 Corn Hole - South Hall
- 11:00 Sittercize - Village Wellness Studio
- 12:45 Card Shop - Library
- 1:00 Art and Soul - Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 2:00 Trivia- Club Room
- 6:30 Movie - Chapel
- 6:30 Shuffleboard - Courtyard

Tuesday, September 29, 2026

- 6:30 Vista Lab - 2nd Floor Nurse's Office
- 8:00 Men's Breakfast - IL Dining Room
- 9:30 Building Mobility with Michael - Channel 2491
- 9:30 Aquacize -pool
- 10:00 Yoga - Village Wellness Studio
- 10:30 Off Topic Bible Study - 2nd Floor Lounge
- 1:00 Step Aerobics- Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Bus to Countryside Mall- Bus
- 6:30 Dominoes - 2nd Floor Lounge
- 6:30 Mahjong - 3rd Floor Lounge

Wednesday, September 30, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Strength Class-Village Wellness Studio
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Midweek Movie - Chapel
- 12:45 Card Shop - Library
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Sanders - Hobby Room

Wellness Clinic

The Wellness Clinic is open Monday - Friday between 1:00 p.m. and 2:00 p.m. for blood pressure checks, first aid and general health-related questions.

Menu Chat

Menu chat with Kyle is at 10:00 a.m. in the IL Dining Room every Monday, except the 1st Monday of each month.

Alterations & Sewing

Come to the Hobby Room if you have alterations that are needed. Deborah will hem pants and blouses, put in zippers and more. Payment is required on day of service in cash, if possible, and checks are accepted. She will be here on Monday, October 5 from 11:00 a.m. until 12:00 p.m.

Piano Music

Join Richard in the Elevator Lobby on Tuesday, October 13 from 6:30 p.m. to 7:00 p.m. as he plays piano music.

Travel Club with Jen of Cruise Planners

Come to the Hobby Room on Tuesday, October 6 from 9:00 a.m. to 11:00 a.m. to meet and plan with Jen of Cruise Planners, your land and cruise expert. She will take the worry out of travel and talk about trips for next year and other ideas you may have. Come join Jen for fellowship, food and fun!

Resident Council Meeting

The Resident Council Meeting is scheduled for Tuesday, October 27. The meeting will take place in the Club Room and will begin at 9:30 a.m. Residents are invited to attend. Before the official meeting starts, attendees are welcome to offer brief comments or ask questions. If you have any questions, contact Mary O'Connor at 8359.

(continued next column)

THE
Lively Mark

For the Residents of St. Mark Village
Jeff Gorddard, CEO
Editor: Ellen Wade
Designer: Kim Oaks

Wednesday, September 30, 2026

- 3:00 Compline and Prayer service- Chapel
- 3:00 Balance Class - Village Wellness Studio
- 6:30 Rummikub - 4th Floor Lounge
- 6:30 Midweek Movie- Chapel

Thursday, October 1, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 9:30 Roman Catholic Mass - Chapel
- 9:30 Aquacise - Pool
- 10:00 Yoga - Village Wellness Studio
- 10:30 Healing Hearts - 2nd Floor Lounge
- 1:00 Bus to Publix - every 30 minutes
- 1:00 Step Aerobics- Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Pinochle - 3rd Floor Lounge
- 2:00 Line Dancing - Village Wellness Studio
- 7:00 Bingo - Club Room

Friday, October 2, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Crafts - Hobby Room
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Bible Study - Verse by Verse - 4th Floor Lounge
- 11:45 Ladies' Luncheon - Club Room
- 12:15 The Vision Group - 3rd Floor Lounge
- 12:45 Card Shop - Library
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Cribbage - 5th Floor Lounge
- 2:00 31 card game - Hobby Room
- 3:00 Balance Class - Village Wellness Studio
- 6:30 Canasta - 5th Floor Lounge
- 6:30 Village Movie - Chapel

Saturday, October 3, 2026

- 9:30 Aquacize -pool
- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Fun Chorus Rehearsal - Chapel
- 11:00 Tai Chi - Village Wellness Studio
- 11:15 Yoga - Wellness Studio via TV
- 1:00 Village Movie Matinee - Chapel
- 2:00 Aerobics - Village Wellness Studio
- 3:00 Chair Volleyball -Village Wellness Studio
- 3:00 Mahjong- 1st Floor Lounge
- 6:00 Uno - 1st Floor Lounge
- 6:30 Village Movie - Chapel

OUR MISSION:

To enrich the lives of the Residents we serve by creating an environment that fulfills their every need—body, mind and spirit.

Midweek Movie: *City Island*

The Midweek movie for Wednesday, September 30 at 11:00 a.m. and 6:30 p.m. in the Chapel will be *City Island* with Andy Garcia, Julianna Margulies, Steven Strait, Emily Mortimer, Ezra Miller. Prison guard Vince Rizzo (Andy Garcia) wants to quit his job to become an actor, but he also needs to make up for lost time with Tony (Steven Strait), a long-lost son who's an inmate where Vince works. But because Vince neglects to tell his family that Tony is not just a stranger, but the son he fathered before he met Joyce, this leads to a series of comic misunderstandings. This movie is from 2010, rated PG-13 for sexual content, language, and smoking and is 1 hour and 43 minutes.

Village Movie: *Dial M for Murder*

Fri.10/02 Sat. 10/03 Sun. 10/04 6:30 p.m.
Chapel

Sat. Matinee 10/03 1:00 p.m. Chapel

Director: Alfred Hitchcock

Cast:Ray Milland, Grace Kelly, Bob Cummings, John Williams, Anthony Dawson

Ex-tennis pro Tony Wendice (Ray Milland) wants to have his wealthy wife, Margot (Grace Kelly), murdered so he can get his hands on her inheritance. When he discovers her affair with Mark Halliday (Robert Cummings), he comes up with the perfect plan to kill her. He blackmails an old acquaintance into carrying out the murder, but the carefully orchestrated set-up goes awry, and Margot stays alive. Now Wendice must frantically scheme to outwit the police and avoid having his plot detected. This movie is from 1954, rated PG and is 1 hour and 54 minutes.

Upcoming Events

Sept. 16	Just Ask Jeff	Club Room
Sept. 16	Silver Snoutsand Silver Hearts	
Sept. 18	iPhone and iPad help	
Sept. 22	Resident Council Meeting	
Sept. 23	Leslie Hale Bible Museum	

Doc Talk

Constipation can be uncomfortable and, if left untreated, may lead to fecal impaction, when hardened stool becomes stuck in the rectum. Learn how to recognize the symptoms, prevent constipation, and explore treatment options with Dr. Siva. Join us on Tuesday, October 6 at noon in the Chapel.

St. Mark Foundation

The St. Mark Foundation preserves its principal to support the long-term growth of the Foundation. Grants may use 75% of interest earned to assist St. Mark Village Residents with financial needs related to continuing care, or to support eligible Resident or departmental needs not included in the current-year budget. Grant requests must be submitted to the Foundation Secretary by October 14, 2026.

For a Grant Request Form, please see Kim in the Administration Office. Requests will be reviewed by the Foundation Board at its December meeting. Applicants will be promptly notified of the decision. Those whose requests are not approved are encouraged to reapply the following year.

iPhone and iPad help

Thursday, October 1

□ 2:00 p.m. – 3:00 p.m.

□ Club Room

Having trouble with your iPad or iPhone? Bring your device and your questions!

Dale will be here to provide one-on-one assistance with:

- Settings and features
- Email and apps
- Troubleshooting issues
- General iPad and iPhone questions

Everyone is welcome. We look forward to helping you get the most out of your device!

Michael is here to help

Aches, stiffness, or an old injury slowing you down?

Don't just work around it, stop in and make an appointment with Michael. Whether you're looking to improve your mobility, strength, balance, flexibility, or overall movement, Michael can help you find exercises and activities that are appropriate for you.

A little guidance can go a long way toward helping you move more comfortably, stay active, and maintain your independence.

If you're feeling "nicked up," don't hesitate to reach out. We're here to help you keep moving!

