



Resident Birthdays:

Mary Jean Tarr	Room 2020	Oct. 11
Taffar Cifalia	Apt. 334	Oct. 12
Frances Pandolph	Room 3410	Oct. 12
Margaret Emmert	Apt. 431	Oct. 13
John Mooney	Apt. 523	Oct. 14
Sandra Wood	Apt. 318	Oct. 14

Men's Breakfast Club

The Men's Breakfast Club meeting on Tuesday, October 13 at 8:00 a.m. is proud to have as it's guest speaker Mr. Brent Dawkins of the First Rung Project, a non-profit organization whose mission is to provide entry-level skills to people interested in construction and building trades. Born in Grimsby, England, Brent came to America in 2006 after teaching at Vocational Schools in London. He served in the British Peace Corps in the Turks and Caicos Islands from 1972-1974. Come and hear about his exciting life. The cost is only \$4.00 for a delicious breakfast in the IL Dining Room. Sign up on the sheet posted on the Elevator Lobby bulletin board.

October Birthday, Anniversary & New Resident Reception

The October Birthday, Anniversary Celebration and New Resident Reception will be held on Friday, October 23 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.

Breezeway Construction Notice

Please be aware that the breezeway will remain open only with your cooperation. Construction workers and equipment will be moving in and out of the breezeway. For your safety, please be aware of your surroundings and use extra caution when passing through the area. Thank you for your cooperation and understanding.

The sun rises every day without checking whether yesterday was perfect. You get that same fresh start, too.

Wii Bowling Leagues are forming

Is Wii Bowling right up your alley..... If so Monday, October 12 is the day all teams can sign up using the Lottery System. We have 20 teams for our Wii bowling leagues, and we will reserve time for the teams to play in the 3rd and 6th Floor Lounges. Our group runs on a 9-week cycle, so no team is making a long-term commitment. At the end of the 9-week period, team scores are calculated and a playoff tournament takes place between the top 3 highest scoring teams in each league. There will be a charge of \$1.00 per person to play in the league. Gene Keener # 625 and Debbie Gilmore # 365 are collecting the dollars. We will have alternates in case a team or team member cannot bowl or make up their scheduled game. We can only accommodate 10 teams in each league. If you don't make it into a league, you can always sign up to be an alternate and if someone can't bowl on their scheduled day or make up their game you may be called on as an alternate to bowl in their place. Leagues will start week of November 2. The Wii Bowling Play-offs will be Tuesday, October 13 in the Hobby Room at 1:00 p.m. Come root on the teams.

League A

1st Place: Gene/Dave

2nd Place: Barbara/Jean

3rd Place: Sandee/Carole

League B

1st Place: Robin/Bill

2nd Place Jeannie/Arek

3rd Place: Marilyn/Bill

Armchair Travel

Sit back, relax, and travel to Australia and New Zealand on Monday, October 12 at 6:30 p.m. in the Chapel. Visit the Down Under with its dynamic cities and ancient natural wonders. Visit New Zealand's sun-drenched beaches, glaciers, geysers, rain forests and more. This video is from Questar from 2008 and is 2 hours.

Calendar of Events

Sunday, October 11, 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, October 12, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Strength Class-Village Wellness Studio
- 10:00 Menu Chat - IL Dining Room
- 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
- 1:00 Bus to Publix - every 30 minutes
- 2:00 Trivia- Club Room
- 2:00 Balance Class - Village Wellness Studio
- 6:30 Movie - Chapel
- 6:30 Shuffleboard - Courtyard

Tuesday, October 13, 2026

- 6:30 Vista Lab - 2nd Floor Nurse's Office
- 9:30 Building Mobility with Michael - Channel 2491
- 9:30 Aquacize -pool
- 9:30 Choice Hearing - 2nd Floor Nurse's Office
- 10:00 Studs & Stones 4U - South Hall
- 10:00 Yoga - Village Wellness Studio
- 1:00 Wii Bowling Playoff - Hobby Room
- 1:00 Step Aerobics- Village Wellness Studio
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Bus to Walmart - Bus
- 6:30 Dominoes - 2nd Floor Lounge
- 6:30 Mahjong - 3rd Floor Lounge
- 6:30 Piano Music - South Hall

Wednesday, October 14, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Strength Class-Village Wellness Studio
- 10:30 Jungle Prada Tour and JP Tavern - Lobby
- 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
- 1:00 Aerobics - Village Wellness Studio
- 1:30 Stronger Together - Village Wellness Studio

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.

Piano Music

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

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 12 from 11:00 a.m. until 12:00 p.m.

Village Forum

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

Choice Hearing Solutions

Come to the 2nd Floor Nurse's office on Tuesday, October 13 at 9:30 a.m. for a Hearing Clinic from Choice Hearing Solutions. The sign up will be on go icon on October 12 from 8:00 a.m. to 2:00 p.m. Individual consultations and in-home hearing testing are also available should the need arise. Call (727) 807-7082.

Jungle Prada Tour and JP Tavern

Those Residents signed up to go explore the Jungle Prada historic site be in the Lobby ready to go at 10:35 a.m. on Wednesday, October 14. Wear your walking shoes and after our tour its lunch on your own at JP's Tavern.

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column)

THE
Lively Mark

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

Wednesday, October 14, 2026

- 2:00 Chair Volleyball- Village Wellness Studio
- 3:00 Balance - Village Wellness Studio
- 3:00 Compline and Prayer service- Chapel
- 6:30 Rummikub - 4th Floor Lounge
- 6:30 Midweek Movie- Chapel

Thursday, October 15, 2026

- 9:30 Building Mobility with Michael - Channel 2491
- 9:30 Roman Catholic Communion - 4th Floor Lounge
- 9:30 Aquacise - Pool
- 10:00 Yoga - Village Wellness Studio
- 1:00 Book Marks Book Club - Club Room
- 1:00 Bus to Publix - every 30 minutes
- 1:00 Wellness Clinic - 2nd Floor Nurse's Office
- 1:00 Pinochle - 3rd Floor Lounge
- 2:00 Line Dancing - Village Wellness Studio
- 2:15 iPhone and iPad Help - Club Room
- 7:00 Bingo - Club Room

Friday, October 16, 2026

- 9:15 Qigong with Mary Ann - Village Wellness Studio
- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Crafts - Hobby Room
- 10:00 Yoga - Village Wellness Studio
- 11:00 Sittercize - Village Wellness Studio
- 11:00 Bible Study - Verse by Verse - 4th Floor Lounge
- 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
- 6:30 Canasta - 5th Floor Lounge
- 6:30 Village Movie - Chapel

Saturday, October 17, 2026

- 9:30 Aquacize -pool
- 9:30 Building Mobility with Michael - Channel 2491
- 10:00 Fun Chorus Rehearsal - Chapel
- 11:15 Yoga - Wellness Studio via TV
- 1:00 Village Movie Matinee - Chapel
- 2:00 Aerobics - 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:*The Emperor' Club*

The Midweek movie for Wednesday, October 14 at 11:00 a.m. and 6:30 p.m. in the Chapel will be *The Emperor' Club* with Kevin Kline, Steven Culp, Embeth Davidtz, Patrick Dempsey, and Joel Gretsche. Kevin Kline stars as Arthur Hundert, a dedicated and inspiring classics professor who has devoted his life to teaching at a prep school for boys. New student Sedgewick Bell, the headstrong son of a powerful senator, joins his class and inexorably alters Mr. Hundert's life. This movie is from 2002, rated PG-13 for mild sexual content, sexual references, profanity, smoking and drinking and is 1 hour and 49 minutes.

Village Movie: *The Client*

Fri. 10/09 Sat. 10/10 Sun. 10/11 6:30 p.m. Chapel

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

Director: Joel Schumacher

Cast: Susan Sarandon, Tommy Lee Jones, Anthony LaPaglia, Mary Louise Parker, Anthony Edwards.

Fast-paced thriller, based on the John Grisham bestseller, about a boy whose life is endangered after he stumbles across vital information about a politician's murder. His lawyer is the only person offering protection from the unwanted attentions of the Mob and the FBI - but is she capable of saving his life? This movie is from 1994, rated PG-13 for a child in jeopardy and brief language and is 2 hours.

Upcoming Events

- | | | |
|---------|---------------------------|--------|
| Oct. 30 | Village Forum | Chapel |
| Oct. 30 | Halloween Costume Contest | |

iPhone and iPad help

Need help with your cell phone or tablet? The CLEO Club from Palm Harbor University High School will be available to answer questions and provide one-on-one assistance.

- Date: Thursday, October 15
- Time: 2:15 p.m. - 3:00 p.m.
- Location: Club Room

Whether you need help with apps, settings, texting, email, photos, or other device questions, stop by and let these talented students assist you!

We look forward to seeing you there.

Qigong with Mary Ann

Qigong is an ancient Chinese holistic health practice that brings together the body, breath, and mind through gentle movement. It can be practiced standing, sitting, or lying down. Qigong focuses on five principles: mindset, posture, breathing, relaxation, and connection—helping promote balance, circulation, and presence in the moment. Join us at the Wellness Studio on Friday, October 16 at 9:15 a.m. to learn more about this mindful practice.

Book Marks Book Club

Our next meeting is Thursday, October 15 in the Bishop Clubroom at 1:00 pm. We are reading “The Mystery of Sunflowers” by Marta Molnar. New members are always welcome. Any questions contact Jeanne, # 8645.

Fall: A Season for Wellness and Happiness

Fall is a beautiful reminder to slow down, recharge, and focus on our well-being. The cooler weather invites us to spend time outdoors, enjoy nature, and stay active with walks and other seasonal activities.

It is also a wonderful time to enjoy nourishing foods, cozy moments, and meaningful time with family and friends. Practicing gratitude and making time for rest can help reduce stress and bring more happiness into our daily lives. As the leaves change, fall reminds us that change can be positive. Letting go of what no longer serves us and embracing healthier habits can help us feel refreshed and ready for a new season. This fall, take time to care for your body, nurture your mind, and enjoy the simple moments that bring you joy.

Studs & Stones 4U

Come to the South Hall on Tuesday, October 13 to browse Cheryl's collection of Halloween, Christmas, and New Year's Eve bling shirts, hats purses and more. She will be here from 10:00 a.m. to 1:00 p.m.

The Benefits of Walking

Walking is one of the easiest ways to improve your health. You do not need special equipment or a gym membership to get started. A regular walk can help your body and mind feel stronger and healthier.

Walking is good for your heart because it gets your blood moving and can improve your cardiovascular fitness. It also helps strengthen your legs, muscles, and bones. Regular walking can help you maintain a healthy weight and improve your blood sugar levels. Walking is also good for your mental health. Spending time walking can reduce stress, improve your mood, and help you feel more relaxed. A walk during the day can also help you sleep better at night. You do not have to walk for hours to enjoy the benefits. Even 20 to 30 minutes a day can be helpful. You can start with a short walk and slowly increase the amount of time as you become more comfortable. Overall, walking is a simple and enjoyable activity that can improve your physical and mental health. Making walking part of your daily routine is a great step toward a healthier life.

