

everything ELIMS

September 2023

DEATH ON
THE NILE
THURSDAY,
SEPTEMBER 14
12:30pm

SHORELINE
SUNSET CRUISE
September 28

MAGIC of MONARCHS
White Memorial
Conservation Center
September 12

KING TUT EXHIBITION
September 14



Letter from the Editor



Happy September Everyone!

We are rolling into the fall with so many activities for you to participate in. Here are some highlights for September 2023.

Wellness Week is September 25–29. A different activity will be offered each day. Please join us for the annual Elim Park 2023 Run. Walk. Roll. Walkathon. There will be two courses to choose from. And make sure you pick up this year's very cool purple walkathon tee shirt!

Nelson Hall's fall season begins September 21 with, "Sun and the Stars," featuring Travis LeDoyt (a fan favorite Elvis performer). October concerts include, "Always Olivia," an Olivia Newton John Tribute, and "Sail On," The Beach Boys Tribute. All three shows have matinees as well as evening performances.

Three lectures are coming to Nelson Hall throughout the month of September, all at 1:00 pm. The Connecticut Birdman, Jeffrey Cianciolo, returns September 5. White Memorial Conservation Center presents, "The Magic of Monarchs" on September 12, and the Connecticut Historical Society offers a lecture on "Hooskirts" September 18.

We have four trips that are being offered this month. You have the opportunity to enjoy a Thimble Island Cruise, explore the "King Tut Exhibition" at the Connecticut Convention Center, enjoy the Broadway version of "The Play that Goes Wrong" at The Legacy Theatre, and go on a Sunset Cruise along the Connecticut Shoreline, featuring music by our very own Don Pierson!



Thank you to all the people who contributed to this month's magazine. You help make Elim Park a vibrant, fun, learning community!

Sharon
Life Enrichment Coordinator

everything ELIMS September 2023

Your guide to Life Enrichment activities and trips, performing arts in Nelson Hall and programs on our in-house TV channel, EPTV



TV Information

Tune in to Channel 126 on your TV to watch in-house programming.

What's on the in-house channel?

Connected Living is the program that runs your daily announcements, schedules and menus through the in house TV.

EPTV programs are the live shows and television programs broadcast directly from Nelson Hall.

Some Nelson Hall Shows are broadcast to EPTV, and can also be live-streamed online in higher resolution by visiting www.nelsonhall.org

Nelson Hall



Pam Nelson

Director, Nelson Hall Theatre
Phone extension: x4309
Email: pnelson@elimpark.org

Box office phone: x4495
Email: nelsonhall@elimpark.org

To reserve Nelson Hall for an event or meeting,
email Nelsonhallproductions@gmail.com

Nelson Hall FAQs:

"What do I need to reserve in advance?"

Residents must purchase show tickets with assigned seating. You do not need to reserve a seat for Sunday Services, movies or any other meetings or events at this time.



"Where and when can I get tickets to shows?"

- Guests can purchase on-line at nelsonhall.org
- Residents and staff can visit the Box Office during open hours

- Call the Box Office at x4495 or 203.699.5495
- Email nelsonhall@elimpark.org

Box Office Summer Hours: Tues & Thur, 10:00am–3:00pm

Life Enrichment

Sharon Snow

Life Enrichment Coordinator
Phone extension: x4143
Email: ssnow@elimpark.org

Contact Sharon:

- To make reservations for trips and life enrichment programs
- To reserve common areas and lounges for a group activity
- To suggest new activities or form a new group



Brain Fitness

Come join us for laughter and learning!

We do different brain fitness activities every ten minutes, such as fun facts, historical trivia, jumbles, word searches,

cross words, hidden pictures, and more.

Participate in person in the Wellness Center Lobby every **Tuesday** at 10:00am.

The Great Courses

The Great Courses are a series of college-level video courses by The Teaching Company, on topics ranging from American History to oceanography to Renaissance art. Great Courses are played movie-style on the big screen in Nelson Hall every **Sunday afternoon** at 12:30pm and **Wednesday afternoon** at 3:00pm.

No reservations required.

Art & Leisure Outings

See centerfold pages for more info on upcoming outings, and call Sharon at x4143 to sign up.



Bus To Shopping

Catch the Elim Park bus transportation to local grocery stores, banks, and more. A schedule of times and locations can be found at the Concierge Desk in the Oasis,

or call the transportation coordinator at x4354.

Residents need to sign up by 3:00pm the day before the shopping trip. **Neighborhood pick ups begin at 9:00 am on Tuesdays and Fridays and at 9:30 am on Wednesdays.**



ALSA Clinics

Griffin Hospital Blood Draw

**Tuesdays at 8:00am,
Thursdays at 8:30am**

Mallard Mill Medical Suite
To schedule, call the nurse at x4322

Blood Pressure Clinic

Every **Thursday at 11:00am–12:00pm**
ALSA Nursing Office

Hearing Aid Clinic

2nd Monday of the month from 1:00-4:00pm
Mallard Mill 2nd floor library
Call x4329 for appointment

Ear Wax Clinic

Date/time to be determined

Contact Cindy at x4329 for details and to sign up.

Podiatrist

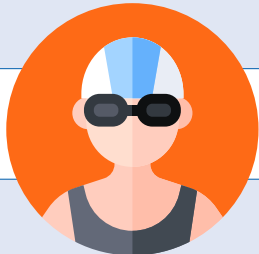

Thursday, September 14 from 9:00am–5:00pm
Mallard Mill Medical Suite
Call 203.745.4002 for appointment

FITNESS & WELLNESS CENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Land Exercise Schedule				
9:00am–9:30am Blue Class	9:00am–9:30am Circuit	9:00am–9:30am Blue Class	9:00am–9:30am Music & Movement 3	9:00am–9:30am Blue Class
9:45am–10:15am Core Strength	9:45am–10:15am Mind/Body Stretch		9:45am–10:15am Mind/Body Stretch	
10:45am–11:15am Green Class		10:45am–11:15am Green Class		10:45am–11:15am Green Class
	11:15am–11:45am Balance		11:15am–11:45am Balance	
12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class
	1:00pm–1:30pm Music & Movement 1 (Seated)		1:00pm–1:30pm Music & Movement 2	

BLUE: moderate to vigorous activity regularly, class all standing. **GREEN:** active life most of the time, class mix of standing and seated. **YELLOW:** Mobility limitations, seated class with weights. **BALANCE:** improving posture & balance for all fitness levels **CIRCUIT:** moderate to vigorous activity, class combines strength, balance and cardio exercises. **CORE STRENGTH:** class designed to target & strengthen core/abdominal muscles. Participants will be on the floor for the majority of class. **MIND/BODY:** seated class with stretching/relaxation. **MUSIC & MOVEMENT:** Rhythm based dance class 1-seated 2-moderate level 3-includes more advanced dance steps.

Aquatic Exercise and Pool Schedule • No Lifeguard on Duty—Swim at Your Own Risk
Please swipe your barcode to sign in and out, whether attending a class or open swim

5:00am–9:00am Open Swim	5:00am–11:00pm Open Swim	5:00am–9:00am Open Swim	5:00am–11:00pm Open Swim	5:00am–9:00am Open Swim
9:15am–10:00am Aqua Blue		9:15am–10:00am Aqua Blue		9:15am–10:00am Aqua Blue
10:15am–11:00am Aqua Green		10:15am–11:00am Aqua Green		10:15am–11:00am Aqua Green
11:15am–Noon Aqua Yellow		11:15am–Noon Aqua Yellow		11:15am–Noon Aqua Yellow
Noon–11:00pm Open Swim		Noon–11:00pm Open Swim		Noon–11:00pm Open Swim

AQUA BLUE: for participants who perform moderate to vigorous activity regularly.
AQUA GREEN: for participants who lead an active lifestyle most of the time.
AQUA YELLOW: for participants who need a gentle class due to mobility limitations.

Our Fall Season Begins Sept 21!

You asked for Elvis to return and we heard you!
The “world’s best young Elvis,” Travis Ledoyt, brings together the artists of Sun Records: Elvis Presley, Johnny Cash, Roy Orbison, Jerry Lee Lewis, Carl Perkins and more. Hear the hits that made these legends who they are as Travis works the stage and audience in a truly engaging performance. It’s the same look, style, sound and humor that people have come to expect from Travis but with a more diverse pool of music from which to choose. Travis’ musical abilities shine as he strums that guitar to “Folsom Prison” and pounds on the piano to “Great Balls of Fire!”

Box Office open Tues–Fri, 10:00am–2:00pm
203.697.8992 / NelsonHall.org



Tickets on sale now!
New show added!



Dispatched
A Film Based on a True Story
September 12
2:30pm in Nelson Hall

Officer Carl Thomas (Jeff Moore) was fearless at going after the bad guys. But Thomas had a dark side. In *Dispatched*, learn how God changed the heart of a street-hardened cop into an ambassador of God’s love.

Meet Officer Thomas who will be present to sign copies of his book, “Dispatched”!



Recycle Tip of the Month

Pill Bottles: Recycle or Trash?

Bottles from prescription medications or over-the-counter products are not recyclable. Throw the empty containers into the trash.

Use the RecycleCT Wizard at www.RecycleCT.com to search for information on recycling specific items.



Christian Ministries

Worship

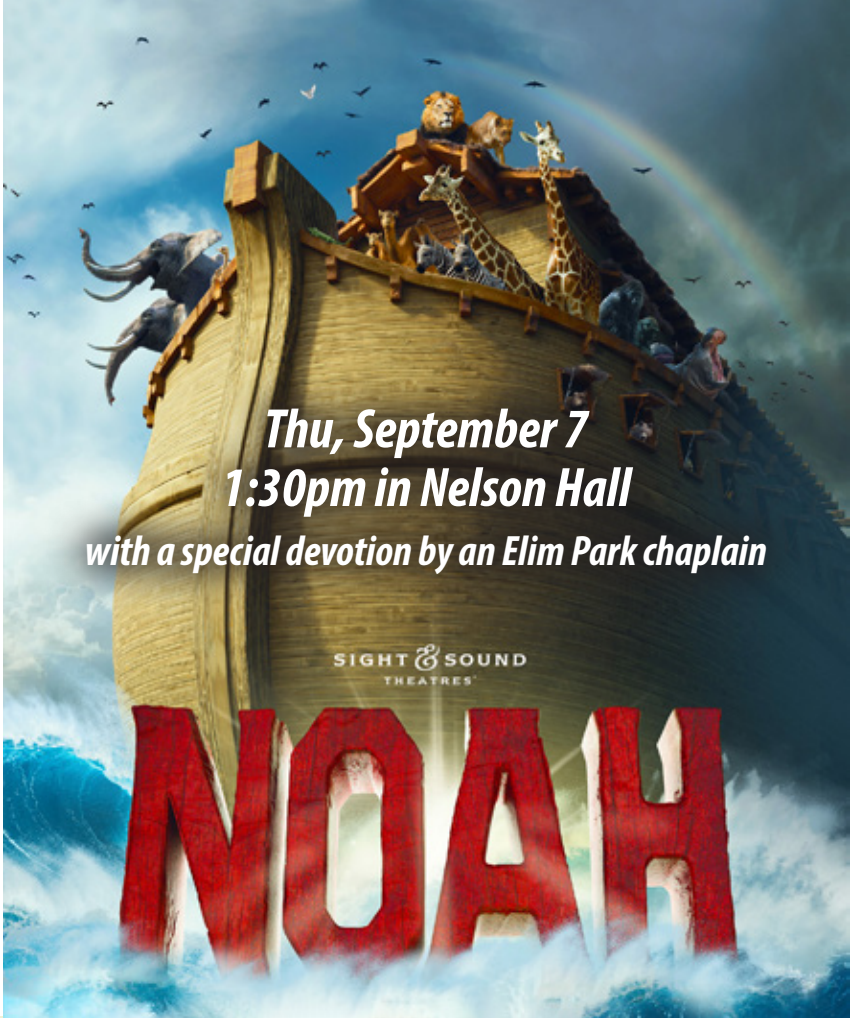
- Sun @10:30am – **EPTV 126 & NH**
- Mon @11:00am, Spiritual conversations for men w/Pastor Paul – **MM2**
- Mon @7:30pm, Pastor Wayne – **RB3**
- Thu @2:00pm, Pastor Ken Milhous – **RCH**

Events

- Wed @11:00am, Prayer meeting w/Pastor Tim – **RB3**
- First Wed of the month @7:00pm, Healing prayer – Admin Board Room
- Sun @3:00am • Sept 10, Old Fashioned Hymn Sing w/ Sharon K – **NH**
- Tue @11:30am • Sept 19, Men’s Luncheon – Colony Diner

Chaplains On Call (For Emergencies) 203.528.2875

Please use this number for patients, family, residents, or anyone who is in need of talking to a Chaplain.



Join the Adventure!

Every Wednesday for 15 weeks starting September 6 at 2:00pm
Spring Meadow Lounge

The Alpha Film Series outlines the core principles of the Christian faith that all denominations agree on. We believe that what unites us is infinitely greater than what divides us.

Snacks, great fellowship, a film & discussion

	Fri • September 1	Sat • September 2		Birthday/Anniv
9:00am	Devotions • EPTV Bus to Shop—Stop & Shop		9:00am	 Birthdays September 1 Paul Austin
9:15am	Today at Elim • EPTV		9:15am	
10:00am	Seated Exercise • EPTV	Corn Hole • WC	10:00am	
1:00pm	Wii Golf • AK1		1:00pm	
2:00pm	First Friday RC Mass • HCC		2:00pm	
3:00pm	Rosary • RB2		3:00pm	

Location Legend: **AK**—Andrews Knoll **BV**—Brooksvale **CN**—Conservatory **EPTV**—Channels 125/126 **HCC**—Health Care Ctr **MM**—Mallard Mill **MV**—Mountain View **NH**—Nelson Hall **OA**—Oasis **RB**—Riverbend **RCH**—Res Care Home **SM**—Spring Meadow **VG**—Village Green **WC**—Wellness Ctr

Wellness Week

Monday 9/25 • 10:00am–11:00am • Brain Fitness Bonanza
Give your brain a workout in this fun group activity.

Monday 9/25 • 12:30pm–2:00pm • Wellness on the Green
Wellness staff will be on site in the Oasis with information about all the Wellness & Life Enrichment services offered to residents. Chances to win prizes when you Spin the Wellness Wheel!

Tuesday 9/26 • 10:00am & 11:30am • Walk-a-thon
Walk/run/roll your way around the outdoor course at the River Outlook Deck. **Two distance options:** 1/3 of a mile or 1 mile. **Two start time options:** 10:00am and 11:30am.




Wednesday 9/27 • 9:45am • Outdoor Mind/Body
Relax with us on the deck at the River Outlook for a 20 minute mind/body class.

Thursday 9/28 • 10:30am–12:00pm • Pool Party
Join the fun as we exercise, play games in the pool and finish with a relaxation floating experience. Flotation device provided

Friday 9/29 • 1:00–2:00pm • Guideposts to Wellness Presentation • Conservatory
Discover the underlying factors that cultivate wellness but are rarely talked about. We’ll explore how Guideposts and the Wellness Wheel can direct us on the path of wellbeing. Presented by Sharon Gutterman, PhD, *Mindful Wow*.

T-shirts available to purchase

All activities require pre-registration.
Sign up sheet located at the concierge desk or call ext 4143.

	Sun • September 3	Mon • September 4	Tue • September 5	Wed • September 6	Thu • September 7	Fri • September 8	Sat • September 9		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop/Library Depart for Thimble Island Cruise		9:00am	 <p>Birthdays</p> <p>September 3 Jean Thompson</p> <p>September 7 Marilyn Gordon Renee Cohen</p> <p>September 8 Ed Kania Claudia Holder</p> <p>September 9 Nancy Blomstrom Connie Dorsey</p> <p>Anniversaries</p> <p>September 5 Mary & Bert Beauchemin</p> <p>September 6 Bob & Ginny Knapp Marcia & Harrison Dodd</p> <p>September 7 Robert & Yvonne Thompson</p> <div> <p>September 7 Sharon K 4:30pm—6:30pm</p>  </div>
9:15am		Today at Elim • EPTV		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV		9:15am	
9:30am				Bus to Shop— Banks & Pharmacies				9:30am	
10:00am			Brain Fitness • WC			Seated Exercise • EPTV	Corn Hole • WC	10:00am	
10:30am	Worship • NH	Bridge • AK2						10:30am	
11:00am		Spiritual Conversation, w/Pastor Paul • MM	EPU: <i>World of Watercolor</i> • EPTV First Cong Church Communion Service • TBD	Prayer Meeting, w/Pastor Tim • RB3	St Peter's Episcopal Service • MM2			11:00am	
11:30am				Cinema Club Meeting • NH				11:30am	
12:30pm	Great Courses • NH								
1:00pm	Mexican Dominoes • BV1	Mahjong • MV2	Lecture: <i>Birds of CT</i> • NH Wii Bowling • WC Open Bridge • AK2	CurtainsUP! Theater • EPTV		Wii Golf • AK1		1:00pm	
1:30pm	Wellness Hour • EPTV	Whist • AK3	Whist • AK3		Sight & Sound “Noah” • NH			1:30pm	<div> <p>September 7 Sharon K 4:30pm—6:30pm</p>  </div>
2:00pm				Alpha Film Series • SML 10-Minute Knowledge • EPTV	Bible Study w/Pastor Ken • RCH			2:00pm	
2:30pm			Seated Exercise • EPTV					2:30pm	
3:00pm				Great Courses & Meeting • NH		Rosary • RB2		3:00pm	
4:30pm					4:30pm—6:30pm Gazebo Musician—Sharon K, Piano			4:30pm	
6:30pm			Movie— <i>Norma Rae</i> (1:54) • NH					6:30pm	
7:00pm		Bingo • Bistro		Healing Prayer • Admin Board Rm Poker • AK2				7:00pm	
7:30pm		Bible Study, Pastor Wayne • RB3						7:30pm	



September Trips

Sea Mist Thimble Island Cruise, Stony Creek, CT
Lenny & Joe's Fish Tale, Madison, CT

September 8

Depart: 9:00am – Return: 2:30pm
Cost: Cruise \$15; Pay for your own lunch

National Geographic presents Beyond King Tut, Hartford, CT

September 14

Depart: 12:00pm – Return: 3:30pm
Cost: \$30



The Play that Goes Wrong, Legacy Theatre, Stony Creek, CT

September 21

Depart: 12:45pm – Return: 5:15pm
Cost: \$35

Sunset Cruise along CT Shoreline, Stony Creek, CT

September 28

Depart: 5:00pm – Return: 9:00pm
Cost: \$25. Bagged dinners provided by Elim Park.
Music by Don Pierson.



Sign-up
for all trips at the
concierge's desk.
Questions?
Call Sharon
at 4143.

The time is right to see THE PLAY THAT GOES WRONG, Broadway's funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous.



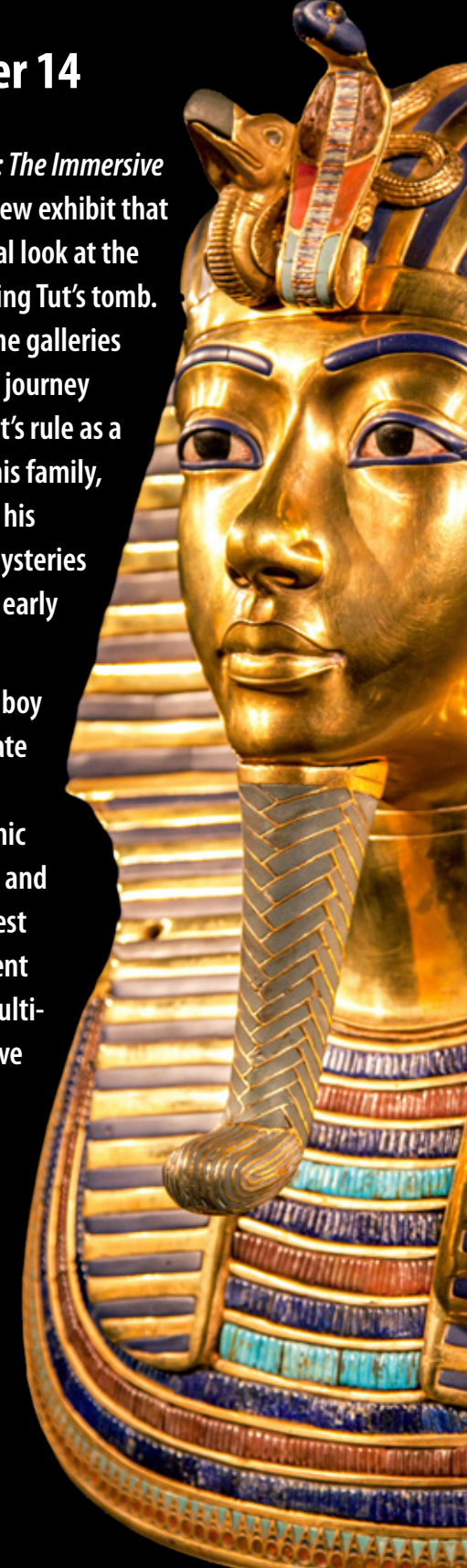
NATIONAL
GEOGRAPHIC

BEYOND KING TUT THE IMMERSIVE EXPERIENCE

September 14

Beyond King Tut: The Immersive Experience is a new exhibit that will give a virtual look at the artifacts from King Tut's tomb. There will be nine galleries to take you on a journey through King Tut's rule as a child pharaoh, his family, the discovery of his tomb and the mysteries surrounding his early death.

The story of the boy king will captivate visitors as they discover the iconic king's true story and the ongoing quest to uncover ancient secrets in the multi-gallery immersive experience from National Geographic.



Coming in October

Lectures

October 10

Tim Bourdon
TJB Financial Services



October 24

The Wonders of the Wetlands
White Memorial Conserv.
Center



Trips

October 4

Free Chamber Concert
Yale School of Music



October 13

Fall Foliage Train Ride
Litchfield Hills



October 19

The Hopkins Inn
Lake Waramaug, Litchfield











October 26

Lyman Orchards Apple Barrel
Middlefield



Sun • September 10		Mon • September 11	Tue • September 12	Wed • September 13	Thu • September 14	Fri • September 15	Sat • September 16		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop		9:00am	 <p><i>Birthdays</i></p> <p><i>September 10</i> Harriet Fotter Velma McGovern Barbara Baker</p> <p><i>September 12</i> Joanne Judd</p> <p><i>September 13</i> Judith Weiss Sheila Nadkarni</p> <p><i>September 15</i> Bill Wheaton</p> <p><i>September 16</i> Rita Radziunas Edward Kearney Roberta Berglund</p> <p><i>Anniversaries</i></p> <p><i>September 11</i> Ham & Francis Milroy</p> <p><i>September 12</i> Robert & Judy Lees</p> <div> <p><i>September 14</i> <i>Bennett Sisters</i> <i>4:30pm—6:30pm</i></p>  </div>
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV		9:15am	
9:30am				Bus to Shop— Wallingford Walmart				9:30am	
10:00am		St. Bridget's RC Mass • NH	Brain Fitness • WC			Seated Exercise • EPTV	Corn Hole • WC	10:00am	
10:30am	Worship • NH	Bridge • AK2						10:30am	
11:00am		Spiritual Conversation w/Pastor Paul • MM	EPU: <i>World of Watercolor</i> • EPTV	Prayer Meeting, w/Pastor Tim • RB3				11:00am	
12:00pm					Depart for King Tut Experience			12:00pm	
12:30pm	Great Courses • NH				Movie— <i>Death on the Nile</i> (2:07) • NH			12:30pm	
1:00pm	Mexican Dominoes • BV1	Mahjong • MV2	Lecture: <i>Monarchs</i> • NH Wii Bowling • WC Open Bridge • AK2	CurtainsUP! Theater • EPTV		Wii Golf • AK1		1:00pm	
1:30pm	Wellness Hour • EPTV	Whist • AK3						1:30pm	
2:00pm		Woman's Bible Study • MMAR		Alpha Film Series • SML 10-Minute Knowledge • EPTV	Bible Study w/Pastor Ken • RCH			2:00pm	
2:30pm			Movie— <i>Dispatched</i> (1:16) • NH Whist • AK3					2:30pm	
3:00pm	Old Fashioned Hymn Sing w/ Sharon K • NH			Great Courses • NH Family Support Group • MV3E	Res/Pres Meeting • EPTV & NH	Rosary • RB2		3:00pm	
4:30pm					4:30pm—6:30pm Gazebo Musicians— Bennett Sisters			4:30pm	
7:00pm		Bingo • Bistro		Poker • AK2				7:00pm	
7:30pm		Bible Study, Pastor Wayne • RB3						7:30pm	

	Sun • September 17	Mon • September 18	Tue • September 19	Wed • September 20	Thu • September 21	Fri • September 22	Sat • September 23		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop/Library		9:00am	
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV			9:15am	
9:30am				Bus to Shop— Townline Sq Meriden				9:30am	
10:00am			Brain Fitness • WC		Trinity Episcopal Service • RB2	Seated Exercise • EPTV	Corn Hole • WC	10:00am	
10:30am	Worship • NH							10:30am	Birthdays September 19 Pam Sleeper Ben Watters September 20 Barbara Appicella September 22 Dorothy Dupont John Afman Beth LaFemina
11:00am		Spiritual Conversation, w/Pastor Paul • MM		Prayer Meeting, w/Pastor Tim • RB3				11:00am	
11:30am			Men's Luncheon • Colony Diner					11:30am	
12:30pm	Great Courses • NH							12:30pm	
12:45pm					Depart for Legacy Theatre			12:45pm	
1:00pm	Mexican Dominoes • BV1	Lecture: Hoopskirts • NH Mahjong • MV2	Wii Bowling • WC Open Bridge • AK2	CurtainsUP! Theater • EPTV		Wii Golf • AK1		1:00pm	
1:30pm	Wellness Hour • EPTV	Whist • AK3	Whist • AK3					1:30pm	
2:00pm			Presentation: Memory Loss • CN	Alpha Film Series • SML 10-Minute Knowledge • EPTV	Bible Study w/Pastor Ken • RCH	Concert—Sun and the Stars • NH		2:00pm	
2:30pm			Seated Exercise • EPTV					2:30pm	
3:00pm	Roman Catholic Mass • NH			Great Courses • NH		Rosary • RB2		3:00pm	
4:30pm					4:30pm–6:30pm Gazebo Musician— Chris Payne, Violin			4:30pm	 September 21 Chris Payne 4:30pm–6:30pm
6:30pm			Movie—Warm Springs (2:01) • NH					6:30pm	
7:00pm		Bingo • Bistro		Poker • AK2				7:00pm	
7:30pm		Bible Study, Pastor Wayne • RB3			Concert—Sun and the Stars • NH	Concert—Sun and the Stars • NH		7:30pm	

	Sun • September 24	Mon • September 25	Tue • September 26	Wed • September 27	Thu • September 28	Fri • September 29	Sat • September 30		Birthday/Anniv
		   WELLNESS WEEK			  				 <p>Birthdays</p> <p>September 25 Lori Robey</p> <p>September 27 Neal Wellins Beverly Fries</p> <p>Anniversaries</p> <p>September 28 Debbie & Sonny Rowe</p>
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop		9:00am	
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV			9:15am	
9:30am				Bus to Shop— North Haven Crossing				9:30am	
9:45am				Wellness Week: Outdoor Mind/Body				9:45am	
10:00am		Wellness Week: Brain Fitness Bonanza	Wellness Week: Walkathon			Seated Exercise • EPTV	Corn Hole • WC	10:00am	
10:30am	Worship • NH				Wellness Week: Pool Party			10:30am	
11:00am		Spiritual Conversation, w/Pastor Paul • MM		Prayer Meeting, w/Pastor Tim • RB3				11:00am	
11:30am	Catholic Communion 11:20am • HCC /11:35am • BV1		Wellness Week: Walkathon	Elim Park Players Meeting • NH				11:30am	
12:30pm	Great Courses • NH	Wellness Week: Wellness on the Green			Movie—The Princess Bride (1:38) • NH			12:30pm	
1:00pm	Mexican Dominoes • BV1	Mahjong • MV2	Wii Bowling • WC Open Bridge • AK2	CurtainsUP! Theater • EPTV		Wellness Week: Guideposts to Wellness Presentation • CN Wii Golf • AK1		1:00pm	<p>A big welcome to the newest members of our Elim Park family!</p> <p>Robert & Orion Peck <i>Apt 5305</i></p> <p>John Drobynyk & Cherri Brennan <i>Apt 2303</i></p> <p>Edward & Joyce Holtzman <i>Apt 6210</i></p> <p>Bernice Parent <i>Apt 3102</i></p> 
1:30pm	Wellness Hour • EPTV	Whist • AK3	Whist • AK3					1:30pm	
2:00pm		Woman's Bible Study • MMAR		Alpha Film Series • SML 10-Minute Knowledge • EPTV	Bible Study w/Pastor Ken • RCH			2:00pm	
2:30pm			Seated Exercise • EPTV		Seated Exercise • EPTV			2:30pm	
3:00pm				Great Courses • NH Family Support Group • MV3E		Rosary • RB2		3:00pm	
5:00pm					<i>Depart for Sunset Cruise</i>			5:00pm	
6:30pm							Movie—The Best Exotic Marigold Hotel (2:04) • NH	6:30pm	
7:00pm		Bingo • Bistro		Poker • AK2				7:00pm	
7:30pm		Bible Study, Pastor Wayne • RB3						7:30pm	

Memory Loss and When to Worry

Learn the differences between mild forgetfulness, more serious memory problems, causes of memory loss, tips to have the tough conversation about dementia and how to discuss the next steps.

Presented by Patty O'Brian,
dementia specialist,
Hartford HealthCare Center
for Healthy Aging.



September 19
at 2:00pm
in the Conservatory

Hartford
HealthCare

THE GREAT COURSES

Discovering West Africa: Ghana, Senegal,
Cameroon: A 5-week Lecture

9/3 @12:30pm & 9/6 @3:00pm

Made in Ghana

9/10 @12:30pm & 9/13 @3:00pm

Ghanaian Culture and Reclaiming History

9/17 @12:30pm & 9/20 @3:00pm

Senegal's African Renaissance

9/24 @12:30pm & 9/27 @3:00pm

From Senegal to Cameroon



Great Courses Speaker:
Nathan Fluellen
Travel & Tourism Ambassador

Life Enrichment Lecture Series



Birds of Connecticut

Presenter: Naturalist Jeffrey Cianciolo

Nelson Hall

Monday, 1:00pm, 9/5

Amazing facts about our very own Birds of Connecticut. Learn how to ID birds by sight & sounds, and understand their eating habits, migratory patterns & family life!

Sign-up
for all lectures at
the Concierge Desk.
Questions?
Call Sharon
at 4143.



Magic of Monarchs

Presenter: Carrie Szwed,
White Memorial Conservation Center

Nelson Hall

Tuesday, 1:00pm, 9/12

The monarch butterfly is one of the most recognizable and well studied butterflies on the planet. Its orange wings are laced with black lines and bordered with white dots. Famous for their seasonal migration, millions of monarchs migrate from the United States and Canada south to California and Mexico for the winter.



Hoopskirts to Flappers

Connecticut Historical Society

Nelson Hall

Tuesday, 1:00pm, 9/18

A woman born in 1850 who lived for 80 years would have seen fashion change dramatically in her lifetime. This program will walk you through our Costume and Textile collection to see how women's clothing transitioned from the iron reign of the hoop skirt to the relative freedom of the flapper dress.

FASHION SHOW

By Consignment Originals

Tuesday, October 10, 2023

Elim Park Conservatory,
150 Cook Hill Road, Cheshire CT

9:45 - 11:30AM Brunch (Cost \$20.00 payable at the door)

Guest Speaker: Sharon Palmer, Mohawk, N.Y.

"A musician who finally found the right key"

Music by: Sharon K.

Reservations/Cancellations are Essential

RSVP by October 1 to:

Joanne Veth, (203) 271-8832 or
Karen Gill, email: kgill1948@gmail.com
(Please leave your name and phone number)

All are
welcome!
Bring a Friend!

Door
Prizes!



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ELIM PARK
UNIVERSITY

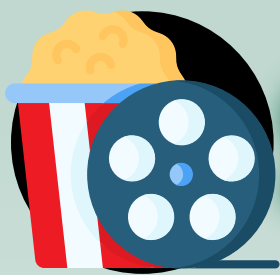
EPU Fall Semester starts this month!

Course booklets will be distributed to internal mailboxes during the first week of September.

New classes include: "iPhone Photography" and
"The Secrets of Writing a Novel"

EPU needs YOU!

The depth of experience and talent of our neighbors is astounding. If you are interested in teaching from your life experience, hobby, or skill, or if you know anyone willing to be a guest lecturer, contact: **Chuck Holder, EPU Chair**
chuckholder090852@gmail.com



SEPTEMBER MOVIES



TUE 9/5 • 6:30pm

NORMA RAE



A young single mother and textile worker agrees to help unionize her mill despite the problems and dangers involved.

(1979) PG • 1hr 54m

TUE 9/19 • 6:30pm

WARM SPRINGS



The stirring true story of Franklin D. Roosevelt's battle with polio in 1921.

(2005) NR • 2hr 1m

TUE 9/12 • 2:30pm

DISPATCHED



The true story of how God changed the heart of a street-hardened Connecticut cop.

(2020) NR • 1hr 16m

Meet the real Carl Thomas after the movie!

THU 9/28 • 12:30pm

THE PRINCESS BRIDE



A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies, and allies in his quest to be reunited with his true love.

(1987) PG • 1hr 38m

THU 9/14 • 12:30pm

DEATH ON THE NILE



While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.

(2022) PG-13 • 2hr 7m

SAT 9/30 • 6:30pm

THE BEST EXOTIC MARIGOLD HOTEL



British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

(2011) PG-13 • 2hr 4m