



Good Neighbor Society

Continuing Care Retirement Community

Neighborhood News | September 2025

Fall is fast approaching, bringing with it football games, harvest, vibrant changing leaves, and cooler weather. As fall rolls in, winter isn't far behind, a season that often keeps us indoors, bundled up and watching the weather change from the warmth of our homes.

However, don't let the weather slow you down. Fall and winter are the perfect seasons to stay active and continue with your daily exercise routines. Continuing with physical activity during this time helps you maintain your strength, boost endurance, and support your overall well-being—both physically and mentally.



As we may not always be able to enjoy our walks or exercise outside, there are plenty of alternatives for movement while indoors. Walking indoors is a great way to maintain your endurance whether it's walking the long corridors of the facility, going to a rec center for indoor walking, or even getting up every few hours and walking throughout your apartment/home to complete tasks here and there.

Getting active can be fun, especially when you're doing it with others who share the same goals! Participating in a group exercise class is a great way to stay motivated and enjoy the benefits of movement together. If standing exercises are a challenge by yourself, seated chair exercises are a great alternative! Simple movements such as seated marches, leg raises, and gentle stretching can go a long ways.

Here at our facility, residents have the opportunity to participate in our Restorative Program. Whether it's guided exercises, using our fitness equipment, or simply taking a walk around the facility, we're here to support your ongoing wellness and independence. And when needed, our therapy department is always here to help you get back on track by offering physical, occupational, and speech therapies.

So, as the seasons change, let's stay committed to our health and continue to stay active together!



Good Neighbor Society

Compassionate Christian Care

The Meadows Assisted Living

MEADOWS SEPTEMBER BIRTHDAYS

11 LETICIA TIMMERMAN
17 OLGA WILLENBRING
20 KAY TEGELER
23 LORAS HEIMS
27 KASSIE GONZALEZ
28 MICAH HAHN
30 BERNIE HAMLETT



Don Preussner



Welcome



Both Don Preussner and Darlene Holt have said "Yes" to the address! Please join us on wishing our newest neighbors, a warm welcome to The Meadows Community!



Darlene Holt



YOU'RE INVITED

SEPTEMBER

SUNDAY 07 AT 11:30 AM
2025



JOIN US FOR THE MEADOWS

Annual Assisted Living FAMILY PICNIC!



MENU: Grilled Hamburger, Hot Dogs, Cheesy Potatoes, Baked Beans, Fresh Fruit, Cookies & Drinks | Serving 11:30-12:30 PM
\$10 suggested donation | Reservations by 8/29



12:00-1:00 DAZZLING BALLOON ART BY MIKE CHAPMAN



1:00 MUSIC BY MARTY GARRETT



The Magic Touch

The Meadows AUGUST Highlights



Above: Our 9th year packing hygiene supplies for West Delaware Back to School Fair!



Above: Pastor Tim's children brightened tenants day by sharing scripture and passing out roses!



Above: Tenants had a tastefully great time sampling berries from Dani & her daughters battle of berries program.



Above: Tenants took careful consideration selecting and creating pressed flower bookmarks!



Hello September



CALLING ALL TRACTORS!

Our residents and tenants are
looking forward to our
Annual Tractor Show!

When: Saturday, September 6

Time: 10 am –11:30 am

Where: R2H Parking Lot

If you are able to bring your tractors and park
them for our residents and tenants to come out to
see them, please contact Val:
vschlicht@goodneighborsociety.org or
563-927-3907 (ext. 305)

Good Neighbor Home
& Neighborhood Villas
563-927-3907

Marietta's Place
563-927-1490

The Meadows
563-927-6467

Board Members

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*Providing compassionate Christian
care to those we serve since 1963.*



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