



Monday, October 1 • 2 PM
Coralville Center
for the Performing Arts

Presenters:



**Teresa
Mangum**



**Corey
Creekmur**

Free and open to the public

“Silver Screen” event spotlights aging in cinema

Think for a moment about how many popular films have focused on aging characters. From “Harold and Maude” and “On Golden Pond” to “Cocoon” and the Disney animated feature “Up”—what do these films tell us about how cinema views the aging process? How do these and other forms of popular culture create, support, or perhaps contradict stereotypes about aging?

At 2 PM on Monday, October 1, UI professors Teresa Mangum and Corey Creekmur will address these issues and more at “*The Silver Screen: Aging through the Lens of Popular Cinema*.” This special community-wide TRAIL event, sponsored by [Caring Hands & More](#) of Iowa City, will take place at the [Coralville Center for the Performing Arts](#). A brief reception with light refreshments will follow the conclusion of the presentation at approximately 3 PM.

Teresa Mangum is a professor in the UI Department of Gender, Women’s, and Sexuality Studies and Director of the Obermann Center for Advanced Studies. Her research interests range from rebellious women in Victorian novels to the ways art and literature represent life stages, especially late life. Corey Creekmur is an associate professor of English, Cinematic Arts, and Gender, Women’s, and Sexuality Studies at the UI. His teaching and research focus on international popular cinema, cross-cultural film genres, and popular literature.

This presentation is free and open to the public; we encourage TRAIL members to bring their friends. Registration is requested via the TRAIL website at www.trailofjohnsoncounty.org/calendar or by calling the TRAIL office at (319) 800-9003.

Want to flip your mattress, but find it’s too heavy and bulky to do on your own? In many aging-in-place villages around the country, mattress flipping is a very popular service event for members.

TRAIL announces our first *Flip-Your-Mattress* event on October 13, 2018, from 10 AM to noon.

Here’s how it works: You’ll strip your linens from the bed and TRAIL volunteers will come to your home at a scheduled time, flip the mattress, and help (if you’d like) remake the bed.

This event is open to all TRAIL members, but appointments are limited. TRAIL will serve members on a first-come, first-serve basis. Just call (319) 800-9003 to make your appointment.

Volunteers needed!

Volunteers—essential to TRAIL's success—are invited to serve in a number of roles. Volunteers can drive members to appointments, provide technology tutorials, complete basic repairs and home chores, and more. Volunteers can choose when and how they want to participate with no minimum time commitment. To learn more, call the office or visit the [TRAIL website](#).

TRAIL volunteer orientation sessions are planned for these upcoming dates:

- ★ Tuesday, Sept. 18, 1:30 to 2:30 PM, Hills Bank, 1401 S. Gilbert St., Iowa City
- ★ Tuesday, Oct. 16, 2:30 to 3:30 PM, Coralville Public Library, Room B
- ★ Saturday, Nov. 10, 10:30 to 11:30 AM, Iowa City Public Library, Room E

Due to space constraints, you must register ahead of time; this can be done in TRAIL's online [event calendar](#).

Wanted: Your opinions

What do you believe are the biggest challenges to aging in Iowa? The Iowa Department on Aging, AARP Iowa, and the Older Iowans Legislature are seeking your input as they prepare for Iowa's next legislative session.



Residents of all ages are asked to complete a brief online survey asking what can be done to improve the quality of life for the state's older citizens. The survey can be found on the Department of Aging website: iowaaging.gov. It takes about five minutes to complete and will be available through September 21.

The survey also includes a link to learn more about the Older Iowans Legislature, a statewide, nonpartisan organization. Its members advocate for legislation that will improve the quality of life for older Iowans.

Autumn events aplenty with TRAIL MEMBER-ONLY EVENTS

Please register in advance for any of these events.

The events in this section are for TRAIL members only. If you would like to join TRAIL, please contact the TRAIL office or visit www.trailofjohnsoncounty.org/membership.

[Dine Around, Taboleh](#)

[Mediterranean Buffet, Coralville](#)

Wednesday, September 19, noon to 1:30 PM. Taboleh features Mediterranean and North African dishes. Vegetarians, vegans, and those with food sensitivities will find many clearly labeled options. TRAIL Executive Director Hillary Ramaker will host this gathering, so if you have not yet met Hillary, this is a great time to do so.



[Yarning Group](#)

[Thursday, September 20, 2 to 3:30 PM](#)

Home of Nancy Collins, 169 Notting Hill Lane, Iowa City. All skill levels welcome! (See story and photos of the Yarning Group on page 3.)

[Dine Around, Baxa's Sutliff Store and Tavern](#)

[Monday, September 24, 4:30 to 7:30 PM](#)

This is a scenic and delicious hideaway outside Solon, with a chance to visit the historic Sutliff Bridge.



[The Papers of Tom Brokaw: A Life and Career](#)

Tuesday, September 25, 2:30 to 4 PM, UI Main Library, Special Collections, third floor. This event includes a guided tour of the exhibit, "Tom Brokaw and 20 Years of Describing the Greatest Generation," drawn from the collection of Brokaw materials donated to UI

Libraries in 2017. Space is limited, so register today!

[Potluck Luncheon](#)

[Monday, October 8, noon to 2 PM](#)

Home of Susan Spaziani, 1029 Rider Street, Iowa City.

[Member Happy Hour](#)

[Tuesday, October 9, 3 to 5 PM](#)

Big Grove Brewery (Iowa City location).

[Men's Book Group](#)

[Thursday, October 18, 1:30 to 3 PM](#)

Panera at Iowa City Marketplace.

SEE MORE EVENTS online on the [TRAIL calendar](#).



Above, back row, l to r, Vicky Tardy, Barb Stein, Nancy Collins, and Margaret Felling. **Front row, l to r,** Phyllis Black and Barbara Plakans. **Left,** Barbara and Phyllis display baby caps they have created for Mercy Hospital newborns.

With hands busy, talk flows

At TRAIL's monthly Yarning Group, there is as much laughter as there is knitting.

On a sunny afternoon in August, six TRAIL members gathered at the home of Vicki Tardy to work on various handicrafts, share projects, and chat. While some of those present are newcomers, others are regulars. What's more, some are experienced crafters and others are trying their needle arts for the first time.

In the center of the room is a table covered by colorful donated yarns, courtesy of TRAIL member Carolyn Jones. The group happily accepts donations of yarn (downsizers, take note) and will turn them into hats and scarves for local organizations.

Only in Iowa: Eastern Iowa color found along Mississippi River

Traveling around the Midwest in the fall typically means a vibrant display of color in our trees. According to the U.S. National Arboretum, recent rains may dampen some of the vibrancy, but if the rains stop and temperatures fall a little, we can still be in for beautiful yellow, orange, and red foliage.

For this month's day trip, travel Iowa's Great River Road which hugs the Mississippi River, starting anywhere between New Albin to the north and Keokuk to the south. The 328-mile route may have you looking down from the bluff at a beautiful panoramic scene or find yourself right along the riverfront. Especially beautiful scenic views are located in Lansing, McGregor, Guttenburg, Dubuque, Clinton, Wapello, and Burlington.



The Great River Road will take you through charming river towns, which are sure to have some great eateries, so don't go hungry or thirsty in your travels. Also, make note of the Great River Road logo (shown above) since the route follows more than just one highway.

To download a guide and map, visit www.traveliowa.com/trails/great-river-road-national-scenic-byway/34.

Information about the 18 Iowa Great River Road Interpretive Centers is available here: www.traveliowa.com/getinspireddetails/great-river-road---br-interpretive-centers/73/.

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