

Sunset Park Place Retirement Community
563-583-7939

3730 Pennsylvania Ave Dubuque, Iowa 52002
www.sunsetparkplace.net



Celebrating April

April Fools' Day

April 1

World Health Day

April 7

Earth Day

April 22

Passover

Begins Sundown April 22

International Jazz Day

April 30



The third annual "Breakfast with the Bunny" at Sunset Park Place was another great success! Story inside!

Onward and Upward

Can you feel spring in the air? It's an exciting time of year, flowers emerging, the grass turning green again and the elusive white robin making his(or her) return to Sunset Park Place. As we transition into a new season, I want to make you aware we are also transitioning into a new look for our logo (as you see at the top of the newsletter). It's a new and exciting look to represent us in the community. We also have updated and changed our website at: www.sunsetparkplace.net. We have also updated the 'virtual tour' for those interested in getting more information on Sunset Park Place.

I want to take this time to thank our residents, family members, and members of the community for a successful "Breakfast With the Bunny" event, held to raise awareness and funds for the Alzheimer's Association. We experience the impact of this devastating disease every day at Sunset, and work toward a brighter future for all of those with the disease and their family members.

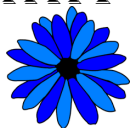
We have a lot of interesting and exciting events again scheduled for April, so take a few moments to go through the newsletter and see what's planned!

Jerry Bell
Manager

(Sunset residents watching the Iowa Hawkeyes at the NCAA Basketball tournament)



APRIL ACTIVITY HIGHLIGHTS



Shopping

Hy-Vee 6th(1:45), 13th, 20th, 27th 1:15 pm
 Target 7th 2:15 pm

Outings

Dubuque Mining Company 1st 11:15 am
 Tour of Planet Fitness 4th 2:15 pm
 Rhody's Pie Run 8th 1:30 pm
 Catfish Charlie's 18th 11:15 am
 Mario's 27th 4:15 pm

Events

Town Home Meeting 6th 9:15 am
 Resident Meeting with Jerry 6th 1:00 pm
 New Resident Welcome 21st 1:30 pm
 Happy Hour 2nd 6:00 pm
 Dog Show with Phyllis & Julie 26th 1:30 pm
 Bike Riding with All-Ability Cycles 30th 3:00 pm

Music

Nancy Hooton 5th 6:30 pm
 Frank Naber 12th 1:45 pm
 Jim Lucy 9th 1:30 pm
 Janet Lieb 10th 3:00 pm
 Old Path Baptist Church 17th 3:00 pm
 Shelly Gessner 19th 1:30 pm
 Dave Pogenklass 25th 1:30 pm
 Tom Bedtka 29th 1:00 pm



St. Patrick's Day Fun At Sunset

Sunset held its annual St. Patrick's Day Party on March 17th. The party was complete with games, shamrock shakes and of course – plenty of green!



Staff member Marla was also in the spirit – note the green towels she's carrying!

Fun at Any Age!

While mom (Hairstylist Cindy), was making



Sunset residents look beautiful, her kids were visiting Sunset and showing residents how much fun Nerf guns could be! The kids, with the aid of Life

Enrichment Coordinator Shelly were great teachers and coaches! I think Town House Resident Lila (pictured above) gave the kids a run for their money with her shooting technique. We all had fun cheering!

A 'Bunnyrific' Event For Alzheimer's



Sunset Park Place was 'hopping' on March 19 for our third annual "Breakfast with the Bunny". It was a fundraiser for the Dubuque Alzheimer's Association. With

the help of residents, families and friends, we raised \$427 that morning which will go toward our team total in the annual Alzheimer's Walk this fall, scheduled for September 10. Kids also received a special treat from the Easter Bunny (aka Culinary Coordinator Sue). A BIG thanks to all who took part in the day. Stay tuned for additional events to raise awareness and raise funds for the Alzheimer's Association for research.



Day 'At the Hill' For Alzheimer's

Sunset Community Relations Coordinator Cindy K along with Alex Barton, Program Director of the Dubuque Alzheimer's Association, Winnie Stricker of Home Instead, and Julie Headlee of Care Initiatives and other Iowa Alzheimer's Advocates traveled to the Iowa Legislature on March 23 to talk with area lawmakers on legislation



effecting Alzheimer's Disease and other dementias. The event was part of a statewide effort to improve awareness and caregiving. The Dubuque delegation met with State Rep Charles Isenhart and Senate President Pam Jochum.

(Photo Above: State Rep Isenhart with Cindy and Julie)

Sunset Travel Discount

If you have relatives thinking about visiting



Dubuque this summer, they may want to consider Holiday Inn Express and Suites in

Dubuque for a discounted rate. Our friends at the Holiday Inn Express and Suites are offering a family and friends discount for those associated with Sunset Park Place at \$69 per night. You need to mention the code : **ILW70** when you book your reservation

An 'Egg-cellent' Event!

Resident Florence W. displays an egg just before coloring it on the Saturday before Easter. Several other Sunset residents also joined in the fun!



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Guess What's Coming In April!

John Brunow with All-Ability Cycles will be at Sunset Park Place on Saturday, April 30th, at 3 pm. He has a new shipment of cycles arriving in Iowa this month. He is excited to visit Sunset Park Place again and let us give the new cycles a test drive!



Music Here and Away

The Eleanor Roosevelt Middle School Chamber Orchestra will be at Sunset Park Place for a performance on **Thursday, April 14th 1:15 pm**. We also will be attending NISOM's Spring Concert which includes 3 adult ensembles at **3 pm on Sunday, April 17th** at Westminster Presbyterian Church.

Sunset April Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.



Henry G 4/7
Betsy H 4/9

Celebrities Also Celebrating

Colin Powell (retired general) April 5, 1937
Loretta Lynn (singer) – April 14, 1932
Elizabeth II (queen) – April 21, 1926
Carol Burnett (comedian) – April 26, 1933
Willie Nelson (musician) – April 30, 1933

