



Sunset Park Place Retirement Community
Dubuque, Iowa 52002

www.sunsetparkplace.net

3730 Pennsylvania Ave
563-583-7939



Celebrating June

Great Outdoors Month

Women's Golf Month

Men's Health Week

June 12-19

Flag Day

June 14

Father's Day

June 19

Summer Begins

June 20



Sunset Park Place welcomes its new podiatrist, Dr Steven Schuck. He will be making visits to Sunset residents. Those who would like him to stop-by should see nurse Kathv for details!

An Active June At Sunset

Sunset Park Place is ready for the Summer. While the first official day of Summer is June 20, we have plenty of flowers and green grass that would say other otherwise. As always with the warmer weather we have projects taking place all around Sunset – most noticeable right now is a roofing project (*photo below*).

I thought I would take some time to say thanks to the fathers out there. I did a little research; did you know that the first organized Father's Day celebration was on July 5, 1908 in West Virginia. We will have our celebration here at Sunset Park Place on the Saturday before Father's Day, June 18 (*Details Inside!*).

Also to put on our calendar, coming up on June 1, President of Senior Housing Management, Allen Phillips will be at Sunset Park Place to meet with independent and assisted living residents at 10 am and town home residents at 11 am.



Jerry Bell
Manager



JUNE ACTIVITY HIGHLIGHTS

Shopping

Hy-Vee 2nd (Thurs.) 8th(1:45) , 15th , 22nd , 29th 1:15 pm
 Target 6th 1:30 pm

Outings

Copper Kettle 3rd 11:15 am
 Rhody's Lunch & Pie 10th 1:30 pm
 NISOM ChamberFest
 Sounds of Broadway 13th 7:00 pm
 Party Bus Cruise 20th 1:30 pm
 The Bridge Restaurant 29th 4:15 pm

Events

Senior Housing Meeting with Allen and Allison
 1st Residents 10:00 am Town Homes 11:00 am
 New Resident Welcome Reception 9th 1:30 pm
 Cowboy Round Up (Salute to Fathers) 18th 2:30 pm
 Resident Meeting with Jerry 9th 1:00 pm
 Annual Picnic – Carnival Theme 25th 11:30 – 1:00 pm
 Dog Show with Phyllis & Julie 28th 1:30 pm

Music

Adam Tigges 4th 10:30 am
 Nancy Hooton 7th 6:30 pm
 Jim Lucy 11th 1:30 pm
 Old Path Baptist Church 12th 3:00 pm
 Frank Naber 14th 1:45 pm
 Steve Morris 16th 1:30 pm
 Janet Lieb 18th 3:00 pm
 Tom Bedtka 24th 1:00 pm
 Dave Pogenklass 29th 1:30 pm



‘Step Right Up’- Sunset Picnic

Everyone can be a kid again at the Annual Sunset Park Place annual family picnic. We’ve picked a carnival theme this year, and are asking you to ‘Step Right Up’ for the food, fun and fellowship. There will be



corn dogs, funnel cakes, games of chance, and rumor has it – even a fortune

teller! Won’t you join us? It’s scheduled for **Saturday, June 25 from 11:30-1pm**. Bring the whole gang, friends included. As always – expect fun and a little bit of the unexpected! While you don’t have to RSVP, if you get a chance to let us know you’re coming – by June 23, that’d be great. Held rain or shine.

Sunset Father’s Day Fun

We’ll be celebrating Dads at Sunset with a special Father’s Day Round-Up on Saturday, June 18. It’s a cowboy themed event that’s sure to be rootin’ tootin’ fun. There will be desserts starting at 2:30 followed by the guitar talents of Janet Lieb.



Dare to Dream – Dream to Reality

Dare to Dream is a program Sunset Park Place provides to residents fulfilling wishes and dreams.

First Bike Ride Ever

Martha L. finished her lunch, grabbed her coat, and came outside with a big smile on her face. She couldn't wait to take her very first ride on a cycle (shhh..she is 93). As we cruised around the driveway she continued to pedal. The best sounds of the ride were her giggles when she found the bell on the handle bars. The smile on her face and the wind in her hair was proof that this was a dream come true!



Eagle Point Park Finally For Florence

Florence W. moved to Sunset Park Place after Eagle Point Park had closed for the season. As spring arrived, she and her family drove up in April to see the park and it still wasn't open for the 2016 season. So in May, the park opened just in time for our party bus cruise! Florence saw the breathtaking views from Eagle Point Park for the first time...Finally!



Do you have a dream you'd like fulfilled? Let Sunset Park Place know – and we'll do what we can to make that dream come true!

Living Healthy At Sunset

Sunset Park Place continues to see several of its residents enjoying the benefits of our Live 2B Healthy exercise program. It's held at 10 am Monday, Wednesday and Fridays in the Activity Room. Residents have seen all kinds of improvements in balance, flexibility and strength. The Centers for Disease Control says that exercise for older adults helps maintain the ability to live independently and reduces the risk of falling and fracturing bones. Along with that the CDC says regular exercise can help reduce blood pressure in some people with hypertension and also can improve stamina and muscle strength. So, join us and Live 2B Healthy!




Alzheimer's Walk Kick-Off

Have you thought about participating in the annual



Alzheimer's Walk? Get more details at the kick-off event on June 23rd from 5-7pm at Champps Americana, here in Dubuque. The walk will be held this year on Saturday, September 10, at 9 am at the Medline/Bergfeld Recreation Area on Dubuque's Westside. Call the Sunset office for details.

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Senior Fraud Lunch & Learn

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Join us for a Lunch & Learn on June 30 at noon in the Activity Room. Please RSVP by June 29th to enjoy the complimentary lunch!

Flag Day



June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Throughout America's history, there have been 39 different flag designs.

Sunset June Birthdays

In astrology, those born between June 1st and 21st are Gemini's Twins. The Twins represent energetic communication and interaction. Those born between June 22nd and 30th are Crabs of Cancer. Kind and protective, Crabs love to nurture others.



Dorothy G	6/7
Thelma D	6/10
Gerry L	6/16
Marge O	6/16
Mary Ann H	6/18



Celebrities Also Celebrating

Jerry Mathers (actor) – June 2, 1948
Judy Garland (actress) – June 10, 1922
Meryl Streep (actress) – June 22, 1949
Mel Brooks (actor) – June 28, 1926