

Sunset News & Views

Sunset Park Place Retirement Community
www.sunsetparkplace.net

3730 Pennsylvania

Dubuque Iowa 52002
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Celebrating August

Summer Olympics

August 5- 21st

Social Security Day

August 4

Root Beer Float Day

August 6

Senior Citizens' Day

August 21

Sweet Corn Is Here!



Resident Ann M shows her enthusiasm for the first sweet corn of the season. She, along with her husband Bob, went to work with kitchen staff on preparing and shucking Fincel's sweet corn for residents

Going for the Gold at Sunset Park Place!



The Olympic torch is expected to arrive in Rio de Janeiro on August 5 to begin the summer Olympic games. For 17 days, over 10,000 athletes from over 200 countries will compete for Olympic gold. We're planning on having our own 'Olympic Activities' here at Sunset. The dates and times are listed in the 'Activity Highlights' and in the 'Activity Calendar'. As far as I'm concerned, we're all gold medalists here at Sunset Park Place, residents, family members and staff.

As you'll see in the newsletter, there are a lot of events happening at Sunset Park Place as always for residents and family members to participate in. So jump in, have some fun and take advantage of what Sunset Park Place has to offer.

Jerry Bell
Manager

Volunteering Lunch & Learn

Our next lunch and learn will be on the Retired Senior Volunteer

Program (RSVP) and how you can volunteer your time (even from your own apartment!) The program is scheduled for **Thursday, August 25 at noon**. The event is open to residents, family and community members. Let us know if you are coming! *(Photo above of our July Lunch & Learn with Sunset Podiatrist Dr. Schuck)*



AUGUST ACTIVITY HIGHLIGHTS

Shopping

Hy-Vee	3 rd (1:45), 10 th , 17 th , 24 th , 31 st	1:15 pm
Target	8 th	1:30 pm

Outings

Party Bus Cruise	1 st	1:30 pm
Eichmann's	12 th	11:00 am
Rhody's Pie Run	19 th	1:30 pm
The Bridge Restaurant	24 th	4:15 pm
Dairy Queen	29 th	11:15 am

Events

Resident Meeting with Jerry	3 rd	1:00 pm
Happy Hour	20 th	2:00 pm
Dog Show with Phyllis & Julie	30 th	1:30 pm

Celebrate Summer Olympics 2016

Olympic Torch Relay Day	4 th	(All Day)
Opening Ceremonies (NBC)	5 th	6:30 pm
Beach Ball Volleyball	8 th	9:15 am
Olympics Exercise with Shelly	9 th	10:00 am
Wii Olympics Sports Contest	12 th	2:00 pm
Senior Soccer	15 th	9:15 am
Senior Olympics Events	18 th	1:00 pm

Music

Adam Tigges	6 th	10:30 am
Frank Naber	9 th	1:30 pm
Steve Morris	11 th	1:30 pm
Jim Lucy	13 th	1:30 pm
Shelly Gessner	16 th	1:30 pm
Nancy Hooton	17 th	6:30 pm
Old Path Baptist Church	21 st	3:00 pm
Tom Bedtka	26 th	1:00 pm
Dave Pogenklass	29 th	1:30 pm



Sunset Music

We are so fortunate to have talented relatives and friends of our residents who are willing to share their musical talents. Matthew and Rachel Fuller, Grandchildren of residents Gene & Nancy Duwe, stopped by from Grand Rapids, Michigan. They both sang to the accompaniment of Matthew on guitar. The selections included popular tunes we all know and love as well as a few Christian songs they have written together. How wonderful for us for them to share their gift of music! *(Photo's: Upper left side - Matthew & Rachel, below the Gene, Nancy & the Duwe family)*



Annual Alzheimer's Walk

Join us for the Dubuque Alzheimer's Association Annual Walk. It will be held Saturday, September 10 at 9 am at the Medline/Bergfeld Recreation Area on Dubuque's westside. Call the Sunset office for further details. Team Sunset has already raised nearly \$1,000 for the walk.

Live 2B Healthy – Doing Well!



Can you believe it – we’re approaching our 3rd Anniversary of Live 2B Healthy! In our last quarterly assessment we had two residents tie for best attendance – Lynn K and Lila K. The award for the Most Improved also went to

Lila. We are so appreciative of our trainer Maria. She has not only made us stronger & more flexible, but enjoyed sharing her passion for fitness with us! Maria recently announced that she has accepted a new job. She has truly become part of our Sunset Park Place family and we wish her the very best and will miss her. We also look forward to our new representative of Live 2B Healthy who will be joining us. If you haven’t stopped by our Live 2B Healthy Class – give it a try- Monday Wednesday and Friday at 10 am in the Activity Room.



Out to Lunch- Sunset Style

As you’ll notice by our ‘August Activity Highlights’, we are out and about a lot during the month. Here’s a photo of Mildred M at a recent lunch outing at KFC

in Dubuque.

Sign-up for outings in the mailroom!

Gardening Fun At Sunset



We have learned a lot through our gardening program this summer. For instance did you know that you can buy green onions from the grocery store that have been harvested and replant them and they will start to grow again? Something else we tried was making chips from Kale grown in our garden. With the assistance of Admin Assistant Erica, joined by residents we were able to turn our produce into a tasty healthy snack!

July 4th Party on a the Patio Event

Here are a few photos of our 4th of July party at Sunset Park Place. Several residents participated in games and had a great time celebrating Independence Day!



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Sunset Talent Show & More!

It's that time again to break-out the tap shoes, capes and sheet music – the Annual Sunset Park Place Talent Show, scheduled for Thursday, Sept. 15 at 6 pm.

Residents, staff, family and friends are all invited to participate. Let us know if you'd like to be a part of the

show or just attend. It will take place during



National Assisted Living Week, September 11- 17th. The 2016 theme, “Keep Connected” encourages assisted living communities to support opportunities for residents to use the



latest communication tools to engage with the world around them.

Sunset August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Those born between August 23 and 31 are Virgos. Virgos are considered shy, pure of spirit, and self-sufficient.



John F	8/10
Dorothy L	8/11
Rita P	8/13
Lorraine S	8/15
Bill C	8/19
Ceil S	8/29



Celebrities Also Celebrating

Tony Bennett (singer) – August 3, 1926
Dustin Hoffman (actor) – August 8, 1937
Danielle Steele (novelist) – August 14, 1947
Robert Redford (actor) – August 18, 1936
Cal Ripken Jr. (ballplayer) – August 24, 1960