

APRIL 2017

# Sunset Park Place

3730 Pennsylvania Ave \* 563-583-7939 \* [www.sunsetparkplace.net](http://www.sunsetparkplace.net)



## Celebrating April

**Licorice Month**

**International Guitar Month**

**Stress Awareness Month**

**Fish Fry**  
*April 7*

**Breakfast with the Bunny**  
*April 15*

**Easter**  
*April 16*

**National High Five Day**  
*April 20<sup>th</sup>*

**National Volunteer Week**  
*April 23–29*

**International Jazz Day**  
*April 30*

## Welcome Spring!

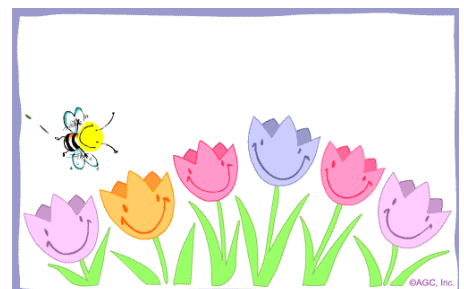
Spring is a new awakening. We welcome new colors of nature. We welcome the warmth of the season's rollover and the spring rains. We welcome change!

The seasons of life brings many changes. Our needs may change and even the perceptions of those needs. May Spring bring you health and happiness!

We have two great events planned for April to raise money for the Alzheimer's Association. On Friday April 7<sup>th</sup> we have a fish fry from 5 – 7 PM and on Saturday April 15<sup>th</sup> we have our Annual Breakfast with the Bunny from 9 – 10:30 AM. Please invite all your friends and family to both of these great events.

Happy Easter!

Jerry Bell  
Manager





## April Activity Highlights

### Shopping

Hy-Vee	5 <sup>th</sup> (1:45), 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	1:15 pm
Target	10 <sup>th</sup>	2:30 pm

### Outings

Party Bus Cruise 1	3 <sup>rd</sup>	1:30 pm
Diamond Jo Kitchen Buffett	7 <sup>th</sup>	11:15 am
IHOP	13 <sup>th</sup>	11:15 am
St. Anthony's School		
Two by Two Presentation	18 <sup>th</sup>	10:30 am
Rhody's Pie Run	21 <sup>st</sup>	1:30 pm
Party Bus Cruise 2	24 <sup>th</sup>	1:30 pm
Junction 21	26 <sup>th</sup>	4:15 pm
Sisters of the Presentation Garage Sale	27 <sup>th</sup>	1:00 pm

### Events

Town Home Meeting with Jerry	5 <sup>th</sup>	11:00 am
Resident Meeting with Jerry	5 <sup>th</sup>	1:00 pm
Hempstead H.S. Sophomore Senate	6 <sup>th</sup>	2:30 pm
Fish Fry	7 <sup>th</sup>	5:00-7:00 pm
Easter Egg Decorating	8 <sup>th</sup>	10:30 am
Breakfast with the Bunny	15 <sup>th</sup>	7:30-10:00 am

### Music

Nancy Hooton	4 <sup>th</sup>	5:30 pm
Jim Lucy	8 <sup>th</sup>	2:00 pm
Frank Naber	11 <sup>th</sup>	1:30 pm
Terry Dillon	15 <sup>th</sup>	12:45 pm
Shelly Gessner	18 <sup>th</sup>	1:30 pm
Steve Morris	20 <sup>th</sup>	1:30 pm
Tom Bedtka	28 <sup>th</sup>	1:00 pm
Janet Lieb	30 <sup>th</sup>	3:00 pm
Dave Pogenklass	31 <sup>st</sup>	1:30 pm



Residents at Sunset Park Place continue to see amazing results from Live 2B Healthy. The class is held on Mondays, Wednesdays and Fridays at 10 am. The results show increased strength and endurance as well as increased emotional resilience and sociability. If you haven't joined the class, just show up! A few of the many benefits of regular physical activity include:

- Enhanced flexibility and balance
- Better circulation
- Lower heart disease and blood pressure, resulting in lower stroke risk
- Improved sleep
- Improved cognitive skills
- Reduced medications
- Renewed energy and endurance
- Decreased joint and back pain

So why not give it try – 10 am, in the Activity Room, on first floor, Monday, Wednesday and Friday's!

## Two by Two School Visit



Pam Connolly

Most of you know Pam as our Personal Fitness instructor for Live 2 B Healthy. She is also a volunteer for Two by Two. We will have the opportunity to visit a classroom at St. Anthony's Elementary School on April 18<sup>th</sup>. (Please sign up in the mailroom) We are very excited to learn more about this program.

Two by Two is committed to developing responsible citizens of strong character who care for, respect, and appreciate people, animals, and the environment.

Building Character...Changing Lives.

470 W 4<sup>th</sup> St., Dubuque, IA  
[www.twobytwoeducation.org](http://www.twobytwoeducation.org)

## St. Patrick's Day Party

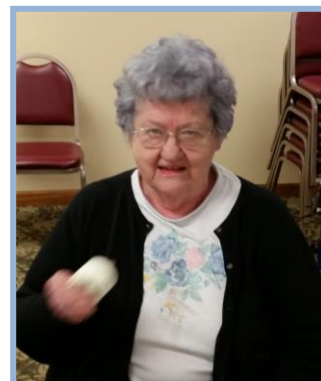
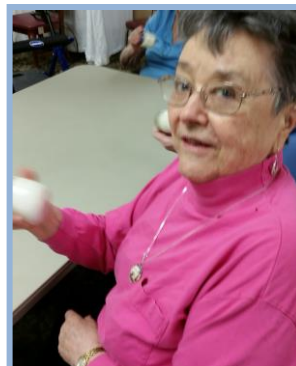
Irish tunes were heard through the halls as residents dressed in green entered the dining room for an afternoon of fun, friends, and Irish blessings.



Everyone joined in singing favorite Irish songs, raised a glass, and enjoyed games of Crossword Puzzles, Lucky Find-a-Word, and Truth or Blarney. The big game of the day each resident rolled the dice, cheered for their lucky number as the Leprechan's raced for the Gold!



## Churning Butter on Treat Making Day



### Favorite Comments of the day...



"I have never made butter before"

"Oh, geez, we had to make it all the time growing up on the farm"

"I like to buy my butter in the grocery store"

"Is mine done yet?"  
"Is it done now?"  
"Check mine"

Finally! The homemade butter was ready to eat on fresh rolls & hot mashed potatoes! "Yum, This is good!" What an enjoyable afternoon reminiscing about growing up on the farm or in the city. We also took a vote on who has milked cows and shared funny stories from the barn.

Sunset Park Place  
3730 Pennsylvania Ave  
Dubuque, IA 52002

Postage  
Information



### Fish Fry

Friday, April 7<sup>th</sup>

5:00-7:00 pm

*Cod Baked Potato  
Coleslaw Dessert Beverage*

Eat here or Take it To Go

\$8.00/meal



### Breakfast with the Bunny

Saturday, April 15<sup>th</sup>

9:00-10:30 am

Pancakes with fruit topping

Sausage

Coffee, Juice, Milk

\$5.00/person

Let us do the cooking. Bring the kids, the grandkids, the neighbors and friends to enjoy a delicious meal and help support the Alzheimer's Association!

alzheimer's   
association

### April Birthdays

Betty G	27 <sup>th</sup>	Doris S	29 <sup>th</sup>
Irene H	29 <sup>th</sup>	Kay W	29 <sup>th</sup>

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges. Those born between April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them true romantics and lovers of the good life.

Marlon Brando (actor) – April 3, 1924  
Bette Davis (actress) – April 5, 1908  
Billie Holiday (singer) – April 7, 1915  
Wilbur Wright (aviator) – April 16, 1867  
Harry Reasoner (journalist) – April 17, 1923  
Roy Orbison (musician) – April 23, 1936  
Al Pacino (actor) – April 25, 1940  
Duke Ellington (bandleader) – April 29, 1899