

AUGUST 2017

Sunset Park Place

3730 Pennsylvania Ave • Dubuque, IA 52002 • 563-583-7939 • www.sunsetparkplace.net



Celebrating August

Read-a-Romance Novel Month

Art Appreciation Month

Twins Days
August 4–6

Lighthouse Day
August 7

National Relaxation Day
August 15

Solar Eclipse
August 21

Kiss and Make Up Day
August 25

Lazy days of summer...

August marks the end of the lazy days of summer but in any season we invite you to relax and to allow us to serve your needs. It is our goal to allow you the highest level of independence possible. Enjoy a rousing game of cards or bingo, take in a little entertainment, an exercise class or accompany Shelly on an outing. There is always something happening at Sunset Park Place.

We wish to extend our condolences to the family of Lynn Kifer. Our thoughts and prayers are with you during this difficult time.

Please join us for the Dubuque Alzheimer's Association Annual Walk. It will be held Saturday, September 9th at 9:00 AM at the Medline/Berfeld Recreation Area on Chavellene Road. You are welcome to join the Sunset Park Place team to raise money for this worthwhile cause.



Have a great month!
Jerry Bell

August Activity Highlights

Shopping

Target	3 rd	2:30 pm
Hy-Vee	2 nd (1:45), 9 th , 16 th , 23 rd , 30 th	1:15 pm

Outings

West Dubuque Tap	3 rd	11:15 am
Riverside Casino Bus Trip	7 th	7:30 am
Party Bus Cruise	14 th	1:30 pm
Rhody's Pie Run	18 th	2:30 pm
Eclipse Picnic in the Park	21 st	11:15 am
The Barrel House	23 rd	4:15 pm
Blue Bell Orchard	24 th	1:30 pm

Events

Resident Meeting with Jerry	2 nd	1:00 pm
Root Beer Float Party	4 th	1:30 pm
New Resident Welcome	10 th	1:30 pm
History Series: American Film Makers who served in WWII	14 th , 21 st , 28 th	3:00 pm
Rise & Dine Breakfast Buffet	27 th	7:30am - 9:00am

Music

Nancy Hooton	1 st	5:30 pm
Frank Naber	8 th	1:30 pm
Jim Lucy	12 th	2:00 pm
Shelly Gessner	15 th	1:30 pm
Terry Dillon	19 th	12:45 pm
Steve Morris	17 th	1:30 pm
Janet Lieb	22 nd	1:30 pm
Tom Bedtka	25 th	1:00 pm
Dave Poggenklass	28 th	1:30 pm

Riverside Casino Bus Trip

Windstar Motor Coach Shuttle
Round trip from Dubuque

For **ONLY \$10** per rider

- ◆ Round Trip Transportation
- ◆ \$10 Slot Play
- ◆ FREE Lunch at Roberts Buffet

Sunset Park Place Group Reservations Monday, August 7th

7:00 am – Meet at front door of Sunset Park Place
7:30 am – Depart Dubuque Wal-Mart
(Dyersville stop/pick up)
10:00 am – Arrive at Riverside Casino
enjoy the day & lunch
3:00 pm - Depart casino for return trip to DBQ

See Shelly if you have any questions

Sign up in the Mailroom by Thursday, August 4th
to reserve your seat on the bus
Friends & Family are welcome to join us!

SAVE THE DATES! September 10th -16th

“Family is Forever” is this year’s theme for **National Assisted Living Week**. The theme was inspired by a quote from the poet Maya Angelou:

“Family isn’t always blood, it’s the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and love you no matter what.”



Sunset Park Place will have a full week of fun activities for all including our **Annual Talent Show Thursday, September 14th at 6:00pm!** If you would like to share your talents with us please contact Shelly to participate.

Favorite Traditions are FUN!!

What says summer fun more than a picnic?



The smell of burgers and hot dogs welcomed everyone as they climbed off the bus to one of the most perfect picnic spots in Dubuque, Eagle Point Park! The weather was so perfect, as if we ordered it. 75 degrees, a few clouds against the beautiful blue sky, a gentle breeze in the tall oak trees. The view. That beautiful view!



Good food, good friends, and beautiful weather make a perfect picnic day! Thank you to everyone who helped us have a great event!



Record Breaking Day!

July 10th 2017 was a day to celebrate! The Live 2B Healthy Class was busting at the seams. Literally! Highest attendance in one class since we started in August 2013.

27 participants!!!

27 getting stronger! 27 gaining flexibility! 27 building better balance!! 27 laughing and having a great time together!! Great Job!!!



We're off to see the Wizard...

Wizard of OZ Rising Star Productions at Five Flags Theater

Everyone enjoyed the show! The Tinman, Dorothy & Toto, and the Lion jumped on the bus to thank us for coming!



Sunset Park Place
3730 Pennsylvania Ave
Dubuque, Iowa 52002

Postage

August Lunch & Learn

Senior Fraud Prevention
Call Anna for more information.



Saturday, September 9th
Join our Team – Make a Donation



BREAKFAST BUFFET

Sunday, August 27th
7:30 – 9:00 am
\$8.00/person

Let us do the cooking! Join us for our NEW Rise & Dine Breakfast Buffet each month. Everyone is welcome to enjoy a wonderful breakfast in our beautiful dining room.

Reservations appreciated: 563-583-7939.

Bob K - August 9
Dorothy L - August 11
JoAnn K - August 15
Margaret J - August 25

★HAPPY★
BIRTHDAY!

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779
Louis Armstrong (musician) – August 4, 1901
Neil Armstrong (astronaut) – August 5, 1930
Mae West (actress) – August 17, 1893
Robert De Niro (actor) – August 17, 1943