

FEBRUARY 2018

Sunset Park Place

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



Celebrating February

Library Lovers Month

Bird-Feeding Month

Spunky Old Broads Month

Groundhog Day

February 2

XXIII Winter Olympics

February 9–25

Mardi Gras – Fat Tuesday

February 13

Ash Wednesday

Valentine's Day

February 14

Presidents Day

February 19

Happy Valentine's Day!

We are happy to report that Sunset Park Place was recognized as one of the 2018 Best Assisted Living Award recipients on SeniorAdvisor.com. Senior Advisor recognizes senior living communities who receive consistently high ratings and positive reviews from resident and families. This exclusive designation is awarded to only the top one percent of providers in the United States and Canada. We all can be very proud of this very prestigious award. A big thanks to everyone in making us the best of the best!

Chef Sue and her staff have a very special dinner planned on Valentine's Day. We will be serving Shrimp Scampi, Spaghetti & Meatballs, Garlic Bread, Salad Bar and Dessert. Please invite your family and friends to join us for a delicious meal. Please call ahead for reservations at 583-7939.

Jerry Bell
Manager

*Happy
Valentine's
Day*

Activity Highlights

Shopping

Target	1 st	3:00 pm
Hy-Vee	7 th (1:30), 14 th (1:45), 21 st , 28 th	1:15 pm
Tri-State Independent Blind Society Book Store	15 th	1:00 pm

Outings

Fabulous Friday Concert at St. Luke's Lunch at Caroline's	2 nd	11:15 am
Party Bus Cruise	5 th	1:30 pm
Q Casino & Farmhouse Kitchen	12 th	11:15 am
John Deere Factory Tour	16 th	12:00 pm
Rhody's Pie Run	9 th	1:30 pm
The Foundry Restaurant	28 th	4:15 pm

Events

Sue's Fabulous Football Happy Hour	4 th	2:00 pm
New Resident Welcome	6 th	1:30 pm
Resident Meeting with Jerry	7 th	1:00 pm
Valentine's Day Dinner	14 th	11:45 am

Music

Steve Morris	1 st	1:30 pm
Chris Ross	3 rd	1:30 pm
Jim Lucy	10 th	2:00 pm
Frank Naber	13 th	1:30 pm
D.A.R.S.P.A. Dubuque Area Retired School Personnel Association	15 th	1:15 pm
Terry Dillon	17 th	12:45 pm
Janet Lieb	18 th	1:00 pm
Shelly Gessner	20 th	1:30 pm
Tom Bedtka	23 rd	1:00 pm
Dave Poggenklass	26 th	1:30 pm



Welcome to the Salon

Hello everyone, my name is Providence Cannavo-Valenti and I have just started working in the salon at Sunset Park



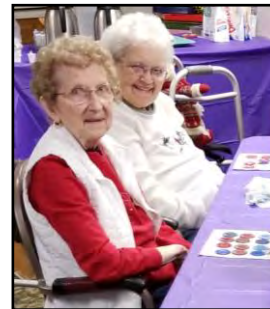
Place. I am very excited to start this new journey with all of you. My husband and I have been married for 24 years, have two wonderful children, and live in Peosta. I have been a cosmetologist for 30 years and have enjoyed every minute of it. I hope to make the transition very smooth and easy and I look forward to sharing my expertise with all of you. My salon hours will be Tuesdays, Thursdays, and Fridays and I am also flexible on other dates as needed. Thank you and I hope to meet you all soon.



Prov Valenti
563-599-6479

Snowman Party

If ya can't beat 'em...Join 'em! Celebrating Snowmen turned into a ball-of-fun program!



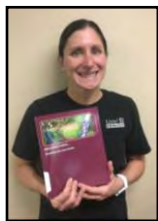
The party kicked off with a few videos "How to build a snowman", an International Snow Sculpting Festival, and the Clydesdales having a snowball fight.



Next was a reminiscent short story about the adventures of a mom with her three boys at home on a school snowday.



Winter themed bingo with beautiful snowman prizes wrapped up the fun.



Reducing Stress... Isn't that what it's all about?

Pam has done it again! She has written another book.

Reducing Stress... Exercises for your brain

98 Negative thoughts we commonly think, and how to turn them around! aka "first world problems" Read these common stress-inducing statements and figure out a way to create a positive twist on the usual way of thinking! This is a great way to create a positive habit with thoughts that challenge you time and time again. Re-think these statements into more uplifting thoughts to reduce your stress level. Do alone or with someone else! Enjoy this part of your journey to self-improvement!

Pam Connolly, M.S. Physical Education, Sport Psychology emphasis and E.MotionL, N.R.G.
Live 2 B Healthy Trainer
Sunset Park Place at 10:00 M,W,F.



Service Learning Project

Hannah Elliot is a sophomore at Clarke University working towards her B.S.N. During the month of January, Hannah completed her Service Learning Project which included 10 hours of observation and participation

of activities and Live 2 B Healthy. Sunset Park Place residents were delighted to meet her and spend time with her. Best wishes to you Hannah and achieving your goals in the future.

Clarke Mission Statement:

We are a Catholic, co-educational, liberal arts university founded in 1843 by the Sisters of Charity of the Blessed Virgin Mary in Dubuque, Iowa. Clarke educates students at the post-secondary level in the liberal arts and sciences, the fine arts, selected professional programs, and graduate programs.

We, the faculty, students, staff and administration, are a caring, learning community committed to excellence in education. We provide a supportive environment that encourages personal and intellectual growth, promotes global awareness and social responsibility, and deepens spiritual values.

We Like to Party!

Cheers to all for a happy and healthy new year!



Abstract Art



What a joy to see creativity shine. Start with a blank canvas, add some colored mosaic tiles and watch the magic happen.

Sunset Park Place
 3730 Pennsylvania Ave
 Dubuque, IA 52002



Valentine's Day Dinner

Dress you best and join us for a delightful Italian dinner on Valentine's Day. Complete with Music and Wine.



Menu

Shrimp Scampi Spaghetti & Meatballs
Salad Bar, Garlic Bread, and Decadent Dessert
 (\$8.00/guest Reservations 563-583-7939)



Celebrate National Chili Day!
 Stop by our Chili Cook Off & take a piece of pie to go!

See for yourself
 how you can enjoy retirement in our spacious apartments
 without the hassle of home maintenance at our...

Open House!

Town Homes • Assisted Living • Independent Living • Memory Care

Thursday, February 22nd • 11:30am-1:30pm

*Join us for a complimentary bowl of chili
 & take a piece of pie to go!
 While you are here vote for your favorite chili
 and freely tour around, talk with staff,
 & visit with our residents.
 If you can't make it, schedule a personal tour
 by calling Anna at (563) 583-7935.*



RSVP to (563) 583-7939

Come see why our residents say, *this is living!*
 3730 Pennsylvania Ave. (across from Hempstead) • www.sunsetparkplace.net

February Birthdays

David R	3rd	Betty Ste	17th
Bill K	6th	Colleen V	23rd

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894
 Charles Lindbergh (pilot) – February 4, 1902
 Hank Aaron (ballplayer) – February 5, 1934
 Thomas Edison (inventor) – February 11, 1847
 Michael Jordan (athlete) – February 17, 1963
 Sidney Poitier (actor) – February 20, 1924
 George Handel (composer) – February 23, 1685
 Levi Strauss (inventor) – February 26, 1829