

JULY 2018

# Sunset Park Place

3730 Pennsylvania Avenue, Dubuque, IA 52002 • 563-543-2334 • [www.sunsetparkplace.net](http://www.sunsetparkplace.net)



## **Celebrating July**

**Parks and Recreation Month**

**Women's Motorcycle Month**

**Ice Cream Month**

**Canada Day**

*July 1*

**Independence Day (U.S.)**

*July 4*

**Strawberry Sundae Day**

*July 7*

**Tell an Old Joke Day**

*July 24*

**International Day  
of Friendship**

*July 30*

## **Have a Delightful July!**

Certain things delight and inspire us. To some people it's baseball or football. Others are inspired by a good book or music. I find a nice long walk with my German Shepherd is invigorating. We hope that you are finding whatever it is that delights you here at Sunset Park Place, your home. Might we add a new entrée to our menu to please your palette? A new activity to our enrichment calendar? A new author to our library? Please share your dreams and ideas with us. We will listen and try to accommodate your heart's desire!

As a reminder, when you refer friends or family to Sunset Park Place, and they move in, you will receive \$500 for your rent. Wouldn't it be great to have your friends and family living so close to you and receive \$500?

Have a great month and a wonderful July 4<sup>th</sup>!

Jerry Bell

## Activity Highlights

### Shopping

Hy-Vee	(Mon) 2 <sup>nd</sup> 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	1:45 pm 1:15 pm
Target	17 <sup>th</sup>	3:00 pm

### Outings

Fuji Asian Buffet	2 <sup>nd</sup>	11:15 am
Rhody's Pie Run	13 <sup>th</sup>	1:30 pm
Old Chicago	16 <sup>th</sup>	11:15 am
Party Bus Cruise	19 <sup>th</sup>	1:30 pm
Texas Roadhouse	25 <sup>th</sup>	4:00 pm

### Events

Party on the Patio	4 <sup>th</sup>	1:30 pm
Resident Meeting with Jerry	11 <sup>th</sup>	10:45 am
New Resident Welcome	16 <sup>th</sup>	2:00 pm
Fair Food Happy Hour	28 <sup>th</sup>	2:00 pm

### Music

Chris Ross	7 <sup>th</sup>	1:30 pm
Jim Lucy	14 <sup>th</sup>	2:00 pm
Frank Naber	10 <sup>th</sup>	1:45 pm
Janet Lieb	22 <sup>nd</sup>	1:30 pm
Dave Poggenklass	30 <sup>th</sup>	1:30 pm
Shelly Gessner	17 <sup>th</sup>	1:30 pm
Tom Bedtka	27 <sup>th</sup>	1:00 pm

## Flag Day Ceremony

Here at Sunset Park Place it has become an annual tradition to hold a Flag Day Ceremony. Residents who are veterans or military family members are invited to join us at the flag pole to raise a new flag in front of the main building. With a salute or hand over heart we recite the Pledge of Allegiance together. Then we join the rest of the audience on the front patio to sing the Star Spangled banner together. It is such a wonderful time to share and reflect about what the flag represents. God Bless America!



## Flag Day Craft

It's fun to be creative! Even if we were always taught never to play with our food!!



Iowa State University Extension and Outreach will be hosting a 6 week program providing Powerful Tools for Caregivers. Whether you provide care for a loved one at home or in a care facility, whether down the block or miles away, yours is an important role.

Location: Sunset Park Place

Dates:  
Tuesdays, July 10<sup>th</sup> – August 14<sup>th</sup>

Time: 2:00 pm – 3:30 pm  
Cost: \$30.00

Registration:  
Contact: Deb Pic-Deutmeyer  
Email: [debpicd@iastate.edu](mailto:debpicd@iastate.edu)  
Phone: 563-583-6946

Dubuque County Extension and Outreach  
14858 West Ridge Lane, Suite 2  
Dubuque, IA 52003

## Dubuque Arboretum

Touring the gardens by golf cart is the way to go! Just ask any one of these smiling faces! Volunteers not only drive the carts, but are very knowledgeable and share facts and information about the gardens. Thank you to volunteers and staff who make the Arboretum a place for everyone to enjoy all year long.



After the tour Peg H was delighted to show us the bench that was given to the arboretum in loving memory of her husband Bob.

## Can't Buck the Truth

Rugged men wearing chaps and cowboy hats with six-shooters on their hips, sitting high in the saddle, driving cattle across wild landscapes—it is an image as American as apple pie but also one perpetuated by Hollywood. Enjoy these interesting cowboy facts for the Day of the Cowboy on July 28.

Cowboys actually did not originate in America at all, but in Mexico. Two hundred years before the first American set foot out west, Mexican *vaqueros* were honing their roping, riding, and herding talents and becoming expert ranchers. When Americans ventured westward, they modeled their habits and dress on the *vaqueros* found in modern-day Texas, New Mexico, and Arizona. The Wild West also wasn't as wild as the movies lead us to believe. Bank robberies were uncommon. Settlers did not circle their wagons and were not under constant threat of attack from Native Americans. And half of all cowboys were either Mexican *vaqueros* or former slaves. In fact, many believe that the character of the Lone Ranger was based on Bass Reeves, a former slave from Arkansas turned U.S. marshal. On the Day of the Cowboy, take in a Hollywood western, but also celebrate the real Wild West.

## Cleaning closets?

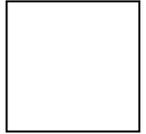
### GARAGE SALE

Sunset Park Place will be holding it's first garage sale on August 17<sup>th</sup>. Proceeds of the garage sale will be used to support the Sunset Park Place team at the Dubuque Walk To End Alzheimers in September.

Donations will be accepted during July and the 1<sup>st</sup> two weeks of August. Thank you for supporting the Sunset Park Place Team!



Sunset Park Place  
3730 Pennsylvania Ave  
Dubuque, IA 52002



## YEE-HAW FEST

*Sunset Park Place  
Annual Festival*

*Saturday, June 30<sup>th</sup>  
Lunch served 11:30 - 12:30  
Music with Lou Oswald 1:00*

*Please RSVP: 563-583-7939*



## July Lunch & Learn



Thursday, July 26<sup>th</sup> 12:00 pm. Learn all about the new Shingles vaccine. Gail Bonert with Mercy Family Pharmacy will be here to share information. Gail will provide on-site vaccines and check insurance information.

Please call 563-583-7939 for reservations.

## July Birthdays

Vanida T 12<sup>th</sup> Bessie C 17<sup>th</sup> Patsy D 23<sup>rd</sup>  
Ruth V 16<sup>th</sup> Pat R 22<sup>nd</sup> Lois E 29<sup>th</sup>

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961  
Ann Landers (advice columnist) – July 4, 1918  
E. B. White (author) – July 11, 1899  
Ginger Rogers (actress) – July 16, 1911  
John Glenn (astronaut) – July 18, 1921  
Ernest Hemingway (writer) – July 21, 1899  
Don Drysdale (ballplayer) – July 23, 1936