

DECEMBER 2018

Sunset Park Place

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



Celebrating December

Safe Toys and Gifts Month

Write a Friend Month

Spiritual Literacy Month

Hanukkah

December 2–10

Crossword Puzzle Day

December 21

Christmas Day

December 25

Make Up Your Mind Day

December 31

Merry Christmas

On Saturday, December 1st, our Fifth Annual “Breakfast with Santa” will be held from 8:30 AM to 10:00 AM in the dining room. The breakfast is a fundraiser benefiting the Alzheimer’s Association. Please come out and support this worthwhile cause!

On Tuesday, December 11th, Allison Law, Senior Vice President of Senior Housing Management and Lyla Erwin, Operations Manager of Senior Housing Management will be here to address any concerns you have may have. They will be meeting at 10:00 AM in the dining room with Assisted Living and Independent residents and 11:00 AM with townhome residents on the library.

Just a reminder that “real” Christmas trees and wreaths are not allowed in the building due to Fire Code. We appreciate your cooperation in this matter.

We wish to extend our sympathies to the families and friends of Janel Geisert, Lorraine Gearheart, Vanida Tompkins, and Art Whelan. Our thoughts are with their families at this difficult time.

Best Wishes for a very Merry Christmas!

Jerry Bell
Manager

Veterans Recognition

Thank you to the Dubuque Marine Corps League for conducting a Veteran's Day Recognition Ceremony at Sunset Park Place.



Dare to Dream - Mark



When Mark moved to Sunset Park Place he brought his guitar with him. He is proud that he taught himself how to play. He loves to write poetry and rewrites humorous lyrics to popular songs. Musical comedy is a passion of Mark's and he loves to share. Whenever he sings a song he has written he has a twinkle in his eye and a wide mouth smile! The problem with his guitar was a broken string and the remaining strings were old and too hard for him to play. We took a trip to the guitar shop and they were able to replace the strings with ones that were more flexible and lowered the bridge so the strings were closer and easier to play. Now he is playing again. We are excited to hear some new tunes.

Deck the Halls

Thank you to the ladies who helped kick off the decorating season. The first Christmas Tree is up.



Activity Highlights

Shopping

Hy-Vee	5 th , 12 th , 19 th , 26 th	1:15 pm
Target	7 th	2:30 pm

Outings

Lunch at Roshek Building	7 th	11:15 am
Reflections in the Park	11 th	5:30 pm
Rhody's Pie Run	14 th	1:30 pm
Party Bus Cruise	17 th	1:30 pm
Carlos O'Kelly's	19 th	4:30 pm

Events

<i>Breakfast with Santa</i>	1 st	8:30-10:00 am
Resident Meeting with Jerry	5 th	1:00 pm
New Resident Welcome	10 th	1:00 pm
Resident Meeting with Senior Housing	11 th	10:00 am
Town Home Meeting with Senior Housing	11 th	11:00 am
Pinots Pallet Painting Class	13 th	2:00 pm
Sunset Park Place Christmas Dinner	21 st	11:30 am
Hot Chocolate Happy Hour	22 nd	2:00 pm
Noon Year's Eve Party	31 st	11:30 am
Dinner & Music by Chris Ross		

Music

Jim Lucy	8 th	2:00 pm
Hempstead Piano Students	14 th	9:15 am
Terry Dillon	15 th	12:45 pm
Tri-State Singles Carolers	15 th	3:00 pm
Janet Lieb	16 th	1:00 pm
Dave Poggenklass	18 th	11:30 am
Hempstead Penn Ave Singers	21 st	12:00 pm
Tom Bedtka	28 th	1:00 pm
Chris Ross	31 st	1:00 pm

The Joy of Painting

The calming nature of painting, writing or other creative pursuits is a way to forget about larger stresses and promote healthy, happy feelings. Today's Geriatric Medicine found that artistic activities can help reduce stress, but also boost self-esteem and confidence.*

Join us
Thursday, December 13th
2:00-4:00 pm

\$15.00 / person
(no charge for assisted living residents)

Snacks & Beverages provided
RSVP Required by Dec 10th
Call Erica 563-583-7939



*www.sunriseseniorliving.com/blog/october-2016/the-benefits-of-art-therapy-for-seniors.aspx

Making the Cut

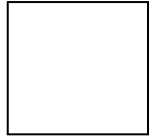
Whether the snow is falling outside or not, you can provide some flurries of your own. Paper snowflakes are simple, easy-to-make



decorations that instantly create a festive atmosphere. And like real snowflakes, no two are exactly alike! Simply fold a square piece of

paper in half diagonally to make a triangle, fold it in half again to make another triangle, and then fold it into thirds. Next, use scissors to cut straight or wavy lines into the finished triangle. As you unfold your paper, you'll find a perfectly unique and symmetrical flake. The cutting of paper snowflakes was born with Japanese origami in the Far East. It is likely that the French mastered the art of cutting paper doll chains from Japanese origami, and snowflakes evolved from those dolls.

Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52002



Breakfast with Santa

Saturday, December 1st
8:30 – 10:00 am
\$5.00 / person or \$20.00 / family

Pancakes, Sausage, Fruit,
Milk, Juice, Hot Chocolate,
Cappuccino, Coffee

RSVP appreciated 563-583-7939



Pinots Pallet at Sunset Park Place

Thursday, December 13th
2:00-4:00 pm
\$15.00 / person
(no charge for assisted living residents)

Snacks & Beverages provided
RSVP Required by Dec 10th
Call Erica 563-583-7939



December Birthdays

*Gerri B 7th Carol P 12th Kay C 15th
Norma V 20th Annetta O 24th Mark B 29th*

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Aaron Rodgers (quarterback) – December 2, 1983
Walt Disney (animator) – December 5, 1901
Emmett Kelly (clown) – December 9, 1898
Rita Moreno (actress) – December 11, 1931
Betty Grable (actress) – December 18, 1916
Chris Evert (tennis pro) – December 21, 1954
Howard Hughes (magnate) – December 24, 1905
Clara Barton (nurse) – December 25, 1821
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948