

January 2019

Sunset Park Place

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



Celebrating January

Braille Literacy Month

Soup Month

Fruitcake Toss Day

January 3

**Make Your Dream Come
True Day**

January 13

Popcorn Day

January 19

Martin Luther King Jr. Day

January 21

Puzzle Day

January 29

An Exciting New Year

Happy New Year! It is hard to believe that 2018 is gone and the start of a new year is upon us. This past year was a great and we are looking forward to an even better 2019. My hope is that we create many more happy memories and traditions at Sunset Park Place.

Thanks to everyone in making our annual Breakfast with Santa a big success. It was a great fundraiser for the Alzheimer association. Hats off to Sue Mills and her staff for making such a delicious breakfast!

There are a lot of excellent activities that Shelly has planned in January. Please look at the schedule and take advantage of all the social opportunities!

Just a reminder that when you refer friends to Sunset Park Place and they become a resident, you will receive a \$500 credit towards your rent. Wouldn't it be nice to have your friends and family living close to you and receive a nice monetary bonus also?

Best wishes for good health and happiness in 2019!

Jerry Bell
Manager

Activity Highlights

Shopping

Hy-Vee	2 nd , 9 th , 16 th , 23 rd , 30 th	1:20 pm
Target	7 th	2:30 pm
Thrift Store Shopping	14 th	1:30 pm

Outings

Panchero's	4 th	11:15 am
Fried Ice Cream at Carlos O'Kelly's	11 th	1:30 pm
Panera	17 th	11:30 pm
Fabulous Fridays at St. Luke's	18 th	11:30 am
Party Bus Cruise	21 st	1:30 pm
Old Chicago	31 st	4:15 pm

Events

Resident Meeting with Jerry	3 rd	10:45 am
New Resident Welcome	7 th	2:00 pm
Euchre Tournament	24 th	2:00 pm
Happy Hour	26 th	2:00 pm

Music

Jim Lucy	12 th	2:00 pm
Chris Ross	13 th	1:30 pm
Shelly Gessner	15 th	1:30 pm
Janet Lieb	20 th	1:00 pm
Tom Bedtka	25 th	1:00 pm
Dave Poggenklass	28 th	1:30 pm

Most Fit Live 2 B Healthy Community Contest

Looking for the **Most Fit Live 2 B Healthy Community** in the Nation!! We can't improve balance, strength, and flexibility to decrease falls and increase independence unless seniors attend classes. This contest allows us to focus on getting the word out about these free classes for the month of January, when people are making healthy choices for the new year.

Sunset Park Place invites local Dubuque, Iowa seniors to participate in their FREE Live 2 B Healthy Senior Fitness classes during the month of January. Help us earn the title of **Most Fit Live 2 B Healthy Community** in the Nation and start yourself on the path to a healthier you in 2019!

For more information contact Shelly at 563-589-7939.

Classes are held Mon, Wed, Fri at 10:00 AM



Holiday Memories 2018

Reflections
in the Park



Carolers from Western Dubuque HS



Beginner Piano Students from Hempstead HS



Treat Making



Christmas Exercise



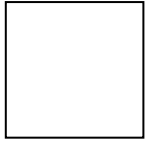
Roshek Building at Christmas Time



Santa



Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52002



Euchre Tournament

Join us for a Community Euchre Tournament on Thursday, January 24th. Call us to register and let us know if you have a partner or if you need a partner. We are looking forward to a joyfully competitive afternoon of everyone's favorite game in the Tri-State Area!

Call Erica to register by
Monday, January 20th
563-583-7939



January Birthdays

Conny M 7th Grace C 24th Flora W 30th
Irene E 23rd Donna C 26th Jake B 31st

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Betsy Ross (folk hero) – January 1, 1752
Alexander Hamilton (politician) – January 11, 1755
Faye Dunaway (actress) – January 14, 1941
A.A. Milne (writer) – January 18, 1882
Edgar Allan Poe (writer) – January 19, 1809
Benny Hill (comedian) – January 21, 1924
Virginia Woolf (writer) – January 25, 1882
Tom Selleck (actor) – January 29, 1945