

February 2019

Sunset Park Place

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



Celebrating February

Mend a Broken Heart Month

Library Lovers Month

Bubble Gum Day

February 1

Groundhog Day

February 2

Random Acts of Kindness Week

February 10–16

Valentine's Day

February 14

Love Your Pet Day

February 20

Happy Valentine's Day!

We are having a Valentine's Day party on February 14th at 2:00 PM in the Activity Room. Please invite your family and friends as there will be plenty of good food to enjoy. We have some exciting events planned for the month including the music of Angela Meyer from the Quad Cities who was brought back by popular demand and a very popular local Irish Band named "Ballyheigue".

Do you have a dream- a wish we can fulfill here at Sunset Park Place? We continue to work on our "Dare to Dream" project, fulfilling dreams for our residents. If you have a dream – share it with us and we'll see what we can do.

We always want to encourage all our residents to check-out our "Live 2B Healthy" exercise program held every Monday, Wednesday and Friday in the Activity Room. We have seen excellent results and improvements in strength, flexibility and balance for everyone who attends. We encourage you to stop in and see what all the excitement is about.

Have a great month!

Jerry Bell

Activity Highlights

Shopping

Target	1 st	2:00 pm
Hy-Vee	6 th , 13 th , 20 th , 27 th	1:20 pm

Outings

Rhody's	4 th	11:15 am
Fabulous Fridays at St. Luke's	15 th	11:30 am
Party Bus Cruise	18 th	1:30 pm
Applebee's	28 th	4:15 pm

Events

Resident Meeting with Jerry	7 th	10:45 am
New Resident Welcome	11 th	1:00 pm
Valentine's Day Party	14 th	2:00 pm
Euchre Tournament	21 st	1:00 pm
Ballyheigue – Irish Music Concert	24 th	1:30 pm
Better Bladder Health Class	26 th	2:00 pm
Happy Hour	23 rd	2:00 pm

Music

Angela Meyer	3 rd	2:00 pm
Jim Lucy	9 th	2:00 pm
Frank Naber	12 th	1:30 pm
Terry Dillon	16 th	12:45 pm
Music with D.A.R.S.P.A.	19 th	2:00 pm
Tom Bedtka	22 nd	1:00 pm
Dave Poggenklass	25 th	1:30 pm

Join us:

February Euchre Tournament

**Thursday, February 21st
1:00 pm**

RSVP: Call Erica 563-583-7939



Better Bladder Health Class

Do you have issues with urinary incontinence? If so we can help. NIT has a unique continence improvement program to address this issue right here at Sunset Park Place! You are invited to attend an informational class about the program that has proven to have positive results.

% of participants results...

100% decreased daytime incontinence

33% eliminated daytime incontinence

66% decreased the number of incontinence products used each day.

86% decreased nighttime incontinence

43% eliminated nighttime incontinence

60% decreased the number of trips made to the bathroom at night. Improving safety and decreasing falls risk.

100% were satisfied with the program

100% would recommend it to a friend

Join us **Tuesday, February 26th at 2:00 pm**

Please call to RSVP or if you have any questions.
563-583-7939



Join us as we kick off the St. Patty's Day Season with some traditional Irish music performed by the talented musicians of Ballyheigue.

Sunday, January 24th at 2:00pm



Ring in the New Year

Goodbye to the old year...hello and welcome to the new year. We celebrated with singing, raising a glass, and sharing laughs with friends. Cheers for all the best in 2019!



New Resident Welcome Party

Each month we host a party in honor of new residents that have moved in and joined the Sunset Park Place Family. Everyone who



attends shares who they are, where they are from, and anything else they would like to share. Then each person draws a question for conversation. It is a great way for "getting to know you" Story telling often ensues – usually with a giggle or two. The guest of honor was thrilled

because the party also happened to be held on her birthday! Welcome and Happy Birthday Conny!

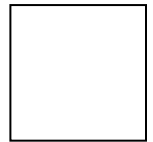


Mary Poppins Returns

Residents enjoyed a trip to Phoenix Theater to see Mary Poppins Returns. What an enjoyable afternoon sitting in the comfortable reclining chairs and watching a magical film that was just as delightful as the original.



Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52003



You are Invited!

Euchre Tournament

The January Tournament was such a success we would like to do it again! Join us for a fun afternoon
Thursday, February 21st 1:00 pm Please call Erica to reserve your spot 563-583-7939

Ballyheigue – A talented 6 piece band playing traditional Irish music to give us an early kick-off to St. Patty's Day. Wear your green and join us for a real Irish Treat!

Sunday, February 24th 1:30 pm



Better Bladder Health Class

Come join us for an Educational Session on how we can help you improve your bladder health and function. **Tuesday, February 26th 2:00 pm**
Please call Erica to reserve your spot 563-583-7939

February Birthdays

Betty S 17th, Marilyn D 19th, Colleen V 23rd

In astrology, those born between February 1–19 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. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Clark Gable (actor) – February 1, 1901
Red Buttons (comedian) – February 5, 1919
Babe Ruth (ballplayer) – February 6, 1895
Jimmy Durante (actor) – February 10, 1893
Cybill Shepherd (actress) – February 18, 1950
Steve Jobs (innovator) – February 24, 1955
Fats Domino (musician) – February 26, 1928