

December 2019

Sunset Park Place

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



Celebrating December

Spiritual Literacy Month

Bingo Month

Cookie Day
December 4

St. Nicholas Day
December 6

Poinsettia Day
December 12

Winter Solstice
December 21

Hanukkah
December 22–30

Christmas
December 25

New Year's Eve
December 31

Merry Christmas

What an awesome program provided to us by the Marine Corps League of Dubuque on Veteran's Day. It was inspiring to see how many of our residents served our country so proudly and bravely. We sincerely appreciate their service.

On Saturday December 7th, our Seventh Annual "Breakfast with Santa" will held from 8:30 AM to 10:00 AM in the dining room. This breakfast is a fundraiser benefiting the Walk to End Alzheimer's. Please come out and support this worthwhile cause!

On Wednesday, December 11th, Allison Law, Senior Vice President of Senior Housing Management and Ryan Stephenitch Operations Manager will be here to address any concerns you may have. They will be meeting at 10:00 AM in the dining with assisted living residents and 11:00 AM with townhome residents in the library.

Just a reminder that "real" Christmas trees and wreaths are not allowed in our building due to fire codes. Only "artificial" trees and wreaths are allowed. We appreciate your cooperation in this matter.

On December 20th we will be having our annual Christmas dinner followed by a very special visitor from the North. Hope to see everyone there.

Best wishes for a Merry Christmas and a Happy New Year! We are blessed to have such wonderful residents in our family at Sunset. Thanks for putting a smile on our faces every day!

Jerry Bell

Activity Highlights

Shopping

| | | | |
|--------|------------------------------------|------------------------|---------|
| Hy-Vee | 4 th , 11 th | 1:20, 19 th | 1:20 pm |
| Target | | 6 th | 2:30 pm |

Outings

| | | |
|-------------------------|------------------|----------|
| Reflections in the Park | 12 th | 5:30 pm |
| Rhody's Lunch & Pie | 14 th | 1:30 pm |
| Carlos O'Kelly's | 18 th | 4:15 pm |
| Perkins | 30 th | 11:15 pm |

Events

| | | |
|---------------------------------------|------------------|---------------|
| <i>Breakfast with Santa</i> | 7 th | 8:30-10:00 am |
| Resident Meeting with Jerry | 5 th | 10:45 am |
| New Resident Welcome | 5 th | 1:30 pm |
| Resident Meeting with Senior Housing | 11 th | 10:00 am |
| Town Home Meeting with Senior Housing | 11 th | 11:00 am |
| Treat Making Day | 16 th | 1:30 pm |
| Sunset Park Place Christmas Dinner | 20 th | 11:30 am |
| Noon Year's Eve Party | 31 st | 11:30 am |

Dinner & Music by Roger Weis

Music

| | | |
|----------------------------|------------------|----------|
| Janet Lieb | 7 th | 1:00 pm |
| Frank Naber | 10 th | 1:30 pm |
| Hempstead Penn Ave Singers | 11 th | 11:30 pm |
| Hempstead Piano Students | 17 th | 8:30 am |
| Angela Meyer | 22 nd | 2:00 pm |
| Terry Dillon | 21 st | 12:45 pm |
| Tom Bedtka | 27 th | 1:00 pm |
| Chris Ross | 31 st | 1:00 pm |
| Dave Poggenklass | 30 th | 1:30 pm |

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

Veteran's Day Recognition



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Helping Kids in Dubuque

Little Libraries are all over Dubuque. A “take one, leave one” book sharing program. Over 900 books were added to the little libraries last month. School age kids are the primary users of these Little Libraries.



Let's help the kids stay warm this winter.

Sunset Park Place is doing a collection of the following items to be distributed to Little Libraries in Dubuque:



Winter items can be *Handmade or Purchased, Any Color, Any Size*

After school snacks (Allergy Free, Individual factory packaged)

Pretzels, animal crackers, cookies, chips, etc.

Donations accepted at Sunset Park Place through December

Holiday Magic of Music

Sunset Park Place is filled with music all year long! It is good for the soul. Each year music blessings come to us at Christmas time. Piano students learning to play, high school carolers, church groups, scouts, and professionals! What a blessing!



Heartland Harmony is a newly created women's barbershop chorus. You might recognize one of the singers is our very own Shelly Gessner, Life Enrichment Coordinator. Heartland Harmony began rehearsals in February of 2019 under the direction of Terry Slade. They have appeared as guests at several concerts around Dubuque and won the Oh Say Can You Sing contest in July, performing the National Anthem to kick off the Dubuque Fireworks. Join us Tuesday, December 3rd at 6:30 pm for their performance. Everyone is invited! The ladies are looking forward to singing for you!

Live 2B Healthy

On Nov 20th, Chris Pipkin came to deliver the results of Bi-Annual Assessments held in October. Congratulations to all participants for your continued success in this program!



Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52002



Breakfast with Santa

Saturday, December 1st

8:30 – 10:00 am

\$8.00 / Adults or \$3.00 / Kids

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

RSVP appreciated 563-583-7939



AARP Smart Driver Course

Is the nation's 1st and largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught millions of drivers proven safety strategies so they can continue driving safely for as long as possible.

Tuesday, December 17th 10:00 – 2:30 pm

\$15.00/members, \$20/non-members

Lunch included. Call Erica to reserve your spot today: 563-583-7939.

December Birthdays

Kay C 15th

Norma V 20th

Mary Jane S 17th

Annetta O 24th

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

Walt Disney (animator) – December 5, 1901

Sammy Davis Jr. (entertainer) – December 8, 1925

Frank Sinatra (entertainer) – December 12, 1915

Beethoven (composer) – December 16, 1770

Ray Romano (actor) – December 21, 1957

Clara Barton (nurse) – December 25, 1821

Tiger Woods (golfer) – December 30, 1975