

MULLIGAN PARK

Gracious Retirement Living

1800 Hermitage Blvd • Tallahassee, FL 32308 • Phone (850) 553-3252 • www.seniorlivinginstyle.com

JULY 2019

MULLIGAN PARK STAFF

Managers.....DOUG & MARY WELLS
Assistant ManagersEARL & CATHY KNIGHT
Executive Chef.....JULIO PRIETO POOL
Marketing.....JEANIE MARTIN-ARMSTRONG
Activity CoordinatorJAMIE GREEN
Bus Driver SUSAN TIPLER

TRANSPORTATION

Monday, 9:40 a.m.: Shopping & Banking
Tuesday & Thursday, 9 a.m.:
Professional Appointments
Wednesday, 9 a.m.: Outings
Friday, 9:40 a.m.: Shopping/Salon/Pharmacy

HAWTHORN
SENIOR LIVING

Take Me Out To The Ballgame with Bean Bag Baseball!

Bean Bag Baseball is a simple, yet addicting game, where players play a game of baseball. However, instead of using a bat, you throw bean bags into holes, which are carved out of a wooden board. This fun and exciting game promotes physical activity, encourages social interaction, and tons of smiles and laughter.

If you have never given Bean Bag Baseball a try, join the Mulligan Park Baseball Team every Wednesday at 6:30 p.m.!
Batters up!



Armand and Jerry laughing during Bean Bag Baseball!



Mildred scoring one for the team!



Mr. Ed showing them how it's done!

(Photos continued on Page 3)

Get To Know Your Fellow Resident: Frank Reeves

(Written By Gloria Kolias)

The words that best describe Frank Reeves are friendly, loving, caring, loves life and mischievous. If you ask his wife, Gail, he is all of that and more. Frank was born on October 27, 1925, in Okeechobee, Florida, the eldest of two boys. His roots are there in this small town on the northeastern rim of Lake Okeechobee.

Growing up during the Depression, he reminisces about his boyhood there with his brother, Loren, and friends. His and his brother's chores were to milk and feed the family's two cows. He laughs when he stated that his brother was smart because he never learned to milk the cows, but they both would churn the cream to make butter.

On a cold winter day after Christmas, when he was ten, he and a friend found an old stump near the creek. They pushed it in the water and started drifting downstream. Frank had decided to strip completely, but his friend kept on his undershorts, a Christmas present. The stump floated under the bridge when they heard a train coming. Not wanting to be seen, Frank jumped in the water, but his friend remained on the rolling stump, trying to stay upright. The battle was lost; both boys returned to land cold and wet. What fun! Life in those days wasn't easy, but children always found ways to have fun and get into mischief. Another game played was "Polly Wants a Corner," similar to "Musical Chairs," but much more lively. A bedroom floor was covered with soapy water. Taking off their clothes, the boys slid from one corner to the next. If they didn't reach a corner, they were out. That's certainly a novel way to scrub floors. His mother must have had mixed feelings.

In his early teens, Frank became interested in scouting. He and his brother became so proficient in semaphore signaling that in competitions they always won. To



Frank Reeves

quote Frank: "We were very proud." He was the first scout in Okeechobee to become an Eagle Scout.

After graduating from high school, Frank received his bachelor's and master's degrees from the University of Florida. In the interim, he married, had three daughters, received his Doctorate from the University of Tennessee and became a widower and, in time, re-married. Chuckling, Frank says that before he married his second wife, he was poor; after he married, he was rich; and when they divorced, he was poor again. This man certainly has a sense of humor.

Frank's interests have always been in education. He taught elementary

school and in later years, before retiring, was a Director of Instruction in School Administration for 15 years in Levy County. He still laments the fact that he had to spank two boys in his teaching career. Be careful Frank, your soft-heartedness is showing.

In 1982, a mutual friend introduced Frank to his present wife, Gail. Having been divorced, she decided she would rather be single. With Frank's gentle persuasion and the old saying, "Love conquers all," Gail and Frank were married within the year. They have been married for 36 years and have an extended family of six children.

Other than his family, Frank's other passion is pottery making. He even had a "mud room" in his home to indulge his passion, and still goes to Lafayette Park for classes. Knowing how much Frank loves the garden boxes here at Mulligan Park, he was asked if he had a garden at his home. Surprisingly, the answer was "No." His garden contains a variety of fruits, vegetables and flowers, as colorful as he is. He tends his garden daily, and sometimes others as well. Thank you, Frank, for showing us we're never too old to learn, and thank you for being part of our family here at Mulligan Park.

Welcome Our New Residents

To our new residents:
Thank you for
choosing Mulligan
Park for your new
home. We are honored
to be able to call you
family! Welcome!

- Bob K.
- Barbara W.
- Eilleen R.
- Robert C.
- Nancy W.
- Pat E.
- Doris M.
- James M.
- Dea W.
- Mary Elizabeth
"Liz" P.
- Glenda R.
- Loren S. "Bub"
- Nancy L.
- Doreen M.
- Beverly S.
- Jimmy F.

Join us on Tuesday,
July 23rd, at 1:45 p.m.
for our "New Resident
Meet-N-Greet!" Meet-
N-Greets will be held
on the third Tuesday
of every month at
1:45 p.m.!

We can't wait to get to
know you!

Take Me Out To The Ballgame with Bean Bag Baseball! (Continued)



Group photo!

Guess Who?

Guess which resident is in the photo?

Clues:

1. She was six years old in this photo.
2. She loves to sing and has a beautiful voice.
3. She loves to take care of children, and was a teacher.
4. She loves to dance!

June "Guess Who" Answer:

Linda Ashby



Mulligan Park's Got Talent — Community Talent Show Tuesday, July 30th, at 1:45 p.m.

Show us what you've got!

Mulligan Park is excited to announce that we are having our first ever Talent Show where residents get to have their five minutes of fame (literally), and can showcase any talent that they wish! Whether you are a comedian, singer, songwriter, poet, juggler, dancer, actor or have any other talents, we want you to sign up today!

It's time to shine and share your talent!

JULY 2019

Birthdays

Eunita W., 3rd
Dot Lucas, 9th
Ed Dougherty, 11th
Robert Greenberg, 13th
Gail Reeves, 15th
Emily Powell, 16th
Linda Rou, 19th
Tom Shields, 21st
Lucille Cohen, 31st

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bus, Bus
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Fire Pit, FP
Front Lobby, Lobby
Library, LB
Movie Theater, MT
TV Room, TV

“Every day is
a great day
to give love,
spread joy and
sparkle!”
—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>4:50 Piano Hymn Stylings with Bobette, DR</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>1</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Billiard Games, BR</div> <div>2:00 Bingo, AR</div> <div>7:00 Monday Night Comedy Movie, MT</div>	<div>2</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Bible Study with Donna, CH</div> <div>11:00 Fit Beat Drumming, AR</div> <div>11:00 Coloring with Mary!, AR</div> <div>1:45 Encompass BP Check, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>4:00 Ageless Grace with Amanda, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div> <div>7:00 Left, Right, Center!, AR</div>	<div>3</div> <div>9:30 Fit Beat Drumming, AR</div> <div>10:00 Peachy Keen Day Peach Party, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>1:45 Managers/Resident Meeting, AR</div> <div>2:00 Venvi Art Gallery Outing, Bus</div> <div>2:00 Mahjong, BR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Bingo, AR</div> <div>3:00 Country Line Dancing Lessons with Virginia, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div> 	<div>4</div> <div>INDEPENDENCE DAY</div> <div>9:30 Water Yoga with Amanda</div> <div>12:00 Communion, CH</div> <div>12:00 Fourth of July Barbecue Buffet, DR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Thursday Night Thriller Movie, MT</div>	<div>5</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Suncrest Omni BP Check, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Happy Hour, BYOB</div> <div>4:00 Firefly Friday, AR</div> <div>7:00 Friday Date Night Movie, MT</div>	<div>6</div> <div>11:00 Board Games, AR</div> <div>2:00 Left, Right, Center!, AR</div> <div>3:00 Disney Movie Saturday, MT</div> <div>7:00 Saturday Drama Night Movie, MT</div>
<div>7</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>4:50 Piano Hymn Stylings with Bobette, DR</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>8</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Billiard Games, BR</div> <div>2:00 Bingo, AR</div> <div>7:00 Monday Night Comedy Movie, MT</div>	<div>9</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Bible Study with Donna, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Fit Beat Drumming, AR</div> <div>11:00 Coloring with Mary!, AR</div> <div>1:45 Encompass Health Talk, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div> <div>7:00 Left, Right, Center!, AR</div> 	<div>10</div> <div>9:30 Fit Beat Drumming, AR</div> <div>10:00 Museum of Florida History Guided Tour, Bus</div> <div>11:00 Rosary Prayer Group, CH</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Mahjong, BR</div> <div>3:00 Country Line Dancing Lessons with Virginia, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>11</div> <div>8:45 Garden Club Meeting, AR</div> <div>9:30 Water Yoga with Amanda</div> <div>12:00 Communion, CH</div> <div>1:45 Chef/Resident Meeting, AR</div> <div>2:00 Summer Pool Party</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Thursday Night Thriller Movie, MT</div> 	<div>12</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Suncrest Omni BP Check, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Cooking with Cathy Cheesecake!, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Happy Hour, BYOB</div> <div>7:00 Friday Date Night Movie, MT</div>	<div>13</div> <div>10:30 Coffee and Donuts with Asst. Mgrs., AR</div> <div>11:00 Board Games, AR</div> <div>2:00 Left, Right, Center!, AR</div> <div>3:00 Disney Movie Saturday, MT</div> <div>7:00 Saturday Drama Night Movie, MT</div> 
<div>14</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>4:50 Piano Hymn Stylings with Bobette, DR</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>15</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Billiard Games, BR</div> <div>2:00 Bingo, AR</div> <div>2:00 Shark Awareness Day, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div>7:00 Monday Night Comedy Movie, MT</div> 	<div>16</div> <div>9:00 AARP Safe Driver with Lundy</div> <div>10:00 Bible Study with Donna, CH</div> <div>11:00 Coloring with Mary!, AR</div> <div>1:45 New Resident Meet N Greet, AR</div> <div>1:45 Encompass BP Check, AR</div> <div>2:00 Ice Cream Social, AR</div> <div>4:00 Ageless Grace with Amanda, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div> 	<div>17</div> <div>9:30 Fit Beat Drumming, AR</div> <div>10:15 Art in Gadsden Exhibit of Fine Art, Bus</div> <div>11:00 Rosary Prayer Group, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Bingo, AR</div> <div>3:00 World Emoji Day Texting with Libby, AR</div> <div>3:00 Country Line Dancing Lessons with Virginia, AR</div> <div>4:00 Popcorn Bar with Century Link, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>18</div> <div>9:30 Water Yoga with Amanda</div> <div>12:00 Communion, CH</div> <div>1:45 Activities/Resident Meeting, AR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Thursday Night Thriller Movie, MT</div>	<div>19</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Suncrest Omni BP Check, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Spelling Bee!, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Happy Hour, BYOB</div> <div>7:00 Friday Date Night Movie, MT</div> <div>8:00 Mulligan S'mores, FP</div> 	<div>20</div> <div>10:30 Coffee and Donuts with Asst. Mgrs., AR</div> <div>11:00 Board Games, AR</div> <div>2:00 Left, Right, Center!, AR</div> <div>3:00 Disney Movie Saturday, MT</div> <div>7:00 Saturday Drama Night Movie, MT</div>
<div>21</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>4:50 Piano Hymn Stylings with Bobette, DR</div> <div>7:00 Sunday Night Classic Movie, MT</div> 	<div>22</div> <div>Blue Monday Wear All Blue! Contest</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Rocket to the Moon Experiment, FP</div> <div>11:00 Billiard Games, BR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div>7:00 Monday Night Comedy Movie, MT</div>	<div>23</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Bible Study with Donna, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Fit Beat Drumming, AR</div> <div>11:00 Coloring with Mary!, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div> <div>7:00 Left, Right, Center!, AR</div>	<div>24</div> <div>9:00 Tallahassee Canopy Roads Scenic Drive, Bus</div> <div>9:30 Fit Beat Drumming, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Bingo, AR</div> <div>3:00 Country Line Dancing Lessons with Virginia, AR</div> <div>5:30 Hot Diggity Dog, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>25</div> <div>8:45 Garden Club Meeting, AR</div> <div>9:30 Water Yoga with Amanda</div> <div>10:30 Mulligan Park Golf Tournament, AR</div> <div>12:00 Communion, CH</div> <div>1:45 Chef Showcase, AR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>7:00 Thursday Night Thriller Movie, MT</div>	<div>26</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Suncrest Omni BP Check, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Happy Hour, BYOB</div> <div>4:00 Monthly Birthday Party, AR</div> <div>7:00 Friday Date Night Movie, MT</div>	<div>27</div> <div>10:30 Coffee and Donuts with Asst. Mgrs., AR</div> <div>11:00 Board Games, AR</div> <div>2:00 Left, Right, Center!, AR</div> <div>3:00 Disney Movie Saturday, MT</div> <div>4:00 Hurricane Awareness Party, AR</div> <div>7:00 Saturday Drama Night Movie, MT</div>
<div>28</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>4:50 Piano Hymn Stylings with Bobette, DR</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>29</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Billiard Games, BR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div>7:00 Monday Night Comedy Movie, MT</div>	<div>30</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:00 Bible Study with Donna, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Fit Beat Drumming, AR</div> <div>11:00 Coloring with Mary!, AR</div> <div>1:45 Talent Show, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Arts and Crafts with Jamie, AR</div> <div>4:00 Monthly Show N Tell, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div> <div>7:00 Left, Right, Center!, AR</div>	<div>31</div> <div>9:30 Fit Beat Drumming, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>11:00 Guided Tour of the Capital, Bus</div> <div>2:00 Mahjong, BR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Bingo, AR</div> <div>3:00 Paper Airplane Contest, AR</div> <div>3:00 Country Line Dancing Lessons with Virginia, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div> 			

Memorial Day Memories

Surrounded by red, white and blue décor, on June 27th, Mulligan Park celebrated our fallen heroes with a Memorial Day Barbecue, featuring succulent ribs, juicy chicken, home cooked potato salad, barbecued baked beans, watermelon slices and delicious cake.

Following this fabulous meal, we had our Memorial Day Ceremony, where American Legion past commander, Charles LeCroy, spoke

to us about the meaning of Memorial Day. Bryce Thornton, American Legion member, also spoke to us about his emotional past experiences in World War II, where he was one of the few who survived. There wasn't a dry eye in the room! His words truly gave us a small picture of what the war must have been like.

American Legion Auxiliary Area President, Nell Hewitt, recited the poem "In Flanders Field," and told us the meaning of the poppy. Our very own Bobbette Lamb beautifully played several patriotic songs throughout the program, which truly spoke to every soul in the room.

Ending our program, Tallahassee Swing Band member, Alden France, brilliantly played "Taps" on his trumpet, which created tremendous emotion throughout the room. It was the perfect tribute to this day of remembrance for our fallen soldiers.

"They gave us their tomorrows, so that we may have today."

—Lest We Forget



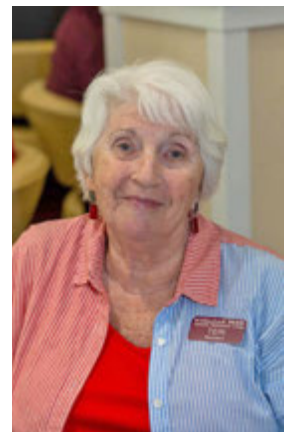
Linda and daughter are all smiles!



Jane and James Davis looking very patriotic.



Betty is rocking her patriotic hat!



Teri looking dashing for the ceremony.

Mulligan Park June Memories



Audrey, enjoying the sunshine!



Barbara, relaxing with adult coloring!



Doc, at our Ice Cream Social!

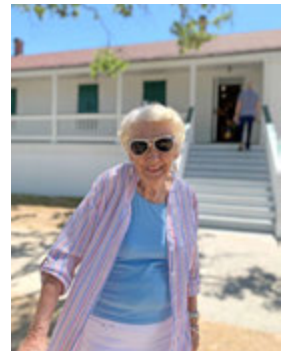
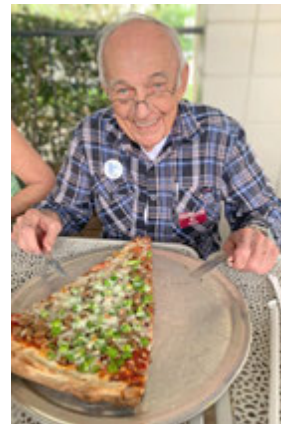
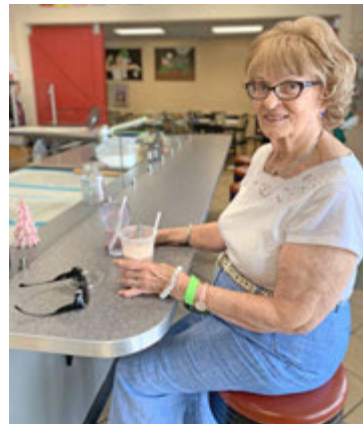
Out-and-About

Outings are a fun and easy way to experience the rich history and beautiful landscapes of Tallahassee, Florida's, capital city. From picnics at some of the areas most pristine parks, to manatee spotting in scenic boats at Wakulla Springs, residents of Mulligan Park enjoy getting fresh air and being active on these weekly trips. With big windows and an easy ride, our bus makes for the perfect ride for these fun-filled outings! Make sure you sign up for your favorite upcoming outing today!

Outings are every Wednesday and some weekends.

July Upcoming Outings:

- **July 3rd:** "The Abstracts," Venvi Art Gallery at 2 p.m.
- **July 10th:** Museum of Florida History Guided Tour at 10 a.m.
- **July 17th:** "Art in Gadsden," Exhibit of Fine Art at 10:15 a.m.
- **July 24th:** Tallahassee Canopy Roads Scenic Drive at 9 a.m.
- **July 31st:** Guided Tour of the Capital at 10:15 a.m.



Cheers!



Gail and Dora Jane show us how to Hoola Hoop at our Monthly Birthday Party!



Maguy, proud of her homemade hand scrub.



Our Garden Club members

MULLIGAN PARK
Gracious Retirement Living

1800 Hermitage Blvd
Tallahassee, FL 32308



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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850-553-3252

