

MULLIGAN PARK

Gracious Retirement Living

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

AUGUST 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

Mulligan Park Prom 2019

“All that glitters is gold” was the motto and Mulligan Park residents did just that! Surrounded by beautiful sparkles of gold and black accents, beautiful outfits and delicious food, everyone got their groove on with songs from the ‘40s, ‘50s and ‘60s. We had over 100 people packed into our fun-filled activity room, where it was transformed into a night of “Golden Memories”, and memories are exactly what we made! Our 2019 Prom Queen and King winners, Edmond Stearman and Audrey Robbins were thrilled to hear their names as the winners as we crowned their heads and presented their gifts. These two were absolutely beautiful! We sure cannot wait until next year’s prom!

(Photos continued inside)



*Prom Queen and King,
Audrey and Edmond*



Odene's got the moves!



*Sally and Carolyn being
their silly selves*



Mulligan Park Prom 2019 (Continued)



Mulligan Park management, chef, marketer, and activities coordinator!



Merry Beth lights up the room with her smile!



Renee grooving and looking great



The Loves joining in on the fun



Joanne and her Doug, happy as ever!



Ann looking fabulous!



Married couple Frank and Gail were there!

Welcome To 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!

- Ken J.
- Barbara A.
- Joseph R.

Join us Tuesday, August 20th at 2 p.m. for our "New Resident Meet-N-Greet!" Meet-N-Greets will be held the 3rd Tuesday of every month at 2 p.m.

We can't wait to get to know you!



Get To Know Your Fellow Resident: Jeroline Newbold

Written By: Gloria Kolias

Her eyes sparkle and she becomes animated when she talks about her life's profession, teaching. Who is this whirlwind of activity? Her name is Jeroline Newbold, a native Floridian born in Brooksville on November 18, 1936. She has two sons, Ishmail and Rodney, and a daughter Stacey. Her three husbands are now deceased.

Jeri is the second-oldest of seven siblings and was reared in Lakeland, Florida. After graduating from high school, she headed to Tallahassee and received her degree in education in 1961 from FAMU. After teaching for several years, her love of learning led her to Central University in Durham, North Carolina where she earned her master's in education in 1968. When asked what led her to the field of education, she believed that it was her position in such a large family and having to help take care of her younger sister and four younger brothers when her parents worked.

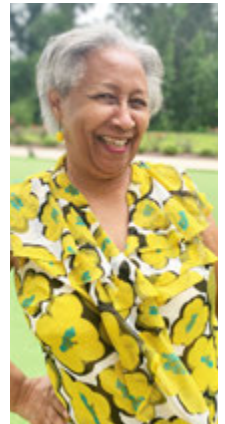
There were no discipline problems in Jeri's classes. She had a great love of children and learning. Returning to teach after retirement, one of her former students had his child starting the school year in her class. This little boy was a discipline problem. When the father saw his former teacher, he scooped her up, swung her around and said he could go home knowing his son would be in good hands and straightened out, as he had been as a child.

Jeri always has a smile upon her face and even as a teacher would laugh so hard with the children that tears would roll down her face and the children would run for the tissue box. Can you imagine having a first grade teacher teaching the fundamentals of algebra, and being understood? For this, she was called "The Child Whisperer."

After 31 years in the school system, the last seven as Assistant Principal in Riviera Beach, Jeri decided to retire in 1992. She loved traveling and decided that being a substitute teacher was a good way to earn travel money so in 1994, she headed back to school. She was given a special education class. A deeply religious person, Jeri feels that God meant for her to teach this class. Her plans were to teach for one year; God's plans were a little different. The one year turned into five!

Her original class had five students: three adults, one with Down's Syndrome, and two children. By the end of the year, they made honors. Those years with those special students made the biggest impact on her. Even today she occasionally has a special needs friend she looks after and brings to lunch at Mulligan Park. She was nominated for "Teacher of the Year" in 1973 and is listed in "Outstanding Elementary Teachers of America, 1973."

There are no rocking chairs in this lady's life, she's too busy. She is an usher and the oldest member of her church, an active member of her sorority, a swinging member of The Red Hat Society, and she has joined the line dancing group here at Mulligan Park. When she has quiet time she does crossword puzzles and Sudoku. When asked what exciting things had she done during her lifetime, other than traveling to 17 countries, she thought a moment and said she had a very ordinary life. Her life may have been ordinary but to those children she taught she was extraordinary, or as Mary Poppins would say: Supercalifragilisticexpialidocious!



Jeroline Newbold

Guess Who?

Guess which resident is in the photo.

Clues:

1. She loves to dance and sing.
2. She always tries to see the good in things, with a positive attitude.
3. She loves the '60s and '70s style of music.
4. Her favorite movie is "Titanic."

** July Guess Who

Answer **

"Merry Beth Taintor"



AUGUST 2019

Birthdays

Donna M., 3rd
Linda A., 5th
Diane H., 17th
Mildred B., 22nd
Elaine U., 24th
Beverly L., 29th

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
Pool, Pool
TV Room, TV

“Summer means happy times and good sunshine.”

—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<p>9:30 Water Yoga with Amanda 1</p> <p>12:00 Communion, CH</p> <p>1:45 Manager/Resident Meeting, AR</p> <p>2:30 Hand and Foot, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Thursday Night Thriller Movie, MT</p>			<p>9:30 Morning Chair Exercise with Jamie, AR 2</p> <p>10:00 Suncrest Omni BP Check, AR</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>12:30 International Root Beer Day, DR</p> <p>2:00 Bingo, AR</p> <p>3:00 Lighthouse of Big Bend Visually Impaired, AR</p> <p>3:30 Chair Volleyball, AR</p> <p>4:00 Happy Hour, BYOB</p> <p>7:00 Friday Date Night Movie, MT</p>	<p>10:30 Coffee and Donuts with Asst. Mgrs., AR 3</p> <p>11:00 Board Games, AR</p> <p>2:00 Left, Right, Center!, AR</p> <p>3:00 Disney Movie Saturday, MT</p> <p>7:00 Saturday Drama Night Movie, MT </p>
			<p>10:00 Movie Matinee, MT 4</p> <p>2:00 Nondenominational Sunday Service, CH</p> <p>3:15 Watermelon Fun Day, Pool</p> <p>4:50 Piano Hymn Stylings with Bobette, DR</p> <p>7:00 Sunday Night Classic Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 5</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Billiard Games, BR</p> <p>2:00 Bingo, AR</p> <p>3:30 Getting Balance for Life with Fatimah, AR</p> <p>7:00 Monday Night Comedy Movie, MT </p>	<p>9:30 Morning Chair Exercise with Jamie, AR 6</p> <p>10:00 Bible Study, CH</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Coloring with Mary!, AR</p> <p>11:00 Fit Beat Drumming, AR</p> <p>1:45 Encompass BP Check, AR</p> <p>2:30 Canasta, TV</p> <p>3:00 Ageless Grace, AR</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Left, Right, Center!, AR</p> <p>7:00 Tuesday Night Action Movie, MT</p>	<p>Outing Day, Bus 7</p> <p>9:30 Fit Beat Drumming, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>2:00 Bingo, AR</p> <p>2:00 Scrabble, BR</p> <p>2:00 Mahjong, BR</p> <p>3:00 Country Line Dancing Lessons with Virginia, AR</p> <p>6:45 Bean Bag Baseball, AR</p> <p>7:00 Wednesday Night Western Movie, MT</p>	<p>8:45 Garden Club Meeting, AR</p> <p>9:30 Water Yoga with Amanda</p> <p>12:00 Communion, CH</p> <p>1:45 Chef/Resident Meeting, AR</p> <p>2:30 Hand and Foot, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Thursday Night Thriller Movie, MT</p> <p>8:30 Perseid Meteor Shower Moon and Star Gazing, FP</p>
<p>10:00 Movie Matinee, MT 11</p> <p>2:00 Nondenominational Sunday Service, CH</p> <p>4:50 Piano Hymn Stylings with Bobette, DR</p> <p>7:00 Sunday Night Classic Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 12</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Billiard Games, BR</p> <p>2:00 Bingo, AR</p> <p>3:30 Getting Balance for Life with Fatimah, AR</p> <p>4:00 Cool Treats Day Snow Cones!, AR</p> <p>7:00 Monday Night Comedy Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 13</p> <p>10:00 Bible Study, CH</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>10:30 Elvis Day, AR</p> <p>11:00 Fit Beat Drumming, AR</p> <p>11:00 Coloring with Mary!, AR</p> <p>2:30 Canasta, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>6:30 American Legion Dance Night, Bus</p> <p>7:00 Left, Right, Center!, AR</p> <p>7:00 Tuesday Night Action Movie, MT</p>	<p>Outing Day, Bus 14</p> <p>9:30 Fit Beat Drumming, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>2:00 Bingo, AR</p> <p>2:00 Scrabble, BR</p> <p>2:00 Mahjong, BR</p> <p>3:00 Country Line Dancing Lessons with Virginia, AR</p> <p>6:45 Bean Bag Baseball, AR</p> <p>7:00 Wednesday Night Western Movie, MT</p>	<p>9:30 Water Yoga with Amanda 15</p> <p>10:30 Relax and Breathe Meditation, AR</p> <p>12:00 Communion, CH</p> <p>1:45 Activities/Resident Meeting, AR</p> <p>2:30 Hand and Foot, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Thursday Night Thriller Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 16</p> <p>10:00 Suncrest Omni BP Check, AR</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 SS & Medicare Seminar, MT</p> <p>2:00 Bingo, AR</p> <p>3:30 Chair Volleyball, AR</p> <p>4:00 Happy Hour, BYOB</p> <p>4:00 State Fair Midway Games and Treats, AR</p> <p>7:00 Friday Date Night Movie, MT</p>	<p>10:30 Coffee and Donuts with Asst. Mgrs., AR 17</p> <p>11:00 Board Games, AR</p> <p>2:00 Left, Right, Center!, AR</p> <p>3:00 Disney Movie Saturday, MT</p> <p>7:00 Saturday Drama Night Movie, MT </p>	
<p>10:00 Movie Matinee, MT 18</p> <p>2:00 Nondenominational Sunday Service, CH</p> <p>4:50 Piano Hymn Stylings with Bobette, DR</p> <p>7:00 Sunday Night Classic Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 19</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Billiard Games, BR</p> <p>2:00 Bingo, AR</p> <p>3:30 Getting Balance for Life with Fatimah, AR</p> <p>7:00 Monday Night Comedy Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 20</p> <p>10:00 Bible Study, CH</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Coloring with Mary!, AR</p> <p>11:00 Fit Beat Drumming, AR</p> <p>1:45 Encompass BP Check, AR</p> <p>2:00 New Resident Meet N Greet, AR</p> <p>2:30 Canasta, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>4:00 Afternoon Tea, AR</p> <p>6:30 Party with Carty, AR</p> <p>7:00 Left, Right, Center!, AR</p> <p>7:00 Tuesday Night Action Movie, MT</p>	<p>Outing Day, Bus 21</p> <p>9:30 Fit Beat Drumming, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>2:00 Bingo, AR</p> <p>2:00 Scrabble, BR</p> <p>2:00 Mahjong, BR</p> <p>3:00 Country Line Dancing Lessons with Virginia, AR</p> <p>6:45 Bean Bag Baseball, AR</p> <p>7:00 Wednesday Night Western Movie, MT</p>	<p>8:45 Garden Club Meeting, AR 22</p> <p>12:00 Communion, CH</p> <p>1:45 Chef Showcase, AR</p> <p>2:30 Hand and Foot, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Thursday Night Thriller Movie, MT</p> <p>7:00 '50s Sock Hop Dance, AR </p>	<p>9:30 Morning Chair Exercise with Jamie, AR 23</p> <p>10:00 Suncrest Omni BP Check, AR</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Monthly Show 'N' Tell, AR</p> <p>2:00 Bingo, AR</p> <p>3:30 Chair Volleyball, AR</p> <p>4:00 Happy Hour, BYOB</p> <p>7:00 Friday Date Night Movie, MT</p>	<p>9:30 Grape Harvest Festival, Bus 24</p> <p>10:30 Coffee and Donuts with Asst. Mgrs., AR</p> <p>11:00 Board Games, AR</p> <p>2:00 Left, Right, Center!, AR</p> <p>3:00 Disney Movie Saturday, MT</p> <p>5:00 Monthly Dinner Outing, Bus</p> <p>7:00 Saturday Drama Night Movie, MT </p>	
<p>10:00 Movie Matinee, MT 25</p> <p>2:00 Nondenominational Sunday Service, CH</p> <p>4:50 Piano Hymn Stylings with Bobette, DR</p> <p>7:00 Sunday Night Classic Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 26</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Billiard Games, BR</p> <p>2:00 Bingo, AR</p> <p>3:30 Getting Balance for Life with Fatimah, AR</p> <p>7:00 Monday Night Comedy Movie, MT</p>	<p>9:30 Morning Chair Exercise with Jamie, AR 27</p> <p>10:00 Bible Study, CH</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>11:00 Coloring with Mary!, AR</p> <p>11:00 Fit Beat Drumming, AR</p> <p>2:30 Canasta, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>4:00 Ageless Grace, AR</p> <p>7:00 Left, Right, Center!, AR</p> <p>7:00 Tuesday Night Action Movie, MT</p>	<p>Outing Day, Bus 28</p> <p>9:30 Fit Beat Drumming, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>2:00 Bingo, AR</p> <p>2:00 Scrabble, BR</p> <p>2:00 Mahjong, BR</p> <p>3:00 Country Line Dancing Lessons with Virginia, AR</p> <p>6:45 Bean Bag Baseball, AR</p> <p>7:00 Wednesday Night Western Movie, MT</p>	<p>Happy Birthday Mary Poppins! 29</p> <p>9:30 Water Yoga with Amanda</p> <p>12:00 Communion, CH</p> <p>2:30 Hand and Foot, TV</p> <p>3:00 Arts & Crafts with Jamie, AR</p> <p>7:00 Thursday Night Thriller Movie, MT </p>	<p>9:30 Morning Chair Exercise with Jamie, AR 30</p> <p>10:00 Suncrest Omni BP Check, AR</p> <p>10:30 Happy Hour Smoothies, AR</p> <p>2:00 Bingo, AR</p> <p>3:30 Chair Volleyball, AR</p> <p>4:00 Happy Hour, BYOB</p> <p>4:00 Monthly Birthday Party, AR</p> <p>7:00 Friday Date Night Movie, MT</p>	<p>Kickoff to College Football 31</p> <p>10:30 Coffee and Donuts with Asst. Mgrs., AR</p> <p>11:00 Board Games, AR</p> <p>2:00 Left, Right, Center!, AR</p> <p>3:00 Disney Movie Saturday, MT</p> <p>7:00 Saturday Drama Night Movie, MT</p>	



Ageless Grace: Brain Health Fitness Program

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all five functions of the brain – analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination – and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

The program consists of 21 simple exercise tools designed for all ages and abilities. The movements are designed to be performed seated in a chair to stimulate the brain. The exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain.

Join in on this timeless fitness for the body and brain on:



August 6th at 3 p.m. and August 27th at 4 p.m.

*Class is taught by Amanda Cannon-Erickson (Certified Ageless Grace Educator and Yoga Teacher), owner of Restorative Yoga.

Mulligan Park July Memories

July was full of exciting and fun events, including our 4th of July Celebration, a Peachy Keen Peach Party, Firefly Painting, Country Line Dancing Lessons, fire pit s'mores and much more. Thank you to all of our participants!



Cheers! Wine 'n' Cheese party



Peachy Keen Party!



Margaret enjoying her lave cake topped with ice cream for her birthday



Joanne enjoying rock painting during "The Art Hour"



Betty being patriotic



Bob ready for the 4th of July



August '50s Sock Hop

It's time to "shake rattle and roll" at our '50s Sock Hop! DJ Bruno will be pushing out tunes from the '50s as we enjoy dancing, delicious food, and good ol' fashioned fun!

Join us August 22nd, 7-9 p.m. for this exciting event!

We can't wait to see you there!

Out-And-About

August Upcoming Outings:

- **August 7th:** Planetarium "Monthly Skies Over Tallahassee" at the Challenger Learning Center, lunch at TBD, bus leaves at 10:15 a.m.
- **August 14th:** Thrift Store Shopping, and lunch at Steak 'n Shake, bus leaves at 10 a.m.
- **August 21st:** Go Karts at Fun Station, and pizza at Milano's, bus leaves at 10 a.m.
- **Saturday, August 24th:** Grape Harvest Festival, bus leaves at 9:30 a.m.
- **August 28th:** Lunch at Tally Cats Cafe, bus leaves at 11 a.m.
- **Saturday, August 31st:** Dinner Outing to LongHorn Steakhouse, bus leaves at 4:30 p.m.



Museum of Florida History, Downtown Tallahassee

Don't "Rind" If I Do!

August is ALL about the citrus, so this month we will be making Candied Citrus Peels and Mandarin Orange Cupcakes for our "Cooking with Cathy" segment on Friday, August 9th at 11 a.m.



Most of the time when eating a citrus fruit, you peel it, discard the rind and never look back. But before you peel your next piece of citrus, think about all the benefits that you are giving up. Here's a look at the pluses to the peels of some popular citrus fruits.

Orange Peels: Orange peels are a great source of health promoting carbohydrates and you don't have to eat them to gain their benefits — just add a bit of orange zest to your food or beverages!

1. **Cholesterol:** The polymethoxylated flavones in orange peels have cholesterol-lowering properties, just like grapefruits.
2. **Fiber:** Orange peel is a very good source of pectin, which is a natural fiber that can decrease the rise in blood sugar that may occur after a meal. This can make it helpful for people who must watch their blood sugar.

Lemon Peels: Lemon is easily added to any recipe to brighten the flavors. Just like with oranges, lemon zest is the easiest way to make the most out of the peels.

1. **Digestive Health:** Like oranges and grapefruit, lemon peels contain a good amount of fiber, which is crucial to keeping your digestive track running properly.
2. **Potassium:** Lemon peels contain potassium which is needed to help cells in the body communicate properly.
3. **Calcium:** Lemon peels contain calcium, which when eating adequate amounts of calcium may help protect against osteoporosis and bone fractures, lower your risk of colorectal cancer and reduce premenstrual syndrome in females.

Candied Citrus Peels: Simple and sweet, candied citrus peels are a delicious way to take advantage of the benefits the peels have to offer.

We will be demonstrating how to make Candied Citrus Peels at our next "Cooking with Cathy" segment as well as Mandarin Orange Cupcakes, on August 9th, at 11 a.m. Don't miss out!

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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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