

MULLIGAN PARK

Gracious Retirement Living

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

OCTOBER 2019

MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS
Assistant Managers EARL & CATHY KNIGHT
Executive Chef JULIO PRIETO POOL
Marketing..... JEANIE MARTIN-ARMSTRONG
Activity Coordinator JAMIE GREEN
Maintenance SCOTT LYNN
Bus Driver SUSAN TIPLER

TRANSPORTATION

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

HAWTHORN
SENIOR LIVING

Guess Who?

Guess which resident is in this photo.

Clues:

1. She loves to go to live theater.
2. She is from Monticello.
3. She has a deep appreciation for gourmet food.
4. She moved to Mulligan Park in February of 2019.

September's "Guess Who" answer was Art D.



Harvest Moon Dance

Mulligan Park is having a Harvest Moon Dance! We would love nothing more than to see you dressed in fall colors, while enjoying delicious appetizers and desserts, apple cider and even taking a spin on our beautiful dance floor. The DJ will be playing tunes of the harvest, so don't miss out on this spectacular event!

Join us on October 16th from 7 to 9 p.m., as we celebrate the Harvest Moon!

Halloween Costume Contest, Party and Parade: October 31st at 4 p.m.

Join us on Thursday, October 31st, at 4 p.m., for a Costume Contest, Party and Costume Parade. Mulligan Park will be celebrating Halloween with homemade pumpkin cookies, music, a costume contest, a parade and plenty of fun. We want to see you there in your best costume, with a chance to win the grand prize for best costume! We can't wait to see you there!



Get To Know Your Fellow Residents: Mildred Barringer

Written By Cathy Knight

As a visitor or new resident arrives, one of the first to warmly greet them is Miss Mildred, known as Millie to her friends. Mildred Barringer is a Charter Resident of Mulligan Park. When Mulligan Park was being built, she visited with her daughter and left a deposit the same day. She had realized that Mulligan Park was what she needed, as her lovely three-bedroom home and yard was just too much to maintain alone, so she put her house on the market. To her surprise, it sold right away, so her belongings went into storage and she moved into a nearby hotel to anxiously wait for Mulligan Park to be finished. It will be two years this December 7th that Mildred moved into her gorgeous first-floor apartment, which, according to her, is the most beautiful Community and best location in town.

Her porch on her first-floor apartment is a showcase of greenery and flowers. She lovingly tends them just like she tends the flowers out front of Mulligan Park. Mildred said, "I've had a green thumb all my life. If my mom got a plant cutting from a neighbor, I'd get one." She always wanted to be a florist, so she volunteered in her spare time in a florist shop while she worked full-time with the Florida Department of Environmental Protection. She retired from her accounting position there after 20 years, and pursued her dream of opening a florist shop. She owned "Mildred's Gift and Florist" for five years. She is the creative source behind all the amazing flowers in our coffee station and in all the seasonal floral vases on our Dining Room tables. She even creates the door ornaments for new residents' doors.

Miss Mildred takes her duties seriously as Resident Ambassador. She helps organize the welcome folders and then collaborates with the other ambassadors to make sure the new residents feel at home here.

Mildred has been blessed with an abundance of love and sadness in her life. She was married to a real "southern gentleman," "Woody" Kelly, for 48 years and had three daughters with him. She was widowed for another eleven years before she met Norman Barringer in church, and they were married for 7 1/2 years, before he sadly passed away. She

has six beautiful grandchildren and her daughters live in Florida in Tallahassee, Perry, and Gainesville, so she gets visits from them regularly.

Though she's outgoing like her father, she says she refers to herself as a "homebody." She enjoys dining out and shopping with friends and still drives. She also loves to entertain, so not surprisingly, her favorite Mulligan Park events so far have been the Prom, the Fashion Show and the Sock Hop.

Mildred's faith is deep and sustaining, and she loves to attend church here at Mulligan Park. Her favorite song is "Amazing Grace."

Christmas is coming and Mildred says Mulligan Park is even more beautiful then. She loves the color red, so Valentine's Day is another favorite time of celebration for her.

When asked what her family thought of her living here, she said her oldest daughter encouraged her to live here. Mildred is always thinking of others and she acknowledges that by living here, it takes the responsibility off of her children.

If someone needs help, she's there. Mildred's big heart and friendly smile make folks feel welcome here. She said it perfectly, "We have everything here you have in a home." Fellow residents and staff are blessed and honored to have her call Mulligan Park "home."





To Our New Residents: Welcome To The Family!

- Bob and Sandy N.
- John F.
- Elaine McLaughlin

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

Join us on Friday, October 18th, at 4 p.m., for our monthly new resident meet-'n-greet. This social gathering will take place in the Activity Room, where light refreshments will be served and a get-to-know-you game will be played.

This event is for everyone, and is a chance to meet our new residents. Who knows, you might make a new friend!

October Is Breast Cancer Awareness Month!

Breast Cancer Awareness Month (BCAM), also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

Breast Cancer Awareness Month is a yearly campaign that is intended to educate people about the importance of early screening, tests and more. This campaign starts on October 1st and ends on October 31st every year.



Activities for Breast Cancer Awareness Month:

Tuesday, October 1st: Create Pink Ribbon Pins at Arts and Crafts at 3 p.m.

Thursday, October 3rd: Guest Speaker, Breast Cancer Health Talk

Saturday, October 5th: Breast Cancer Awareness Walk and Fundraiser at 9 a.m.

Mulligan Park September Memories

September was full of adventure and fun! From a '50s Sock Hop to cuddling with kitties from Fat Cat Café, and even Colossal Ice Cream

Gutter Sundaes, Mulligan Park residents were busy with a variety of activities. Thank you to all of our volunteers and resident participation.



OCTOBER 2019

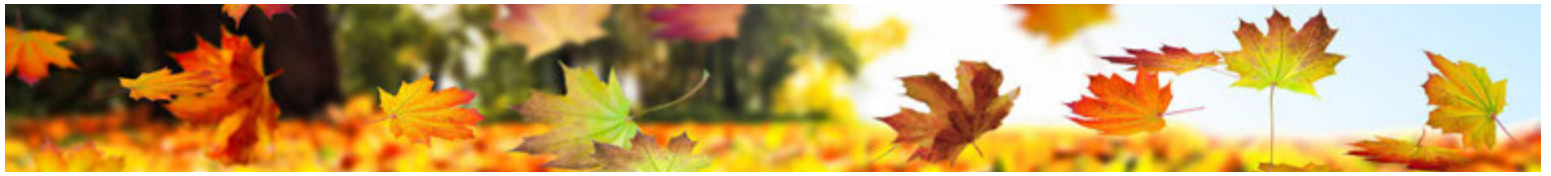
Birthdays

Art D., 2nd
Carolyn F., 4th
Marlene B., 5th
Barbara R., 6th
Cecile D., 7th
Horace B., 9th
Doris M., 10th
Virginia H., 10th
Lester P., 10th
Barbara W., 12th
Madge F., 14th
Marion D., 16th
Doris D., 23rd
Betty B., 23rd
James M., 25th
Jean V., 26th
Frank R., 27th
Betty W., 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
Pool, Pool
TV Room, TV

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY											
				9:30 Morning Chair Exercise with Jamie, AR 10:00 Bible Study, CH 10:30 Happy Hour Smoothies, AR 11:00 Fit Beat Drumming, AR 11:00 Rosary Prayer Group, CH 2:30 Canasta, TV 3:00 Pink Ribbon Lapel Making, AR 4:00 Ageless Grace, AR 7:00 Left, Right, Center!, AR 7:00 Tuesday Night Action Movie, MT		1		9:30 Morning Chair Exercise with Jamie, AR 10:00 Peanuts Day! The Great Pumpkin Charlie Brown, MT 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 Mahjong, BR 3:00 Country Line Dancing Lessons with Virginia, AR 6:45 Bean Bag Baseball, AR 7:00 Wednesday Night Western Movie, MT		2		9:30 Morning Chair Exercise with Jamie, AR 10:00 Lighthouse Visually Impaired, AR 10:30 Happy Hour Smoothies, AR 2:00 Bingo, AR 3:30 Chair Volleyball, AR 4:00 Happy Hour, BYOB 4:00 Teacher Care Package Making, AR 7:00 Friday Date Night Movie, MT		4		10:30 Coffee and Donuts with Asst. Mgrs., AR 11:00 Board Games, AR 2:00 Left, Right, Center!, AR 3:00 Disney Movie Saturday, MT 7:00 Saturday Drama Night Movie, MT		5					
				YOM KIPPUR BEGINS AT SUNSET 9:30 Morning Chair Exercise with Jamie, AR 10:00 Bible Study, CH 10:30 Happy Hour Smoothies, AR 11:00 Rosary Prayer Group, CH 11:00 Resident Author Book Review and Sale, AR 11:00 Fit Beat Drumming, AR 1:45 Encompass BP Check, AR 2:30 Canasta, TV 3:00 Straw Hat Scarecrow Hats Craft, AR 7:00 Left, Right, Center!, AR 7:00 Tuesday Night Action Movie, MT		8		2:00 Bingo, AR 2:00 Scrabble, BR 2:00 Mahjong, BR 3:00 Country Line Dancing Lessons with Virginia, AR 4:00 John Lennon Day, Name That Tune!, AR 6:45 Bean Bag Baseball, AR 7:00 Wednesday Night Western Movie, MT		9		8:45 Garden Club Meeting, AR 9:30 Chair Yoga with Amanda 12:00 Communion, CH 1:45 Chef/Resident Meeting, AR 2:30 Hand and Foot, TV 3:00 Modge Podge Pumpkins Art, AR 7:00 Thursday Night Thriller Movie, MT		10		Food Truck Information Day 9:30 Morning Chair Exercise with Jamie, AR 10:30 Happy Hour Smoothies, AR 11:00 Cooking with Cathy-Carrot Cake Mugs, AR 2:00 Bingo, AR 3:30 Chair Volleyball, AR 4:00 Happy Hour, BYOB 7:00 Friday Date Night Movie, MT		11		10:30 Coffee and Donuts with Asst. Mgrs., AR 11:00 Board Games, AR 2:00 Left, Right, Center!, AR 3:00 Disney Movie Saturday, MT 7:00 Saturday Drama Night Movie, MT		12	
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Out-N-About

September was full of fun outings and memories. Mulligan Park residents enjoyed time at St. George Island, grilling out at Maclay Gardens Lake, the movies and more!

October is also full of fun-filled adventures, which include:

Wednesday, October 2nd:

New Works by Melinda Copper, Jefferson Arts Gallery in Monticello. Bus leaves at 10 a.m.



Friday, October 4th: Fred Astaire Dance Studio to watch Bub Dance. Champagne and light snacks provided. Bus leaves at 7 p.m.

Wednesday, October 9th: Enjoy Ice Cream and Lunch at Lofty Pursuits. Bus leaves at 11 a.m.

Wednesday, October 16th: No outing due to bus maintenance. (Get ready for Harvest Moon Dance Decorating!)

Wednesday, October 23rd: Spring Hill Tree Farm "Pumpkin Picking" in Bainbridge, Georgia. Time TBD.

Wednesday, October 30th: Canopy Roads Scenic Tour and Lunch at Canopy Roads Café. Bus leaves at 9:30 a.m.

Saturday, October 26th: Monthly Dinner Outing at Ted's Montana Grill. Bus leaves at 4 p.m.



Price is Right

On September 6th, Mulligan Park had its first ever live Price Is Right Game Show, in our very own Activity Room. The room was filled with eager contestants who were all hoping for a chance to hear their name called and to "Come on Down!" Two resident contestants won the "Showcase Showdown," won awesome prizes and even had a chance to play Plinko and win cash!

Thank you to all who attended. Price Is Right will be back in a couple of months.





'50s Sock Hop Memories

Towards the end of August, Mulligan Park had its first ever '50s Sock Hop! The night was filled with music, dancing, poodle skirts and delicious appetizers. Residents enjoyed dancing the night away to tunes from the '50s from DJ Kathleen, surrounded by '50s Diner Décor.

We can't wait until next year's Sock Hop!



Health Benefits of the Fall Harvest!

Fall is the season of brisk breezes and cozy sweaters, but it's also the time of harvest, and it brings an abundance of fresh foods in a beautiful array of colors that grew all summer and are now ripe and ready to enjoy.

Here are just a couple fall harvest favorites, and their health benefits:

Cranberries: Available October through December, these juicy red fruits are a holiday favorite. Some health benefits include:

- Antioxidants in cranberries called proanthocyanins (PACS for short) can help to prevent UTIs.
- Packed full of fiber, cranberries are great for overall gut health.

Pomegranates: In season October through January, these fruits' tough shell exterior hold delicious sweet seeds inside. Some of the best benefits of pomegranates include:

- They are an excellent source of fiber, Vitamins A, C and B, as well as minerals such as calcium, potassium and iron.
- Pomegranates also possess impressive anti-inflammatory effects which may help fight arthritis and joint pain.



Pumpkin

MULLIGAN PARK
Gracious Retirement Living

1800 Hermitage Blvd
Tallahassee, FL 32308



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with the season

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