

# MULLIGAN PARK

## Gracious Retirement Living

1800 Hermitage Blvd • Tallahassee, FL 32308 • Phone (850) 553-3252 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2020

### MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS  
Assistant Managers ..... EARL & CATHY KNIGHT  
Executive Chef .....PETER CADAIECIO  
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

## Hawthorn Adventure: Expedition Across Africa!

Start your engines, Mulligan Park! Beginning January 16th through February 8th, Mulligan Park will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- Morocco
- Egypt
- Tanzania

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Expedition Kickoff Party on January 16th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Expedition Guide Jamie Green for all the details!

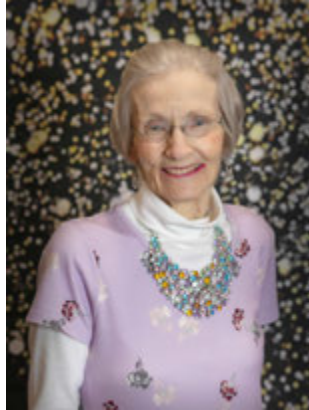




## Get To Know Our Residents: Sally Mason

Written By: Gloria Kalias

She is curious, a perfectionist and perseveres in all things. She admits that she doesn't always get things right since she was married three times. According to Sally, her first husband gave her children, the second gave her grief, and the third, love. He was a pro football player and a car salesman whose first wife was also named Sally. They were married 40 happy and adventurous years. She has two sons and three daughters and two stepdaughters and one stepson. One of her daughters was deceased two years ago. A daughter and son-in-law live here, one son in Missouri, one son in Palm Beach, and a daughter in Juneau, Alaska. Like most parents, she feels that her children are her greatest accomplishment.



Sally was born and raised in the cold climes of Minneapolis, Minnesota and lived there until she moved to Boston and started junior college but received her MRS instead of a BS and started her family. One of her favorite memories as a child involved her best friend. They both decided to run away, but asked another friend to go with them. This friend said she had to ask her mother first. Consequently these three eight-year-olds were escorted back home by the best friend's father and Sally's first adventure was thwarted ... but not for too many years.

To look at slim and frail Sally, one could not guess the various careers she has had. At one time she bred show dogs and bred the top producing winner of champion Irish setters in the United States. She moved to Florida in 1974 from North Dakota and "thought she had died and gone to heaven" because of the warm weather. When asked where her favorite place was, she deftly stated it was "anywhere it's warm." Her writing talents were honed while she was a writer for the Boca Raton Chamber of Congress. She had boarding kennels and was a school bus aid for special ed children. This experience perhaps fueled

her need to help others as she does here at Mulligan Park. She has been an employment counselor for Snelling and Snelling, and a microwave cooking teacher. Those of us with microwaves could use a little of her expertise!

The most bizarre position she held was that of a "Mal-Odor Judge." Sally and four other "judges" were chosen out of 30 candidates to smell (in Sally's words) gross odors such as bad breath and underarms. Manufacturers

needed products tested (products such as toothpaste and deodorant) to make sure their product eliminated these odors. As gross as the job was, Sally said it was the highest paying job she ever had.

While living in Jupiter, she and her husband had a small horse breeding farm next door to Burt Reynolds and has a few "stories" to tell about that time. Her husband walked into Burt's stallion farm, and seeing the actor, he introduced himself: "I'm Bill Mason," he said, and "I'm Red Skelton" was the reply. Her husband played Santa every year at the Reynolds farm. Another incident happened when the Palm Beach Post and Lion Country Safari had a contest in which participants had to write in 25 words or less why "I would like to safari through the Palm Beaches because ..." Sally won and Burt Reynolds's father, on meeting her, said, "Isn't it nice to have a celebrity in our midst."

Sally decided it was time to retire, so she and her husband lived in an RV for 10 years and traveled the United States. Her life was not quite as exciting, but happy and still adventurous.

She moved to Mulligan Park so she could still be near some of her children. She participates in as many activities as she can, particularly in writing poetry. Her poems are clever and funny and through them we get glimpses into the mind of the person who is "fascinated by words." Keep on writing, Sally!

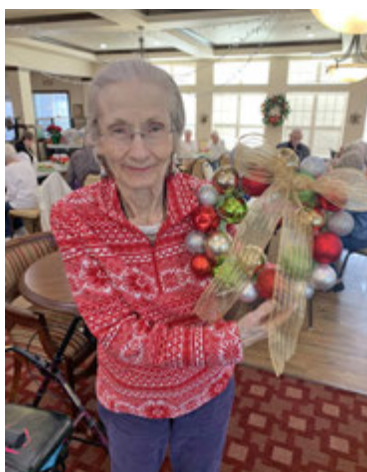




## Mulligan Park December Memories

Christmas arrived in December with the help of our beautiful and helpful residents. It certainly felt warm and at home for many as we decorated the halls, and had many events and crafts seasoned for the month.

January is going to be filled with fun and excitement as we begin our Hawthorn Adventure traveling through the beautiful land of Africa! So be sure to look at our calendar for new upcoming and exciting events!



## New Year, Healthier You

In January, Mulligan Park is partnering with Encompass Health to start this new year with a healthier YOU! Each week, we will present you with a new health topic, or guest speakers to inform you of your options with where you are at in life, provide you with a safe place to ask questions, and to simply ask a multitude of professionals who are trained in a specific specialty. We can't wait to help provide you with key health information at our weekly health seminars!

**January 7th, 1:45 p.m.:** What are my options? The next step.

**January 14th, 1:45 p.m.:** Walker Wash and Dash

**January 21st, 1:45 p.m.:** A Collaborative Team Approach — A Panel Discussion. "A Safe Space to Get Straight Answers."

**January 28th, 1:45 p.m.:** Preventive Memory Care, "Let's Help You Not Lose It"





JANUARY  
2020

Birthdays

Margaret B., 2nd  
Beverly S., 4th  
Barbara G., 5th  
John R., 7th  
Marjorie B., 10th  
Don O., 11th  
Nancy L., 13th  
Doreen M., 13th  
Bob K., 15th  
Robert C., 16th  
Carol K., 17th  
Bob H., 18th  
Viva R., 20th  
Scarlett L., 24th  
Sandy N., 25th  
Virginia G., 27th  
Charlie M., 30th

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

“If you love life,  
don’t waste  
time, for time  
is what life is  
made up of.”  
—Bruce Lee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>9:00 Crosswords with Friends, AR 5</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>3:00 Wii Wheel of Fortune, AR</div> <div>7:00 Sunday Night Classic Movie, MT </div>	 <div>9:30 Morning Chair Exercise with Jamie, AR 6</div> <div>10:00 Spaghetti Twisting Contest, 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>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Monday Night Comedy Movie, MT</div>	<div>9:30 Morning Chair Exercise with Jamie, AR 7</div> <div>10:00 Bible Study, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>1:45 HT What Are My Options: Next Steps, AR</div> <div>2:30 Canasta, TV</div> <div>4:00 Ageless Grace, AR</div> <div>7:00 Left, Right, Center!, AR</div> <div>7:00 Tuesday Night Action Movie, MT </div>	<div>NEW YEAR’S DAY 1</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Mahjong, BR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>9:30 Chair Yoga with Amanda 2</div> <div>12:00 Communion, CH</div> <div>1:45 Manager/Resident Meeting, AR</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Thursday Night Thriller Movie, MT </div>	<div>9:30 Morning Chair Exercise with Jamie, AR 3</div> <div>10:00 Lighthouse Visually Impaired, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Tic-Tac-Toe Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Old Tyme Music and Singalong, DR</div> <div>7:00 Friday Date Night Movie, MT</div>	<div>10:30 Coffee and Donuts with Asst. Mgrs., AR 4</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 Movie Night, MT </div>
<div>9:00 Crosswords with Friends, AR 12</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>9:30 Morning Chair Exercise with Jamie, AR 13</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Billiard Games, BR</div> <div>11:00 Winter Hot Tea Bar, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Monday Night Comedy Movie, MT </div>	<div>9:30 Morning Chair Exercise with Jamie, AR 14</div> <div>10:00 Bible Study, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>1:45 Walker Wash &amp; Dash, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Spice of Life Day, AR</div> <div>7:00 Left, Right, Center!, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div>	<div>Outing Day, Bus 15</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Mahjong, BR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT </div>	<div>9:30 Chair Yoga with Amanda 16</div> <div>11:30 Activities/Resident Meeting, AR</div> <div>12:00 Communion, CH</div> <div>2:00 Hawthorn Adventure Expedition Kickoff Party, AR</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Thursday Night Thriller Movie, MT </div>	<div>Happy Birthday Betty White! 17</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Cooking with Cathy, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>3:30 New Resident Meet ‘N Greet, AR</div> <div>4:00 Old Tyme Music and Singalong, DR</div> <div>7:00 Friday Date Night Movie, MT </div>	<div>Cary Grant Day! 18</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 Movie Night, MT </div>
<div>9:00 Crosswords with Friends, AR 19</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>MARTIN LUTHER KING JR. DAY 20</div> <div>Martin Luther King Jr.</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>4:00 Moroccan Blue Social, AR</div> <div>7:00 Monday Night Comedy Movie, MT </div>	<div>9:30 Morning Chair Exercise with Jamie, AR 21</div> <div>10:00 Bible Study, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>1:45 Health Panel: A Safe Space Discussion, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Moroccan Mosaics Craft, AR</div> <div>4:00 Ageless Grace, AR</div> <div>6:30 Party with Carty, AR</div> <div>7:00 Left, Right, Center!, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div>	<div>Outing Day, Bus 22</div> <div>10:00 Marrakech Lanterns Craft, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Mahjong, BR</div> <div>3:00 Marrakech Market Expedition, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>Casablanca Day! 23</div> <div>8:45 Garden Club Meeting, AR</div> <div>9:30 Chair Yoga with Amanda</div> <div>11:00 Moroccan Djembe Drums Craft, AR</div> <div>12:00 Communion, CH</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Hawthorn Adventure Casablanca Party, AR</div> <div>7:00 Thursday Night Thriller Movie, MT</div>	<div>Compliment Day! 24</div> <div>9:00 AARP Safe Drivers Course, MT</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Monthly Show ‘N’ Tell, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>7:00 Friday Date Night Movie, MT </div>	<div>10:30 Coffee and Donuts with Asst. Mgrs., AR 25</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>4:30 Monthly Dinner Outing, Bus</div> <div>7:00 Saturday Drama Movie Night, MT </div>
<div>Paul Newman Day! 26</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 History of King Tut Egypt Expedition, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Sunday Night Classic Movie, MT</div>	<div>Marshmallow Monday 27</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>12:30 “Phind” The Pharaohs Scavenger Hunt, DR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Monday Night Comedy Movie, MT </div>	<div>9:30 Morning Chair Exercise with Jamie, AR 28</div> <div>10:00 Bible Study, CH</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Rosary Prayer Group, CH</div> <div>1:45 Health Preventive Memory Care, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Egyptian Pottery Craft, AR</div> <div>4:00 Wine &amp; Cheese with Home Instead, AR</div> <div>7:00 Left, Right, Center!, AR</div> <div>7:00 Tuesday Night Action Movie, MT</div>	<div>Outing Day, Bus 29</div> <div>National Puzzle Day</div> <div>10:00 Egyptian Mummy Wrap Competition, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Mahjong, BR</div> <div>6:45 Bean Bag Baseball, AR</div> <div>7:00 Wednesday Night Western Movie, MT</div>	<div>9:30 Chair Yoga with Amanda 30</div> <div>12:00 Communion, CH</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Sugar Cube Pyramids, Egypt, AR</div> <div>4:00 Great Courses Cathedrals, MT</div> <div>7:00 Thursday Night Thriller Movie, MT </div>	<div>Backwards Day All Day 31</div> <div>9:30 Morning Chair Exercise with Jamie, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Fly Swatter Volleyball, Egypt, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Monthly Birthday Party and Trivia, AR</div> <div>7:00 Friday Date Night Movie, MT</div>	





## To Our New Residents: Welcome to the Family!

- Rosie H.
- Donald and Joyce D.
- Grady B.
- Bruce K.
- Francis and Laura R.
- Sally M.
- Ruth B.
- Minnie B.
- Michael H.



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

Join us on Friday, January 17th at 3:30 p.m., for our monthly New Resident Meet-N-Greet.

This monthly social gathering takes place in the dining room and is a great time get to know one another, socialize, enjoy light refreshments, and enjoy singalongs beginning at 4 p.m. This event is for everyone and who knows, you might even make a new friend!

## Guess Who?!

Guess which resident is in this photo.

### Clues:

1. Married for 70 years.
2. Honeymooned in Tallahassee and also retired here.
3. Lived in eight states (8). Georgia, Rhode Island, Wyoming, North Carolina, South Carolina, California, Kentucky, and Florida.
4. Has four children.
5. Fulfilled dream of becoming a nurse at age 45!



December's "Guess Who" answer was Bob B.

## Out-N-About

December was filled with spectacular outings themed around Christmas and holiday fun! Residents enjoyed riding and looking at Christmas lights, touring Pebble Hill Plantation, and even the Million-Air Club at the Tallahassee Airport! January has many exciting outings planned so make sure you mark your calendars and sign up today!

### Wednesday, January 1st:

Shopping Day. Returns, Sales and Lunch at Carrabba's Italian Restaurant, 10 a.m.

### Wednesday, January 8th:

Photofest 2019. Artport Gallery (Tallahassee Airport) and Lunch at the Wharf, 10 a.m.

### Wednesday, January 15th:

Osaka's Japanese Hibachi Steak House, 11:30 a.m.

### Wednesday, January 22nd:

Movie Day! Lunch at Whataburger, Time TBD

### Saturday, January 25th:

Monthly Dinner Outing, Seinyard, 4:30 p.m.

### Wednesday, January 28th:

Dollar Days, 10 a.m. Lunch at 4 Rivers Barbecue

- Dollar General
- Dollar Tree
- Country Dollar



## Why Do We Celebrate New Year's Day?

It's the end of the year: time to start fresh, make resolutions and get ready for 2020.

But as the world counts down to midnight, let's take a moment to question why people around the planet are celebrating the new year at that very moment.

It turns out that the new year wasn't always on January 1st, and still isn't in some cultures.

The ancient Mesopotamians celebrated their 12-day-long New Year's festival of Akitu on the vernal equinox, while the Greeks partied around the winter solstice, on December 20th. The Roman historian Censorius, meanwhile, reported that the Egyptians celebrated another lap around the sun on July 20th, according to a 1940 article in the journal, *Proceedings of the American Philosophical Society*.

During the Roman era, March marked the beginning of the calendar. Then, in 46 B.C., Julius Caesar created the Julian calendar, which set the new year when it is celebrated today, *Live Science* previously reported.

But even Julius Caesar couldn't standardize the day. New Year's celebrations continued to drift back and forth in the calendar, even landing on Christmas Day at some points, until Pope Gregory XIII implemented the Gregorian calendar in 1582. The Gregorian calendar was an attempt to make the calendar stop wandering with respect to the seasons. Because the Julian calendar had a few extra leap years than was necessary, by the 1500s, the first day of spring came 10 days earlier.

Though the selection of the new year is essentially arbitrary from a planetary perspective, there is one noteworthy astronomical event that occurs around this time: the Earth is closest to the sun in early January, a point known as the perihelion.

Nowadays, January 1st is almost universally recognized as the beginning of the new year, though there are a few holdouts: Afghanistan, Ethiopian, Iran, Nepal and Saudi Arabia rely on their own calendrical conventions.

Different religions also celebrate their New Year's at different times. For instance, the Jewish calendar is lunar, and its New Year's festival, Rosh Hashanah, is typically celebrated between September and October. The Islamic calendar is also lunar, and the timing of the new year can drift significantly. For instance, in 2008, the Islamic New Year was celebrated on December 29th, while it came on September 22nd in 2017. The Chinese calendar, meanwhile, is also lunar, but the Chinese New Year falls between January 21st and February 20th.

Wherever you are in the world, and whenever you celebrate New Year's, remember this: it's never too late to start anew, make a plan, and try something different. Happy New Year's to all!

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## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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**850-553-3252**