

MULLIGAN PARK

Gracious Retirement Living



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

MARCH 2020

MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS
Executive Chef.....JAMILA TOBIAS
Community Sales JEANIE
MARTIN-ARMSTRONG
Activity CoordinatorJAMIE GREEN
MaintenanceSCOTT 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

Irish Step Dancers Are Coming to Mulligan Park!

The Tallahassee Step Dancers were founded by dancers, David Jones and Shannon O'Bryan, in 1999. They are Tallahassee's first Irish dance troupe contributing to the local heritage and traditions by participating in events such as the Downtown-Getdown and various Celtic festivals.

Their performances in the community have taken them to North Florida Fair, Monticello Opera House, The Warehouse, and many weddings, churches and retirement homes. In addition to local events, they have performed at the Dixie Theatre in Apalachicola and the Panama City Highland Games.

Mulligan Park is pleased to announce that the Irish Step Dancers will be performing at our beautiful and spacious community on March 17th at 2:30 p.m.! Come out and bring a friend to enjoy this spectacular event! You don't want to miss out on this rare and amazing afternoon of dance on St. Patrick's Day!

Guests should RSVP no later than March 10th.

We can't wait to see you there!



Get To Know Our Residents: Linda Rou

Written By: Gloria Kolias

Life may be a puzzle, and I'm not sure how Linda solves that conundrum, but boxed puzzles have made her the "Puzzle Queen" at Mulligan Park. She can usually be found at the puzzle table any time of the day or night and no matter how many pieces are involved, she unfolds the picture in no time. Although she had worked a few puzzles while camping around the country with her husband, she has done 50 or more since moving here, and she always welcomes any help from the residents. Born in Ft. Wayne, Indiana, she was the baby in the family with a brother and two sisters. Her family moved to Florida when she was 10. Her father, a native Georgian, wanted to move to a warmer climate. He was a principal in Indiana, and became her principal when they moved to Eustis, Florida. She quickly found out that her father had heard all the excuses for any misbehavior at school, and she certainly didn't want to be sent to the principal's office, so she became a model student. She and her husband, Mike, dated while in high school, but when she entered FSU she started dating others. She says her claim to fame is when she dated Burt Reynold's best friend and she sat in the back seat of Burt's car. Her husband was also attending FSU on a football scholarship, playing the same year as Burt. She and Mike connected again and decided to get married while in school, promising her parents she would get her degree. Linda graduated in 1959 with a Bachelor of Science in Home Economics Education, and a Master of Education from UCF in 1974. She spent 10 years teaching home economics in various high schools in Central Florida and 28 years as Supervisor of Career and Technical Education in Marion County. After retiring, Mike and Linda owned Mike's Marine



World in Ocala/Bellevue. They both loved the water and owned a vacation home on Lake George in the Ocala National Forest even though their primary home was on Lake Weir, Weirsdale, Florida (south of Ocala and 10 minutes away from "The Villages"). Their retirement years were spent boating, water-skiing, fishing and traveling. Her husband often said Linda "would fish in a bucket of water" if that was the only water around. They traveled throughout many countries in Europe and motor-homed all over the United States, including Alaska and Canada. Linda has two children: Mike II who lives in Orange Park (and is a Gator graduate) and Susie

Murray (a FSU graduate) who lives in Tallahassee; between them, she has three grandsons, one granddaughter and a six-month-old great-grandchild. After 61 years of marriage to her best friend, Linda moved to Mulligan Park in January 2018 when Mike passed away in December 2017. She still owns her home on Lake Weir although it sustained a lot of damage in a previous storm. She still owns Lake Weir Marine, but has it leased and she still has a bucket list of things she would like to do: visit Australia and New Zealand and take a paddle boat tour all the way down the Mississippi River from Minneapolis to New Orleans with her children.

Although the love of her life is gone, Linda yet has many loves: reading (especially books about Florida); any form of chocolate; snow-skiing and water, beaches, and more water. As many of the residents say, it's the people who keep her here. Linda, "you are a piece of the puzzle in someone else's life. You may never know where you fit, but others will fill the holes in their lives with pieces of you."



We Will Miss You, Cathy and Earl!

Cathy and Earl, our beloved Assistant Managers came to us last year in April, and made a huge impression on ALL of us and we instantly opened our hearts to them. They have dedicated every ounce of their energy into Mulligan Park to ensure that our community was full of support, love and our residents were well taken care of, including our staff. The time has come, where they are moving on to become managers of their very own community, which means, sadly, we must say goodbye.



Although this is sad for us, this is a great opportunity for them, and they have worked so hard for this step up into this role, and we wish them all the best into their new positions. We will miss you dearly Cathy and Earl, your shoes will not be easily filled. They start March 1st at the Carriage House in Oxford, Florida, not far from "The Villages."

Due to this change in management, our monthly "Cooking With Cathy" activity will be postponed until further noticed. Thank you for your understanding.

Welcome to Mulligan Park New Residents!

- Norma C.
- Richard P.
- Patricia C.
- Jim D.
- Barry P.
- Joan H.

Thank you for choosing Mulligan Park for your new home. We are thrilled and honored to be able to call you family, and we just know you are going to love it here.

Join us on Friday, March 14th, 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 to 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!

See you there!

Out-N-About

Wednesday, March 4th: 10 a.m.

Tallahassee Nurseries
Lunch at Island Wing Company

Wednesday, March 11th: 9:30 a.m.

Meek-Eaton Black Archives Research Center
and Museum FAMU
Lunch at Wilderness Cabin Cafe

Wednesday, March 18th: 10 a.m.

Tallahassee Automobile Museum
Lunch at Chicken Salad Chick

Wednesday, March 25th: 10 a.m.

Shopping Plaza: Ross, Bealls Outlet, Dollar Tree, Sally's
Lunch at Mission BBQ

Saturday, March 28th: 4:30 p.m.

Monthly Dinner Outing, Wahoo's Seafood Grill

Spring Fling Dance

Get ready to celebrate the season of spring with a night of dancing, food, great music, beautiful friendship and of course, FUN! With floral arrangements galore, scents of spring in the air, and color exploding in every direction, you're bound to have a great time. Join us on March 19th, 7-9 p.m. as we welcome the beauty of spring together. Join us to celebrate spring!

Birthdays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Movie Every Night at 7, MT</div>	<div>2</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 World Compliment Day, AR</div> <div>10:00 Book Club, LB</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Namesake Day Craft, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div> <div></div>	<div>3</div> <div>9:30 Chair Exercise, AR</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>2:00 Senior Singers Concert, DR</div> <div>2:30 Canasta, TV</div> <div>4:00 Ageless Grace, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div>	<div>4</div> <div>Outing Day, Bus</div> <div>10:00 Simple Salsa Verde Demo, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>3:00 Library Outing, Bus</div> <div>4:00 Afternoon Chair Exercise, AR</div>	<div>5</div> <div>9:30 Chair Yoga with Amanda</div> <div>11:00 Tic Tac Toe Trivia, AR</div> <div>12:00 Communion, CH</div> <div>1:45 Manager/Resident Meeting, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Chair Exercise, AR</div> <div>7:00 Left, Right, Center!, AR</div>	<div>6</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Lighthouse Visually Impaired, AR</div> <div>10:00 Current Events Discussion Group, LB</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 Old Tyme Music and Singalong, DR</div> <div></div>	<div>7</div> <div>Kellogg's Cornflakes Day</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 Movie Matinee, MT</div>
<div>8</div> <div>DAYLIGHT SAVING TIME BEGINS</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Movie Every Night at 7, MT</div>	<div>9</div> <div>9:30 Chair Exercise, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Seeing 2020: Inspirational Talk, MT</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div>	<div>10</div> <div>Telephone Game Day, AR</div> <div>9:30 Chair Exercise, AR</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 Encompass BP Check, AR</div> <div>2:30 Canasta, TV</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>11</div> <div>Outing Day, Bus</div> <div>9:30 Coffee Circle, TV</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>3:00 Plant a Flower Day Craft, AR</div> <div>3:00 Library Outing, Bus</div> <div>4:00 Afternoon Chair Exercise, AR</div>	<div>12</div> <div>8:45 Garden Club Meeting, AR</div> <div>9:30 Chair Yoga with Amanda</div> <div>11:00 Tic Tac Toe Trivia, AR</div> <div>12:00 Communion, CH</div> <div>1:45 Chef/Resident Meeting, AR</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bridge Club, TV</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Chair Exercise, AR</div> <div>7:00 Left, Right, Center!, AR</div>	<div>13</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Current Events Discussion Group, LB</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Bubble Making Party, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Fly Swatter Volleyball, AR</div>	<div>14</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 Movie Matinee, MT</div>
<div>15</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Movie Every Night at 7, MT</div>	<div>16</div> <div>9:30 Chair Exercise, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 No-Sew T-Shirt Tote Craft, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div>	<div>17</div> <div>ST. PATRICK'S DAY</div> <div>9:30 Chair Exercise, AR</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 Encompass Health Talk: "Stroke," AR</div> <div>2:30 Canasta, TV</div> <div>2:30 Irish Step Dancers, AR</div> <div>4:00 Ageless Grace, AR</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div>	<div>18</div> <div>Outing Day, Bus</div> <div>10:30 Me Lucky Charm Painting Party, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>3:00 Paper Dress Crafting, AR</div> <div>3:00 Library Outing, Bus</div> <div>4:00 Afternoon Chair Exercise, AR</div>	<div>19</div> <div>FIRST DAY OF SPRING</div> <div>9:30 Chair Yoga with Amanda</div> <div>11:00 Tic Tac Toe Trivia, AR</div> <div>12:00 Communion, CH</div> <div>1:45 Activities/Resident Meeting, AR</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bridge Club, TV</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Chair Exercise, AR</div> <div>7:00 Left, Right, Center!, AR</div> <div>7:00 Spring Fling Dance, AR</div> <div></div>	<div>20</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Current Events Discussion Group, LB</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 New Resident Meet 'N Greet, AR</div> <div>3:30 Chair Volleyball, AR</div> <div>4:00 Old Tyme Music and Singalong, DR</div>	<div>21</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 Movie Matinee, MT</div> <div></div>
<div>22</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Movie Every Night at 7, MT</div>	<div>23</div> <div>9:30 Chair Exercise, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Resident Quilt Show, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Mythology Monday, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div>	<div>24</div> <div>9:30 Chair Exercise, AR</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 Encompass BP Check, AR</div> <div>2:30 Canasta, TV</div> <div>4:00 Wine & Cheese with Home Instead, AR</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>25</div> <div>Outing Day, Bus</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Wills/Trust/Estate Planning Speaker, MT</div> <div>3:00 Library Outing, Bus</div> <div>4:00 Afternoon Chair Exercise, AR</div> <div>6:30 Party with Carty, AR</div>	<div>26</div> <div>Baseball Opening Day</div> <div>8:45 Garden Club Meeting, AR</div> <div>9:30 Chair Yoga with Amanda</div> <div>11:00 Tic Tac Toe Trivia, AR</div> <div>12:00 Communion, CH</div> <div>1:45 Chef Showcase, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>4:00 Chair Exercise, AR</div> <div>7:00 Left, Right, Center!, AR</div>	<div>27</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Current Events Discussion Group, LB</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 Fly Swatter Volleyball, AR</div> <div>4:00 Monthly Birthday Party and Trivia, AR</div>	<div>28</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 Movie Matinee, MT</div> <div>4:30 Monthly Dinner Outing, Bus</div>
<div>29</div> <div>Oceans of the World Week</div> <div>9:00 Crosswords with Friends, AR</div> <div>10:00 Movie Matinee, MT</div> <div>2:00 Nondenominational Sunday Service, CH</div> <div>7:00 Movie Every Night at 7, MT</div> <div></div>	<div>30</div> <div>9:30 Chair Exercise, AR</div> <div>10:30 Happy Hour Smoothies, AR</div> <div>11:00 Potato Chips Taste Test, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Getting Balance for Life with Fatimah, AR</div>	<div>31</div> <div>Oklahoma Day</div> <div>9:30 Chair Exercise, AR</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>11:00 Paper Roll Bracelet Making Craft, AR</div> <div>2:30 Canasta, TV</div> <div>6:45 Bean Bag Baseball, AR</div>				



Recycling Dos and Don'ts

March is all about going green! So what better way to do that than by recycling? But first, we must learn a little about the proper way of disposing of our litter and turning our trash into new products. Here are a few recycling dos and don'ts!

For Paper

DO: Recycle paper with staples, clips, or spirals intact — the metal will be filtered out by machines later. **DON'T:** include any paper with food stains (think pizza boxes), as they can contaminate a load.

For Plastic

DON'T: Forget to remove bottle caps. They're made of a different type of plastic and can mess up a whole batch. **DO:** Return plastic bags to stores (Publix does this). Find a local spot at plasticbagrecycling.org.

For Glass and Metal

DO: Rinse out bottles, jars, and cans; throw away (or recycle) caps. **DON'T:** Worry about labels — they'll burn off at the plant. **DO:** Include washed pie tins and foil, metal bottle caps, wire coat hangers, scrap metal.

Three ways to cut the clutter — and save trees in the process:

1. Get off the junk mail lists by registering with the Direct Marketing Association's DMAchoice mail preference service (dmachoice.org), and you'll see a significant reduction in mail after three months.
2. Permanently place a recycling box an arm's length from your mail bin so you can toss any remaining junk mail pronto.
3. Pay bills online or set up automatic check paying from your bank account. No envelopes, no postage.



Seeing 2020: An Inspirational Talk With Award-Winning Author Ashley L. Jones

Talk Summary: Has God shared with you His vision for your life? Has He made promises that have yet to be fulfilled? In this inspirational talk, Ashley will encourage you to recognize the vision God has for you and to stand on His promises. Come ready to seek God's plan for your life in 2020!

Bio: Ashley L. Jones is an author, blogger, and teacher, but she prefers the title of Big Sister. A firm believer that we all know something worth sharing, she started the blog Big Sister Knows as a way to encourage and inspire other young women to live with gusto. Her upcoming releases — "Modern Cast Iron" (2020) and the children's series "Big Answers" (2021) — are a continuation of that mission. In everything she does, Ashley hopes to inspire others to live wholesome lives that bring glory to God. Find your encouragement, and follow Ashley's journey, at BigSisterKnows.com.

When: March 9, 2020, beginning at 11 a.m. The talk is expected to last 45 minutes, but a full hour is being allotted.

Location: Movie Theatre



Guess Who?

Guess which resident is in this photo.

Clues:

1. She will do anything for a laugh.
2. Loves words and using them.
3. She has a fertile imagination.
4. She is super silly and young at heart.

February's "Guess Who" answer was Barbara Whitcomb.





A Few Changes to the Calendar

Please Note: There have been a few changes to some of your favorite weekly activities on the calendar! Please see below.

- Bean Bag Baseball has now changed to Tuesdays at 6:45 p.m.
- Party With Carty is now the 4th Wednesday of every month at 6:45 p.m.
- Left, Right, Center is now Thursdays and Saturdays at 7 p.m.
- Chair Volleyball will now be every other week on Fridays at 3:30 p.m.

A few additions have also been added to your monthly calendar ...

- Book Club (Led by Nancy W. in Library), Mondays at 10 a.m.
- Current Events Discussion Group held in TV Room on Fridays at 10 a.m.
- Afternoon Chair Exercise, Wednesdays and Thursdays at 4 p.m.
- Fly Swatter Volleyball will be every other week on Fridays at 3:30 p.m.
- Library Outings will be every Wednesday afternoon at 3 p.m.
- Tic-Tac-Toe Trivia will be every Thursday at 11 a.m.



2020 Hawthorn Adventure: A Resident's Perspective

“Magic Carpet Travel”: A poem by Sally Mason about our travels through Africa for 2020 Hawthorn Adventure

We've been on a magic carpet traveling far away
But, magically, when night comes, we're in our beds to stay.
Why don't you travel with me the places that we go?
We've been so many places, I'm beginning not to know
If we're now in Egypt, Tanzania, or oops ... it's Morocco.
We studied Marrakesh Markets and saw so many sights
Like mosaics, avocados, teas and coffees, drums and lantern lights
And met new traveling friends we never really knew before.
We had such fun that others joined us, and we travelled even more.

Then we went to Egypt where we drank Hibiscus Tea
And cruised upon the Nile where we saw the sights to see.
We scavenged for Pharaoh and drank his phusion water.
I must admit we spilled a lot — it wasn't what we “oughter”
Because it was a challenge game, then volleyball fly swatter.
The meals we ate along the way were mostly good, we've got to say
But some were better than the rest — the donuts got the most requests!
We made pyramids from sugar cubes and placed them on a cardboard, glued
Jamie sprayed them with bright gold paint, you can't tell they really “ain't”

We were so very busy that by the end of that week,
Tanzania surprised us, and on all did sneak.
So Monday morn, climbing the heights of Mount Kilimanjaro
Made us learn facts, but brought joy and sorrow.
One winner, the rest losers, and feeling quite glum
We drank Passion Fruit Smoothies until we were done.
Then switched to the coffees of Tanzania, like Peaberry and Volcanic — both new.
Then we learned about their spices too,
Also learned how to paint with some of them, true.
Of Africa, these are the Big Three
We learned about them because of Jamie!



Moroccan Mosaics during Arts and Crafts



Cheers to avocado smoothies!



Hawthorn Adventure Kickoff Party



Fun with Mummy Wrap Competition!

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1800 Hermitage Blvd
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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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850-553-3252

