

April 2019

Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 • 563-583-7939 • www.sunsetparkplace.net



Celebrating April

Global Astronomy Month

Poetry Month

Jazz Appreciation Month

Golden Rule Week

April 1–7

No Housework Day

April 7

Barbershop Quartet Day

April 11

Scrabble Day

April 13

Easter

April 21

Welcome Spring!

Spring is a new awakening. We welcome new colors of nature. We welcome the warmth of the season's rollover and the spring rains. We welcome the change!

The seasons of life brings many changes. Our needs may change and even the perceptions of the those needs. May Spring bring you health and happiness!

On Saturday April 20th we have our Annual Breakfast with the Bunny to raise money for the Alzheimer's Association from 8:30 – 10:00 AM in the dining room. Please invite all your friends and family to this delicious breakfast to help raise money for this worthwhile cause!

Happy Easter!

Jerry Bell

Activity Highlights

Shopping

Target	1 st	2:00 pm
Hy-Vee	3 rd , 10 th , 17 th , 24 th	1:20 pm
Garage Sale, Sisters of the Presentation	25 th	12:15 pm

Outings

Knickers	1 st	11:30 am
Village Inn	8 th	11:15 am
Party Bus Cruise	22 nd	1:30 pm
Timmermans	23 rd	4:30 pm

Events

Resident Meeting with Jerry	4 th	10:45 am
New Resident Welcome	4 th	1:30 pm
Quilt Show & Memory Bears	5 th	2:00 pm
Antique Bunny Show	8 th	2:00 pm
Good Friday Service	19 th	1:00 pm
Breakfast with the Bunny	20 th	8:30-10:00 am
Euchre Tournament	18 th	1:00 pm

Music

Frank Naber	9 th	1:30 pm
Chris Ross	12 th	2:00 pm
Jim Lucy	13 th	2:00 pm
Shelly Gessner	16 th	1:30 pm
Tom Bedtka	26 th	1:00 pm
Dave Poggenklass	29 th	1:30 pm



NIT

Occupational, Physical
& Speech Therapy

Better Bladder Exercise Class

Thursday, April 25th 2:00 – 2:45 pm

Interested in learning exercises to improve your bladder control? Join us for an exercise class led by one of our specially trained therapists, and learn a few exercises you can do every day to improve your bladder control.

April is Occupational Therapy Month!

Occupational Therapy is a health profession that helps people develop the skills, strength and endurance needed for daily activities like dressing, bathing, toileting, grooming, feeding, and leisure activities.

Occupational Therapists use a variety of approaches to help people meet their goals, including:

- Building physical strength and endurance
- Modifying daily tasks
- Recommending environmental modifications
- Teaching pain management strategies for shoulders, arms and hands
- Recommending equipment to make tasks easier
- Developing cognitive skills

NIT's occupational therapists are also specially trained to treat bladder incontinence through the use of exercise and cutting edge technology.

Breakfast with the Bunny



**Saturday, April 20th
8:30-10:00 am**

Pancakes with fruit topping
Sausage
Coffee, Juice, Milk
\$5.00/person

Let us do the cooking. Bring the kids, the grandkids, the neighbors and friends to enjoy a delicious meal and help support the Walk to End Alzheimer's!

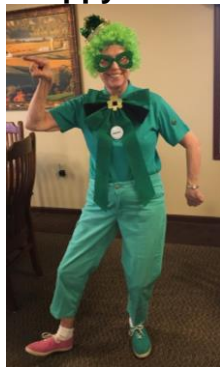


March Madness – SPP Style

New Resident Welcome Reception



St. Patty's Day Happy Hour



Lunch at the Shot Tower



Music with Lou



Around the Record Player

Thank you Dave Poggenklass for the donation of LP Records. It is a beautiful collection for all of us to enjoy!



Dare to Dream

Malinda has enjoyed watching wrestling for most of her life. When she was younger she watched on TV at the Farm. When she and her husband started dating he began watching with her. After they were married they would travel to the wrestling events and cheer on their favorite wrestlers all over the midwest. When WWE announced they would be at Five Flags Center we knew she would love to go! Malinda was so happy to be there for the live show and the walk down memory lane!



*Let us know if you have a Dare to Dream idea!
We love making dreams come true!*

Live 2 B Healthy

It is assessment time again! It is so exciting to see progress and recognize excellence in performance and attendance.



Congratulations to everyone who joins us in class. You are taking the most important step. Getting There!

With our wonderful attendance numbers, we would like to try a new format for our schedule on assessment day.



Friday, April 19th

10:00 Assisted Living Residents

10:30 Town Homes and Community Members

11:00 Weland Gardens

Chris, Pam, and Shelly will help make this process efficient and enjoyable. Keep up the good work everyone!!

Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52002



April Events – RSVP's Appreciated

Euchre Tournament

Thursday, April 18th 1:00 pm

Breakfast with the Bunny

Saturday, April 20th

Serving 8:30 – 10:00 am

\$5.00/person

Better Bladder Exercise Class

Thursday, April 25th 2:00 pm

Please call (563) 583-7939 to RSVP to any and all of these events. Thank you.

April Birthdays

Pat W 6th Joyce S 10th
Irene H 29th Kay W 29th

In astrology, those born April 1–19 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals. Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Buddy Ebsen (actor) – April 2, 1908
Maya Angelou (poet) – April 4, 1928
Bette Davis (actress) – April 5, 1908
Billie Holiday (singer) – April 7, 1915
Henry Mancini (composer) – April 16, 1924
Glen Campbell (singer) – April 22, 1936
Ella Fitzgerald (singer) – April 25, 1917
Samuel Morse (inventor) – April 27, 1791
Harper Lee (author) – April 28, 1926
Duke Ellington (bandleader) – April 29, 1899