

July 2019

Sunset Park Place

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

Have A Splendid July!

What does the month of July bring to mind? Fishing in the shade, pond-side, watching for the red and white bobber to dance? Sipping lemonade on the front porch to stay cool? A dip in the ole' swimming hole? Good times and wonderful memories bring sunny smiles to our faces!

As you reminisce about the "good ole' summertime" and the good old days," reflect upon just how nice we've had it here at Sunset Park Place. Retirement just as it should be ... lovely apartments, delicious home cooking, great residents and people who really care!

Make sure you check out all the great events planned for the month of July. Have a wonderful month and a great July 4th.

Jerry Bell

Celebrating July

Picnic Month

Tour de France Month

Canada Day
July 1

Independence Day
July 4

Zookeeper Week
July 21-27

Tell an Old Joke Day
July 24

Lipstick Day
July 29



Activity Highlights

Shopping

Hy-Vee	2 nd 2:00, 10 th , 17 th , 24 th , 31 st	1:20 pm
Target	9 th	3:00 pm
Walmart	23 ^d	3:00 pm

Outings

Sunshine Restaurant	1 st	11:15 am
Picnic at Eagle Point Park	15 th	11:30 am
Party Bus Cruise	22 nd	1:30 pm
PJs Pub & Grill	24 th	4:15 pm

Events

Decorating Day Red , White & Blue	1 st	2:30 pm
4th of July Party on the Patio	4 th	2:00 pm
Resident Meeting with Jerry	11 th	10:45 am
New Resident Welcome	11 th	1:30 pm
Euchre Tournament	18 th	1:00 pm
Bake Sale Day	25 th starts at 9:00 am until goods are gone	

Music

Chris Ross	1 st	1:30 pm
Janet Lieb	6 th	1:00 pm
Frank Naber	9 th	1:30 pm
Jim Lucy	13 th	2:00 pm
Shelly Gessner	25 th	1:30 pm
Tom Bedtka	26 th	1:00 pm
Dave Poggenklass	29 th	1:30 pm

National Senior Fitness Day

On June 29, Live 2B Healthy participants celebrated with a fun workout under the direction of Pam Connolly, L 2B H Trainer.



Monthly Euchre Tournament

Everyone is having a great time at our monthly Euchre Tournament. It is held on the 3rd Thursday of every month. Some of our participants are arriving early to enjoy a delicious lunch in our dining room before playing cards. (Please call the day before to make your reservations. 563-583-7939. Only \$8.00/person includes soup and salad bar and choice of entrée. Yum!) There is no charge to play – just come enjoy a fun afternoon. Snacks, Drinks, and Prizes are provided!



The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."

Where were you that day? Did you watch? Share your memories with each other.

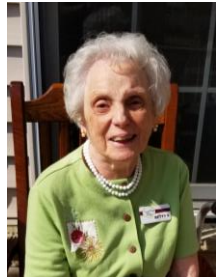
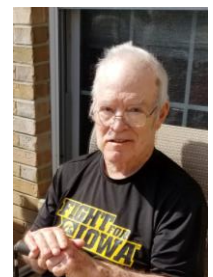
Out on the Town

Dubuque has so many wonderful restaurants! We love to try them all. Good food, good friends, and lots of conversation. That's a combination that makes great memories! Cheers!

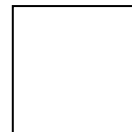


Flag Day Tradition

Thank you to Jim H., Maintenance Coordinator for raising a new flag to fly over Sunset Park Place. A brief ceremony was held on the front patio with a few facts about Flag Day, the Pledge of Allegiance, and singing of the Star Spangled Banner.



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Save the Dates

Thank You!

July 11th Thank You EMS, Social Workers, and 3rd Shift Staff Stop in to pick up a **breakfast to go** from our dining room. We appreciate you!



July 18th Pizza Ranch Impact Night Sunset staff will be volunteering at **Pizza Ranch** for 3 nights (including August 8th and September 5th) to earn tips to raise money for the Walk to End Alzheimer's. Come out to enjoy a delicious supper and support a wonderful cause.

July 25th BAKE SALE at **Sunset Park Place**. Goodies will be available for sale starting at 9:00 am until all items are sold throughout the day. Proceeds will go towards the Sunset Park Place Team for the Walk to End Alzheimer's. If you would like to donate any baked goods please contact Erica and have them delivered by Wed. July 24th.

July Birthdays

Marty L 12th Bessie C 17th Pat R 22nd

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

Abigail Van Buren (advice columnist) – July 4, 1918
Tom Hanks (actor) – July 9, 1956
Henry David Thoreau (writer) – July 12, 1817
Phyllis Diller (comedian) – July 17, 1917
Nelson Mandela (politician) – July 18, 1918
Don Knotts (actor) – July 21, 1924
Walter Payton (football player) – July 25, 1954
Henry Ford (automaker) – July 30, 1863