

# MULLIGAN PARK

## Gracious Retirement Living



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### AUGUST 2020

#### MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS  
Assistant Managers .....RICH &  
JAN STEMMERMAN  
Executive Chef .....JAMILA TOBIAS  
Community Sales ..... 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

### Pet Owner and Pet of the Month: Meet Cookie and Bob

I had the pleasure of interviewing Bob and Cookie the cat and I must say, I'm in love with this special and beautiful, loving cat. Bob rescued Cookie from the Tallahassee Humane Society when Cookie was around 2 years old. He believes that it was meant to be, as Cookie was only at the shelter for two hours before Bob discovered and adopted him right away. When asked what his favorite thing about Cookie was, he answered, "His love and companionship" and Cookie is truly the most loving cat.



I asked Bob if Cookie had any unique talents, his response, "Oh yeah, he is an escape artist! He stands on his hind legs and taps the handle to the door until it opens." (Many of you on the 3rd floor have probably seen this happen). However, this of course causes a problem, so at all times Bob will have a chair propped up against the door handle so Cookie cannot escape.

Bob's favorite features about his adorable partner in crime is his inverted, white triangle on his chest, his white-tipped tail, and his nose which is covered in unique, tiny, black spots.

You will find Cookie most days lounging in the crisp sunlight on the balcony or curled up on his dad's chest. If you see Cookie, make sure to say hello, as he will gladly greet you with paws wide open!



## Mulligan Park State Fair Carnival

Picture this: Sweet smells of watermelon, the crisp bite of fried Oreos, the delectable taste of powdered sugar funnel cake pieces, and ice cold snow cones ... surrounded by laughter, bright colors, games galore, and plenty of friends. Sounds like somewhere I would want to go and have fun. Well, on Friday, August 14th, from 3 to 4:30 p.m., this dream will turn into a reality as we celebrate State Fair Day by having our very own carnival. Tons of fun awaits you. See you there!



## Watermelon Week Is Coming to Mulligan Park

Join in on the fun of Watermelon Week August 3rd-7th. We will learn all about watermelons, create beautiful watermelon art, learn the watermelon crawl line dance, enjoy watermelon treats, and finish the week off with Water Balloon fun!

**Monday, August 3rd, at 11 a.m.** — Watermelon Smoothies — AR Kitchen

**Tuesday, August 4th, at 10:30 a.m.** — Watermelon Mason Jars Craft — AR

**Wednesday, August 5th, at 11 a.m.** — Learn the Watermelon Crawl Line Dance — AR

**Thursday, August 6th, at 10:30 a.m.** — Watermelon Treats — AR Kitchen

**Friday, August 7th** — Water Balloon Day — Pool Area

This week will surely be a week to remember!



## Pet Corner: 15 Tips and Tricks for Your Pets

### 1. Prevent Pet Sunburn

Did you know that light-colored animals can get sunburn, too? Guard against this by dabbing a bit of SPF 15 sunscreen on your pet's nose and the tips of his ears.

### 2. Fido Being Finicky?

If you've bought a new brand of food and your dog doesn't want to eat it, put a piece of beef jerky in the bag and reseal it. By the next day, the smell will have worn off on the food, making it seem much more appetizing.

### 3. Where to Buy Pet Food

When shopping for pet food, make sure to compare prices at the pet store to those at your grocery store. A recent study found that pet food tends to cost more at stores that are full of people who are already buying pet products!

### 4. Get Groomed for Less

The busiest days at the pet groomers are Friday, Saturday, Sunday, and Monday. Find a groomer who offers discounts on Tuesdays through Thursdays, or ask your groomer if she will offer you a discount for coming midweek.

### 5. Stop Cats from Scratching Furniture

If there's a specific piece of furniture you don't want your cat on, or place you don't want him to go, you know how hard it is to enforce this rule. Try this: In a spray bottle, mix together 1 cup of water with ¼ teaspoon of cinnamon and ¼ teaspoon of cayenne pepper. Place in a spray bottle and test in an inconspicuous area of your furniture to make sure it won't stain. Cats hate the smell and don't want it on their paws. Repeat every few days until they find somewhere else to scratch (like that expensive scratching post you bought) permanently.

### 6. Pacify a Chewing Puppy

If you have a new puppy like Bruce, and he's been chewing through chair and table legs, head to your local vitamin or health food store and ask for some clove oil. Oil of cloves smells great to us but terrible to dogs. Wipe it on the legs of anything wooden and he'll stay away.



## 7. Keep Animals From Chewing on Cords

If your cat or dog likes chewing on electrical cords, we know you need a solution, and fast! Here it is: Unplug the electronics, then rub the cords with a wedge of lemon. Once they've dried, you can plug them back in. Animals hate the taste of lemon and will steer clear.

## 8. A Better-Behaved Dog

Many dog trainers say that the key to discouraging bad behavior (like incessant barking) is to startle your dog. An easy way to do this is to fill an old toilet paper tube with uncooked rice or beans, then tape aluminum foil over each end. Shake the tube and the noise will be enough to surprise him out of his bad behavior.

## 9. Proper Care for Pet Toys

Keep your pets' playthings clean and free from bacteria and germs by tossing them into the dishwasher alone (without dishes) once a month. But hold the detergent: Just turn the temp to hot and the heat plus the water pressure will completely sanitize plastic or rubber toys. And not only will a quick wash help ensure that Fido stays healthy, it'll prolong the life of the toys and keep your floors, carpets, and furniture clean, too.

## 10. Get Rid of Litter Box Odor

If your cat's litter box smells like, well, a litter box, rinse it out and add a half-inch of white vinegar in the box. Let it stand for half an hour, then swish it around, rinse, and dry the box.

## 11. Easily Get Rid of Pet Hair

Get rid of pet hair on upholstery by using dry, rubber gloves.

## 12. Tricks for Getting Rid of Fleas Naturally

Did you know that saltwater gets rid of fleas? If you live near the ocean, let your dog swim in it to naturally get rid of fleas.

## 13. Get Cats to Take Pills More Easily

If you have trouble getting your cat to swallow pills, try rubbing them in butter first. It will make them taste better to your cat, and they'll slide right down his throat.

## 14. Keep Ants Away From Pet Food

Never have to throw away an ant-infested bowl of pet food again! If ants keep sneaking into your pet's food, you should know this tip: Ants can't swim! Place the bowl of dog or cat food into a shallow bowl filled with water.

## 15. Bad Breath Bomb

If your cat or dog has horrible breath, try adding some fresh chopped parsley to his food. It counteracts the bad breath smell, so you can cuddle closer.

## Staff Spotlight: Meet Antonio

I had the pleasure of following Antonio around in the kitchen and let me just tell you, what an amazing team member we have working for Mulligan Park, serving our beautiful residents. No matter the day, you can always find Antonio with the biggest smile, a delightful "Yes, Ma'am" and an award-winning attitude.

Did you know that Antonio is our cookie maker here at Mulligan Park? When asked what he thought his hidden talent was, his answer was, "Baking cookies for my residents." That made me smile, because every batch of cookies that he makes is definitely made with love.

On June 27th, Antonio had his one (1) year anniversary working at Mulligan Park, and what a proud moment it was for him and for us.

I'm sure you have seen Antonio set the tables in the Dining Room. He's always ready to go, with a pleasant smile while he's doing it. One thing you didn't know about Antonio is that he has two cats, Thomas and Princess, whom he adores and loves like best friends. If you get a chance, ask him about those two furpups and say hello. When asked what his favorite thing about working at Mulligan Park was, he answered, "My residents." Thank you Antonio, for working so hard to please each and every one of us. You have HEART and we thank you!



# AUGUST 2020

## Birthdays

Ellen G., 2nd  
 Donna M., 3rd  
 Carol G., 5th  
 Bob N., 6th  
 Diane H., 17th  
 Mildred B., 22nd  
 Richard E., 24th  
 Elaine U., 24th

## 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  
 Putting Green, PG  
 TV Room, TV

“A dog is a window to Mother Nature.”  
 —Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>10:30 Pictionary, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Aerobics with Friends, AR</b>                      4:00 Potato Bowling, AR</p> <p style="text-align: right;">2</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>  <b>11:00 Watermelon Smoothies, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:15 Sensory Escape Monday, AR</b>  <b>4:00 Meditation Monday, AR</b></p> <p style="text-align: right;">3</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Watermelon Mason Jars (Craft), AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Canasta, TV                      3:00 Virtual Chair Yoga with Amanda, AR  <b>4:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">4</p>	<p>10:00 Tic Tac Toe Trivia, AR  <b>11:00 Watermelon Crawl Line Dance Lesson, AR</b>                      2:00 Bingo, AR                      2:00 Scrabble, BR  <b>2:00 Movie Matinee, MT</b>                      4:00 Virtual Ageless Grace with Amanda, AR                      4:00 Knitting Club, AT  <b>4:00 Mulligan Market, AR</b></p> <p style="text-align: right;">5</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Watermelon Treats, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Mahjong, BR                      2:30 Hand and Foot, TV                      3:00 Virtual Chair Yoga with Amanda, AR                      3:00 Strength Training, EX  <b>4:00 Bible Study, CH</b>  <b>7:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">6</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Balloon Day, Pool</b>                      4:00 Chair Volleyball, AR</p> <p style="text-align: right;">7</p>	<p>10:00 <b>Adult Coloring with Friends, AR</b>  <b>10:30 Giant Crossword with Friends, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Shuffleboard Saturdays, AR</b>                      4:00 Current Events Conversation, AR</p> <p style="text-align: right;">1</p>	
<p>10:30 Pictionary, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Aerobics with Friends, AR</b>                      4:00 Potato Bowling, AR</p> <p style="text-align: right;">9</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Cold Tea Bar, AR</b>  <b>4:00 Meditation Monday, MT</b></p> <p style="text-align: right;">10</p>	<p>10:00 Chair Exercise, AR  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Canasta, TV  <b>2:30 Elegant Hot Tea Bar, AR</b>                      3:00 Virtual Chair Yoga with Amanda, AR  <b>4:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">11</p>	<p>10:00 Tic Tac Toe Trivia, AR                      2:00 Bingo, AR                      2:00 Scrabble, BR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 DIY Tea Bag Holder (Craft), AR</b>                      4:00 Virtual Ageless Grace with Amanda, AR                      4:00 Knitting Club, AT  <b>4:00 Mulligan Market, AR</b></p> <p style="text-align: right;">12</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Homemade Scone Demonstration, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Mahjong, BR                      2:30 Hand and Foot, TV                      3:00 Virtual Chair Yoga with Amanda, AR                      3:00 Strength Training, EX  <b>4:00 Bible Study, CH</b>  <b>7:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">13</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Mulligan's State Fair Carnival, AR</b></p> <p style="text-align: right;">14</p>	<p>10:00 <b>Adult Coloring with Friends, AR</b>  <b>10:30 Giant Crossword with Friends, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Shuffleboard Saturdays, AR</b>                      4:00 Current Events Conversation, AR</p> <p style="text-align: right;">15</p>	
<p>10:30 Pictionary, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Aerobics with Friends, AR</b>                      4:00 Potato Bowling, AR</p> <p style="text-align: right;">16</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 American Artists Day (Craft), AR</b>  <b>4:00 Meditation Monday, MT</b></p> <p style="text-align: right;">17</p>	<p>10:00 Chair Exercise, AR  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Canasta, TV  <b>2:30 Ice Cream Sandwich Making, AR</b>                      3:00 Virtual Chair Yoga with Amanda, AR  <b>4:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">18</p>	<p>10:00 Tic Tac Toe Trivia, AR  <b>11:00 Horoscope Day, AR</b>                      2:00 Bingo, AR                      2:00 Scrabble, BR  <b>2:00 Movie Matinee, MT</b>                      4:00 Virtual Ageless Grace with Amanda, AR                      4:00 Knitting Club, AT  <b>4:00 Mulligan Market, AR</b></p> <p style="text-align: right;">19</p>	<p>10:00 Chair Exercise, AR  <b>1:45 Activities/Resident Meeting, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Mahjong, BR                      2:30 Hand and Foot, TV                      3:00 Virtual Chair Yoga with Amanda, AR                      3:00 Strength Training, EX  <b>4:00 Bible Study, CH</b>  <b>7:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">20</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Zen Garden Creations (Craft), AR</b>                      4:00 Chair Volleyball, AR</p> <p style="text-align: right;">21</p>	<p>10:00 <b>Adult Coloring with Friends, AR</b>  <b>10:30 Giant Crossword with Friends, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Shuffleboard Saturdays, AR</b>                      4:00 Current Events Conversation, AR</p> <p style="text-align: right;">22</p>	
<p>10:30 Pictionary, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Aerobics with Friends, AR</b>                      4:00 Potato Bowling, AR</p> <p style="text-align: right;">23</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:15 Sensory Escape Monday, AR</b>  <b>3:30 Vacation Day Mapping, AR</b>  <b>4:00 Meditation Monday, AR</b></p> <p style="text-align: right;">24</p>	<p>10:00 Chair Exercise, AR  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Canasta, TV                      3:00 Virtual Chair Yoga with Amanda, AR  <b>4:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">25</p>	<p>10:00 Tic Tac Toe Trivia, AR                      2:00 Bingo, AR                      2:00 Scrabble, BR  <b>2:00 Movie Matinee, MT</b>                      4:00 Virtual Ageless Grace with Amanda, AR                      4:00 Knitting Club, AT  <b>4:00 Mulligan Market, AR</b></p> <p style="text-align: right;">26</p>	<p>10:00 Chair Exercise, AR  <b>2:00 Movie Matinee, MT</b>  <b>2:00 Bridge Club, TV</b>                      2:30 Hand and Foot, TV                      2:30 Mahjong, BR                      3:00 Virtual Chair Yoga with Amanda, AR                      3:00 Strength Training, EX  <b>4:00 Bible Study, CH</b>  <b>7:00 Bean Bag Baseball, AR</b></p> <p style="text-align: right;">27</p>	<p><b>Twist Day!</b>                      10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>  <b>11:00 Tongue Twisters, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Twist Tie Flowers and Butter Twist Cookies, AR</b>  <b>4:00 Fly Swatter Volleyball, AR</b></p> <p style="text-align: right;">28</p>	<p>10:00 <b>Adult Coloring with Friends, AR</b>  <b>10:30 Giant Crossword with Friends, AR</b>  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Shuffleboard Saturdays, AR</b>                      4:00 Current Events Conversation, AR</p> <p style="text-align: right;">29</p>	
<p><b>College Colors Day!</b>                      10:30 Pictionary, AR  <b>2:00 Movie Matinee, MT</b>  <b>3:00 Water Aerobics with Friends, AR</b>                      4:00 Potato Bowling, AR</p> <p style="text-align: right;">30</p>	<p>10:00 Chair Exercise, AR  <b>10:30 Tic Tac Toe Trivia, AR</b>                      2:00 Bingo, AR  <b>2:00 Movie Matinee, MT</b>  <b>2:30 Raspberry Day, AR</b>  <b>3:15 Sensory Escape Monday, AR</b>  <b>4:00 Meditation Monday, MT</b></p> <p style="text-align: right;">31</p>						



## Watermelon Smoothies Recipe

Watermelon is actually difficult to add to smoothies without a recipe because of its high water content. Here's how to make a watermelon smoothie that's the right texture and seriously good!

This three-ingredient watermelon smoothie is juicy and lightly sweet, with frozen strawberries and banana. It's a unique smoothie idea that's ultra refreshing!



### How to make a watermelon smoothie:

Watermelon is an interesting fruit because as you might guess, it's mostly water! Adding watermelon to smoothies can make the texture very watery. To do it right, you'll want to add enough fruit to get the watermelon flavor, but not enough that it's too liquid. So, it's helpful to have a recipe for a watermelon smoothie to get the right texture. Enter, this watermelon smoothie recipe! It's got just the right creamy thickness.

Why add watermelon to a smoothie? It's full of vitamins and nutrients! And, its naturally sweet flavor adds a delicious, almost tropical flair to a smoothie. Here's how to make a watermelon smoothie:

- In a blender, add 3 cups cubed watermelon, 2 heaping cups frozen strawberries, and 1 banana (room temperature or frozen in pieces).
- Blend! Serve immediately.

You can use either a frozen or room temperature banana. Using a frozen banana makes the texture even thicker and icier, but it's not required if you haven't remembered to freeze it.

Enjoy!

## Mulligan Market Time Change

Please note that the Mulligan Market will now be open every Wednesday, at 4 p.m.

## The Importance of Walking

Just put one foot in front of the other, bend your arms and start moving.

Regular walking has incredible benefits on your health and well-being — and the good news ... we obtain these benefits every day. According to the Mayo Clinic, regular brisk walking can help you maintain a healthy weight, prevent or manage various conditions, including heart disease and high blood pressure, strengthen your bones and muscles, improve your mood, and improve your balance and coordination.

Improve your circulation, enhance your mood, lower your risk for Alzheimer's disease and live a longer, healthier life just by walking.

Here are 10 things that happen to your body when you walk:

### 1. YOU BURN FAT

Excess body fat is very dangerous to your health. Walking can actually help you burn more fat, it boosts your metabolism and heart rate. According to research, "If you walk to lose belly fat, you need to walk at a steady speed fast enough so your heart beats faster, causing you to breathe harder and deeper. The only way to lose body fat, especially belly fat, is by burning more calories than you consume."

### 2. BOOSTS YOUR METABOLISM

Walking increases your demand for energy which results in an increase in your metabolism. Live Strong explains: "Brisk walking uphill or walking moderately for an extended duration of one hour are ways you can rev up your metabolism when walking."

### 3. STRONGER LEGS

Walking builds strength and endurance. This leads to stronger legs, especially stronger calves and hamstrings. For the ultimate leg workout, try walking hills, climbing stairs and walking on more challenging terrain.

### 4. HELPS DIGESTION

Taking a walk after dinner helps with digestion. It stimulates your digestive track, making it easy for your food to be digested. According to LifeHacker, "Two different studies have shown that a post-meal walk can aid in digestion. One study in 2008 showed that



## A Few June Memories ...

walking sped the rate at which food moved through the stomach. Other studies have shown that walking also decreases blood sugar after meals, which decreases cardiovascular risk.”

### 5. YOUR BODY RELEASES TENSION

Walking warms up your muscles and stretches them through motion. According to research, “Gentle walking is the best exercise to help gently stretch out your muscles through motion. Take long strides and gently swing your arms to get the full stretching benefits.”

### 6. VITAMIN D

Go for a walk outside and absorb all the Vitamin D you can. According to research, “Our body creates most of our Vitamin D through direct sunlight on our skin.” Vitamin D is essential for bones and teeth.

### 7. MENTAL CLARITY

Walking has incredible stress and anxiety relief benefits. It has been proven that taking a walk can actually direct your brain into a calmer state of mind.

### 8. BETTER NIGHT’S SLEEP

Trouble sleeping? Taking a walk before bed will help keep you up less often at night.

### 9. STRENGTHEN THE HEART

Walking is one of the easiest ways to strengthen the heart. It is a form of aerobic exercise; it increases your heart rate and blood circulation through the body, and it brings more oxygen and nutrients to the organs.

### 10. BETTER MOOD

Walking boosts endorphins, which puts you in a better mood.



*Competing in the Paper Airplane Contest*



*Our Racing in the Wild Winner, Horace*



*Men’s Campout Social: Father’s Day 2020*



*Residents enjoying solving the Giant Crossword*

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When the world  
is staying apart,  
we are coming  
together.

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