

MULLIGAN PARK

Gracious Retirement Living

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

OCTOBER 2020

MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS
Assistant ManagerLEN & RHONDA DAVIS
Executive Chef.....KHALIL SAADIG
Community Sales JEANIE
MARTIN-ARMSTRONG
Activity CoordinatorJAMIE GREEN
MaintenanceSCOTT LYNN
Bus Driver SUSAN TIPLER

TRANSPORTATION

Monday, 10:00 a.m.: Shopping and Banking

Tuesday & Thursday, 9:00 a.m.:
Professional Appointments

Wednesday, 9:00 a.m.: Outings

Friday, 10:00 a.m.: Shopping/
Salon/Pharmacy

HAWTHORN
SENIOR LIVING

October Is Breast Cancer Awareness Month

Breast Cancer Awareness Month (BCAM), also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise

funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

Breast Cancer Awareness Month is a yearly campaign that is intended to educate people about the importance of early screening, tests and more. This campaign starts on October 1st and ends on October 31st every year.

Activities for Breast Cancer Awareness Month:

- **Tuesday, October 20th, at 2 p.m.:** Breast Cancer Health Talk and Guest Speaker
- **Wednesday, October 21st, at 11 a.m.:** Pink Lapel Making Craft
- **Friday, October 23rd, at 3:30 p.m.:** Pink Party

We can't wait to "Get Pink" with you!





Halloween Costume Contest and Parade

Join us on Wednesday, October 28th, at 3 p.m., for a Costume Contest, Party and Costume Parade. Mulligan Park will be celebrating Halloween with homemade pumpkin cookies, music, a costume contest, a parade and plenty of fun. We want to see you there in your best costume, with a chance to win the grand prize for best costume! We can't wait to see you there!



Happy Halloween!

Ghoulishly Funny Riddles

- 1. How are vampires like false teeth?**
They both come out at night.
- 2. What does a ghost do to stay safe in a car?**
He puts on his sheet belt.
- 3. What did the ghost teacher say to her class?**
"Watch the board, and I'll go through it again."
- 4. It's right behind you and creeps on the ground. It follows you home but does not make a sound. What is it?**
Your shadow
- 5. What happens when a ghost gets lost in the fog?**
He is mist.
- 6. Why aren't there any famous skeletons?**
They're a bunch of no bodies.
- 7. Why didn't the mummy have any friends?**
He was too wrapped up in himself.
- 8. How do you fix a jack-o'-lantern?**
With a pumpkin patch.
- 9. What do you call an anxious witch?**
A twitch.
- 10. How do you spell candy with two letters?**
C and Y (C-and-Y)

Staff Spotlight: Sous Chef Jamie Allison

In August of 2020, we welcomed a brand new sous chef to our team, and within a month, Jamie Allison has proven himself in more ways than one. With incredible talent, a keen sense and a huge heart, Jamie is helping to pave the way in the Mulligan Park kitchen.



Jamie, a native Tallahasseean, has over seven years experience in the culinary world, cooking his way up the ladder at several well known Tallahassee restaurants. A few of those include the Governors Club, Cypress Restaurant and Madison Social Catering. When I asked Jamie what his favorite types of dishes to cook are, he was very excited to tell me "Anything seafood." Make sure to order fish on Fridays, as Jamie does an excellent job creating beautiful seafood dishes.

Jamie is a father of one, a son, who is 4 years old, and is Jamie's entire life. His favorite things to do outside of cooking are spending time with his little man, and watching movies. I asked him what movie describes him best, and "Burnt" was his answer. It's a true story about a young chef who struggles with ups and downs, trying to make it in the culinary world. I admire his answer, because it shows how determined he is to be fantastic in this very hard career.

Jamie's favorite thing about Mulligan Park is being able to serve the residents who live here. In fact when he is feeling overwhelmed, his stress reliever is sitting down and chatting with any resident who wants to. Jamie is very happy to be working at Mulligan Park, and cooking for all of you, and "plans on staying here for a very long time." Sous Chef Jamie is a very empathetic soul, who loves to connect with others, and make them happy.

Jamie, we are so excited you are here — welcome to the family!



What Exactly Is a Pumpkin?

As you spend hours in the coming weeks carving pumpkins and preparing pumpkin pies, you may start to wonder: What exactly is a pumpkin? Is it a vegetable? But it has seeds, so is pumpkin a fruit? And is a pumpkin different than a gourd, or a squash? Read below to get to the bottom of the pumpkin mystery!

What Exactly Are Pumpkins?

Pumpkins, squash and gourds are all part of the Cucurbitaceae family. This large plant family includes more than 900 species, including everything from orange pumpkins, to watermelons, to cucumbers. The genus Cucurbita (aka squash) falls under this family, so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? In the United States, any round, orange squash may be called a pumpkin, but the term “pumpkin” actually has no botanical meaning. Similarly, “gourd” is the conventional term used for plants in the genera Cucurbita (squash) and Lagenaria, so a pumpkin is also technically a gourd.



Why Pumpkins Are Fruit, Not Vegetables:

Pumpkins are squash, and also gourds, but are they fruit? According to Farmer’s Almanac, they are. And if we look at Merriam Webster’s definition of “fruit,” we can see why. A fruit is “the usually edible reproductive body of a seed plant.” Pumpkins are edible, and if you’ve ever cut one open, you know it’s full of seeds, so the pumpkin is the fruit of the pumpkin vine.

Pumpkin Nutrition:

As healthy as they are delicious, pumpkins truly live up to their autumnal popularity! Packed with fiber, vitamins and minerals, pumpkins are a perfect addition to any fall meal.

Happy Pumpkin Month!

Pumpkin Pie Dip Recipe

Nothing says fall quite like pumpkin pie! The aroma of spices is enough to make any mouth water. With all its popularity, is it any wonder that this fall favorite comes in so many forms? Below is an interesting take on the classic tastes of pumpkin pie to enjoy this season!

Pumpkin Pie Dip

Ingredients:

- 2 c. heavy cream
- 1 3.4-oz instant vanilla pudding mix
- 1/2 c. canned pumpkin
- 2 tsp. pumpkin pie spice
- Ginger Snap Cookies, for serving.

Instructions:

1. In a stand mixer, beat heavy cream and vanilla pudding mix until stiff peaks form, about 1 to 2 minutes.
2. Add pumpkin and pumpkin pie spice and stir to combine, then chill if desired. Serve with ginger snaps.



OCT 2020



Birthdays

Art D., 2nd
Carolyn F., 4th
Cecile D., 7th
Horace B., 9th
Virginia H., 10th
Barbara W., 12th
Jean C., 13th
Madge F., 14th
Marion D., 16th
Doris D., 23rd
Betty B., 23rd
Jean V., 26th
Frank R., 27th
Betty W., 31st

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

“Autumn’s the mellow time.”
—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>Happy Birthday, Julie Andrews ¹</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Julie Andrews Singalong, DR</div> <div>2:00 Manager/Resident Mtg., AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Bridge Club, TV</div> <div>2:30 Hand and Foot, TV</div> <div>2:30 Mahjong, BR</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>World Smiley Day ²</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Smiling Challenge and Education, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Fit Beat Drumming, AR </div>	<div>³</div> <div>10:30 Doughnut Dash with Ass. Mgrs., AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard Saturdays, AR</div> <div>4:00 Giant Jenga with Ass. Mgr., AR</div>
<div>⁴</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Left, Right, Center with Mary, AR</div> <div>3:00 Water Aerobics with Friends, AR</div> <div>4:00 Potato Bowling, AR </div>	<div>⁵</div> <div>3:30 Owl Trivia, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Owl Art, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div>	<div>⁶</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 DIY Toilet Paper Pumpkins, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 BP Clinic with Encompass, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Fall Wreaths Craft, AR</div>	<div>⁷</div> <div>10:00 30-Second Mysteries, AR</div> <div>11:00 Pumpkin Word Challenge, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Giant Yahtzee Game, AR</div> <div>4:00 Mulligan Market, AR </div> <div>4:00 Knitting Club, AT</div>	<div>⁸</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Rock Painting Group, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chef/Resident Mtg., AR</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Crazy Cookie Decorating, AR</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>⁹</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Tea and Tunes in the Afternoon, DR</div> <div>4:00 Fly Swatter Volleyball, AR</div> <div>6:30 Trumpet Concert, DR </div>	<div>¹⁰</div> <div>10:30 Giant Crossword with Friends, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard Saturdays, AR</div> <div>4:00 Giant Jenga with Ass. Mgr., AR </div>
<div>¹¹</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Left, Right, Center with Mary, AR</div> <div>3:00 Water Aerobics with Friends, AR</div> <div>4:00 Potato Bowling, AR</div>	<div>COLUMBUS DAY ¹²</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Brain Games Puzzle Group, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Oktoberfest Party, AR </div>	<div>Silly Sayings Day ¹³</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Fall-Flavored Smoothies, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Canasta, TV</div> <div>3:00 Birdhouse Painting, AR </div>	<div>¹⁴</div> <div>10:00 30-Second Mysteries, AR</div> <div>11:00 Fall Paint/Pour Art, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Mulligan Market, AR </div> <div>4:00 Knitting Club, AT</div>	<div>¹⁵</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 No-Bake Pumpkin Pie Demo, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Activities/Resident Mtg., AR</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Monthly Show 'n' Tell, AR</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>¹⁶</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Fit Beat Drumming, AR </div>	<div>¹⁷</div> <div>10:30 Doughnut Dash with Ass. Mgrs., AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard Saturdays, AR</div> <div>4:00 Giant Jenga with Ass. Mgr., AR</div>
<div>¹⁸</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Left, Right, Center with Mary, AR</div> <div>3:00 Water Aerobics with Friends, AR</div> <div>4:00 Potato Bowling, AR</div>	<div>¹⁹</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Scarecrow Social, AR</div>	<div>²⁰</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Pumpkin Bocce Game, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 BP Clinic with Encompass, AR</div> <div>2:30 Canasta, TV</div> <div>3:00 Pumpkin Seed Roasting, AR</div>	<div>²¹</div> <div>10:00 30-Second Mysteries, AR</div> <div>11:00 Pink Lapel Making, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Giant Yahtzee Game, AR</div> <div>4:00 Mulligan Market, AR</div> <div>4:00 Knitting Club, AT</div>	<div>²²</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Marble Pumpkin Painting, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Microwave Cooking Class, AR</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>²³</div> <div>Wear It Pink Day!</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Soap Making Craft, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Pink Party!, AR</div> <div>4:00 Fly Swatter Volleyball, AR </div>	<div>²⁴</div> <div>10:30 Giant Crossword with Friends, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard Saturdays, AR</div> <div>4:00 Giant Jenga with Ass. Mgr., AR</div>
<div>²⁵</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Left, Right, Center with Mary, AR</div> <div>3:00 Water Aerobics with Friends, AR</div> <div>4:00 Potato Bowling, AR</div>	<div>²⁶</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Brain Games Puzzle Group, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT </div>	<div>²⁷</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Thankful Pumpkins Craft, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Jack-o'-Lantern Carving, AR</div> <div>2:30 Canasta, TV </div>	<div>²⁸</div> <div>10:00 30-Second Mysteries, AR</div> <div>11:00 Wild and Unusual Foods, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Halloween Costume Contest and Parade, DR</div> <div>4:00 Mulligan Market, AR</div> <div>4:00 Knitting Club, AT</div>	<div>²⁹</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Wheel of Fortune, AR</div> <div>2:00 Bridge Club, TV</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Pumpkin Patch Social, AR</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>³⁰</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div>	<div>HALLOWEEN ³¹</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard Saturdays, AR</div> <div>4:00 Giant Jenga with Ass. Mgr., AR </div>



A Few August and September Memories

August and September were filled with new and exciting activities for everyone. Not only did we graduate from Mulligan University, where residents had an opportunity to learn and play, but we also did many other fun activities, such as ice cream sandwich making, a Grand Carnival, singalongs, competitions, and so much more. October is going to be a great month for even more fun and new activities! Here are a few photos from September.



Barbara and Carolyn having fun on Twin Day Tuesday!



Mildred trying her hand at target practice during our Annual Carnival



Nancy enjoying homemade ice cream sandwiches!



Margaret removing blocks from the Giant Jenga tower



Residents singing along during Friday afternoon Singalong



Crossword Competition!



Crazy About Pumpkins/ Halloween Activities in October

It's that time of year where we celebrate the beloved fruit, the pumpkin! We have several Halloween and pumpkin activities lined up for the month, which will mean October is full of opportunities for you to get in the spirit and be social, active and have fun! Below is a list of pumpkin/Halloween activities for the month of October:

Tuesday, October 6th, at 11 a.m.: DIY Toilet Paper Pumpkins Craft

Wednesday, October 7th, at 11 a.m.: Pumpkin Word Challenge

Thursday, October 8th, at 3 p.m.: Fall Sugar Cookie Decorating

Thursday, October 15th, at 11 a.m.: No-Bake Pumpkin Pie Demo

Monday, October 19th, at 3 p.m.: Scarecrow Social

Tuesday, October 20th, at 11 a.m.: Pumpkin Bocce

Tuesday, October 20th, at 3 p.m.: Pumpkin Seed Roasting

Thursday, October 22nd, at 11 a.m.: Marble Pumpkin Painting



Thursday, October 22nd, at 3 p.m.: Microwave Cooking Class (Pumpkins)

Tuesday, October 27th, at 11 a.m.: Thankful Pumpkins Craft

Tuesday, October 27th, at 2 p.m.: Jack-o'-Lantern Carving

Wednesday, October 28th: Halloween Costume Contest and Parade

Thursday, October 29th, at 3 p.m.: Pumpkin Patch Social
Can't wait to have fun with pumpkins with you!

New Groups/Clubs at Mulligan Park

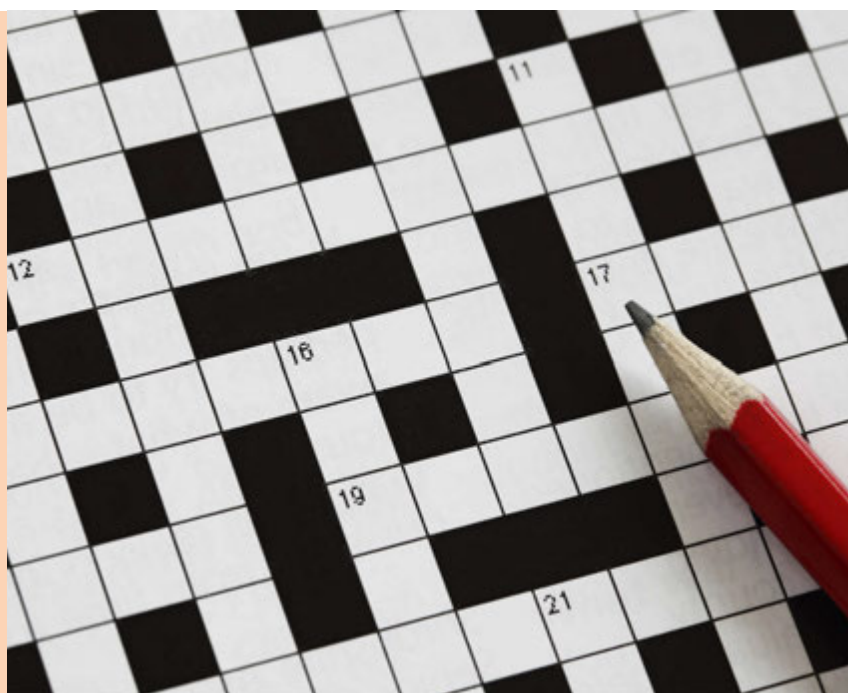
Mulligan Park is always adding new and exciting ways to stay active and social, because a healthy social life, and being active is the key to a successful life. Beginning in October, Mulligan Park has added three new groups/clubs that you can join at any time.

Rock Painting Group: Second Thursday of every month at 11 a.m.

Brain Puzzle Group: Second and fourth Mondays of every month at 11:30 a.m.

Prayer Group: Every Thursday at 3:30 p.m.

Look for new groups and activities every month!



MULLIGAN PARK
Gracious Retirement Living

1800 Hermitage Blvd
Tallahassee, FL 32308



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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