

# MULLIGAN PARK

## Gracious Retirement Living



1800 Hermitage Blvd • Tallahassee, FL 32308 • Phone (850) 553-3252 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

NOVEMBER 2020

### MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS  
Assistant Manager .....LEN & RHONDA DAVIS  
Executive Chef .....KHALIL SAADIG  
Community Sales ..... JEANIE  
MARTIN-ARMSTRONG  
Activity Coordinator .....JAMIE GREEN  
Maintenance .....SCOTT LYNN  
Bus Driver ..... SUSAN TIPLER

### TRANSPORTATION

**Monday, 10 a.m.:** Shopping and Banking  
**Tuesday, 9 a.m.:** Professional Appointments  
**Wednesday, 9 a.m.:** Outings  
**Thursday, 9 a.m.:** Professional Appointments  
**Friday, 10 a.m.:** Shopping/Salon/Pharmacy

**HAWTHORN**  
SENIOR LIVING

## Mulligan Park Thanksgiving — “Friendsgiving”

It's that time of year again, when we start to feel the crisp, cool air of fall. It's the time to be thankful for all of our family, friends and many blessings. It's the time of year to be with the ones you love, and to enjoy homemade, traditional dishes inspired by our ancestors who landed at Plymouth Rock many years ago. This year, join us in the Mulligan Park Dining Room at 12:30 p.m., for a traditional inspired Thanksgiving Dinner by our executive culinary staff. Sounds of holiday music, and an after-dinner Friendsgiving Social will follow dinner at 2 p.m., where we will enjoy coffee, dessert and good friends.

Happy Thanksgiving to our Mulligan Park residents!



## Veterans Day at Mulligan Park

Mulligan Park loves our veterans, and this year is no exception. On November 11th at 11 a.m., join us for our annual Veterans Day Program, where we will honor our precious veterans together. All veterans will be seated in a special “VIP” area of the Dining Room, and be presented with poppy pins and certificates. We will also enjoy a special Veterans Day Dinner by our amazing culinary staff at 12:30 p.m.

Thank you for your service, veterans; we honor you.







## September and October Memories

September was filled with a variety of activities. From the amazing “Live and Learn” program in September, to fall crafts and games. At Mulligan Park our residents know how to have a good time.

Thank you to all of our residents for your participation!

Can't wait to see what November has in store for us.



*Renee making sunflower and birdseed bells*



*Merry Beth and Margaret delivering the wreath to the fire department*



*Susan having a blast making toilet paper pumpkins*



*Queen Margaret on Superhero Day!*



*Mildred posing with her lovely creation*



*Toilet paper pumpkins!*



*Betty, Anne and Mildred making the wreath we donated to the fire department*





## History of Veterans Day

Veterans Day (notice no apostrophe) is dedicated to those men and women who have honorably served, alive or passed.

Formerly known as Armistice Day, it was originally observed on November 11, 1918, as a U.S. legal holiday to honor the end of World War I. In 1938, legislation was passed to make Armistice Day a legal holiday “dedicated to the cause of world peace and to be hereafter celebrated and known as Armistice Day.

Later, veteran service organizations began to push Congress to recognize veterans who served in both World War II and the Korean War. So in 1954, the 83rd U.S. Congress replaced the word “Armistice” and with “Veterans.” On June 1, 1954, the new legislation was approved and November 11th became a day to honor American veterans of all wars.

Of course, more legislation was coming. Federal employees wanting three-day holidays pushed for legislation to celebrate four national holidays on Mondays: Washington’s Birthday, Memorial Day, Veterans Day and Columbus Day. And in 1963, the Uniforms Holiday Bill was passed. Under this Bill, Veterans Day would be observed on the fourth Monday of October. When the law finally went into effect, Veterans Day was observed on October 25, 1971. Many states were in an uproar and refused to change the date of celebration.

Thank goodness for President Gerald R. Ford, who on September 20, 1975, signed a law reverting Veterans Day back to its original date of observance, November 11th.

On a side note, U.S. Resolution 143 establishes November 11th through November 17th as “National Veterans Awareness Week,” which calls for educating elementary and secondary school children concerning the contributions and sacrifices of our veterans.



## Fall Back — Daylight Saving Time Ends November 1st

November 1, 2020 —  
Daylight Saving Time  
Ends

When local daylight time is about to reach Sunday, November 1, 2020, 2:00:00 am clocks are turned backward one hour to Sunday, November 1, 2020, 1:00:00 a.m. local standard time instead.



Sunrise and sunset will be about one hour earlier on November 1, 2020, than on the day before. There will be more light in the morning. This is also called “Fall Back” and “Winter Time.”

## Resident Yard Sale

On Monday, November 30th, we will have our first Resident Yard Sale! If you have been wanting to get rid of a few things, come sign up for a table in the Activity Room. The sale will take place from 2 to 4 p.m., and will be available to residents and staff who work or live inside the building (no outside visitors).

There is no cost, but you may have only one (1) table, due to spacing, which is very limited.

If you are interested in being apart of this fantastic opportunity to get rid of old or unwanted stuff, please sign up today!

### **Mulligan Park Resident Sale**

Monday, November 30th

2-4 p.m.

Must sign up!

NOV 2020

Birthdays

Dora Jane G., 2nd

David H., 6th

Susan P., 8th

James (Jim) D., 11th

Ross N., 15th

Jeroline N., 18th

Emily G., 20th

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

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div>		<div>9:40 10 Min. Tai Chi, AR</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>3:00 Veterans Day Gifts, AR</div>		<div>ELECTION DAY</div> <div>3</div> <div>Wizard of Oz Anniversary</div> <div>2:30 Apple Tasting, AR</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Homemade Applesauce, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 BP Clinic with Encompass, AR</div> <div>3:30 Wizard of Oz Trivia, AR</div>		<div>10:00 30-Second Mysteries, AR</div> <div>11:00 Apple Spiced Lattes, 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>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Picture Memory Challenge, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Manager/Resident Mtg., AR</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:00 Paint Pour Day!, 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>Railroad History Day</div> <div>6</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 All About Railroads, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Fit Beat Drumming, AR</div> <div>4:00 Fly Swatter Volleyball, AR</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>8</div>		<div>9:40 10 Min. Tai Chi, AR</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>11:30 Ted Talk: Nutrition, MT</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 All About Nutrition, AR</div> <div>4:00 Healthy Happy Hour, AR</div>		<div>Vanilla Day</div> <div>10</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 History of Vanilla Craft, AR</div> <div>11:30 Vanilla Cupcakes, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Vanilla Puzzles, AR</div> <div>3:30 Vanilla Ice Cream Taste-Off, AR</div>		<div>VETERANS DAY</div> <div>11</div> <div>10:00 30-Second Mysteries, AR</div> <div>11:00 Veterans Day Program, DR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 American Flag Art, AR</div> <div>4:00 Mulligan Market, AR</div> <div>4:00 Knitting Club, AT</div>		<div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Rock Painting Group, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chef/Resident Mtg., AR</div> <div>2:30 Holiday Mocktails Demo, AR</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</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>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 World Kindness Hearts, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Presidential Trivia, AR</div> <div>4:00 Ted Talk: Being Kind, MT</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>15</div>		<div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Bookmark Craft, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Tea and Tunes in the Afternoon, AR</div>		<div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Homemade Bread Day, AR</div> <div>11:30 The Evolution of Bread, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 BP Clinic with Encompass, AR</div> <div>2:30 Pumpkin Pudding Cake, AR</div>		<div>10:00 30-Second Mysteries, AR</div> <div>11:00 Fast Food Picture 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>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Cranberry and Vanilla Soap Craft, AR</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>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Cranberry Wreath Ornaments, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Fit Beat Drumming, AR</div> <div>4:00 Fly Swatter Volleyball, AR</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>22</div>		<div>9:40 10 Min. Tai Chi, AR</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 A Nutty Day Game, AR</div> <div>4:00 Nutty Snacks and Piano, DR</div>		<div>States Knowledge Day</div> <div>24</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 U.S. State Trivia, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 State Map Challenge, AR</div> <div>3:30 State Birds and Flowers, AR</div>		<div>10:00 30-Second Mysteries, AR</div> <div>11:00 Animal Silhouette Painting, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Finger Print Art, AR</div> <div>4:00 Mulligan Market, AR</div> <div>4:00 Knitting Club, AT</div>		<div>THANKSGIVING</div> <div>26</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Friendsgiving Photos, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 After Dinner Friendsgiving Social, AR</div> <div>2:30 Mahjong, BR</div> <div>2:30 Hand and Foot, TV</div> <div>3:30 Prayer Time with Barbara, CH</div> <div>3:30 Origami Art, AR</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>		<div>Native American Heritage Day</div> <div>27</div> <div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Native American History, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Christmas Crafting, AR</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>29</div>		<div>9:40 10 Min. Tai Chi, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Yard Sale Prep, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Mulligan Park Resident Sale, AR</div> <div>4:00 Yard Sale Cleanup, AR</div>		<div></div>									

NOV 2020

Birthdays

Dora Jane G., 2nd  
David H., 6th  
Susan P., 8th  
James (Jim) D., 11th  
Ross N., 15th  
Jeroline N., 18th  
Emily G., 20th

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

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”  
—Willard Scott







## Thank You, Volunteers

Dear Volunteers  
of Mulligan Park,

I just want you  
to know that you  
are extremely  
important and  
appreciated.

Much planning  
and activity goes  
on at Mulligan  
Park, your home,  
and it shows

how much you care when you lend a helping hand. It is a huge help when someone donates their time, to help with activities, showing a new resident around the building, washing the paint brushes, or moving chairs around the Activity Room. It has not gone unnoticed, and our building wouldn't be as vibrant and beautiful without you!

From the bottom of my heart, with love, thank you.

Jamie Green

Activities Coordinator



## 2nd Annual Mulligan Park Talent Show

It's that time of year again, where we show off our talents! Last year all of our performers outdid themselves, and this year will be no different. This year, however, we will have a "Happy Holidays" Talent Show. That's right, plan all your performances with a holiday theme! I can't wait to see what all you come up with!

Happy Holidays Talent Show — Friday, December 18th at  
3 p.m. — Dining Room



## Seven Facts About Thanksgiving and the Military

One hundred fifty-six Thanksgivings. That's how many our country has celebrated since the holiday's national recognition. During that time, our armed forces have fought in numerous wars and conflicts, and many service members have spent Thanksgiving Day deployed in foreign countries or behind enemy lines.

Despite huge nutritional and logistical challenges, the spirit of Thanksgiving has been alive and well in the armed forces for over a century.

Here are seven things you probably didn't know about Thanksgiving and the military:

### **1. The first nationally recognized Thanksgiving wasn't observed by the military.**

Blame resources. In October 1863, Abraham Lincoln was the first president to proclaim a national Thanksgiving, with the Civil War in full swing. But the Army's commissary didn't have the necessary food, both in type and quantity, to provide a full Thanksgiving meal for the troops.

### **2. Abraham Lincoln is kind of responsible for Black Friday.**

Lincoln's Thanksgiving Proclamation of 1863 stipulated that the American people "set apart and observe the last Thursday of November next, as a day of thanksgiving." This means, as a nation, we're permanently #blessed with Friday following Thanksgiving Day.

### **3. Add Spain to your list of Thanksgiving blessings.**

The Spanish-American War was the first overseas war fought by the United States. Transporting food was extraordinarily difficult, with many rations spoiling before reaching their destination. But American ingenuity prevailed by 1905, with the establishment of a cooking school at Fort Riley that made future military Thanksgivings possible.



#### 4. Americans were guilt-tripped into rationing.

During World War I, rations for “doughboys” were greatly improved. A greater and fresher array of food was made available, even to troops serving on the front lines. Camps provided a hot turkey dinner for their service members.

Despite this, citizens at home were instructed by the government to “Eat less wheat, meat, fats, sugar. Send more to Europe or they will starve.”

#### 5. Even Nazis couldn't stop Thanksgiving.

World War II presented a hugely intricate logistics challenge in supplying our troops with food. During this time, soldiers subsisted largely on canned goods, dried fruit and powdered eggs. But for Thanksgiving the supply chain went to extraordinary lengths by transporting over 1.6 tons of turkey to ensure the troops ate a traditional hot dinner.

#### 6. Vietnam incepted the MRE.

By the time the Vietnam War rolled around, advances in food preservation and transportation made it possible for the majority of soldiers to eat two hot meals per day. To serve the traditional Thanksgiving meal, soldiers were rotated off the front lines.

The amount of food being prepared necessitated standardized guidelines, which gave birth to the Armed Forces Recipe Service in 1968, which means we get chili mac today.

#### 7. Four branches means four different Thanksgiving meals.

The present-day Army, Navy, Air Force and Marine Corps create individual Thanksgiving menus for their forces. But the recipes are standardized by the U.S. Army Natick Soldier Systems Center, aka USSC. USSC food technologists have created over 1,500 standardized recipes, including ones for a traditional Thanksgiving dinner. (Roast turkey can be found under L-161-00.)

This means that our deployed troops will enjoy a dinner like they would at home, with I-013-00, aka pumpkin pie, included.

## Vanilla Day

National Vanilla Day is Tuesday, November 10th and what better way of celebrating the beloved vanilla bean than to have an Vanilla Ice Cream Tasting?! Vanilla can be used so many ways to create beautiful and tasty treats and dishes. Join us on November 10th for:



**10:30 a.m.** — History of Vanilla and Homemade Vanilla Bean Extract

**2:30 p.m.** — Vanilla Puzzles

**3:30 p.m.** — Vanilla Ice Cream Taste-Off

**11:30 a.m.** — Enjoy Vanilla Cupcakes

It's sure to be a tasty and fun-filled day of vanilla!

## The Good-for-You Cranberry

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits: cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!

#### 1. Cranberries may help prevent urinary tract infections.

When you think of cranberry juice, the first thing that comes to mind is that it's said to help prevent urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability for bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

#### 2. Cranberries can improve your digestion.

Fiber is great for overall gut health, and cranberries are packed with it — one cup has about 5.3 grams of fiber. “This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements,” Dr. Agarwal adds. Plus, fiber helps you feel fuller longer; this means you're less likely to reach for a not-so-healthy-snack

#### 3. Cranberries can help prevent gum disease.

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease in the same way they do with UTIs.





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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**850-553-3252**