

MULLIGAN PARK

Gracious Retirement Living

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

FEBRUARY 2021

MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS
Assistant ManagersLEN & RHONDA DAVIS
Executive ChefKHALIL SAADIQ
Community Sales JEANIE
MARTIN-ARMSTRONG
Activity CoordinatorJAMIE GREEN
MaintenanceSCOTT 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

Valentine's Day at Mulligan Park

This year, we will celebrate Valentine's Day in style. I am asking that everyone dress up for supper on February 14th. It's nice to switch it up, and it makes you feel good when your neighbor tells you how great you look. Unfortunately, due to Covid-19, we will not be having a Valentine's Day dance, however, we have planned tons of fun activities for this loving occasion.

On February 12th at 11:30 a.m., join Jamie in the AR Kitchen as we learn how to make Valentine's Divinity. At 3 p.m. on February 12th, come craft as we make Valentine's crinkle hearts. On February 11th at 3 p.m., bring the artist out in you and create beautiful DIY Valentine's Day Cards, and at 11 a.m., we will watch a documentary on the History of Valentine's Day.

As an added bonus, I am encouraging you to participate in a Valentine's Card exchange, where each person will exchange cards with another. In addition, I will be making candy grahams where you can purchase as many as you like for \$2 a piece, and we will hand deliver to your secret admirer or just a friend.

We hope you have a beautiful Valentine's Day filled with love and joy.

Don't miss out on the fun! Pick up your schedules today!





Tom & Jonnie...A True Love Story

The “loving couple” enters the dining hall with big smiles, greeting their many friends. Always holding hands and taking care of each other, these two love birds are the epitome of a loving relationship. Who are they?

Tom ministered for 70 years, pioneering churches. His first church in Miami now consists of 10,000 members. His last church was here at Mulligan Park, in which he resigned after one year because of health reasons. Unfortunately, Tom developed pulmonary fibrosis, which basically means he suffers with severe breathing problems.

Tom helped establish three churches at Cape Canaveral and ministered at six military basis across the globe including Japan, the Virgin Islands and Oklahoma. In addition to ministering, Tom was also a financial consultant to two colleges and a seminary. One of his passions was travel, so it was fitting that Tom started and raised three travel agencies, where he sent groups to Israel, Russia, Italy and many other nations.

Jonnie, a house wife, attended FSCW College for women and worked for the state. Now, she is completely and wholeheartedly beside Tom, visiting patients in the hospitals and rehab, encouraging them with prayer, scripture and kind words. These two also minister to residents here at Mulligan Park and welcome anyone to seek them out for prayer and encouragement.

Tom and Jonnie are a true love story, through and through. Some go their entire lives not knowing the love these two have for one another and their neighbors. We thank you, Tom and Jonnie, for your ministries and showing us what love should look like.

Written by: Tom and Jonnie



Tom and Jonnie, Valentine's Day, 2020

Mardi Gras Activities

Fat Tuesday is just around the corner, on February 16th. We will celebrate with food, a mask parade and mask crafting.

February 10th at 3 p.m. — Mardi Gras Mask Craft

February 11th at 10:30 a.m. — Mardi Gras Mask Craft

February 16th at 11:30 a.m. — Mardi Gras Parade

Get in the spirit, and dress up on February 16th! We need you to participate in the parade.

See Jamie, Activities Coordinator, for more information.



New Games in Activities!

Beginning this month of February, the calendar has new games to play with your Activity Coordinator Jamie! See the schedule below, and let's have some fun!



Left, Right,

Center — Second Tuesday of each month, February 9th at 2 p.m.

Shuffleboard — Third Friday of each month, February 19th at 11:30 a.m.

Rummikub — Third Friday of each month, February 19th at 3 p.m.

Dominoes — Fourth Tuesday of each month, February 23rd at 2 p.m.

Can't wait to play with you!



Hawthorn Adventure — New Zealand

The residents at Mulligan Park have been traveling through the Pacific Islands for the past two weeks with stops in Hawaii and Fiji. Beginning February 1st, we will dock in the beautiful and picturesque lands of New Zealand and discover unique landscapes, culture, cuisine and so much more that this amazing destination has to offer.

Make sure you take a look at your weekly activities sheets and itinerary so you don't miss one event!



Guess Who Game?

Guess Who is back, and this go around, the Guess Who recipient could be a resident or staff. Can you guess who this is?



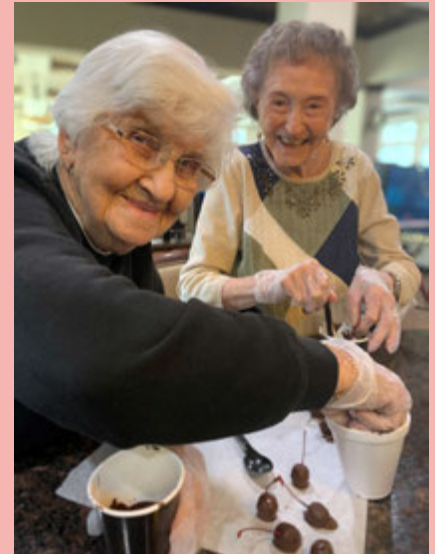
Clues:

1. He is a Veteran
2. He has an equal number of children and grandchildren
3. He is the baby of three sons
4. He is musical

Good luck!

Culinary Demos in the AR Kitchen

Did you know the Activity Room kitchen is for you? The building was designed with you in mind, and we want you to use it. Whether it's to make your family recipes or attend a culinary demonstration from our Executive Chef or Jamie, be a part of the fun.



Hazel and Jean making chocolate-covered cherries.

The kitchen is fully stocked with most of the kitchen tools you will need and is a great way to fulfill your needs. No need to schedule a time, just come and use it at your convenience. Make sure you look at your calendars for unique culinary demonstrations.

Last month, we made homemade chocolate-covered cherries, and the residents and I had a blast. It was full of fun and deliciousness. This is just one of the many activities that take place in the kitchen, and it was a good one.



Renee and Carolyn having fun in the kitchen.

FEB 2021

Birthdays

Ann L., 4th
Joanne Z., 5th
Rhonda D., 5th
Ede W., 20th
Merry Beth T., 28th

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

“We must absolutely take care of one another.”
—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>Rotorua, NZ</div> <div>10:00 Learning the Haka, Exercise, AR</div> <div>11:00 Maori Culture and Rotorua Facts, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Maori Bingo, AR</div> <div>3:00 Maori Language Word Games, AR</div>	<div>2</div> <div>Rotorua, NZ</div> <div>10:00 Learning the Haka, Exercise, AR</div> <div>11:00 Pavlova Sampling and Education, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Relaxing in Rotorua with Mineral Hand Soaks, AR</div> <div>2:00 Encompass BP Clinic, AR</div> <div>3:30 Painting Kiwis, AR</div> <div>4:00 Mulligan Market, AR</div>	<div>3</div> <div>Hobbiton, NZ</div> <div>10:00 Hobbit Exercise in Hobbiton, AR</div> <div>10:30 Hobbiton Fast Facts, AR</div> <div>11:00 30-Second Mysteries, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Hobbit Bingo, AR</div> <div>3:00 DIY Hobbit/Fairy Homes, AR</div>	<div>4</div> <div>Queenstown, NZ</div> <div>10:00 Frisbee Golf Exercise in Queenstown, AR</div> <div>11:00 Queenstown Fast Facts, AR</div> <div>11:30 Golfing in Queenstown, PG</div> <div>2:00 Manager/Resident Mtg., AR</div> <div>3:30 Bird Brain Word Challenge, AR</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div> 	<div>5</div> <div>Auckland, NZ</div> <div>10:00 Exercising with the Symphony Orchestra, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Auckland Fast Facts, AR</div> <div>2:00 Kiwi Bingo, AR</div> <div>3:00 Building the Sky Tower, AR</div> <div>4:00 Classical Music Trivia, AR</div> 	<div>6</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, AR</div>
<div>7</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Church Service with Pastor Rob, AR</div> <div>4:00 Left, Right, Center with Mary, AR</div>	<div>8</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Storytelling with Pictures, AR</div> <div>11:30 Giant Crossword Competition, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div>	<div>9</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Homemade Chocolate Kisses, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Left, Right, Center with Jamie, AR</div> <div>2:00 Encompass Health Talk, AR</div> <div>4:00 Mulligan Market, AR</div>	<div>10</div> <div>10:00 Fit Beat Drumming, AR</div> <div>11:00 30-Second Mysteries, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Mardi Gras Mask Design, AR</div>	<div>11</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Mardi Gras Mask Design, AR</div> <div>11:00 Lifelong Learning, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Chef/Resident Mtg., AR</div> <div>2:30 Mahjong, BR</div> <div>3:00 DIY Valentine's Cards, AR</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>12</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Valentine's Divinity, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Crinkle Heart Art, AR</div> <div>4:00 Fly Swatter Volleyball, AR</div>	<div>13</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, AR</div>
<div>14</div> <div>VALENTINE'S DAY</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Church Service with Pastor Rob, AR</div> <div>4:00 Left, Right, Center with Mary, AR</div>	<div>15</div> <div>PRESIDENTS DAY</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Rosa Parks Film, AR</div> <div>11:15 Chopsticks Etiquette and Race, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Charles Dickens Day, AR</div>	<div>16</div> <div>Mardi Gras/Fat Tuesday</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 History of Mardi Gras, MT</div> <div>11:30 Mardi Gras Mask Parade, DR</div> <div>2:00 South Africa Virtual Tour, MT</div> <div>2:00 Encompass BP Clinic, AR</div> <div>3:00 South Africa Cuisine and Tea Party, AR</div> <div>4:00 Mulligan Market, AR</div>	<div>17</div> <div>ASH WEDNESDAY</div> <div>Ash Wednesday</div> <div>10:00 Fit Beat Drumming, AR</div> <div>11:00 30-Second Mysteries, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Soda Bottle Bird Feeders, AR</div>	<div>18</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Lifelong Learning, AR</div> <div>2:00 Activities/Resident Mtg., AR</div> <div>3:00 National Pizza Day!, AR</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>19</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Shuffle Board, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Rummikub with Jamie, AR</div> 	<div>20</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, AR</div>
<div>21</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Church Service with Pastor Rob, AR</div> <div>4:00 Left, Right, Center with Mary, AR</div>	<div>22</div> <div>George Washington Birthday</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 The Many Georges, AR</div> <div>11:30 George Washington History, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Apple Tree Art, AR</div>	<div>23</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Monthly Paint Pour Art, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Dominoes with Jamie, AR</div> <div>4:00 Mulligan Market, AR</div>	<div>24</div> <div>10:00 Fit Beat Drumming, AR</div> <div>11:00 30-Second Mysteries, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Lions of Venice, AR</div>	<div>25</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Renoir Paintings Slide Show, MT</div> <div>11:00 Lifelong Learning, AR</div> <div>2:00 Renoir Impressionistic Painting, AR</div> <div>4:00 Bible Study, CH</div> <div>7:00 Bean Bag Baseball, AR</div>	<div>26</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tic Tac Toe Trivia, AR</div> <div>11:30 Grand Canyon Virtual Tour, MT</div> <div>2:00 Bingo, AR</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Fly Swatter Volleyball, AR</div>	<div>27</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, AR</div>
<div>28</div> <div>10:30 Pictionary, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Church Service with Pastor Rob, AR</div> <div>4:00 Left, Right, Center with Mary, AR</div> 						



Virtual Tours in the Movie Theatre

Beginning this month, Mulligan Park will be offering Virtual Tours held in the Movie Theatre. Virtual Tours offer a unique and up-close perspective to some of the most amazing places in the world, including art galleries and famous statues all in the comfort of home!

Tuesday, February 16th, at 2 p.m. — South Africa Virtual Tour **Thursday, February 25th, at 2 p.m.** — Renoir Paintings

Wednesday, February 24th, at 3 p.m. — Lions of Venice **Friday, February 26th, at 11:30 a.m.** — Grand Canyon

For suggestions or questions regarding virtual tours, please contact your Activities Coordinator, Jamie Green.

The Karaoke Craze

Mulligan Park now has karaoke! With an excellent sound system and karaoke program with 1000s of tunes, residents are sure to have a good time. We tested it out during our New Year's Eve party, then again on a later date with Johnny Cash Karaoke, and it works perfect!

You will notice in the upcoming months "karaoke activities" scheduled in the calendar portion of the newsletters. Come sing and play during these scheduled times; it's a ton of fun!

Can't wait to sing with you!



Lifelong Learning Thursdays Begins This Month!

Residents at Mulligan Park love to learn, and it shows. Our residents are vibrant, healthy, active and very social. There are many advantages to continuing the practice of learning. Studies show that when seniors learn a new skill, such as playing an instrument, learning a new language or a new technology, it strengthens connection within the brain and it keeps dementia at bay.

It is very beneficial to continue to challenge yourself to learn new things or to try new things. Even something as simple as using your non-dominant hand to brush your teeth is useful because you are increasing your motor skills.

A great benefit of continuing education within the independent living community is the opportunity for socializing and making new friends. Learning something new with someone in the same age group takes off some of the pressure of "competing" with a younger person who is more technically advanced or more agile. In fact, you can bond with some of your classmates over how challenging it is to learn how to use a new phone or to speak a new language, as you are more or less evenly matched.

Learning a new skill, and then mindfully applying what you learn, will improve cognitive functions but can also provide years of future enjoyment.

Beginning Thursday, February 11th, we will kickoff this amazing opportunity and every Thursday thereafter. Below is the February schedule of classes:

February 11th at 11 a.m. — History of Valentine's Day

February 18th at 11 a.m. — Black History

February 25th at 11 a.m. — Renoir Art History

These classes will dive right into the topics scheduled, where we will have a printout of the information discussed, a group discussion, and in some cases an educational video and interactive activities.

Sign up is required. See Jamie in Activities for more details!



Encompass Blood Pressure Clinic and Health Talks with Scotty

Encompass is a home health agency that specializes in rehab, speech therapy and so much more. The gang at Encompass has been very good to Mulligan Park residents, and they have our total support. On the first and third Tuesday of each month, join them at 2 p.m. in the AR to receive your blood pressure, and on the second Tuesday of each month, don't miss out on their monthly Health Talks.

If you have any questions about Encompass, please contact Jamie in Activities.

Mulligan Market Day Change

Mulligan Market has changed it's date from Wednesdays at 4 p.m. to Tuesdays at 4 p.m. Please see Jamie, your Activity Coordinator, for more information.

A Few New Year's Eve Photos

What a fun night we had New Year's Eve here at Mulligan Park. Everyone was dressed to the nines, and the ambiance was truly amazing. Residents had an amazing surf and turf candlelight supper, then enjoyed a party for the rest of the evening, with karaoke, a miniature ball drop and great company. Thank you to everyone who helped us bring in the New Year.



Betty as always looking festive and beautiful.



Cecile looking amazing and happy for surf and turf.



Mr. Sam looking dabber.



Mr. Ross looking fab.



Dora Jane is all smiles.

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It's always Warm at

MULLIGAN PARK
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We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

850-553-3252