

# MULLIGAN PARK

## Gracious Retirement Living



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

### MARCH 2021

#### MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS  
Assistant Managers .....LEN & RHONDA DAVIS  
Executive Chef .....KHALIL SAADIQ  
Community Sales ..... L. PAIGE DEEVER  
Activity Coordinator .....JAMIE GREEN  
Maintenance .....SCOTT LYNN

#### 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

### “Welcome Spring” Parade

Be a part of the fun on Thursday, March 18th, at 3 p.m. as we welcome in spring with a beautiful, fun loving and exciting “Welcome Spring” parade. This year will be the second annual parade and that means it must be better than last year, so get ready, dress up and enjoy the spring sunshine as we say hello spring!





## Lifelong Learning Every Week!

This month's lifelong learning classes are every Thursday at 11 a.m. Please see schedule below:

**Thursday, March 4th, at 11 a.m.:** "Hear Here Listening Awareness"

- Ted Talk "Listening Awareness"
- Telephone Game
- Group Discussion

**Thursday, March 11th, at 11 a.m.:** Deaf History Month

- Sign Language Basics
- Hearing Loss Prevention
- Challenges the Deaf Face

**Thursday, March 18th, at 11 a.m.:** Writing Comedy

- The Five Rules of Comedy Writing
- Jerry Seinfeld's Five Steps to Writing Jokes
- Interactive Writing Exercise

**Thursday, March 25th, at 11 a.m.:** How to Read a Weather Map

- Study and Learn to Read a Weather Map
- Science of Forensic Meteorology
- Weather Experiments

Can't wait to learn with you!



## National Pi Day Activities

National Pi Day is celebrated on March 14th because the digits in this date correspond with the first three digits of pi (3.14). The first Pi Day was organized in 1988 by physicist Larry Shaw, who worked at the San Francisco Exploratorium.



The original celebration consisted of Exploratorium staff walking around in a circle and eating pies. Celebrations have evolved since then, including competitions to see who can recite the most digits of pi and Albert Einstein look-alike contests, thanks to that famous scientist's birthday also falling on 3.14.

In honor of pi and Albert Einstein's birthday, we will celebrate National Pi Day with a pi social. While at the social, enjoy:

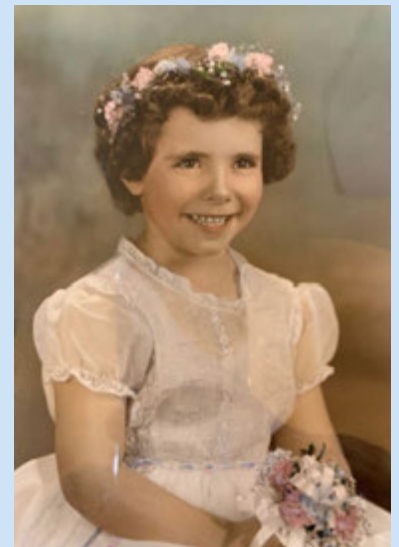
- Pies and Punch
- Pie Walk (Winner will receive mini pies)
- Pi Digits Contest (Winner will receive a whole pie)

Pi Social is on Friday, March 19th, at 3 p.m.!

Don't miss out on a (pi) of a good time!

## Guess Who!

Can you guess who this is? This person could be a resident or staff member. Use the clues below to solve the mystery.



**Clues:**

1. She was a teacher.
2. She loves to be active around the Community.
3. She loves to sing.
4. She has no pets, but loves cats!

Last month's Guess Who answer is: Len Davis. Did you guess it correctly?





## Wear Green Wednesday

On March 17th, join the fun and wear green all day! Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, who like to pinch anyone they can see.

Don't let those leprechauns see you!

## St. Patrick's Day Social

On Wednesday, March 17th, at 3 p.m. come attend Mulligan Park's St. Patrick's Day Social where we will party like leprechauns! There will be tons of activities to enjoy:

- Shamrock Shakes
- Irish Nachos
- Irish Tunes
- Potato Bowling
- Clover All Over Contest
- Prizes
- Rock Painting



It's sure to be an "over the rainbow" good time!

## Sunshine State Spelling Bee

Florida became the 27th state on March 3rd of 1845, and March 3rd is now considered "Sunshine State Day." In honor of our beautiful and sunny state, on Monday, March 1st, at 3 p.m. you can be a part of the Mulligan Park Sunshine State Spelling Bee!

We will celebrate all words "Florida," so study up, because you could be Mulligan Park's best speller and win a gift basket full of treasures!

Sign-up to participate is required, and everyone is welcome to attend!



## Butterfly in the Sky Day

Monday, March 15th, is "National Learn About Butterflies Day" and to honor this day, we are going to learn all about butterflies with fun activities throughout the day.

Be sure to check out these fun activities:

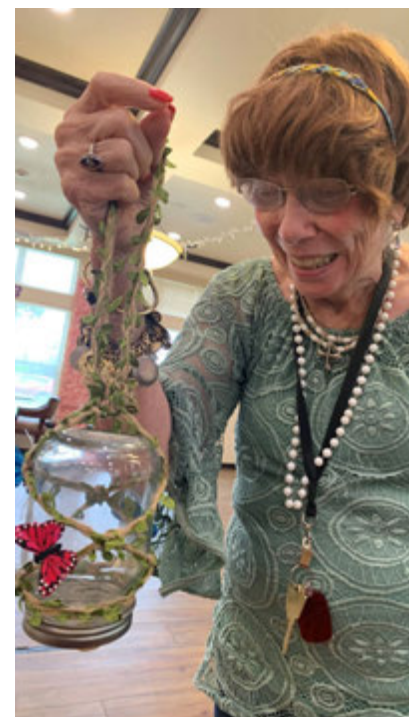
**10:30 a.m.:** Planting Butterfly Food

**11:30 a.m.:** Create Beautiful Butterfly Feeders for the Garden

**3 p.m.:** Pull the artist out in you and make coffee filter butterflies.

During these activities, we will also learn about butterfly anatomy, migration and butterfly awareness.

Don't miss out on the fun!





# MARCH 2021












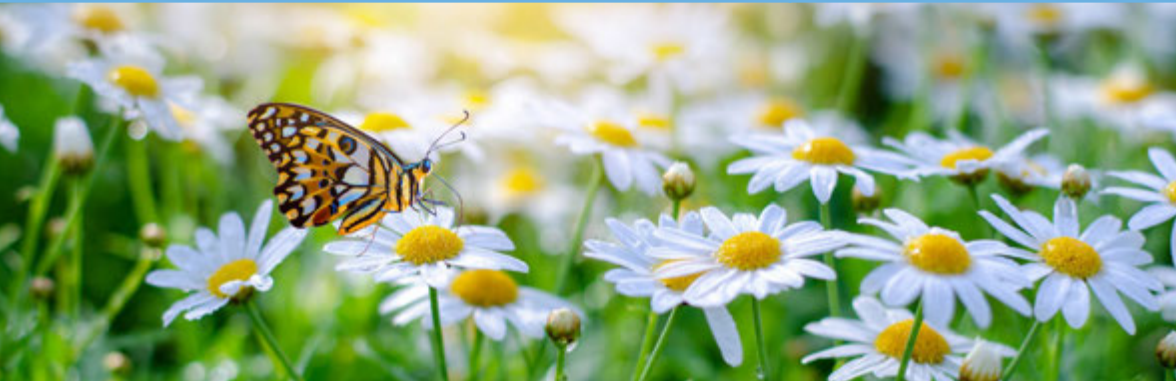
## Birthdays

Rosy H., 2nd  
 Marian S., 3rd  
 Barbara A., 3rd  
 Renee A., 3rd  
 Charolette D., 3rd  
 Rip F., 5th  
 Millie G., 6th  
 Mary Ann J., 7th  
 Janet O., 17th  
 Glenda R., 19th  
 Ann J., 21st  
 Mary W., 26th  
 Stanley G., 29th  
 Carl S., 29th

## 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

**“Never, ever underestimate the importance of having fun.”**  
 —Randy Pausch

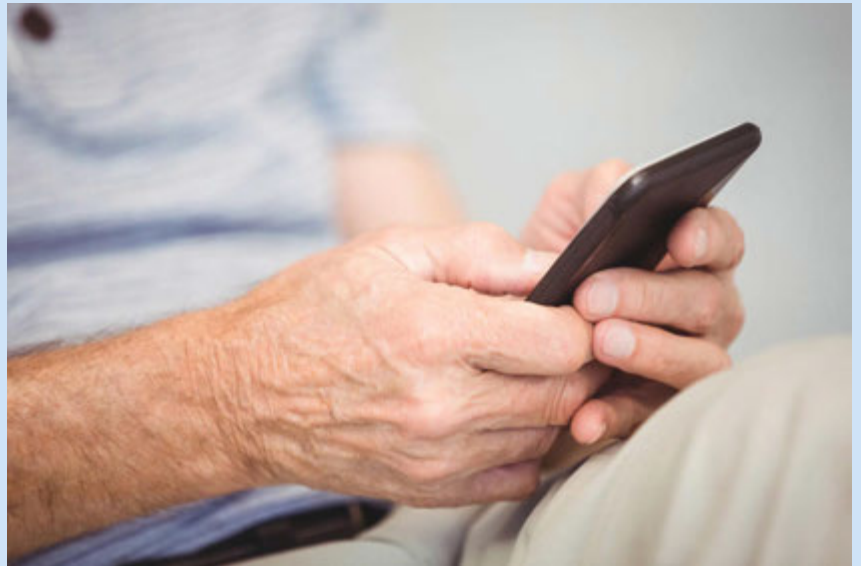
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Chair Exercise, AR 10:30 <b>Smart Phone 101, MT</b> 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Sunshine State Spelling Bee, AR</b>	2 10:00 Chair Exercise, AR 10:30 <b>Spring-Cleaning Challenge, AR</b> 11:00 <b>Spring-Cleaning Word Game, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:00 Encompass BP Clinic, AR 3:00 <b>Smithsonian Virtual Tour, MT</b> 4:00 <b>Mulligan Market, AR</b> 	3 <b>World Wildlife Day</b> 10:00 Fit Beat Drumming, AR 10:30 Wildlife Documentary, MT 11:00 30-Second Mysteries, AR 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Wildlife Trivia, AR</b> 4:00 <b>Singalong with Margaret, DR</b> 	4 10:00 Chair Exercise, AR 11:00 <b>Lifelong Learning, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Manager/Resident Mtg., AR</b> 2:30 Mahjong, BR 3:00 Lemon Poundcake and History, AR 4:00 <b>Bible Study, CH</b> 7:00 <b>Bean Bag Baseball, AR</b>	5 <b>How Do I Love Thee Day</b> 10:00 Chair Exercise, AR 10:30 <b>Tic Tac Toe Trivia, AR</b> 11:30 <b>Sonnet Reading and Word Game, AR</b> 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Oreos and Milk &amp; History, AR</b> 3:30 <b>Oreo Stacking Contest, AR</b> 	6 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Shuffleboard Saturdays, AR</b> 4:00 <b>Giant Jenga, AR</b> 
7 10:30 Pictionary, AR 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Church Service with Pastor Rob, AR</b> 4:00 <b>Left, Right, Center with Mary, AR</b> 	8 10:00 Chair Exercise, AR 10:30 <b>Name That TV Tune, AR</b> 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 Smart Phone 101, AR	9 10:00 Chair Exercise, AR 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Left, Right, Center with Jamie, AR</b> 2:00 Encompass Health Talk, AR 3:00 <b>NASA's Langley Research Ctr. Virtual Tour, MT</b> 4:00 <b>Mulligan Market, AR</b>	10 10:00 Fit Beat Drumming, AR 11:00 30-Second Mysteries, AR 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Pi Day!, AR</b>	11 10:00 Chair Exercise, AR 11:00 <b>Lifelong Learning, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Chef/Resident Mtg., AR</b> 2:30 Mahjong, BR 3:00 <i>Johnny Appleseed Day, AR</i> 4:00 <b>Bible Study, CH</b> 7:00 <b>Bean Bag Baseball, AR</b>	12 10:00 Chair Exercise, AR 10:30 <b>Tic Tac Toe Trivia, AR</b> 11:30 Gardening Memory Challenge, AR 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Bulb Planting in the Garden, AR</b> 4:00 <b>Fly Swatter Volleyball, AR</b>	13 10:30 <b>Giant Crossword with Friends, AR</b> 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Shuffleboard Saturdays, AR</b> 4:00 <b>Giant Jenga, AR</b>
<b>DAYLIGHT SAVING TIME BEGINS</b> 14 10:30 Pictionary, AR 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Church Service with Pastor Rob, AR</b> 4:00 <b>Left, Right, Center with Mary, AR</b>	15 10:00 Chair Exercise, AR 10:30 Planting Butterfly Food, AR 11:30 <b>Butterfly Feeders, AR</b> 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 Coffee Filter Butterflies Craft, AR	16 10:00 Chair Exercise, AR 10:30 <b>Tissue Paper Flowers, AR</b> 11:30 <b>Night Sky Over Tallahassee Virtual Tour, MT</b> 11:30 <b>Broadway's "Carousel" Virtual Show, MT</b> 2:00 <b>Movie Matinee, MT</b> 2:00 Encompass BP Clinic, AR 3:00 <b>Fanny Packs Craft, AR</b> 4:00 <b>Mulligan Market, AR</b>	17 <b>ST. PATRICK'S DAY</b> 10:00 Fit Beat Drumming, AR 10:00 Over the Rainbow Carnations, AR 11:00 30-Second Mysteries, AR 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Shamrock Social, AR</b> 	18 10:00 Chair Exercise, AR 11:00 <b>Lifelong Learning, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Activities/Resident Mtg., AR</b> 2:30 Mahjong, BR 3:00 <b>Welcome Spring Parade, AR</b> 4:00 <b>Bible Study, CH</b> 7:00 <b>Bean Bag Baseball, AR</b>	19 10:00 Chair Exercise, AR 10:30 <b>Tic Tac Toe Trivia, AR</b> 11:30 Shuffleboard with Jamie, AR 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 Rummikub with Jamie, AR  3:00 Pi Day!, AR	20 <b>FIRST DAY OF SPRING</b> 10:30 <b>Doughnut Dash with Len &amp; Rhonda, AR</b> 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Shuffleboard Saturdays, AR</b> 4:00 <b>Giant Jenga, AR</b>
21 10:30 Pictionary, AR 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Church Service with Pastor Rob, AR</b> 4:00 <b>Left, Right, Center with Mary, AR</b> 	22 10:00 Chair Exercise, AR 10:30 <b>Mythology Monday, AR</b> 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Greek Goddess Tp Bracelets, AR</b>	23 10:00 Chair Exercise, AR 10:30 Ted Talk: "Memory," MT 11:00 <b>Memory Challenge, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Dominoes with Jamie, AR</b> 3:00 <b>Chips &amp; Dip Happy Hour, AR</b> 4:00 <b>Mulligan Market, AR</b>	24 10:00 Fit Beat Drumming, AR 10:00 <b>Palm Crosses, AR</b> 11:00 30-Second Mysteries, AR 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 <b>Movie Matinee, MT</b> 3:00 Cherry Tree Art, AR 4:00 Singalong with Margaret, DR	25 10:00 Chair Exercise, AR 11:00 <b>Lifelong Learning, AR</b> 2:00 <b>Movie Matinee, MT</b> 2:30 Mahjong, BR 3:00 Road Not Taken Poetry Day, AR 4:00 <b>Bible Study, CH</b> 7:00 <b>Bean Bag Baseball, AR</b>	26 10:00 Chair Exercise, AR 10:30 <b>Tic Tac Toe Trivia, AR</b> 11:30 Six String Soldiers Virtual Concert, MT 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 Passover Edu. and Charoset Cake, AR  4:00 <b>Fly Swatter Volleyball, AR</b>	27 10:30 <b>Giant Crossword with Friends, AR</b> 2:00 <b>Movie Matinee, MT</b> 3:00 <b>Shuffleboard Saturdays, AR</b> 4:00 <b>Giant Jenga, AR</b>
28 10:30 Pictionary, AR 2:00 <b>Movie Matinee, MT</b> 2:00 <b>Church Service with Pastor Rob, AR</b> 4:00 <b>Left, Right, Center with Mary, AR</b>	29 10:00 Chair Exercise, AR 10:30 Pet Photos and Discussion, AR 11:30 Funny Pet Videos, MT 2:00 Bingo, AR 2:00 <b>Movie Matinee, MT</b> 3:00 Cat Crafting, AR 	30 10:00 Chair Exercise, AR 10:30 Van Gogh Education, AR 11:00 Van Gogh Virtual Tour, MT 2:00 <b>Movie Matinee, MT</b> 3:00 Van Gogh Impasto Painting, AR 4:00 <b>Mulligan Market, AR</b>	31 10:00 Fit Beat Drumming, AR 11:00 30-Second Mysteries, AR 2:00 Bingo, AR 2:00 Scrabble, BR 2:00 <b>Movie Matinee, MT</b> 3:00 Jeopardy!, AR			



## Smartphone 101 Coming This Month

In the 1950s, people did not own the rotary dial telephones in their homes. They rented them from the phone company. Moreover, it wasn't until the end of that decade that local manual telephone exchanges, which required a human operator to connect a local phone call, were replaced by automatic exchanges. There was no voicemail. Try again later.

For people 75 years old and older, that was the phone system they knew. It was the one with which they grew up.



Enter the smartphone approximately 20 years ago with its multiple functions and applications (commonly known as apps). It may be a surprise to learn that a large number of those functions and apps have been designed with seniors in mind.

### Smartphone Features for Seniors

Smartphones equipped with simplified menus and enlarged text and icons for seniors are now available. They allow seniors to connect on social media and search for information, and they provide an astounding array of features to assist them:

- Medication reminders
- Quick and easy access to medical professionals
- Medical alert systems
- Preprogrammed buttons for emergency or frequently used numbers
- Enhanced volume and hearing-aid compatible phones
- Low-battery alerts that can text caregivers or friends
- Long-lasting batteries

According to the Bethesda Care Management Program, medical information such as prescriptions, medication allergies, blood type and emergency contacts can be stored on smartphones for use by first responders in the case of an emergency.

Another important smartphone feature is GPS tracking capability, so that the whereabouts of seniors can be determined (as long as they have their phones with them and the phones are on).

With Smartphones keeping seniors independent and social, to help you keep up with all of this new technology, smartphone classes have been added to the calendar.

This month, there will be two days to learn:

Monday, March 1st, at 10:30 a.m.

Monday, March 8th, at 3 p.m.

Make sure you bring your phones or tablets!





## Spring-Cleaning Begins This Month!

With this new season comes a fresh start! And, did you know, that a good spring-cleaning is not only beneficial to your space, but to your health as well? It's true! Many studies have found



that an organized and decluttered space has a positive effect on your mood and increases your ability to focus.

### Spring-Cleaning Helpful Tips and Tricks:

1. Don't be afraid to purge.
2. Take inventory of what you have so you don't go out and buy unnecessary items.
3. Use containers that are clear for visibility.
4. Accessibility.
5. Look for wasted space.

I challenge you to do a little spring-cleaning in your apartments this month or April. You will be so happy once you are finished, I hope you can't wait to get started!

### Seven Easy Ways to Start Decluttering:

1. Remove any trash that may be lying around your space.
2. Choose one small area to organize at a time.
3. Sort your items into three piles: Keep, donate and toss.
4. Find a specific home/place for everything you intend to keep.
5. Group similar items together.
6. If you buy something new, pledge to get rid of something else in its place.
7. Don't try to do everything all at once.

## Mulligan Park Is Offering Virtual Tours ... Every Week!

By definition, self-isolating is isolating. Since the odds of developing COVID-19 increase with age, the CDC is advising adults ages 65 and older to stay home. Senior living facilities have restricted visitors, making nursing homes and assisted living facilities even lonelier than before. Not being able to leave the house and interact with others is making us all a little stir-crazy. While avoiding Coronavirus, we're developing a severe case of cabin fever. Even the most hermetic of us needs to get out once in a while.

Various virtual experiences offer stimulation and entertainment to keep you distracted while social-distancing. Visit these museums, national landmarks, and cultural institutions from the comfort of our Movie Theatre!

- World Class Museums
- Landmarks
- National Parks
- Cooking Classes
- Concerts
- Broadway Shows
- Zoos and Aquariums

These are just to name a few of the various virtual tours you might experience.

We want to know where you would like to "virtually" travel! Talk to your Activity Coordinator today about your suggestions!

This month's virtual experiences are exciting, and riveting and I am sure you will love them!

**Tuesday, March 2nd, at 3 p.m.:** Smithsonian Virtual Tour

**Tuesday, March 9th, at 3 p.m.:** NASA's Langley Research Center Virtual Tour

**Tuesday, March 16th, at 11:30 a.m.:** Broadway's "Carousel" Virtual Show

**Friday, March 26th, at 11:30 a.m.:** Six String Soldiers Virtual Concert

**Tuesday, March 30th, at 3 p.m.:** Van Gogh Art Virtual Tour  
Hope you enjoy!



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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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