

July 2021

# Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 | 563-583-7939 | [www.sunsetparkplace.net](http://www.sunsetparkplace.net)



## Celebrating July

**Red, White & Blue Month**

**World Watercolor Month**

**Canada Day**

*July 1*

**Halfway Point of 2021**

*July 2*

**Independence Day (U.S.)**

*July 4*

**Bastille Day (France)**

*July 14*

**Disneyland's Birthday**

*July 17 (1955)*

**Man on the Moon Day**

*July 20 (1969)*

**Tell an Old Joke Day**

*July 24*

## National Treasures



Since 1985, America has celebrated July as Park and Recreation Month, but America's dedication to preserving the nation's wild places goes back much further. It was in 1872 that President Teddy Roosevelt designated Yellowstone as America's first national park, and he would go on to protect over 230 million acres of land as national forests, monuments, and wildlife refuges.

As a child growing up in New York City, Roosevelt spent much of his time indoors, surrounded by concrete and steel and struggling for breath, due to debilitating asthma. It seems logical that Roosevelt would later prioritize the protection of nature. He escaped to the wilderness for fresh air and strengthened himself by trekking primeval forests and snow-covered peaks. Just as nature strengthened and inspired Roosevelt, he hoped that nature would do the same for his fellow Americans.

By every measure, Americans have fulfilled Roosevelt's dream. Each year, over 300 million people visit America's national parks. Since the creation of Yellowstone, the national park system has grown to 423 protected areas in every state, from the coast of Acadia in Maine to the redwoods of northern California, from the cliff dwellings of Colorado's Mesa Verde to the glacier-carved valleys of Alaska's Gates of the Arctic. And the park system continues to grow. At the start of the year, New River Gorge in West Virginia became America's 63rd national park. But while national parks enshrine and preserve America's rich natural legacy, Park and Recreation Month is meant to celebrate parks of all kinds.

National parks make dramatic backdrops for family vacations, but local parks are where we find daily respite and rejuvenation. They are perfect places to enjoy the shade of a tree and listen to the song of a bird. What is more, local parks provide us with opportunities to continue Roosevelt's legacy of conservation by volunteering to plant a tree or clean up a river. Roosevelt's message was not just one of enjoying nature but of protecting and nurturing it for future generations.

## Sinsinawa Bakery

Enjoy a local favorite and help a wonderful cause. It's a win-win!!! Sunset Park Place is continuing the efforts to raise money for the Walk to End Alzheimer's. The annual event will take place on Saturday, October 2<sup>nd</sup>.



Cinnamon Bread \$8



Loaded with cinnamon and sugar, this loaf is great as is, toasted with butter, and even makes great French toast.

White Bread Kit \$8



Enjoy the smell of fresh baked bread now in your home! This white bread mix is easy and simply delicious for you to make in your own kitchen.

Zucchini Bread \$10



Zucchini Bread is flavorful and moist. Using the perfect amount of spices along with chopped walnuts.

Caramel Rolls \$10



What makes these rolls deliciously different is our homemade caramel topping that smothers each roll.

Sin-A-Mound \$7



This "sinful" roll is your classic cinnamon roll times 10! Your eyes will pop when you see this 1 lb. roll completely covered with homemade icing.

8 Grain Bread \$9



This healthy and hearty bread is a delightful, textured loaf appropriate for sandwiches, or eating plain with a meal. Loaded with a unique blend of "good for you" grains and seeds, it is a solid and hardy, yet light and sweet, loaf.



Name: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

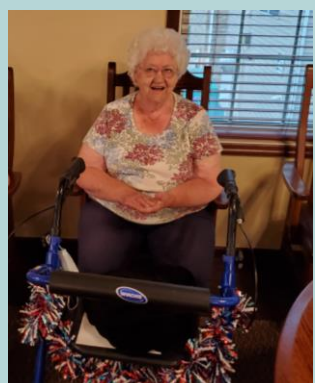
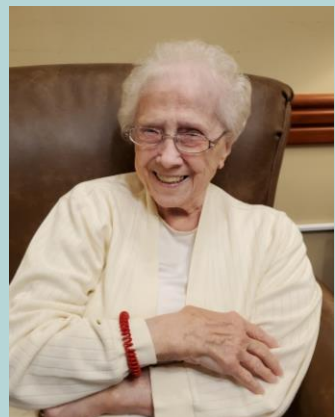
Item	#	Price

Total \$ \_\_\_\_\_

Fill out the order form or call Erica to place your order (563)583-7939. Orders are due by 7/17/21. Items will be available for pick-up or delivery during the 1<sup>st</sup> full week of August. *Checks payable to Sinsinawa Bakery.* Thank you for your support.

## Live Music!!

Thank you, Tom Bedtka, keyboard & vocals, and Carl Metz, steel guitar & harmonies for sharing your amazing talents with us. It was a wonderful afternoon!





## Grocery Shopping Once Again!



The sign in the picture above says, "Make everyone happy." That is exactly what happened! After 15 months, the ladies enjoyed strolling up and down the aisles, checking items off their lists, and hand selecting their own fresh fruit. The joy of shopping is just one of the many little things we have learned to appreciate during this last year. Happy? Indeed!

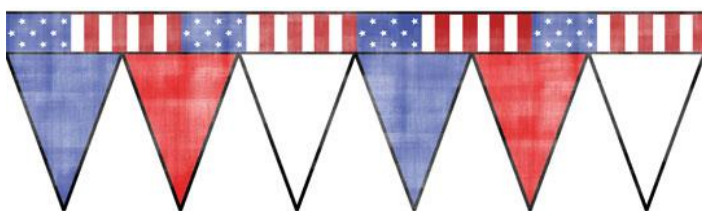


## Heading Downtown

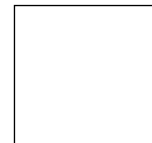
The party bus took a tour of the beautiful murals downtown as well as a drive around the Millwork District.



There are so many beautiful places to see in Dubuque! Where will we go next?



Sunset Park Place  
3730 Pennsylvania Ave  
Dubuque, IA 52002



### July Move-in Special!

Moving is a big job – let us help!

Make a deposit in July and your moving costs are covered. Contact Erica Wall, Assistant Director to see if you qualify for more discounts at 563-580-5041



### July Birthdays

Betty M	11 <sup>th</sup>	Pat R	22 <sup>nd</sup>
Marty L	12 <sup>th</sup>	Ora S	28 <sup>th</sup>

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Thurgood Marshall (justice) – July 2, 1908  
Satchel Paige (ballplayer) – July 7, 1906  
Tom Hanks (actor) – July 9, 1956  
Henry David Thoreau (writer) – July 12, 1817  
Harrison Ford (actor) – July 13, 1942  
Regina Belle (singer) – July 17, 1963  
Ernest Hemingway (writer) – July 21, 1899  
Amelia Earhart (pilot) – July 24, 1897