

May 2022

Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 | 563-583-7939 | www.sunsetparkplace.com

Celebrating May

**Gardening for Wildlife
Month**

Personal History Month

**Global Health and Fitness
Month**

World Laughter Day
May 1

African World Heritage Day
May 5

148th Kentucky Derby
May 7

Mother's Day (U.S.)
May 8

**Buy a Musical
Instrument Day**
May 22

Memorial Day (U.S.)
May 30



Sunset Park Place
is committed to making dreams a reality!!
What is your Dream??



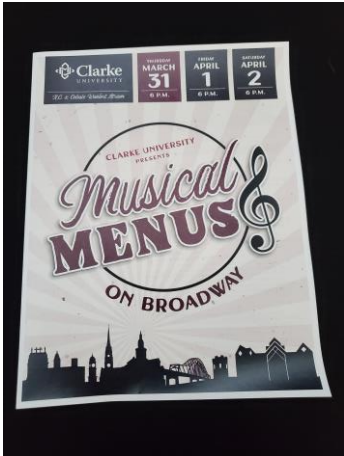
Helen has recently moved back to Dubuque. She was very excited about embracing all Dubuque has to offer culturally. She came to us looking for one friend to go along to an event called "Musical Menus" at Clarke University. We found 6! Helen enjoyed sharing her passion for the arts with 6 new friends! A wonderful evening was had by all.



During a "Conversation" activity Connie stated that she always wanted to go scuba diving. With the National Mississippi River Museum just across town, anyone can feel like they are swimming along with the fish. We surprised her with a gift bag containing goggles and a snorkel. Connie was eager to put them on and then showed us her best swim moves! Her giggles were infectious!

Clarke University Musical Menus on Broadway

The evening started with elegant Hors d'oeuvres, then students and alumni performed selections from Broadway productions. After the show we were treated to a delectable dessert bar. We could get used to this!



Animal Attraction



The first week of May is Pet Week, a week for humans to shower their animal companions with love and attention. Such a celebration of the human-animal bond might sound strange to those who do not have or want

a pet, but some scientists argue that keeping a pet is an intrinsic part of human nature. Plenty of headlines tout the health benefits of pet ownership, but scientists suggest that our real attraction to animals might be a deep genetic predisposition for social grooming. Social grooming, the physical combing of hair, was one of the first and most powerful forms of social bonding. Petting animals stimulates the release of powerful "love hormones" such as oxytocin. In fact, studies show that some animal lovers possess a genetic variation that produces more oxytocin, making them even more likely to feel bonded to others, including pets.

Wow, it's Hank!

Hank is Erica's 9-month-old puppy... yes puppy, he is still growing! Hank brought joy everywhere he went. He is very social and soaked up all the attention!



National Mississippi River Museum

They say keep learning and you will never grow old. We just say learning is fun!



April Birthday Party

Happy Birthday to all of you!



Lowell

Joe

Naomi



Helen

Pat

Irene

Cardio Drumming is a HIT!

We love music, we love exercise, why not put them together! Everyone asked, "When can we do this again?!"



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Motherhood: Priceless



How will you show Mom that you care on this Mother's Day, May 8? In its early days, Mother's Day was celebrated by attending church and sending mom a handwritten letter.

Today, Mother's Day is a \$28 billion industry. As well it should be! After all, if we were to pay Mom for the various tasks she performs, that salary would be over \$116,000 a year. The least we can do is shower her with gifts! Mothers aren't the only ones who look forward to the holiday. It is the busiest day of the year for restaurants, with 80 million people dining out. Jewelry stores make out big, too. Shoppers spend \$5 billion on new bling for Mom. When Mother's Day began in 1914, the floral industry declared that carnations were the best way to honor mothers: red carnations for moms still living, and white for those who had passed. Today, the tradition of gifting flowers lives on. Mother's Day is the number one day for floral sales, which total \$2.66 billion.

May Birthdays

Shirley S 2nd
Mary E 23rd

Marian C 19th
Irene R 31st

In astrology, those born May 1—20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21—31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Dwayne Johnson (actor) – May 2, 1972
Frankie Valli (singer) – May 3, 1934
Audrey Hepburn (actress) – May 4, 1929
Don Rickles (comedian) – May 8, 1926
Stevie Wonder (musician) – May 13, 1950
Malcolm X (activist) – May 19, 1925
Mr. T (actor) – May 21, 1952
Bob Dylan (musician) – May 24, 1941
Sally Ride (astronaut) – May 26, 1951
Betty Shabazz (activist) – May 28, 1934

