

MULLIGAN PARK

Gracious Retirement Living



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

SEPTEMBER 2021

MULLIGAN PARK STAFF

Managers.....LEN & RHONDA DAVIS
Executive Chef.....JULIO POOL
Community Sales L. PAIGE DEAVER
Activity CoordinatorJAMIE GREEN
MaintenanceSCOTT LYNN
Bus DriverTARACHEL JAMES

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

Lifelong Learning Week: Exploring Your Health to a Better You! September 6th-10th

This year's Lifelong Learning Course is all about "Exploring Your Health to a Better You"! Each class contains unique and exciting information that will bring you one step closer to growth within yourself, and help you become a healthier and more active senior.

Monday, September 6th, 3 p.m.: Skin and Your Health

Join in on the discussion as we talk about the importance of our skin as we age; the importance of exercise and the skin and natural ways to exfoliate. We will also make our own natural exfoliate!

Tuesday, September 7th, 10:30 a.m.: Joint Pain Explained

Do you suffer from joint pain? Most seniors do in some form. Scotty, a physical therapist from Encompass, will be discussing reasons why you might be experiencing joint pain and ways to relieve this common issue. We will also touch on nutrition and exercise!

Wednesday, September 8th, 3 p.m.: What Do Your Nails Say About Your Health?

Did you know your nails can reveal clues to your overall health? Join us as we reveal what possible diseases and vitamin deficiencies you could be experiencing based on what your nails look like. We will also make a homemade cuticle scrub for you to take home!

Thursday, September 9th, 10:30 a.m.: Healing Herbs to Use Every Day

There are many varieties of herbs at our disposal that we can use every single day to help us heal our bodies and boost our immunity. We are going to learn about these herbs, how to grow, use them and even make some organic herbal tea!

Friday, September 10th, 3 p.m.: Don't miss out on this class, as we teach you different ways to create healthy habits to apply to your everyday life.





Celebrating the Healthy Apple

September is the start of appreciating the “amazing” apple! To celebrate we are offering a day of apple activities ... don’t miss out on these fun ways to learn more about what apples have to offer.

Thursday, September 2nd

10:30 a.m.: Health Benefits of Apples **3 p.m.:** Elegant Apple Tasting
11 a.m.: Homemade Apple Crisps

Can’t wait to see you there!



Changes to Weekly Schedule

Fit Beat Drumming is now on Tuesdays at 11:30 a.m.

Beginner Balance Class is now on Wednesdays at 9:30 a.m.

Intermediate Balance Class is now on Wednesdays at 10 a.m.

Please see Jamie in Activities with any questions.

Special Thanks to These Companies

Brookdale Senior Living is an assisted living facility located on Hermitage Boulevard, where seniors can turn when they are ready for the next step up from independent living. Thank you, Brookdale, for your wonderful donation to our Italian Fest Gift Basket Drawings! We appreciate you.

Terri Burt, Certified CNA, provides home health services that include bathing, laundry, light cleaning, companionship, and many other services. Terri and her staff have clients throughout Mulligan Park and can be seen working in the building on a daily basis. Thank you, Terri, for your beautiful donations to our Italian Fest!

Carrabba’s Italian Grill is a chain restaurant specializing in Italian food, located on Capital Circle. Thank you, Carrabba’s, for your donation to our Italian Fest!

Esposito’s Garden Center is North Florida’s and South Georgia’s one-stop shop for all of the supplies and services needed for attractive lawns, gardens and landscapes. We have everything you need to make your yard the talk of the neighborhood. Esposito’s has 40 years of experience with everything from the ground up. Thank you, Esposito’s, for your gorgeous flower arrangements provided to our Community each and every week!

Don’t Wear White Day, September 7th

September 7th, the day after Labor Day is known as the day not to wear white! On this day, dress in anything but white, and be as colorful as you can! The person wearing the most colors will win a contest as the most colorful resident of the day!

Walk the Plank Pirate Party

Join us on Friday, September 17th, for a “Walk the Plank Pirate Party” where we will watch staff members try to stay dry as they walk the plank. Residents can try their hand at finding buried treasure, dress like pirates, eat pirate food, learn pirate language, and much much more! This is sure to be an arrgh’ good time!

September Arts & Crafts Schedule

September has a variety of projects to strike your creativity! Choose your favorites or come to all!

Wednesday, September 1st, 3:30 p.m.: Painting Aster Flowers with Mason Jars

Monday, September 6th, 3 p.m.: Making Our Own Skin Exfoliate

Wednesday, September 8th, 3 p.m.: Making Our Own Hand & Nail Creme

Wednesday, September 15th, 3 p.m.: Clothespin Planters

Thursday, September 16th, 3 p.m.: Cranberry and Vanilla Soap Bars

Monday, September 20th, 10:30 a.m.: Painting Blindfolded

Friday, September 24th, 3 p.m.: Monthly Paint Pour

Tuesday, September 28th, 10:30 a.m.: Apple Watercolor Painting

September Outings Schedule

September 1st, 11:30 a.m.: FSU Museum of Fine Arts (MOFA) Guided Tour

MOFA collection consists of over 6,000 objects including almost every medium, ranging from pre-Columbian pottery to contemporary art.

September 8th, 10:30 a.m.: Mashes Sands Beach, Panacea, Florida — A beautiful and secluded sandy beach.

September 15th, 11:30 a.m.: Lofty Pursuits — Enjoy your favorite soda shop treat, grab a burger, and shop at local stores!

September 22nd, 2 p.m.: Shopping Trip to Capital Plaza Shopping Strip

This shopping mall offers 17 stores to shop from, including Tuesday Morning, Joann Fabrics, Midtown Shoes and Dollar General.

September 29th, 11:30 a.m.: Tallahassee Car Museum and Lunch at Backwoods Crossing. \$15 per person. Sign up in advance by September 15th.

Grandparents Day

National Grandparents Day is Sunday, September 12th. To celebrate, we are inviting the grandkids to Mulligan Park to be with you to enjoy a craft, a movie, a delicious ice cream sundae bar, and popcorn!

RSVP is required by September 6th.

Happy Grandparents Day!

