

# MULLIGAN PARK

## Gracious Retirement Living



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

### OCTOBER 2021

#### MULLIGAN PARK STAFF

Managers.....LEN & RHONDA DAVIS  
Assistant Managers ... RICK & JANICE FRIDDLE  
Executive Chef ..... JULIO POOL  
Community Sales ..... L. PAIGE DEEVER  
Activity Coordinator .....JAMIE GREEN  
Maintenance .....SCOTT LYNN  
Bus Driver .....TARACHEL 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

## Active Aging Week at Mulligan Park: October 4th-8th

Active aging is the process of optimizing opportunities for health, participation and security with the goal of enhancing quality of life as people age. Active aging applies to individuals as well as population groups.

The goal of active aging week is to promote wellness, and get everyone up and moving! During the week we will focus on the following aspects of active aging: intellectual wellness, social wellness, personal wellness and physical wellness. The activities listed below will help promote each aspect of active aging.

#### Monday:

**10:30 a.m.:** Hunting for Candy Memory Game, AR

**3 p.m.:** White Board Word Games, AR

#### Tuesday:

**10:30 a.m.:** Show 'n' Tell, AR

**2:30 p.m.:** Jenga Block Pumpkins, AR

#### Wednesday:

**3 p.m.:** Personal Hygiene Health Talk, MT

**3:30 p.m.:** Pumpkin Sugar Hand Scrub, AR Kitchen

**4 p.m.:** Meditation and Positive Affirmations, MT

#### Thursday:

**10:30 a.m.:** Smoothies for Fitness, AR

**11:30 a.m.:** Group Nature Walk, AR

**3 p.m.:** Country Line Dancing

#### Friday:

**3 p.m.:** Active Aging Health Talk, AR

Get up, get moving, be active, feel young!



## Oktoberfest Social

A time-honored tradition in Germany, and now a beloved holiday around the world, Oktoberfest is perhaps the biggest festival in September and October. Mulligan Park is going to celebrate with pretzels, apple strudel and homemade root beer, as well as music and dancing.

Join the fun for the Oktoberfest social on Friday, October 1st, at 3 p.m.

# OCTOBER 2021














## Birthdays

Roseann F., 2nd  
 Art D., 2nd  
 Judy S., 3rd  
 John F., 4th  
 Carolyn F., 4th  
 Cecile D., 7th  
 Horace B., 9th  
 Virginia H., 10th  
 Barbara W., 12th  
 Jean C., 13th  
 Fred D., 15th  
 Betty B., 23rd  
 Frank R., 27th  
 Mary H., 31st  
 Ric C., 31st

## 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

**“A smile is a curve that sets everything straight.”**  
 —Phyllis Diller

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:30 Dominoes, AR</p> <p><b>2:00 Church Service with Pastor Rob, AR</b></p> <p><b>4:00 Left, Right, Center Game, AR</b></p> 	<p>10:00 Chair Exercise, AR</p> <p>10:30 Hunting for Candy Memory Game, AR</p> <p><b>11:00 Warm Water Yoga, Pool</b></p> <p>2:00 Bingo, AR</p> <p>3:00 White Board Word Game, AR</p> <p>4:00 <i>Great Courses: Staying Fit, MT</i></p> <p><b>4:00 Veteran Photos, AR</b></p> 	<p>10:00 Chair Exercise, AR</p> <p>10:30 Show 'n' Tell, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>11:30 Fit Beat Drumming, AR</p> <p>2:00 Encompass BP Clinic, AR</p> <p><b>2:00 Bridge Club, TV</b></p> <p>2:30 Jenga Block Pumpkins, AR</p> <p><b>4:00 Mulligan Market, AR</b></p>	<p>9:30 Beginner Balance Class, AR</p> <p>10:00 Intermediate Balance Class, AR</p> <p><b>10:30 Outing, Bus</b></p> <p>2:00 Scrabble, BR</p> <p><b>2:00 Bean Bag Baseball, AR</b></p> <p>3:00 Personal Hygiene Health Talk, AR</p> <p>3:30 Pumpkin Sugar Hand Scrub, AR</p> <p>4:00 Meditation and Positive Thinking, AR</p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Smoothies for Fitness, AR</p> <p>11:30 Group Nature Walk, AR</p> <p><b>2:00 Manager/Resident Mtg., AR</b></p> <p><b>2:00 Bridge Club, TV</b></p> <p>3:00 Country Line Dancing, AR</p> <p><b>4:00 Bible Study, CH</b></p> <p><b>7:00 Bean Bag Baseball, AR</b></p> 	<p>10:00 Chair Exercise, AR</p> <p><b>10:30 Tic Tac Toe Trivia, AR</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Active Aging Health Talk, AR</p> <p><b>4:00 Fly Swatter Volleyball, AR</b></p>	<p><b>9:30 Mulligan Card Caring Group, AR</b></p> <p>2:00 Pochino, AR</p> <p><b>3:00 Rummikub, AR</b></p> <p><b>4:00 Giant Jenga, AR</b></p> 
<p>10:30 Dominoes, AR</p> <p><b>2:00 Church Service with Pastor Rob, AR</b></p> <p><b>4:00 Left, Right, Center Game, AR</b></p> 	<p><b>COLUMBUS DAY</b></p> <p>10:00 Chair Exercise, AR</p> <p>10:30 Owl Prowl Fun, AR</p> <p>2:00 Bingo, AR</p> <p>3:00 M&amp;M Minute to Win It Challenge, AR</p> <p>4:00 <i>Great Courses: Staying Fit, MT</i></p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Birdhouse Painting, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>11:30 Fit Beat Drumming, AR</p> <p>2:00 Encompass Health Talk, AR</p> <p><b>2:00 Bridge Club, TV</b></p> <p>2:30 Dark Chocolate Extravaganza, AR</p> <p>3:30 Meditate with Chocolate, AR</p> <p><b>4:00 Mulligan Market, AR</b></p> 	<p>9:30 Beginner Balance Class, AR</p> <p>10:00 Intermediate Balance Class, AR</p> <p>11:00 Fun with Science, AR</p> <p>2:00 Scrabble, BR</p> <p><b>2:00 Bean Bag Baseball, AR</b></p> <p>3:00 Current Events in Science, AR</p> 	<p>10:00 Chair Exercise, AR</p> <p>10:30 Myths and Legends, AR</p> <p><b>2:00 Chef/Resident Mtg., AR</b></p> <p><b>2:00 Bridge Club, TV</b></p> <p>3:00 Colgate Comedy Hour, AR</p> <p><b>4:00 Bible Study, CH</b></p> <p><b>7:00 Bean Bag Baseball, AR</b></p>	<p>10:00 Chair Exercise, AR</p> <p><b>10:30 Tic Tac Toe Trivia, AR</b></p> <p>11:30 I Love Lucy Trivia, AR</p> <p>2:00 Bingo, AR</p> <p>3:00 Fall Paint Pour, AR</p> 	<p><b>9:30 Mulligan Card Caring Group, AR</b></p> <p><b>10:30 Doughnut Dash with Ass't. Managers, AR</b></p> <p>2:00 Pochino, AR</p> <p><b>3:00 Rummikub, AR</b></p> <p><b>4:00 Giant Jenga, AR</b></p>
<p>10:30 Dominoes, AR</p> <p><b>2:00 Church Service with Pastor Rob, AR</b></p> <p><b>4:00 Left, Right, Center Game, AR</b></p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Fall Harvest Smoothies, AR</p> <p><b>11:00 Ageless Grace, AR</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Fall Door Hangars, AR</p> <p>4:00 <i>Great Courses: Staying Fit, MT</i></p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Creating Geodes with Chemistry, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>11:30 Fit Beat Drumming, AR</p> <p>2:00 Encompass BP Clinic, AR</p> <p><b>2:00 Bridge Club, TV</b></p> <p>2:30 Candy Care Packages, AR</p> <p><b>4:00 Mulligan Market, AR</b></p>	<p>10:00 Outing, Bus</p> <p>2:00 Scrabble, BR</p> <p><b>2:00 Bean Bag Baseball, AR</b></p> <p>3:00 Chocolate Chip Pumpkin Bars, AR</p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Searching for Gold, AR</p> <p><b>2:00 Bridge Club, TV</b></p> <p>2:00 Gingerbread House Mtg. W/Chef, AR</p> <p>3:00 Ford Model Car Painting, AR</p> <p><b>4:00 Bible Study, CH</b></p> <p><b>7:00 Bean Bag Baseball, AR</b></p>	<p>10:00 Chair Exercise, AR</p> <p><b>10:30 Tic Tac Toe Trivia, AR</b></p> <p>11:30 TP Mummy Wrap Contest, AR</p> <p>2:00 Bingo, AR</p> <p>3:00 Cranberry Bird Food, AR</p> <p><b>4:00 Fly Swatter Volleyball, AR</b></p>	<p><b>9:30 Mulligan Card Caring Group, AR</b></p> <p><b>10:30 Giant Crossword with Friends, AR</b></p> <p>2:00 Pochino, AR</p> <p><b>3:00 Rummikub, AR</b></p> <p><b>4:00 Giant Jenga, AR</b></p> 
<p>10:30 Dominoes, AR</p> <p><b>2:00 Church Service with Pastor Rob, AR</b></p> <p><b>4:00 Left, Right, Center Game, AR</b></p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Chocolate and Orange Massage Bar, AR</p> <p>11:30 Pablo Picasso Education, AR</p> <p>2:00 Bingo, AR</p> <p>3:00 Picasso Art Class, AR</p> <p>4:00 <i>Great Courses: Staying Fit, MT</i></p>	<p>10:00 Chair Exercise, AR</p> <p>10:30 Pumpkin Painting, AR</p> <p>11:00 Rosary Prayer Group, CH</p> <p>11:30 Fit Beat Drumming, AR</p> <p>11:30 Health Benefits of Pumpkin, AR</p> <p><b>2:00 Dominoes, TV</b></p> <p><b>2:00 Bridge Club, TV</b></p> <p>3:30 Hocus Pocus History and Magic, AR</p> <p><b>4:00 Mulligan Market, AR</b></p>	<p>9:30 Beginner Balance Class, AR</p> <p>10:00 Intermediate Balance Class, AR</p> <p>2:00 Scrabble, BR</p> <p><b>2:00 Bean Bag Baseball, AR</b></p> <p>3:00 New Resident Meet 'n' Greet, AR</p> 	<p>10:00 Chair Exercise, AR</p> <p>10:30 Positive Thinking Affirmations, AR</p> <p>2:00 Chef Showcase: Strawberry Cake, AR</p> <p><b>2:00 Bridge Club, TV</b></p> <p>3:00 Scarecrow Building Social, AR</p> <p><b>4:00 Bible Study, CH</b></p> <p><b>7:00 Bean Bag Baseball, AR</b></p>	<p>10:00 Chair Exercise, AR</p> <p><b>10:30 Tic Tac Toe Trivia, AR</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Homemade Candy Corn, AR</p>	<p><b>9:30 Mulligan Card Caring Group, AR</b></p> <p>2:00 Pochino, AR</p> <p>2:00 Trick or Treating, AR</p> <p><b>3:00 Rummikub, AR</b></p> <p><b>4:00 Giant Jenga, AR</b></p> <p><b>4:00 Costume Contest and Parade, DR</b></p> <p><b>7:00 Monster Mash Dance, AR</b></p>
<p><b>HALLOWEEN</b></p> <p>10:30 Dominoes, AR</p> <p><b>2:00 Church Service with Pastor Rob, AR</b></p> <p><b>4:00 Left, Right, Center Game, AR</b></p> 						



## Calling All Men

This month we are adding two new arts and crafts projects specifically designed for men to enjoy. Of course, the ladies are always invited as well but men, these two projects are for you!

**Tuesday, October 12th, 10:30 a.m.**

- Birdhouse Painting

**Thursday, October 21st, 3 p.m.**

- Ford Model Car Painting

Hope to see you there.

## Bob Hope's "Colgate Comedy Hour"

On October 12, 1952, The Bob Hope Show premiered on television. This comedic show became a beloved family classic. In honor of Bob Hope's "Colgate Comedy Hour," we are going to have a stand-up comedy contest judged by a panel of residents and staff. This winner will receive a basket of Colgate products!

You never know, you may be the funniest person in the building!

## Ageless Grace Begins This Month

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all five functions of the brain — analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination — and simultaneously addresses all 21 physical skills needed for lifelong optimal function. Taught by Amanda Canon-Erikson, the program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

The 21 tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

Classes will be held twice a month, the first and third Mondays at 11 a.m. The first class of the season will begin on October 18th.

## Halloween Activities

It's that time of year for candy, treats and fall-filled fun! This year for Halloween, Mulligan Park residents will celebrate on October 30th, when they can invite their children and grandchildren to trick-or-treat door to door. Events are listed below:

**Saturday, October 30th**

- **2 p.m.:** Trick-or-Treating
- **4 p.m.:** Halloween Costume Contest and Parade
- **7 p.m.:** Monster Mash Dance Social

We are going to have a spook-tacular good time!



*Last year's Costume Contest winner: Linda R.*

## October Outing Schedule

All outings are held on Wednesdays.

**October 6th, 10:30 a.m.:** FSU's Museum of Fine Arts and lunch at Panera Bread

**October 13th, 11 a.m.:** Picnic at Cascades Park downtown

**October 20th, 10 a.m.:** Springhill

Tree Farm (hayride, pumpkin chunkin and more). Cost is \$6 per person, and we will be taking a picnic to eat lunch on the farm.

**October 27th, 10:30 a.m.:** Shopping trip to the mall and lunch in the food court.

Sign up today for all or your favorite outings.



*Residents enjoying an outing to Springhill Tree Farm in 2019*

## Dark Chocolate Extravaganza

Join us on Tuesday, October 12th, at 2:30 p.m. as we discover various types of dark chocolate with a dark chocolate taste test. We will also learn about the health benefits associated with eating dark chocolate, and have a chocolate fountain with fruit and goodies to try. At 3:30 p.m., we will have a meditative moment using chocolate and leave with a clear mind, relaxed body, and satisfied tummies!

Can't wait to see you there!

