

May 2023

Sunset Park Place

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



Days to Celebrate this Month!

Older Americans Month!

May Day
May 1

Star Wars Day
May 4

Cinco de Mayo
May 5

Mother Ocean Day
May 10

Mother's Day
May 14

National Cherry Cobbler Day
May 17

International Museum Day
May 18

Victoria Day (Canada)
May 22

World Lindy Hop Day
May 26

Memorial Day (U.S.)
May 29

Memorial Day and Arlington National Cemetery



Located on the site that was once the home of Confederate Army commander Robert E. Lee, Arlington National Cemetery is now the final resting place for more than 400,000 former active-duty service members, veterans, and family members. Currently, as many as 30 U.S. service members or relatives are interred there each day. It spans 624 acres. It is expected that Arlington will reach capacity by the 2040s. Some four million tourists visit Arlington National Cemetery annually, and over Memorial Day weekend as many as 135,000 come to pay their respects. Arlington National Cemetery is the site of a solemn and patriotic service each year on Memorial Day. Known as the Memorial Day Observation Ceremony. This is also the site of the Tomb of the Unknown Soldier, where the Armed Forces Full Honors Wreath Laying Ceremony typically takes place. Various wreath-laying ceremonies led by state dignitaries occur there, too. In addition, the Memorial Day Observation Ceremony includes a prelude from the United States Marine Corps band. Visitors can also take guided interpretive tours to see sites such as the eternal flame at the John F. Kennedy gravesite, the space shuttle Challenger Memorial, the Confederate Memorial, and Arlington House.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Chicken Broccoli Alfredo Fettucine Noodles Baked Chicken Fried Potatoes Malibu Blend Corn Spice Cake	2 Beef Ravioli Chicken Ala King Biscuits Cauliflower Brussel Sprouts Strawberry Cake	3 Mushroom Swiss Burgers Veggie Egg Bake French Fries Capri Blend Peas & Carrots Smores Cake	4 Beef Tips Mashed Red Potatoes Tuna & Noodles Broccoli Baby Carrots Sugar Cookie Bar	5 Lasagna Garlic Bread Baked Cod Baked Potatoes Baked Beans Caribbean Blend Jell-o Cake	6 Cheeseburger Casserole Scalloped Potatoes & Ham Capri Blend California Blend Lemon Cake	
7 Salmon Cakes Beef Stroganoff Mashed Potatoes Cream Corn Cauliflower German Chocolate Cake	8 Chicken Cordon Bleu Rice Pilaf Smothered Pork Sweet Potatoes Green Beans Cherry Cheesecake	9 Ribs & Kraut Chicken Parmesan Buttered Angel Hair Creamed Spinach Baby Carrots Pecan Pie	10 Chipped Beef Toast Chicken Cacciatore Garlic Pasta Caribbean Blend Country Trio Strawberry Rhubarb Pie	11 Peppered Steak White Rice Tuna Noodle Casserole Brussel Sprouts Peas & Onion Tiramisu	12 Shrimp Scampi Angel Hair Pulled Pork Sandwich Mac & Cheese Mixed Vegetable Country Trio Peach Cobbler	13 Smoked Sausage w/ peppers & onions Chicken a la King Biscuits French Fries Asparagus Capri Veggies Apple Pie	
14 Salisbury Steak Loaded Potato Skins Goulash Baked Beans Green Beans White Cake	15 Lemon basil Chicken Beef Brisket Mashed Potatoes/Gravy Capri Blend Broccoli Bread Pudding	16 Chicken Enchiladas Beef stew Biscuits Spanish Rice Caribbean Blend Corn Banana Pudding	17 Chicken Stir Fry White Rice Egg Rolls Mostaccioli Garlic Bread Cauliflower Mixed Veggies Blueberry Pie	18 Turkey Tetrazzini Glazed Pork loin. Fried Potatoes w/ Onions Baby Carrots Malibu Blend Cherry crisp	19 Baked Salmon Rice Pilaf Tater Tot Casserole Oregon Veggie Peas & Onion Strawberry Short Cake	20 Meatloaf Chicken Parmesan Mashed Potatoes/Gravy Garlic Pasta Corn Green beans Cherry Chip Cake	
21 Spaghetti Baked Chicken Garlic Bread Sweet Potatoes Cream Corn California Blend Tiramisu	22 Turkey Tetrazzini Smothered pork Oven fried potatoes Baby Carrots Cauliflower Cherry crisp	23 Stuffed peppers Goulash Potato Skins Caribbean Blend Mixed Vegetables Blueberry pie	24 Mushroom Swiss Burgers Veggie Egg Bake French Fries Capri Blend Peas & Carrots Smores Cake	25 Swiss Steak Lemon Basil Chicken Mashed Potatoes Buttered Noodles Green Beans Capri Veg Blend Blue Berry Crisp	26 Beef Ravioli Salmon Cakes Au Gratin Potatoes Rice Pilaf Broccoli Carrots Carrot Cake	27 Pot Roast Carrots & Potatoes Beef Tetrazzini Mixed Vegetable Asparagus Chocolate cake	
28 Chipped Beef Toast Chicken Cacciatore Garlic Pasta Caribbean Blend Country Trio Strawberry Rhubarb Pie	29 Cheeseburgers Brats Potato Salad Corn on the cob Baby Carrots Lemon Cake	30 Chicken Broccoli Alfredo Fettucine Noodles Brats & Kraut Fried Potatoes Malibu Blend Corn Spice Cake	31 Glazed Pork Loin Beef tips Baked beans Baked Potato Rice Pilaf Broccoli Cauliflower Apple Pie	<h1>May 2023</h1> <h2>Lunch Menu</h2>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Sub Sandwich Potato Salad Cheesy Cauliflower Soup Ham Salad Sand Peas & Onion Peach Cobbler	2 Swedish Meatballs Buttered Noodles Ham & Bean Soup Country Trio Roast Beef Sandwich Bread Pudding	3 Chicken Cacciatore Garlic Bread Zuppa Toscana Soup Turkey Sandwich Broccoli Cherry Bar	4 Pizza Cream Of Mushroom Soup Corn Ham Sandwich Drumstick	5 Beef Tacos Spanish Rice Salami Sandwich Brussel Sprouts Minestrone Soup Banana Bars	6 Turkey Dressing Sandwich Green Bean Casserole Egg Salad Sandwich Cabbage Soup Bread Pudding	
7 Pot Roast Potatoes N Carrots Caribbean Blend Tuna salad Sandwich Strawberry Shortcake	8 Meatloaf Mashed Potatoes/Gravy Green Beans Cheesy Broccoli Soup Bologna Sandwich Blueberry Crisp	9 Beef Enchiladas Spanish Rice Corn French Onion Soup Chicken Salad Sandwich Lemon Cake	10 Corn Dogs French Fries Potato Salad Chicken & Dumpling soup Ham Salad Sandwich Carrot Cake	11 Mushroom & Swiss Burgers Tatar Tots Tomato Soup Capri Blend Roast Beef Sandwich Chocolate Cake	12 Pizza Bake Bread & Butter Ham & Potato Soup Turkey Sandwich Rice Crispy Bar	13 Beef Ravioli Garlic Bread Malibu Blend Chili Salami Sandwich Blueberry Cobbler	
14 Chicken Ala King Biscuits Cauliflower Club Sandwich Chicken Noodle Soup Creamed Spinach Cherry Bar	15 Chicken Broccoli Alfredo Fettuccine Noodles Baby Carrots Ham & Cheese Loaf Zuppa Toscana Soup Jell-O Cake	16 Philly Cheesesteak Sandwich Asparagus Ham & Bean soup Chicken Salad Sandwich Cherry Cheesecake	17 Chipped Beef Toast Country Trio Tuna Salad Sandwich Chili Brownies	18 Pizza Cream Of Mushroom Soup Brussel Sprouts Egg Salad Sandwich Drumstick	19 Beef Tips Red Mashed Potatoes Corn Ham Sandwich Stuffed Pepper Soup Smores Cake	20 Cheeseburger Casserole Bread & Butter Turkey Sandwich Mixed Vegetable Bologna Sandwich Blueberry Cheesecake	
21 Veggie Egg Bake Tuna Salad Sandwich Cauliflower Beef & Barley Soup Apple Cobbler	22 Scallop Potatoes Ham Chicken & dumpling Soup Brussel Sprouts Egg Salad Sandwich Bread pudding	23 Shepards Pie with Mashed potatoes Green Beans Turkey Sandwich Chicken & Rice Soup Mandarin Orange Cake	24 Lasagna Garlic Bread Broccoli Roast Beef Sandwich Creamy Mushroom Soup Peas & onion	25 Beef Stew Biscuits Chicken Salad Sandwich Tomato Soup California Blend Jell-O Cake	26 Chicken Enchiladas Spanish Rice Corn Cabbage soup Chicken Salad Sandwich Pineapple Cake	27 BBQ Pulled Pork Bun Potato Chips Ham Sandwich Baked Potato Soup Country Trio Butterscotch Pudding	
28 Chicken Tender Wraps Egg Salad Sandwich Cheddar Broccoli Rice Peas & Onion Ham & Chowder Soup Sugar Cookie Bar	29 Goulash Garlic Bread Cauliflower Salami Sandwich Minestrone Soup Cherry Chip Cake	30 Swedish Meatballs Buttered Noodles Ham & Bean Soup Country Trio Roast Beef Sandwich Bread Pudding	31 Cheeseburger Casserole Bread & Butter Turkey Sandwich Mixed Vegetable Bologna Sandwich Blueberry Cheesecake	<h1 style="text-align: center;">May 2023</h1> <h2 style="text-align: center;">Supper Menu</h2>			



Catching up on April at Sunset Park Place!



To celebrate Easter, we dyed Easter Eggs with the help of Culinary Coordinator Trish & we had small Easter Baskets!



Spring music with Janet Lieb!

My Mother's Hands

Written in my mother's hands
Are the stories of her Life
a kind and caring mother
through happiness or strife
Faith and love, and righteousness
Are written in her hands
Charity and service
As she follows Father's plan
Sturdy through the storms of Life
And humble as she prays
My mothers hands are hard at work
But they find times to play
Her hands rocked my cradle
Showed direction in my youth
Encouraged me when I've been wrong
And pointed me to truth
Wrinkled now as time moves on
These gentle hands, I hold
I'm grateful for my mother's hands
And the stories they've told

April Birthday Party





Play @ Hempstead!

The play will be on Thursday May 4th at 6:30. **Entry will be \$5.00 per person.**

12 Angry Jurors

Following the closing arguments in a murder trial, the 12 members of the jury must deliberate, with a guilty verdict meaning death for the accused, an inner-city teen. As the dozen try to reach a unanimous decision while sequestered in a room, one juror casts considerable doubt on elements of the case. Personal issues soon rise to the surface, and conflict threatens to derail the delicate process that will decide one boy's fate.

Arting Around in April!



Upcoming Excitement!

- May 2nd 1:30 Mother's Day Hand Photos
- May 4th 1:30 May Birthday Party
- May 4th 6:30 Play @ Hempstead*
- May 5th 1:30 Music w/ Sue
- May 9th 1:30 Music w/ Terry Dillon
- May 11th 11:30 LAST Arting Around
- May 12th 2:30 Mother's Day Social
- May 12th 11:00 Village Inn*
- May 15th 5:30 Arting Around Showcase
- May 16th 1:30 Stuff*
- May 18th 1:00 Music w/ Dave
- May 18th 4:15 Three Mile House*
- May 22nd 2:15 Big Prize Bingo
- May 23rd 1:30 Music w/ Lou
- May 25th 1:30 New Resident Welcome
- May 26th 11:15 Copper Kettle*
- May 30th 1:30 Dollar Tree*

About the Arting Around Showcase!



It's time to look back on how far our artistic abilities have come and how many cool projects we have completed!

Monday May 15th at 5:30

we will be hosting a showcase for the Hempstead students and their families as well as Sunset Park Place residents and their families to attend. We will be having light refreshments at this gathering, but the focus will be looking at all our completed art projects and socializing! Even if you did not complete any art projects, we hope to see you there!

MAY



Assisted Living ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:45 Rosary</p> <p>10:15 Mass</p> <p>1:00 Movie</p> <p>3:00 Snack Bar</p>	<p>9:15 Wheel of Fortune 1</p> <p>10:00 Exercise</p> <p>1:00 Sunset Senior Academy</p> <p>2:15 Bingo</p> <p>3:15 Snack Bar</p> <p>3:15 May Day</p>	<p>9:15 Bean Bags</p> <p>10:00 Exercise</p> <p>1:00 Catholic Service</p> <p>1:30 Mother's Day Hand Photo's</p> <p>3:00 Snack Bar</p> <p>6:00 Kings & Queens Euchre Club</p>	<p>9:15 Jeopardy</p> <p>9:15 Bible Study w/ Cathy</p> <p>10:00 Exercise</p> <p>10:45 Resident Council</p> <p>1:00 Movie</p> <p>1:15 Hy-Vee *</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>9:15 Wii Bowling</p> <p>10:00 Exercise</p> <p>10:45 Resident Meeting</p> <p>1:30 May Birthday Party</p> <p>3:00 Snack Bar</p> <p>3:15 Patio Social</p> <p>6:30 Play @Hempstead</p>	<p>9:15 Cribbage</p> <p>10:00 Exercise</p> <p>1:30 Music w/ Sue</p> <p>3:00 Snack Bar</p> <p>3:15 Cinco De Mayo Celebration</p> <p>5:45 Rosary</p>	<p>10:00 Exercise</p> <p>1:00 Movie</p> <p>3:00 Bible Study & Prayer w/ Angela</p> <p>6:00 Kings & Queens Euchre Club</p>
<p>9:45 Rosary</p> <p>10:15 Mass</p> <p>1:00 Movie</p> <p>3:00 Snack Bar</p> <p>Mothers Day!</p>	<p>9:15 Wheel of Fortune 8</p> <p>10:00 Exercise</p> <p>1:00 Sunset Senior Academy</p> <p>2:15 Bingo</p> <p>3:15 Snack Bar</p> <p>3:15 National Have a Coke Day!</p>	<p>9:15 Bean Bags</p> <p>10:00 Exercise</p> <p>1:00 Catholic Service</p> <p>1:30 Music w/ Terry Dillon</p> <p>3:00 Snack Bar</p> <p>6:00 Kings & Queens Euchre Club</p>	<p>9:15 Jeopardy</p> <p>9:15 Bible Study w/ Cathy</p> <p>10:00 Exercise</p> <p>1:00 Movie</p> <p>1:15 Hy-Vee *</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>9:15 Wii Bowling</p> <p>10:00 Exercise</p> <p>11:30 Last Artng Around</p> <p>3:00 Snack Bar</p> <p>3:15 Patio Social</p> <p>5:00 Pen & Paper Games</p>	<p>9:15 Cribbage</p> <p>10:00 Exercise</p> <p>11:00 Village Inn *</p> <p>2:30 Mother's Day Social</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>10:00 Exercise</p> <p>1:00 Movie</p> <p>3:00 Bible Study & Prayer w/ Angela</p> <p>6:00 Kings & Queens Euchre Club</p>
<p>9:45 Rosary</p> <p>10:15 Mass</p> <p>1:00 Movie</p> <p>3:00 Snack Bar</p> <p>Mothers Day!</p>	<p>9:15 Wheel of Fortune 15</p> <p>10:00 Exercise</p> <p>1:00 Sunset Senior Academy</p> <p>2:15 Bingo</p> <p>3:15 Snack Bar</p> <p>5:30 Artng Around Showcase</p>	<p>9:15 Bean Bags</p> <p>10:00 Exercise</p> <p>10:45 Catholic Service</p> <p>1:30 Shopping @ Stuff *</p> <p>3:00 Snack Bar</p> <p>6:00 Kings & Queens Euchre Club</p>	<p>9:15 Jeopardy</p> <p>9:15 Bible Study w/ Cathy</p> <p>10:00 Exercise</p> <p>1:00 Movie</p> <p>1:15 Hy-Vee *</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>9:15 Wii Bowling</p> <p>10:00 Exercise</p> <p>1:00 Music w/ Dave</p> <p>3:00 Snack Bar</p> <p>3:15 Patio Social</p> <p>4:15 Three Mile House*</p>	<p>9:15 Cribbage</p> <p>10:00 Exercise</p> <p>1:30 Patio Social</p> <p>3:00 Snack Bar</p> <p>3:15 Gardening Hour</p> <p>5:45 Rosary</p>	<p>10:00 Exercise</p> <p>1:00 Movie</p> <p>3:00 Bible Study & Prayer w/ Angela</p> <p>6:00 Kings & Queens Euchre Club</p>
<p>9:45 Rosary</p> <p>10:15 Mass</p> <p>1:00 Movie</p> <p>3:00 Snack Bar</p>	<p>9:15 Wheel of Fortune 22</p> <p>10:00 Exercise</p> <p>1:00 Sunset Senior Academy</p> <p>2:15 Big Prize Bingo</p> <p>3:15 Snack Bar</p> <p>3:15 National Vanilla Pudding Day!</p>	<p>9:15 Bean Bags</p> <p>10:00 Exercise</p> <p>1:00 Catholic Service</p> <p>1:30 Music w/ Lou</p> <p>3:00 Snack Bar</p> <p>6:00 Kings & Queens Euchre Club</p>	<p>9:15 Jeopardy</p> <p>9:15 Bible Study w/ Cathy</p> <p>10:00 Exercise</p> <p>1:00 Movie</p> <p>1:15 Hy-Vee *</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>9:15 Wii Bowling</p> <p>10:00 Exercise</p> <p>1:30 New Resident Welcome Reception</p> <p>3:00 Snack Bar</p> <p>3:15 Patio Social</p> <p>5:00 Pen & Paper Games</p>	<p>9:15 Cribbage</p> <p>10:00 Exercise</p> <p>11:15 Copper Kettle *</p> <p>3:00 Snack Bar</p> <p>3:15 Gardening Hour</p> <p>5:45 Rosary</p>	<p>10:00 Exercise</p> <p>1:00 Movie</p> <p>3:00 Bible Study & Prayer w/ Angela</p> <p>6:00 Kings & Queens Euchre Club</p>
<p>9:45 Rosary</p> <p>10:15 Mass</p> <p>1:00 Movie</p> <p>3:00 Snack Bar</p>	<p>9:15 Wheel of Fortune 29</p> <p>10:00 Exercise</p> <p>1:00 Sunset Senior Academy</p> <p>2:15 Bingo</p> <p>3:15 Snack Bar</p> <p>3:15 Memorial Day Celebration</p>	<p>9:15 Bean Bags</p> <p>10:00 Exercise</p> <p>1:00 Catholic Service</p> <p>1:30 Dollar Tree *</p> <p>3:00 Snack Bar</p> <p>6:00 Kings & Queens Euchre Club</p>	<p>9:15 Jeopardy</p> <p>9:15 Bible Study w/ Cathy</p> <p>10:00 Exercise</p> <p>1:00 Movie</p> <p>1:15 Hy-Vee *</p> <p>3:00 Snack Bar</p> <p>5:45 Rosary</p>	<p>9:15 Wii Bowling</p> <p>10:00 Exercise</p> <p>1:30 New Resident Welcome Reception</p> <p>3:00 Snack Bar</p> <p>3:15 Patio Social</p> <p>5:00 Pen & Paper Games</p>	<p>9:15 Cribbage</p> <p>10:00 Exercise</p> <p>11:15 Copper Kettle *</p> <p>3:00 Snack Bar</p> <p>3:15 Gardening Hour</p> <p>5:45 Rosary</p>	<p>10:00 Exercise</p> <p>1:00 Movie</p> <p>3:00 Bible Study & Prayer w/ Angela</p> <p>6:00 Kings & Queens Euchre Club</p>

We're Diggin' Life at Our Community!

JAYBIRD SENIOR LIVING
senior living *reimagined*

Sunset Park Place
3730 Pennsylvania Ave
Dubuque, IA 52002

Postage
Information

May Birthday's at Sunset Park Place!



Rose B May 1st
Shirley K May 2nd
Erma S May 13th
Sharon S May 15th
Marian C. May 19th
Mary E. May 23rd
Irene R. May 31st

Famous May Birthdays!

Dwayne Johnson May 2
Audrey Hepburn May 4
George Clooney May 6
Don Rickles May 8
Stevie Wonder May 13
Malcolm X May 19
Ian Fleming May 28
Brooke Shields May 31



May Birthdays

May Birthstone: Emerald

May Zodiac Signs: Taurus & Gemini

May Birth Flower: Lily of the Valley



In astrology, those born from May 1–20 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences. Those born from May 21–31 are the Twins of Gemini. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales.