



31 Executive Park Drive
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A Place To Call Home

Find us on 



PARK PLACE STAFF

General Manager

Jonda Brown

Office Manager

Vicki Crooks

Resident Care Director

Tiffany Kennebrew, LPN

Dining Services Director

Tracy Bradley

Maintenance Director

Chip McKenney

Sales Director

Heather Cunningham Upchurch

Recreation Director

Susan Jones



September marks the beginning of the NFL season.

A Honeybee's Journey

Traveling as far as 55,000 miles from their hives, honeybees can visit more than 2 million flowers to gather enough nectar to make just one pound of honey. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent. Celebrate these mighty creatures this Sept. for National Honey Month.



TERRIE HARDEN

Terrie joined us 11 months ago and goes above and beyond as a Care Aide for our residents. She takes her job very seriously, she's a hard worker and brings a sense of humor to our community. We appreciate you, Terrie!

Lunch Outing to Riverview Restaurant and Marina

Sign up in our Outing Book on IL for lunch at Riverview Restaurant in Ashland City on Saturday, September 9th. Bus will leave at 10 am. Meet in the front lobby.

DID YOU KNOW?

30 gallons of water is used for the average shower in the U.S.

Offices Closed for Labor Day

A helpful receptionist will be on duty if you need anything.



During **National Assisted Living Week**, we honor the individuals who reside, work and volunteer in assisted living. This year's theme is "**Season of Reflection**". We have many fun and entertaining activities planned for our residents and staff the week of Sept. 10 - 16, beginning with Grandparents Day.

MEDICARE SEMINAR WITH DANA HENTSCHEL, TAKACS MCGINNIS ELDER CARE LAW.

Are you up-to-date on Medicare changes? Now is the time to learn more about the ins/outs of Medicare. Thursday, September 14th at 2 pm in the Activity Room on IL.

ANNUAL GARDEN GALA ITALIAN STYLE

Our Sumner County Master Gardeners are hosting an Italian Luncheon for our residents, staff and family to enjoy on Saturday, Sept. 23rd from 11 am to 1 pm. See our beautiful garden while you are here. We appreciate their hard work to make it beautiful.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ADDITIONAL ACTIVITIES may be added during the month. Please check the FRAMED CALENDARS located in IL and AL Dining Rooms. We also have daily activity sheets posted on the BULLETIN BOARDS in various locations. Announcements will be made concerning any changes that need to be made during our noon meal.</p>		<p>LOCATION OF ACTIVITIES (A) ACTIVITY ROOM ON IL (AL) ASSISTED LIVING (C) CHAPEL (DR) DINING ROOM (G) GARDEN</p>	<p>(IL) INDEPENDENT LIVING (L) LOBBY (* REQUIRES SIGNING UP IN THE OUTING BOOK LOCATED ON THE 1ST FLOOR ON IL NEXT TO THE ELEVATOR</p>			
<p>3 9:00 JIGSAW PUZZLE (A) 9:15 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)</p>	<p>4 LABOR DAY 10:30 Coffee with Friends (AL-1) 10:30 Coffee with Friends (DR) 1:30 RESIDENT BINGO MANIA (A) 3:15 Crossword Challenge (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A)</p>	<p>5 9:00 JIGSAW PUZZLE (A) 10:00 Morning Stretches (DR) 11:00 Singing with Gail Davis (C) 2:30 BILL SLEETER MUSICAL TUNES (DR) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)</p>	<p>6 9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Bingo / Prizes (AL-1) 1:30 BINGO MANIA (A) 1:30 KROGER SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)</p>	<p>7 9:00 JIGSAW PUZZLE (A) 10:00 Leisure Ride (AL-1) 10:30 Bible Study (A) 1:15 Let's Play Poker (AL-1) 2:30 COCKTAIL / MOCKTAIL HOUR with Popcorn (DR) 6:30 Hand and Foot (A)</p>	<p>8 10:00 Move It or Lose It (DR) 10:45 Coffee Social / Word Search (AL-1) 1:30 BINGO MANIA / PRIZES (A) 3:00 BINGO MANIA (AL-1) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-1)</p>	<p>9 9:00 JIGSAW PUZZLE (A) 10:00 LUNCH OUTING TO RIVERVIEW RESTAURANT IN ASHLAND CITY* (please sign up in Outing Book) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A) 6:30 Rummikub (A)</p>
<p>10 GRANDPARENTS DAY 9:00 JIGSAW PUZZLE (A) 9:15 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 LIGHT REFRESHMENTS (DR) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)</p>	<p>11 PAJAMA DAY With Popcorn Celebrating Maintenance & Housekeeping 10:00 Rise & Shine Stretching (A) 10:45 Morning Stretches (AL-1) 1:30 MOVIE MARATHON (A) 1:30 MOVIE MARATHON (AL-1) 3:15 Crossword Challenge (IL-2) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A)</p>	<p>12 DECADES DAY Celebrating Dietary Department 9:00 JIGSAW PUZZLE (A) 9:30 WALMART SHOPPING* 1:30 INTERCOM BINGO WITH JOSH (pick up card at the front desk) 4:30 WALKING TACO TUESDAY MEAL (DR) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)</p>	<p>13 WACKY WEDNESDAY With Cupcakes Celebrating Activities 10:00 Movement & Motion (DR) 10:45 Uno Card Game (AL-1) 1:15 BINGO MANIA (A) 2:30 CRAZIEST FASHION SHOW with Guest Emcee (DR) 4:00 Catholic Communion (C) 6:30 Rook (A)</p>	<p>14 SUPERHERO DAY With Fruit Floats Celebrating Healthcare 9:00 JIGSAW PUZZLE (A) 10:30 Bible Study (A) 1:15 Let's Play Poker (AL-1) 2:00 MEDICARE SEMINAR WITH DANA HENTSCHEL FROM TAKACS MCGINNIS ELDER CARE LAW (A) 3:00 BALLOON VOLLEY / FRUIT FLOATS (DR) 6:30 Hand and Foot (A)</p>	<p>15 HAWAIIAN DAY / BARBEQUE / SNOW CONES Celebrating Management 10:00 Move It or Lose It (DR) 10:45 Hawaiian Bingo (AL-1) 1:30 HAWAIIAN BINGO/ ICE CREAM (A) 2:00 GRANDPA'S ATTIC with Lisa Berry from Preferred Care(AL-1) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-1)</p>	<p>16 DAY OF REFLECTION 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A) 6:30 Rummikub (A)</p>
<p>17 9:00 JIGSAW PUZZLE (A) 9:15 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)</p>	<p>18 10:00 Rise & Shine Stretching (A) 10:45 Morning Stretches (AL-1) 1:30 BINGO MANIA (A) 3:15 Crossword Challenge (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A)</p>	<p>19 9:00 JIGSAW PUZZLE (A) 11:00 Music / Devotion with Pastor Jerry Wooley (C) 2:00 Hand Pampering with Cheryl (AL-1) 2:00 HISTORY PRESENTATION WITH CAROL POWELL FROM VOLSTATE (A) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)</p>	<p>20 9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Bingo Bash (AL-1) 1:30 BINGO MANIA (A) 1:30 DOLLAR TREE SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)</p>	<p>21 9:00 JIGSAW PUZZLE (A) 10:00 Leisure Ride (AL-1) 10:30 Bible Study (A) 1:15 Let's Play Poker (AL-1) 2:30 COCKTAIL / MOCKTAIL HOUR with Popcorn (DR) 6:30 Hand and Foot (A)</p>	<p>22 10:00 Move It or Lose It (DR) 10:45 Coffee Social / Word Search (AL-1) 12:00 CELEBRATION WITH GAIL DAVIS (DR) 1:30 BINGO MANIA / PRIZES (A) 3:00 DOG BINGO / PRIZES (AL-1) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-1)</p>	<p>23 1st DAY OF AUTUMN 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 11:00 MASTER GARDENERS ANNUAL GALA (DR) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A) 6:30 Rummikub (A)</p>
<p>24 9:00 JIGSAW PUZZLE (A) 9:15 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)</p>	<p>25 10:00 Rise & Shine Stretching (A) 10:45 Morning Stretches (AL-1) 1:30 BINGO MANIA (A) 3:15 Crossword Challenge (IL-2) 3:15 I-Phone Class with Joey Holland (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A)</p>	<p>26 9:00 JIGSAW PUZZLE (A) 10:00 Morning Charades (A) 10:45 RESIDENT COUNCIL MEETING (AL-2) 2:30 TOWN HALL MEETING (A) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)</p>	<p>27 9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Uno Card Game (AL-1) 1:30 BINGO MANIA (A) 1:30 HOBBY LOBBY SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)</p>	<p>28 9:00 JIGSAW PUZZLE (A) 10:30 Bible Study (A) 10:30 Corn Hole Challenge (AL-1) 1:15 Let's Play Poker (AL-1) 2:30 JAMMIN DOWN WITH JOE AND RAY MUSICAL (DR) 6:30 Hand and Foot (A)</p>	<p>29 10:00 Move It or Lose It (DR) 10:45 Coffee Social with Creative Coloring (AL-1) 1:30 POWER BALL FRIDAY (A) 3:00 BINGO MANIA / SNACK (AL-1) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-1)</p>	<p>30 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A) 6:30 Rummikub (A)</p>

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death?

(Answers: 1. 1987; 2. True; 3. Heart disease)



Popcorn, popcorn, who wants popcorn? Served daily in the front lobby.



Musical Entertainment with Joe Moura, our Transportation Specialist, and Ray Newton



Chocolate Covered Strawberry Cafe, here we come!

Brainteaser

Question: My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go, I must take my bow, or else I have nothing to say. What am I?

Answer: A violin.



ANNIVERSARIES RESIDENTS

- 4 Years - Lynda Snider
- 4 Years - Helen Krueger
- 7 Years - Edith Allen
- 7 Years - Charles Woodward

STAFF

- 1 Year - Vicki Crooks
- 10 Years - Susan Jones

BIRTHDAYS RESIDENTS

- 07 - Lloyd Proctor
- 07 - Jackie Bruce
- 07 - Dennis Stackhouse
- 07 - David Douglas
- 17 - Ron Courtney
- 19 - Mary Slater
- 23 - Barbara Garrett
- 23 - Anita White

STAFF

- 02 - Briana Raczkowski
- 03 - Barbara Strickland
- 06 - Joe Moura
- 12 - Logan Matsnaga
- 19 - Julie Qualls
- 20 - Chip McKenney



PARK PLACE
A SENIOR LIVING COMMUNITY

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