



PARKROSE ESTATES

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

Your Team

Karen O'Hara

// Executive Director

Amanda Vogue

//Director of Sales

Carolyn Lincoln

//Life Enrichment Director

John McGough

//Dining Services Director

Arvid Kurhela

//Maintenance Director

Resident Birthdays

MaryJo C. September 5th

Gladys C. September 8th

Mary C. September 12th

Alice D. September 13th

Dino P. September 14th

John E. September 20th

Armand S. September 20th

Joan D. September 23rd

Staff Birthdays

Emily P. September 5th

Karen O. September 16th

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.

Judith G.

Ursula G.

Anne K.

Anne & Paul V.

Emilia V.

Ginny R.

Marlene H.

Lenore M.



PARKROSE ESTATES
A GRACE MGMT COMMUNITY

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>Location Key: Activity Room A Back Patio B Coffee Cafe' C Front Patio F Library Li Lobby L Private Dining Room PD Theater T</p>	<p>Medical Appointments Monday - Thursday 8am-12pm See Concierge to sign up. Appointments must be made at least 48 hours in advance.</p>	<p>1 PR 9:30 Resident/Food/Act. Meeting A PR 1:15 Shopping: Wegmans *sign up PY 1:30 Bocce Ball F/A CO 3:00 Clever Endeavor A SO 6:00 Pitch C E 6:30 Movie: First Man A</p>	<p>2 PY 9:30 Walking Club L SP 10:00 Bible Study C SP 1:30 Protestant Church Service T CO 3:00 Password A SO 6:00 Games Night A</p>
<p>5 SP 10:30 Church Devotional T SO 1:30 Quarter Bingo -10 quarters A PR 3:00 Trip: Cindy's Surprise Trip *sign up E 6:30 Movie: Pinocchio A</p>	<p>6 Labor Day PY 9:30 Walking Club L PY 10:15 Wii Bowling T CO 1:30 Brain Fitness: -Labor Day C SO 3:00 Labor Day Celebration w/John Vona A E 6:30 Movie: Miracle A</p>	<p>7 Rosh Hashanah Begins PY 9:30 Exercise A CO 10:05 Last Letter Game A SP 1:15 Ecumenical Service T PR 1:15 Shopping: Dollar Tree \$ *sign up SP 1:45 Rosary T CR 3:00 Sing Along with Suzie: In the Mood A</p>	<p>8 9:00 Back to School Memories Day PY 9:30 Chair Tai Chi w/Gwen A PR 1:15 Shopping: Wegmans *sign up CO 1:30 Parkrose Spelling Bee A SO 3:00 'Rithmetic Bingo A</p>	<p>9 PY 9:30 Walking Club L SP 10:00 Bible Study C PY 1:30 Putt Putt F/A SO 3:00 Parkrose Downs "Back to School" Races A SO 6:00 Campfire & S'mores on the Back Patio</p>
<p>12 Grandparent's Day 9:00 National Assisted Living Week "We Are Family" Day SP 10:30 Church Devotional T CO 1:30 Brain Fitness: - Grandparent's Day C SO 3:00 Grandparent's Day Celebration w/Andy</p>	<p>13 9:00 "We Are Compassion" Day PY 9:30 Walking Club L PY 10:00 Wii Bowling T PR 11:00 Trip: Erie Canal Boat Trip \$25 *sign up PY 1:30 Corn Hole F/A SO 3:00 Quarter Bingo -10</p>	<p>14 9:00 "We Are Caring" Day PY 9:30 Exercise A SO 10:05 Penny Pokeno (10 pennies) A SP 1:15 Ecumenical Service T SP 1:45 Rosary T SE 3:00 Self Care-Music Assisted Relaxation</p>	<p>15 Yom Kippur Begins 9:00 "We Are Community" Day (Food Drive -see flyer) PY 9:30 Bodies in Motion - Exercise Stations A SO 10:15 Coffee & News C E 1:00 (1 & 6:30pm) Movie: Together Again T</p>	<p>16 9:00 "We Are Good Neighbors" Day PY 9:30 Walking Club L SP 10:00 Bible Study C PY 1:30 Balloon Volleyball A CR 3:00 Craft to pass on to a "Good Neighbor": Burlap Wreath A</p>
<p>19 SP 10:30 Church Devotional T E 1:00 (1 & 6:30pm) Movie: Autumn Hearts: A New Beginning T SO 1:30 Quarter Bingo -10 quarters A CO 3:00 Wheel of Fortune A</p>	<p>20 PY 9:30 Walking Club L PY 10:15 Wii Bowling T PR 11:30 (11:30-1pm) Battery Replacement & Jewelry Cleaning L PR 1:15 Shopping: Walmart *sign up CO 1:30 Armchair Travelers:</p>	<p>21 PY 9:30 Exercise A CO 10:05 Person, Vegetable, or Bird Game A SP 1:15 Ecumenical Service T SP 1:45 Rosary T CO 3:00 Family Feud A SO 6:00 Pinochle C</p>	<p>22 Fall Begins PY 9:30 Chair Yoga w/Gwen A SO 10:15 Coffee & News C E 1:00 (1 & 6:30pm) Movie: One Lucky Elephant T PR 1:15 Shopping: Wegmans *sign up PY 1:30 WR Meeting (members only) C</p>	<p>23 PY 9:30 Walking Club L SP 10:00 Bible Study C CO 1:30 Hollywood Review: Joanne Woodward A CR 3:00 Crafts: Peachy Keen Decoration A SO 6:00 Games Night A</p>
<p>26 9:00 Johnny Appleseed's Birthday SP 10:30 Church Devotional T E 1:00 (1 & 6:30pm) Movie: Apple of My Eye T SO 1:30 Quarter Bingo -10 quarters A SO 3:00 Apples to Apples Game</p>	<p>27 PY 9:30 Walking Club L PY 10:15 Wii Bowling T PR 1:15 Trip: Abbott's Apple Farm *sign up PR 1:30 Liverpool Library -Book Delivery Li PY 1:30 Horseshoes F/A CO 3:00 Play It By Ear Game A</p>	<p>28 PY 9:30 Exercise A CO 10:05 Buzzword A SP 1:15 Ecumenical Service T SP 1:45 Rosary T CR 3:00 Parkrose Chorus Practice A SO 6:00 Pinochle C</p>	<p>29 PY 9:30 Bodies In Motion: - Exercise Stations A SO 10:15 Coffee & News C E 1:00 (1 & 6:30pm) Movie: Return to Snowy River T PR 1:15 Shopping: Wegmans *sign up</p>	<p>30 PY 9:30 Walking Club L SP 10:00 Bible Study C CR 10:00 Baking: Apple Crisp A CR 1:30 Adult Coloring C SO 3:00 Ladies "Apple" Tea A PR 4:30 Dinner Club Trip: Ruby Tuesdays \$ *sign up</p>

Events are Subject to Change.

Check out these Special Events!



7251 Janus Park Drive
Liverpool, New York 13088
315-452-9500
www.parkroseestates.com

Friday

Saturday

3		4	
PY 9:30	Exercise A	PY 9:30	Walking Club L
CO 10:00	Brain Fitness C	CO 10:00	Name that Croon A
SP 11:05	Rosary T	SO 1:30	Quarter Bingo -10 quarters A
PR 1:30	Parkrose Gazette Newspaper Meeting C	SO 3:00	Ice Cream Sandwiches on the Front Patio (Ice Cream Sandwich Month)
SO 3:00	Happy Hour w/Bob Lyna A		
E 6:30	Movie: Now and Then A		
10		11	
PY 9:30	Exercise A	PY 9:30	Walking Club L
CO 10:00	Brain Fitness C	CO 10:00	Guess What? Game A
SP 11:05	Rosary T	SO 1:30	Quarter Bingo -10 quarters A
PR 11:30	Trip: Picnic @ the Young's House	SO 6:00	Dominoes C
SO 3:00	Happy Hour w/Deb & John Puma A	E 6:30	Movie: The Man from Snowy River A
E 6:30	Movie: Legends of the		
17		18	
9:00	"We Are Home" Day	9:00	"We Are Living Gracefully" Day *Wear Purple
PY 9:30	Exercise A	PY 9:30	Walking Club L
CO 10:00	Brain Fitness C	PR 10:00	Pampered Nails C
SP 11:05	Rosary T	E 1:00	(1 & 6:30pm) Movie: Saving Grace T
E 1:00	(1 & 6:30pm) Movie: The Wizard of Oz T	SO 1:30	Quarter Bingo -10 quarters A
E 1:30	Reminiscing with Cindy C		
24		25	
PY 9:30	Exercise A	PY 9:30	Walking Club L
CO 10:00	Brain Fitness C	CO 10:00	Brain Fitness: - Oktoberfest A
SP 11:05	Rosary T	CO 1:00	(1 & 6:30pm) Travel Series: Germany T
PR 11:30	Lunch Trip: Nifty Fifties *sign up	SO 1:30	Quarter Bingo -10 quarters A
SO 3:00	Traveling Monthly Birthday Party (floor to floor)	SO 3:00	Men Only German Chat

Did You Know?

HEALTH Tips

Stop and smell the... apples?

Smelling a green apple will relieve the stress of claustrophobia. It can also prevent headaches and migraines!

HEALTH Tips

Health Screenings

Getting the right testing at the right time is an important part of your health care. Many tests are based on age and can play an important part in early diagnosis.

POP CULTURE

1967 was named as the year of the turtle in reference to the turtleneck sweater.



Marcus Welby, M.D. ran from 1969-1976. The exterior of Dr. Welby's office was the same building used as the Cleaver family home on Leave It to Beaver.





PARKROSE ESTATES

A GRACE MGMT COMMUNITY
