

September Anniversaries

ONE YEAR

Dianne Leedy
Dick Vitek

TWO YEARS

Genie Clements

THREE YEARS

Linda McMahon

FIVE YEARS

Elaine and Jerald Perrill

SIX YEARS

Cookie Winslow



September Birthdays

- 1- Tom Curtis
- 7- Carlos Gardea
- 8- Danny Kite
- 10- Pat Drenten
- 12- Fred Brumbaugh
- 12- Kay Thom
- 15- Judy McMahon
- 17- Nancy Dixon
- 24- Ruth Winter
- 28- Curtis McKeown
- 28- Cathy Weiland



SEPTEMBER 2024

PARKWOOD POST

Parkwood Retirement Community ° 2700 Parkview Ln. ° Bedford, TX ° 76022 ° (817) 354-1044

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Resident Services Director

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Jake Rowland
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Martin Delgado
Kitchen Staff

Carlos Gardea
Maintenance Director

Wayne Knox
Tom Buscemi
Maintenance Staff

Mickey Roberts
Andrea Fortier
Patience Attoh
Sharonda Jackson
Housekeeping Staff

Cheryl Hayes
Stylist



Alzheimer's Awareness Fundraiser Dinner* Friday September 27th at 5pm

We are off and running with our annual fundraising to support the efforts of the Alzheimer's Association. On September 28th at 5pm, we hope that you will come and enjoy a scrumptious meal while we listen to the musical stylings of the fantastic Doc Gibbs. Please sign up at the Front Desk and a \$8 donation is kindly requested. We are proud to support the Alzheimer's Association's tireless work to help find a cure this terrible disease. As of September 1st, we have raised \$1,302! Your generosity and support are greatly appreciated! We look forward to having another opportunity to add to that total and have a fun evening. We hope to see you there!



World Series Bean Bag Baseball Tournament* September 18th at 5:30pm

It's a game for the ages-- No, not Baseball, but Bean Bag Baseball. On Wednesday September 18th, players will face off in the 'World Series' of Bean Bag Baseball. The Sisters of Faith have challenged the Parkwood Players to a tournament of America's favorite pastime. And, we have accepted the challenge and will rise in victory. Come one and all to play or cheer! No experience necessary. Afterwards we will be having chili dogs and ice cream!



Cowboys Watch Party* September 8th at 3:00pm

Are you ready for some football? At long last, the NFL season is (almost) here. The Dallas Cowboys open their 2024 season on Sunday, September 8th versus the Cleveland Browns. We look forward to enjoying what is sure to be an exciting season for the Cowboys. Join us for a season opener watch party at 3pm in the Clubhouse on September 8th. We will provide food and refreshments ... you provide the team spirit! Be sure to wear your Cowboys shirts, hats, or other accoutrements as we cheer America's Team on to victory!!! We might even make some sock drawer predictions on how we think the Cowboys will do this season.



Healthy Living for Your Brain and Body Seminar* September 25th at 2:30pm

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Join us for an informative seminar presented by the Alzheimer's Association in the dining room.

Parkwood Retirement Community



A LIFE CARE SERVICES® COMMUNITY

2700 Parkview Lane
Bedford, TX 76022
Phone: 817-354-1044
Email: gustafsonmark@lcsnet.com



Let's give a warm Parkwood welcome to our newest residents:

Marilyn Schubert
Mary Massey
Nick & Sarah Milano
Jim Boland
Laura Trimm
Ross McClaine

Join us in welcoming them during our



Memo from Mark

Flu Shot Clinic

Each year, the Centers for Disease Control and Prevention (CDC) recommends a new flu vaccine to protect against the upcoming strains of influenza. Parkwood will host a flu vaccine clinic for the 2024-2025 flu season on Thursday, October 3rd from 9:30am until 1pm in the Upstairs Clubhouse Arts & Crafts Room. Trail Creek Pharmacy will be on site to administer the shots. An annual flu vaccination is an important step in staying healthy and keeping others healthy as well. Please be sure to sign up at the front desk. Covid Booster shots will also be available. Please indicate whether you would like the Covid booster when you sign up.

World Alzheimer's Month

September is World Alzheimer's month – a time to shine a purple light for the 55 million people globally afflicted with Alzheimer's Disease. World Alzheimer's Month is an annual international event, always held in September. The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia. Over 6.7 million Americans are living with Alzheimer's today and it is the 7th leading cause of death. It is a disease with no cure at this time, affecting both the individual experiencing memory impairment and their loved ones. As previously mentioned, we are proud to support the Alzheimer's Association's research to find a cure by participating in the Memory Walk each year and with our donations.

Grandparents Day

Sunday, September 8th is Grandparents Day. Marian McQuade from Fayette County, West Virginia began a campaign in 1970 for a day to recognize grandparents. She wanted to educate about the importance of seniors and their many contributions. She urged the youth to “adopt” a grandparent and learn more about their lives, challenges, and desires for the future. The first Grandparents Day was celebrated in 1973 in West Virginia. The day became a national observance in 1979 by President Jimmy Carter who proclaimed the first Sunday after Labor Day each year as National Grandparents Day. September was chosen to signify the “autumn years” of life, and the forget-me-not was chosen as the flower. Whether you have grandchildren or great-grandchildren, it's sure to be a “grand” and great day!

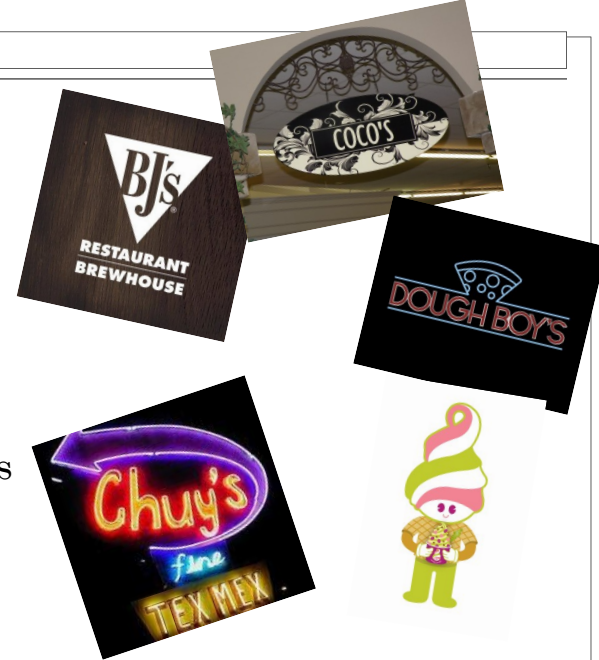
Transportation

Just a friendly reminder about transportation: Scheduled, complimentary transportation services to physician appointments in the immediate area (within a 5-mile radius) are included in your monthly service fee. Whenever possible, please try to schedule your appointments on Tuesday, Wednesday, or Thursday between 9am and 3pm (outgoing rides should not be made after 3 pm). We ask that you please try to make your appointments on these days because we have a dedicated driver on these days.

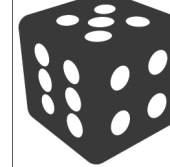
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September Outings

- Sept 6th at 12pm– CoCo's Tea Room and Bistro
- Sept 10th at 5pm– Dough Bro's Pizzeria
- Sept 11th at 9:30am– Bookmark Review Club at NPBC
- Sept 17th at 5pm– Chuy's
- Sept 20th at 10:30am– Northeast Mall and lunch at BJ's Brewhouse
- Sept 23rd at 2pm– Menchies Frozen Yogurt



Bunco* September 24th at 4pm



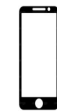
Feeling Lucky? Do you think you can roll a perfect bunco? Don't know how to play? We will teach you! Join us for an easy-to-learn game played with three dice and a whole lot of luck. It's loads of fun and anyone can play. Come have fun, snacks, and possibly even win a great prize.

Group Games

- Join us in playing games together!
- Sept 9th at 2pm Deer In The Headlights
- Sept 16th at 10am Pokeno
- Sept 16th at 2pm Canasta
- Sept 30th at 10:15am Picture Bingo
- **We also play table games Monday through Friday at 2pm, and dominoes every Friday at 4:30pm in the dining room. Please let Brandi know if you are interested in learning or playing a specific game. We are trying to get new tables together.



Do you need help with your cell phone or online grocery shopping?



Come see Brandi!



September Entertainment Lineup



Andy Corridori
Sept 5th at 5pm



Gary Freeman
Sept 12th at 5pm



Glen Bailey
Sept 19th at 5pm



Norris Perry
Sept 26th at 5pm

HAPPENING THIS MONTH

CRAFTING -



On September 9th and 13th at 10am, create your own Rock Art. Have you ever tried rock painting? Rock painting allows us to express our creativity and imagination. There are no strict rules or guidelines, so you can paint whatever you like, from simple patterns and shapes to intricate designs and colorful scenes. Rock painting is a straightforward activity that doesn't require specialized skills or expensive materials. All you need are some rocks, paint, and brushes. Are you interested in trying your hand at rock painting? Be sure to sign up.

On September 23rd and 26th at 10am, we will create a simple scrap fabric project that leaves you with a gorgeous braided bracelet. If you can braid and glue, you can make this! Only using leftover scraps, glue and a fastener. The great thing about these bracelets is you can use any fabric and go crazy with colors to fit your style. These bracelets are eclectic, unique, and comfortable!



We provide all of the supplies for the crafts. Just bring yourself and imagination! Be sure to sign up at the front desk for this craft opportunity. Space is limited to 12 people per day. Come join in on the fun!

What's Cooking

As we enter September, we are looking forward to what we hope will be some cooler temperatures! It is slightly bittersweet because while looking forward to those cooler temperatures, we realize another summer has come and is almost gone. Those same feelings apply to food. We find ourselves anxious for fall foods and spices, but we're not quite ready to say goodbye to our summer favorites. Here are a few things to look forward to in September:



Deli Day – We will have our final Deli Day of the season during September, we'll meet again next summer!

Cinnamon Rolls – If you love breakfast, you won't want to miss these warm and gooey treats.



Asian cuisine – For those of you that enjoy Asian food occasionally, look forward to some new dishes in September.

Pot Roast – Tender beef roast with potatoes, carrots & onions, a classic favorite.

Flounder Florentine – Light and flaky flounder with tomatoes, spinach and red bell peppers baked in a cream sauce.

Bookmark Review Club* September 11th at 9:30am

Join us as we travel to North Point Baptist Church to hear a riveting book review. This is a great way to connect with fellow book lovers and discover new reads! The first time is free, come join us and find a possible great read. Be sure to sign up!



A Memo From Mark (cont.)

Drivers cannot accompany you to your appointments but will drop you off and pick you up at the agreed upon location. Please provide at least 24-hour notification for any needed transportation to a medical appointment and have the following information when you schedule transportation – your name, the address of your destination, and the time of your appointment. Please be ready to leave for your appointment 30 minutes ahead of your scheduled appointment time so that we can be sure to have you there on time. You will need to call Parkwood when you are ready to be picked up, and we will pick you up as soon as possible. We are sorry, but no "side trips" or unscheduled trips on the way to or from your appointments can be accommodated.

Labor Day

The first Monday of September we celebrate Labor Day. Let's take a moment to thank all the wonderful team members that we have here at Parkwood. Day in and day out they come to work to serve our residents. We truly appreciate their service, hard work, and dedication! I would also like to offer a sincere thank you to our wonderful resident volunteers, who help whenever and wherever they are asked.

Styrofoam Containers

Although you may think it is recyclable because of the chasing arrows symbol often found on the bottom of containers and cups, Styrofoam is not accepted in our recycling bins. There are some exceptions, but very few local governments accept Styrofoam in recycling. The city of Bedford does not. So, please do not dispose of any Styrofoam items in our recycle bins. Doing so potentially causes entire loads of recycling to be rejected and makes it harder to recover accepted recyclable material. Please place Styrofoam items in the trash bins to the left of the two recycling containers. We appreciate your cooperation.

















































A few other common items for you to be aware of that are considered *Non-Recyclable* by the City of Bedford are:

- Plastic bags or wrappers
- Soiled Paper (such as used tissues or paper towels)
- Food
- Clothing & Shoes
- Adult Briefs
- Medical Waste
- Greasy Pizza Boxes
- Electronics & Batteries

Bubble Wrap

*Recycling is important in today's world. In a sense, we are using old and waste products that are of no use and then converting them back to the same new products. Since we are saving resources and are sending less trash to the landfills, it helps in reducing air and water pollution. Just, please be mindful of what you put in the recycle bins.

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00 Catholic Service 10:00 Church Service TOM CURTIS	2 	9:00 Walmart 9:30 Chair Yoga 2:00 Table Games 2:00 Brain Teasers 	9:30 Stretch Exercise 10:00 Fellowship w/Friends 10:30 Bible Study 2:00 Table Games 4:00 Happy Hour 	9:00 Kroger 9:30 Exercise with Brandi 2:00 Table Games 5:00 Thursday Night LIVE! NEWCOMER'S SOCIAL Music by: Andy Corridori   	9:30 Strength Exercise 12:00 CoCo's Tea Room and Bistro 2:00 Table Games 3:00 Bean Bag Baseball 4:30 Dominoes   	9:30 Bridge 2:00 Table Games CARLOS GARDEA
10:00 Catholic Service 10:00 Church Service 3:00 Cowboys Watch Party DANNY KITE	8 9:30 Exercise 10:00 Craft Class 1: Painted Rocks 2:00 Table Games 2:00 Group Game: Deer In The Headlights 4:00 Bingo  	10 9:00 Walmart 9:30 Chair Yoga 11:00 Vendor: AVON 2:00 Table Games 2:00 Word Games 5:00 Dining Out: Dough Bro's PAT DRENTEN   	11 9:30 Stretch Exercise 9:30 Outing: Bookmark Review Club at NPBC 10:00 Fellowship w/Friends 10:30 Bible Study 2:00 Table Games 4:00 Happy Hour DIANNE LEEDY  	12 9:00 Neighborhood Walmart 9:30 Exercise with Brandi 2:00 Table Games 5:00 Thursday Night LIVE! Music by: Gary Freeman FRED BRUMBAUGH & KAY THOM  	13 9:30 A Stronger You with PWHC Therapists 10:00 Craft Class 2: Painted Rocks 2:00 Table Games 3:00 Bean Bag Baseball 4:30 Dominoes   	14 9:30 Bridge 2:00 Table Games 3:00 Ice Cream Social -DR 
10:00 Catholic Service 10:00 Church Service JUDY McMAHON	15 9:30 Exercise 10:00 Pokeno 2:00 Group Game: Canasta 2:00 Table Games 4:00 Bingo 	17 9:00 Walmart 9:30 Chair Yoga 2:00 Table Games 2:00 Brain Teasers 5:00 Dining Out: Chuy's NANCY DIXON   	18 9:30 Stretch Exercise 10:00 Fellowship w/Friends 10:30 Bible Study 2:00 Table Games 4:00 Happy Hour 5:30 World Series Bean Bag Baseball Tournament  	19 9:00 Albertsons/ Dollar Store 9:30 Exercise with Brandi 2:00 Table Games 5:00 Thursday Night LIVE! Music by: Glen Bailey  	20 9:30 Strength Exercise 10:30 Outing: Northeast Mall/ Lunch at BJ's Brewhouse 2:00 Table Games 3:00 Bean Bag Baseball 4:30 Dominoes   	21 9:30 Bridge 2:00 Table Games
10:00 Catholic Service 10:00 Church Service 22	23 9:30 Exercise 10:00 Craft Class: Bracelet Making 2:00 Table Games 2:00 Treat Outing: Menchi's Frozen Yogurt 4:00 Bingo  	24 9:00 Walmart 9:30 Chair Yoga 2:00 Table Games 2:00 Trivia With Mark 4:00 Bunco   RUTH WINTER 	25 9:30 Stretch Exercise 10:00 Fellowship w/Friends 10:30 Bible Study 2:00 Table Games 2:30 Healthy Living for Your Brain and Body Seminar 4:00 Happy Hour 	26 9:00 Target 9:30 Exercise with Brandi 10:00 Craft Class: Bracelet Making 2:00 Technology Help- Upstairs 2:00 Table Games 5:00 Thursday Night LIVE! Music by: Norris Perry September Birthday Party   	27 9:30 A Stronger You w/ PWHC Therapists 1:45 Parkwood Literary Guild 2:00 Table Games 3:00 Bean Bag Baseball 5:00 Alzheimer's Awareness Fundraiser Dinner *Featuring Doc Gibbs*  	28 9:30 Bridge 2:00 Table Games 3:00 Super Bingo  CURTIS McKEOWN & CATHY WEILAND
10:00 Catholic Service 10:00 Church Service 29	30 9:30 Exercise 10:15 Picture Bingo 2:00 Table Games 4:00 Bingo 			SEPTEMBER		 OPEN MONDAY THROUGH FRIDAY 12NOON UNTIL 1PM CLUBHOUSE 2ND FLOOR