



The Parkwood Post

Fall 2022

Senior Living Apartments • Villas • Patio Homes

FALL BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

9/26 Liz F.
 10/1 Ted V.
 10/2 Carol Ann M.
 10/2 Mardene B.
 10/3 Marjorie K.
 10/5 Linda D.
 10/10 Charles H.
 10/22 Bea V.
 10/25 Ron S.
 10/25 Frederick B.
 10/25 Marion S.
 10/28 Pauline A.
 10/31 Phyllis C.
 10/31 Jane H.
 10/31 Pat W.
 11/3 Betty W.
 11/4 Michael S.
 11/4 Timothy M.
 11/5 Lillian D.
 11/17 Joan S.
 11/18 Ernest O.
 11/24 Michael S.
 11/25 Dieter P.
 11/27 Lorraine M.
 11/28 Liza P.
 12/2 Naoma W.
 12/3 Gail K.
 12/10 Lorraine H.
 12/11 Donald H.
 12/15 Elizabeth M.
 12/18 Nancy G.
 12/21 Gary F.
 12/24 Herbert C.
 12/25 Margaret S.

PATIO

10/6 Elaine F.
 10/26 Terrence B.
 10/28 Donald W.
 10/29 Barbara W.
 11/3 Karen M.
 11/10 Anne S.
 11/10 Mary Lou A.
 11/15 Don A.
 11/23 Helene B.
 11/23 Phoebe M.
 12/7 Nancy K.
 12/10 Jean W.
 12/19 Carol W.
 12/23 Frank H.
 12/31 Kathy T.

Work has Begun!

We are very excited to announce the construction of the Mark Welker memorial patio and gazebo.

The Parkwood Heights Campus was a dream of Mark's that we worked diligently to bring to life. He wanted to provide an environment where seniors were able to enjoy life with their friends and family in a scenic setting. The original motto "A New Tomorrow" is what we strive to give our residents every day. This new outdoor space, located outside the dining room, will be a great addition to our activity and entertainment space that all our residents may experience.



Fall Activities and Crafts for Seniors

The chilly temperatures are a nice change after the hot summer we've had. It's refreshing to dress warmly and enjoy a cup of hot cocoa by the fireside. But just because the weather is cooling off doesn't mean you can't have a little fun! Stay engaged this autumn with these simple fall activities and crafts for seniors.

Break Out the Colored Pencils

Coloring isn't just for kids. In fact, some coloring books are geared specifically toward adults. You can purchase one of these books, or you can search for coloring pages to print off from the Internet. You have hundreds of fall-themed options to choose from.

Complete a Jigsaw Puzzle

Make yourself a nice warm cup of apple cider or hot chocolate and sit down to a beautiful fall-themed puzzle. Working on jigsaw puzzles is good for improving your dexterity and keeping your mind sharp. If you need an autumn-inspired puzzle to work on, check your local board game shop or browse options on Amazon. You're sure to find an image you love for \$20 or less!

Learn How to Knit or Crochet

We have officially entered the "ber" months, which means you'll want to start wearing cozy sweaters, hats, scarves and gloves. Why not have some fun making your own? You can even plan to make some for family and friends as holiday gifts. Maybe you have a friend who can teach you the art of knitting or crocheting, which is actually easier than it looks.

Watch a Football Game

Do you have a favorite team? Whether it's the New York Giants, the Buffalo Bills or another team, don a jersey, grab some snacks, and watch each game with family and friends. Track your team's progress throughout the season to hopefully watch them win big!

Make Fall Decorations

It's easy to buy autumn décor, but making your own is satisfying and lends a personal touch to your home. Here are some easy do-it-yourself fall crafts for seniors:

- **Paper leaves garland** – Cut leaf shapes out of brightly colored foil, and then crumple them up. Smooth the foil out and attach twigs from your yard. Next, tape the leaves

to twine. Now you have a brightly hued garland to hang in your window!

- **Embellished pumpkins** – Pumpkin carving is a traditional way to decorate for fall, but if you don't want to make a mess by cutting into your pumpkins, decorate them with ribbons, lace, paint, sequins and even temporary tattoos!

- **Autumn wreath** – There's no prettier way to welcome fall than by hanging an autumn wreath on your front door. Start with a plain grapevine wreath. Then, embellish it any way you want, using faux leaves, pine cones, pumpkins and even fruit.

Plant an Indoor Herb Garden

It's too cold to plant flowers outside, but you can start your very own indoor herb garden just in time for fall baking. You'll love watching the tiny seedlings sprout and grow into healthy plants. When they're large enough, you can begin harvesting portions to use in your meals.

Take a Nature Walk

Fall is the perfect time to soak up some nature before the weather gets too cold. Plan to venture out after lunch when the sun is still high in the sky, and remember to bundle up if necessary. Bring a camera to snap photos of particularly lovely foliage you spot on your walk.

Go on a Fall Picnic

Eating outside is fun, and this is your last chance before the weather gets too cold! Pack a picnic lunch to enjoy at a nearby park. Go alone and reflect on the beauty of nature, or make an outing of it with your grandkids.

Visit a Pumpkin Patch

Local pumpkin patches here in Wayne County offer you the chance to pick out the perfect carving pumpkins or those you'll turn into pumpkin pie. You'll certainly want to bring the grandkids along for this activity! You might even have a chance to go on a hayride or walk through a corn maze while you're there.

Visit a Farmer's Market

Discover all sorts of fresh, flavorful finds at your local farmer's market. Check out what the autumn harvest has to offer, from pumpkins and squash to apples and cider. Baked goods, cheeses and smoked meats are also available to satisfy your palate.

The Doctor is in...

Please call the Medical Center at
315.589.4641

*When scheduling, please specify that you would like
an appointment at Parkwood Heights*



WORD SEARCH: Parkwood Activities

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