

March 2012

CINNAMON PARK Newsletter

March is National Nutrition Month



Special March Events

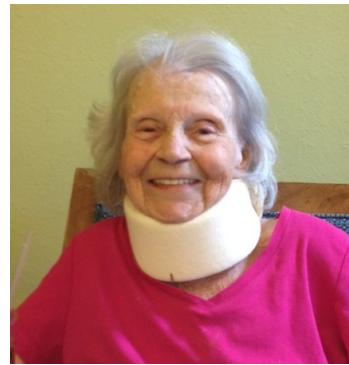
- Cooking Demo Show with Mary (3/7)
- Wellness Clinic (3/14)
- What's Your Talent, Birthday Party (3/27)
- Lunch Outing to Pinocchio's (3/8) & I-HOP(3/22)
- Shopping trips
- St. Patrick's Day Dancers
- Happy Hour (3/16)
- Movie and Popcorn
- Music Therapy Classes
- Gift making for Doctor Appreciation Day (3/26)
- Country Drive w/Tom
- Swingin' Seniors Rhythm Band (3/26)
- Easter Baskets (3/19)
- Tap Class w/Sally (3/21)
- Bell Choir Practice (3/27)
- Church w/Pastor Rob (Sundays @ 2pm)
- Manicures (3/6 & 3/20)
- Foot Clinic (3/6 & 3/20)
- Wii Sports, Balloon Volleyball, Sports Play, Move to Improve, Cycling Fun

Meet Shirley Harrison.....

When you meet Shirley, the first thing you notice is her beautiful smile. Shirley Harrison moved to Cinnamon Park four months ago. "I suffered a bad fall while living on my own", Shirley said. "My recovery has been slow, but I am beginning to feel like my old self again".

Shirley moved to Longmont six years ago from Grand Junction, Colorado. Shirley enjoyed a robust career. Her work history ranged from feature writer for a newspaper to office manager for a major department store. Besides

raising her three children, Shirley's hobbies included sewing, reading and cooking. Shirley is also a proud member of the Daughters of the American Revolution. When Shirley



retired, she began working for developmentally disabled adults.

When you visit Shirley's room at Cinnamon Park, you immediately notice the beautiful handmade quilt on the wall. Lovely furniture and antiques, balance with her family photos, some going back to the Civil War. Her grandmother's doll dishes are displayed in her antique wall cabinet. Her room reflects a life well lived surrounded by the mementos of her family and friends who have experienced her love.

Easter Basket Sales

- Handmade chocolates
- Cake on a stick pops
- Jelly beans, assorted candies
- Bunny Ears
- Bubbles
- Handmade bunny pins
- Stuffed Animals

\$15.00

Basket sales begin on March 26th through April 6th

(While supplies last)

Cinnamon Park Spring Fundraiser

A Senior Housing Options Residence - A nonprofit serving for over 30 years!

Website: www.seniorhousingoptions.org



