

START YOUR NEW
TOMORROW, TODAY ...

The Parkwood Post

A NEW TOMORROW

AUGUST 2009

Join us at the following
events:

Seneca Park Zoomobile
Thursday, August 6, 2009
3:00 -3:45 PM
Skyline Room
Guests \$2 -please RSVP

**Happy Hour with Gary
Quinn Keyboard and Vocals**
Thursday, August 13, 2009
3 PM
Skyline Room
Guests \$2 -please RSVP

**Dottie and Friends Sing-
Along Piano/singing/old
standards**
Tuesday, August 18, 2009
2 PM
Skyline Room
Free

**Senior Seminar Series-Mary
Hamelin of Bankers Conseco
"Understanding Long Term
Care and Home Health Care
Insurance."**
Tuesday, August 18, 2009
6-7 PM
Skyline Room—Refreshments
Free

**Parkwood Clambake Picnic
Dick Leschhorn on the
Keyboard**
Thursday, August 20, 2009
4-7 PM
Fireside Dining Room
Call at 315-986-9100 for
details and to RSVP

**Resident Birthday Party
with Larry Serafini
on Guitar**
Thursday, August 27, 2009
3 PM
Skyline Room
Guests \$2-please RSVP

These events are open to the
public ... please call to RSVP

315.986.9100
585.223.7595

www.parkwoodheights.com

Seniors Want More than Just Bingo

Whether it's the latest social event, health craze, or the Baby Boomers wanting a fit, active life, today's seniors are anything but sedentary! Seniors want more than just bingo...they want activities and social events that are fun, physically active, and socially stimulating. Whether they are in a patio home, villa or apartment, seniors are getting involved! Staying involved is extremely important not only to health, but social can level out your blood pressure, and can even lead to better eating habits and longer lives! Our residents are finding relaxation and fun while they secure a healthy future. Exercise also helps you feel better and improves your health. By spending a little time each day in some type of physical activity, you can enjoy these significant benefits:

- Longer, healthier life
- Stronger bones
- Reduced joint and muscle pain
- Improved mobility and balance
- Lower risk of falls and serious injuries like hip fractures
- Slower loss of muscle mass

People are living longer these days and their quality of life depends on being healthy and remaining independent. Staying active can lower your risk for many common diseases, relieve the

pain of arthritis, and help you to recover faster when you do get sick. Here's some ideas how you can stay active & social with a lifestyle at Parkwood Heights:

- Wellness and fitness clubs/activities
- Charity or volunteer work
- Dancing
- Nintendo Wii game parties
- Creative classes
- Trying new foods
- Attending local theater events, festivals and museums
- Shopping excursions
- Reading & book clubs
- Indulging in new hobbies
- Computer classes
- Cooking classes
- Happy hour events



**Hurry! New Houses are
Selling Fast ...**

**Only One Opportunity Left
to Get \$7,500 Toward
Your New Patio Home!**
Call today, or stop by to
tour our furnished model.



Kate's Korner

Hi there! This month we will be hosting a very interesting seminar that I think you, your family members and friends will find most informative.

The next senior seminar will be Tuesday, August 18th at 6 p.m. The topic will be **"Long Term Care and Home Health Care Insurance."** The presenter will be Mary Hamelin of Bankers Conseco.

To give you a hint about what you can expect, I'll just say that you will leave this seminar with a clear understanding between the difference in *Long-term and home healthcare insurances*. You'll feel informed and comforted in knowing about choices for you and/or someone you know. Please check it out! We will be serving beverages and snacks too! If you have any questions, feel free to contact Kate at (315) 986-9100.

SEE YOU SOON!



Clam Bake & Picnic
 Thursday August 20 4-7 PM
 Entertainment, Great Food & Friends.
 Call today to RSVP & Place your clam order!

Start Your New Tomorrow, today ...

1340 Parkwood Drive
 Macedon, NY 14502

Phone: 315.986.9100 • 585.223.7595

www.parkwoodheights.com

E-mail: info@parkwoodheights.com

Senior Living Apartments
 Villa Homes for Lease
 Patio Homes for Sale



What's new at Parkwood Heights ...

- Our next program in our FREE monthly series will be “**Long Term Care & Home Health Care Insurance**” held Tuesday, August 18th at 6pm. Refreshments! RSVP 315.986.9100
- Welcome new residents **Werner & Elizabeth A. & Kay M.**
- Parkwood Heights is now offering great move-in specials! Make your move to an apartment or villa home and we'll **PAY FOR YOUR MOVE!** (Up to \$500) We'll even arrange the movers, help you pack and tackle all the little details. Give us a call for details—limited time offer!
- Congratulations to **Jack & Mary Churchill** on their 50th Wedding Anniversary!
- Have you visited the new Parkwood Patio Home Model? Open Sundays from 1pm—3pm, or call for your personal tour.
- **Congratulations to Corey Leistman**, who recently graduated from the Pal-Mac work study program that he completed at Parkwood Heights. During his senior year Cory worked with our dining services 2-3 times a week, gaining real world experience. He was trained in food safety and sanitation, use of common kitchen equipment and proper knife skills. Parkwood proudly participated in the program and believes that Corey will have a successful future!
- We're going “green” and need your help! Having the newsletter emailed to you can help save resources! Call today to be added to our email list!
- Parkwood has its very own **private park** for the use of our campus residents. The park is a peaceful and pleasant spot with a running brook, to spend a few moments alone, or an entire day with family & friends!
- Happy Birthday to Parkwood Residents: **Audrey Y, 8/12; Marjorie B, 8/11; Jim E. 8/14;**

Mavis M. 8/15; Margaret F. 8/18.



Get Happy as a Clam at our Annual Clambake & Picnic on Thursday, August 20th from 4—7pm. Call today with your Clam Order and be sure to invite a friend. Call to RSVP and for details! \$5.95 per person, plus clams.