

START YOUR NEW
TOMORROW, TODAY ...

The Parkwood Post



A NEW TOMORROW

NOVEMBER 2009

Join us at the following
November events:

Happy Hour-Fred Vine
Guitar/Vocals
Thursday, November 5
3 PM-Skyline Room
\$2 Guests-Please RSVP

Perinton Seniors Chorus
Tuesday, November 17
2 PM-Skyline Room
Free

Doris Adamek-Speaker
"The Life of Doris Day"
Thursday, November 19
3 PM-Skyline Room
\$2 Guests-Please RSVP

Senior Seminar
"Upcoming Medicare
Changes and You"
Presented by Mary Hamelin of
Bankers Conseco
Tuesday, November 17
6 PM-Skyline Room
Free

Holiday Craft Sale
Saturday, November 21
10 AM-3 PM
Parkwood Community Center
Soup and salad lunch special
available. \$5.95 + tax
(includes beverage, dessert &
gratuity)

Resident Birthday Party
Denny and Her Escorts
Vocals/Piano
Monday, November 23
3 PM-Skyline Room
\$2 Guests-Please RSVP

Dottie and Friends
Sing-A-Long
Tuesday, November 24
2 PM-Skyline Room
Free

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

315.986.9100
585.223.7595

www.parkwoodheights.com



Lifestyle cure for loneliness



As Thanksgiving approaches, we start to reflect on the things we are grateful for. For the residents of Parkwood, often the answer is having new friends and neighbors. Retirees can find themselves lonely, and looking for ways

to keep themselves active. Parkwood affords the following sure-fire cures for loneliness:

Keep busy -- Visit people, take up a hobby, start collecting something of value, become amazed and fascinated by everything around you. Engage in an activities program and take advantage of the opportunity to be around others.

Take Advantage of Activities -- Involve yourself in your Parkwood Activities. Join a book club, share a cooking demonstration, teach a craft class, or lead a focus group.

Help others -- If you are lonely, look for and strive to cure the loneliness of someone else--it will cure your own. Visit a friend whose family may not visit often.

Avoid escapes -- If you are lonely, avoid day dreaming, sleeping too much, and watching too much TV.

Collect good thoughts -- If you are lonely, collect inspirational thoughts, good jokes, meaningful poems, and good books.

Join a social group -- Join one of the many social groups at Parkwood Heights. See that you meet new people. You will find many individuals here that are involved in social gatherings of various types. Try out one or more activities listed each month that you find of interest.

And remember, when we do things for other people, we are never lonely. Think up, think out ... toward people, toward all the exciting things of life!

The Residents and Staff at Parkwood Heights can help you find new and exciting lifestyles to avoid loneliness. Call for your personal tour and complimentary lunch today.

We are thankful for a wonderful 2009 filled with happiness, health and new friendships.

**Happy Thanksgiving from
Our Home to Yours.**

Home for the Holidays!

Celebrate the holidays in a custom quality-built patio home. Open & spacious with full basements, and endless campus amenities outside your front door. Choose your lot today and enjoy FREE upgrades up to \$7,500. Hurry, only 1 opportunity left for this savings. Many floor plans and finishes to choose from!

Tour our model today!



Craft Fair & Sale!

Plus Assorted Homemade
Soup & Salad Buffet
Saturday, November 21st
10 AM—3 PM

With over 20 vendors, including *The Quilt Room* featuring hand-made Amish Quilts, there's sure to be something for everyone! Enjoy a sampling of several homemade soups at the Soup & Salad Lunch Available (\$5.95 plus tax includes beverage, dessert and gratuity) RSVP today!



Kate's Korner

Hello all! I hope you are still enjoying Autumn's beautiful colors! Our next senior seminar will be at 6 p.m. on Tuesday, November 17th. The topic will be "Upcoming Medicare Changes and You" presented by Mary Hamelin of Bankers Conseco.

Please check it out! Feel free to bring family members and/or your friends along too. If you have any questions, contact Kate at (315) 986-9100.

See You Soon,
Kate

Kate O'Brien is Parkwood's Executive Director and a seasoned geriatric case manager who can help you or your loved ones transition comfortably to a Parkwood Lifestyle.

Mary will be discussing current and upcoming guidelines and coverage of our Medicare and if/when or how they may affect you.



Senior Living Apartments • Villa Homes for Lease
• Patio Homes for Sale•

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

Join us at our Craft Fair & Sale
November 21st 10am—3pm

What's new at Parkwood Heights ...



- **Holiday Craft Sale—November 21st. 10am—3pm.** Vendors including Amish quilts and décor from the Quilt Room. Be sure to call now if you have a craft you'd like to share. Call Shari for details! Enjoy a Variety of Homemade Soups at our Soup & Salad lunch buffet, \$5.95 (includes beverage, dessert & gratuity!) Campus tours available!
- Our next program in our FREE monthly series will be **“Upcoming Medicare Changes & You”** held **Tuesday, November 17th at 6pm.** Refreshments! RSVP 315.986.9100
- Welcome new residents **Pauline R.; Shirley N.; Betty K; Ruth & Neil D.; Lucy & Anthony M; Charlie W; Betty A; and Norm & Betty L.**
- We're going **“green”** and need your help! Having the newsletter emailed to you can help save resources! Call or email us 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 and is never more beautiful than in the Autumn months. Visit the park to spend a few moments alone, or an entire day with family & friends!
- Happy Birthday to Parkwood Residents: **Grace S. 11/2; Dorothy W. 11/5; John H. 11/8; Martin P. 11/11; Coleen M. 11/20; Bill K. 11/29.**
- Don't forget about our **“Vacation Stays”** in our nicely appointed guest suites. Stay for a night, or a month—call for details!
- **Patio Home Model** open **Wednesdays, Fridays and Sundays from 1-3pm** or call for your personal appointment!
- Attention all **Senior Groups!** Interested in having a presentation from our Leasing Coordinator, complete with complimentary lunch? Then give Mitzi a call today. We'll bet there's a lot you didn't know about a Lifestyle at Parkwood Heights, and we'd love to share our story with you!
- Would you like to schedule a tour or receive more information about Parkwood? Call or email us at: **Info@parkwoodheights.com.**