



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Fall Birthdays

Remember to wish these residents a Happy Birthday!

- 10/2 Linda E.
- 10/2 Carol A.
- 10/7 Betty S.
- 10/8 Rosemary A. G.
- 10/17 Elizabeth H.
- 10/18 Vivian V.-M.
- 10/21 Elizabeth L.
- 10/24 Charles K.
- 10/24 Peg E.
- 10/25 Frederick B.
- 10/26 Marian S.
- 11/2 Mary Ellen M.
- 11/2 Rose P.
- 11/3 Betty W.
- 11/4 Gary N.
- 11/9 Donna T.
- 11/24 Michael S.
- 11/27 Kathy R.
- 12/3 Gail K.
- 12/8 Jim T.
- 12/15 Marcy B.
- 12/15 Elizabeth M.
- 12/20 Barbara W.

PATIO HOME RESIDENTS

- 10/6 Elaine F.
- 10/14 Joan H.
- 10/26 Terrence B.
- 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.
- 12/21 Milt W.
- 12/23 Frank H.

CONSTRUCTION HAS BEGUN!!

Villa Expansion, Early 2019 availability

by Jadon Weinel – Executive Director



Parkwood Heights has started the newest phase of development in our ever growing community by expanding our villa residences. This new neighborhood will sit to the northeast of the apartment building/community center and will be a private extension of Parkwood Drive. The new residences will offer the same three floor plans as the current

villas along with similar amenities and of course all access to the community center, activities and events. There has never been a greater time to come join our community and get your name on the waitlist for these beautiful new homes. For additional information or a tour of the campus call 315.986.9100. We would love to show you everything Parkwood has to offer.

Parkwood Heights Senior Living Campus is hosting: A Celebration of Our Veterans Luncheon

DATE: Wednesday, November 7th, 2018 • **TIME:** 12:00pm-1:30pm

LOCATION: Parkwood Heights Fireside Dining Room



**SEATS ARE LIMITED! Please RSVP by November 5th
VETERANS ONLY PLEASE**

Independent & Enriched Apartments for Lease
Villas for Lease * Patio Homes for Sale

1340 Parkwood Drive, Macedon NY 14502
(315)986-9100 or (585)223-7595 • www.parkwoodheights.com

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, but here are some autumn coloring pages we think you'll like.

To print the one you want, simply click on the image, and a new page will open showing the picture you selected. Move your mouse to the upper right corner of the screen and click on the printer icon. Finally, click "Print" on the next page that pops up. Now all you need is a box of colored pencils, and you're all set!

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, or you can hop online and look up tutorial videos to help you get started. You can find all the supplies you need at a local craft store.

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 a Tasty Treat

There's nothing like crisp weather and changing leaves to put you in the mood to bake. Simple and delicious treats are the best kinds for older adults to make. You can even get the grandkids involved! Here are some of our favorite recipes you might want to try out:

- Peanut Butter-Stuffed Apples – If you love apples dipped in peanut butter and chocolate, you'll love this easy-to-make dessert.
- No-Bake Pumpkin Cheesecake – The taste of delicious pumpkin mixed with delicate cheesecake is perfect for fall. Plus, this dessert doesn't even require baking!
- Apple Cider – Nothing is more satisfying on a cold autumn night than a cup of hot apple cider. Plus, when you make it at home, you get to enjoy the aroma of simmering apples, cinnamon and cloves all day long.

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.

Are you planning to hand out candy to the neighborhood kids when they go Trick-or-Treating? Make your home a memorable one by displaying some of the decorations you make outside your door.

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.

Choose whatever herbs you love the most, such as chives, mint, oregano, parsley or sage. Pick a spot to grow your herbs where they will receive plenty of sunlight. Then, remember to water them every few days.

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. You'll love the way the changing leaves look against the beautiful blue sky. 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! Your heart will melt as they ooh and ahh at the huge pumpkins, silly-shaped gourds and farm equipment on site. You might even have a chance to go on a hayride or walk through a corn maze while you're there.

Pick and Taste-Test Apples

One of the most-loved activities for seniors and their families is to visit apple orchards in the fall. The Wayne County Apple Tasting Tour is the perfect opportunity to travel scenic country roads here in Western New York and stop at individual farms to pick apples and taste-test the freshest fruit, baked goods and cider you'll find anywhere.

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, along with non-edible products such as soap, artwork and flowers. Even if you don't end up buying anything, the amazing sights and sounds will make your day special.

Continued on page 3.



On-Site Weekly Lab Service

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

Ride a Trolley

The New York Museum of Transportation in Rochester is offering Fall Foliage by Trolley tours every Sunday from mid-September until the last week of October. Soak up the beauty of New York's gorgeous fall colors from the window of an authentic, 90-year-old electric trolley. Tours start at 11:30 am and operate throughout the day. No reservations are needed.

Join in the Enriching Activities at Parkwood Heights

If you want to enhance each day with fun activities, check out what Parkwood Heights has to offer. Residents of our senior living campus have access to a wide range of daily events. Some are educational, while others are pure fun. The Parkwood Heights Activities Department schedules many outings and events every month!

Fun Activities



PWH Chicken BBQ



PWH Chicken BBQ



PWH Chicken BBQ



Wine Bottle Craft



La Luna Lunch Outing-Brown's Race



La Luna Lunch Outing-Brown's Race



Meadows of Mendon Stables Outing



Meadows of Mendon Stables Outing

Do you worry about your Loved Ones having a **Power Outage?**

No Worries here at Parkwood Heights

All Apartments & Villas are supplied with back-up generator power.



- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- VILLAS FOR LEASE
- PATIO HOMES FOR SALE

1340 PARKWOOD DRIVE
MACEDON, NY 14502



Track less. Enjoy more. That's the power of WW Freestyle.™

Sign Up for Weight Watchers at Parkwood Heights!

DATE: January 4, 2019
TIME: 5:00pm



LOCATION: Parkwood Heights Senior Living Community
1340 Parkwood Drive, Macedon, NY

CONTACT: Parkwood Heights at 315-986-9100 to make your reservations for the informational meeting by December 14th

Get a taste of freedom at our Information Session. #WWatWork

Please Note: Meetings available in participating areas only. Minimum enrollment to start and maintain meetings in the workplace. Weight Watchers and Points are the registered trademarks of Weight Watchers International, Inc. WW Freestyle is the trademark of Weight Watchers International, Inc.



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US POSTAGE
PAID
Permit No. 298
Rochester, NY

Parkwood Heights Senior Living Campus

1340 Parkwood Drive

Macedon, NY 14502

Just minutes from Fairport & Victor

315-986-9100 or 585-223-7595

E-mail: PWH@parkwoodheights.com

www.parkwoodheights.com



Apartments & Villas for lease • Patio Homes for Sale

Call for more information regarding our Independent lifestyle choices
& Enriched Living Program

Parkwood Heights Senior Living Campus - Enriched Living Program

In addition to our Independent Living lifestyle, Parkwood Heights apartments offer two higher levels of care in our Enriched Living Program. Residents who need more help can find it here, all under one roof. Residents will receive the appropriate assistance they need, whether it's special needs, or just the security afforded by our team of professionals.

Services Include:

- Medication & Wellness Management
- Case Management
- 24 Hour Personal Care Aides
- Assistance with Dressing, Grooming & Bathing
- 24 Hour Emergency Response System
- Cueing & Reminders
- (3) Nutritious Meals Daily
- Personal Laundry Service



*Now offering 2 levels of care
for your individual care needs!*

Call Us Today For More Information About Our Enriched Living Program at (315) 986-9100