

The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

45160 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-5353 • www.seniorlivinginstyle.com

JUNE 2020

THE PALMS AT LA QUINTA STAFF

Administrator.....PATRICK MCADOO-MORTON
Assistant Administrator.....RUTH FROMME
Resident Services Coordinator.....REBECCA GILL
Memory Care Coordinator.....ROBERT HOPFER
Executive Chef.....SERGIO ALVAREZ
Community Sales.....CAROL BALDWIN
Activity Coordinator.....ROBERT PADILLA
Activity Assistant.....AMANDA BROOKS
Administrative Assistant.....MARITZA GARCIA
Maintenance Coordinator..CHRISTOPHER JONES

TRANSPORTATION

Monday, Tuesday, Thursday & Friday,
9 a.m.-3 p.m.: Medical Appointments

Wednesday: Excursion Day

HAWTHORN
SENIOR LIVING

Welcome Robert Padilla!

Greetings Friends and Family:

We are proud to introduce to you our new Activity Coordinator, Robert Padilla!

As the previous Activities Coordinator at Caleo Bay here in La Quinta, Robert is now excited and eager to join our team planning and creating enjoyable activity programs for our beloved family of residents.

Robert is a kind and warm individual, who cherishes communication and interactions with residents and staff alike. A father of three kids, he knows the importance of family and makes it his priority to become a valued member of yours as well.

Having attended the prestigious California Institute of the Arts (CalArts) in Valencia, California, majoring in Character Animation, he is a talented illustrator, painter and sculptor! Ask him about his previous career and many creations as a Custom Ice Sculptor! He is interested in connecting with all of the residents on their personal hobbies and interests to further expand the breadth and scope of our activity schedule. His creativity will be a strong and refreshing addition here at The Palms!

Be sure to catch up with Robert as he begins to create new and inspiring programming for all to enjoy and remember!





June Trivia Challenge!

The temperatures are climbing as the sun is coming out in full force, which can only mean one thing — June is here and so is summer! Test your June IQ with the following Trivia questions. Answers can be found on the following page.

- Which of the following does NOT occur in June?

A. Winter solstice in the southern hemisphere	C. Flag Day in the U.S.
B. Father's Day	D. Bastille Day
- The song "June Is Bustin' Out All Over" is from what musical?

A. Oklahoma!	C. State Fair
B. South Pacific	D. Carousel
- What is the zodiac sign for June 21st to July 22nd?

A. Gemini	C. Sagittarius
B. Cancer	D. Leo
- Johnny Weissmuller was born on June 2nd. Before landing the role as Tarzan, what was his claim to fame?

A. Baseball player	C. Olympic swimmer
B. Opera singer	D. Professional wrestler
- Queen Elizabeth II was crowned queen of Great Britain on June 2nd. In what decade did this happen?

A. 1940s	C. 1960s
B. 1950s	D. 1970s

June Birthdays

Bonnie Bowser, 2nd
 Therese Minkler, 14th
 Ruth Pratt, 14th
 Opal Wespiser, 23rd
 Allen Magdovitz, 27th

The 5 Ws (& H) of Sunscreen

With our desert sun about to heat up, now is a good time to remember the importance of sunscreen! Here are some quick tips for remembering how and when to utilize sunscreen to protect our precious skin!

Who: Everyone under the sun

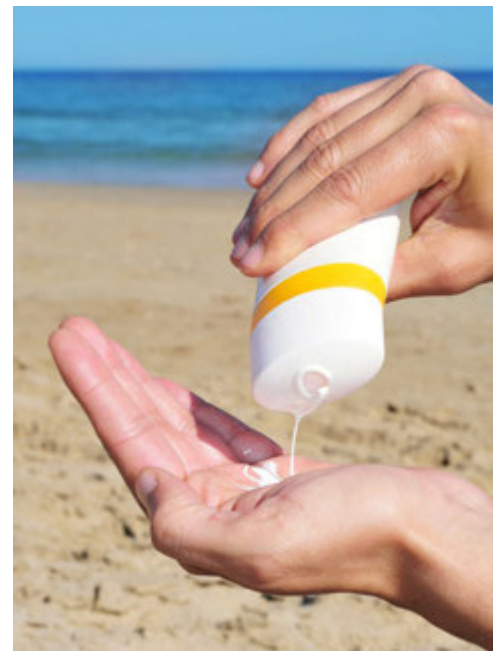
What: Broad spectrum SPF 15 or higher for a day outdoors

When: Every day; 30 minutes prior to going outdoors. Reapply every 2 hours

Where: All exposed skin

How: One ounce (shot glass full) to entire body for each application

Why: Reduce your risk of skin damage and skin cancer





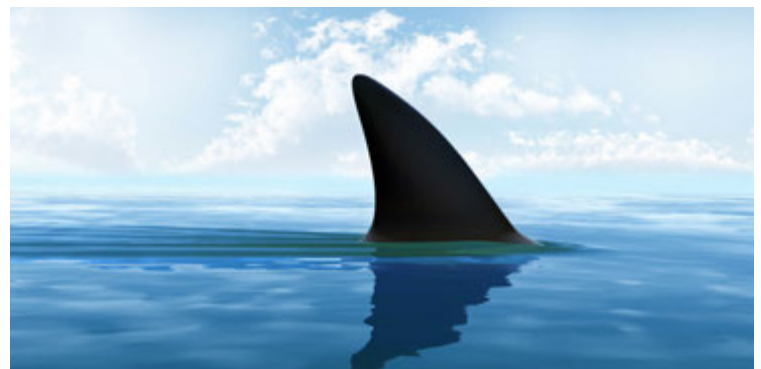
‘Jaws’ Turns 45

Ever heard the phrase “Just when you thought it was safe to get back in the water...”?

Not much water to speak of here in our arid desert unless you count our myriad backyard swimming pools! With our seasonal summer temperatures on the rise water fun sounds exciting as does the classic summer/beach blockbuster Jaws!

Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20th, 1975. Dive into these fin-tastic facts about the film.

- “Jaws” was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book “Silence in the Deep.”
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.
- To add suspense, the shark isn’t seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.



- John Williams composed the famously foreboding two-note “Jaws” theme, winning the Academy Award for best original score.
- The first movie to make over \$100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”

With many accolades and credits to its name, Jaws is a classic film that will be remembered for many years to come, and although gruesome oceanic thrillers are not everybody’s “cup of tea” movie magic and beach/poolside fun are something everyone can dive into and enjoy! Check the activities schedule for exciting summer activities and theatre presentations to come!

Happy Father’s Day!

On June 21st, we celebrate all our men in honor of Father’s Day! Dads are wonderful for endless reasons, but one thing that makes them extra special is their jokes! Have a good belly laugh at some of the classic dad jokes below.

1. Why did the coffee file a police report? It got mugged.
2. Want to hear a joke about paper? Never mind, it’s tearable.
3. Why did the scarecrow win an award? Because he was outstanding in his field.
4. What do you call cheese that isn’t yours? Nacho cheese
5. Why did the can-crusher quit his job? Because it was soda-pressing

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

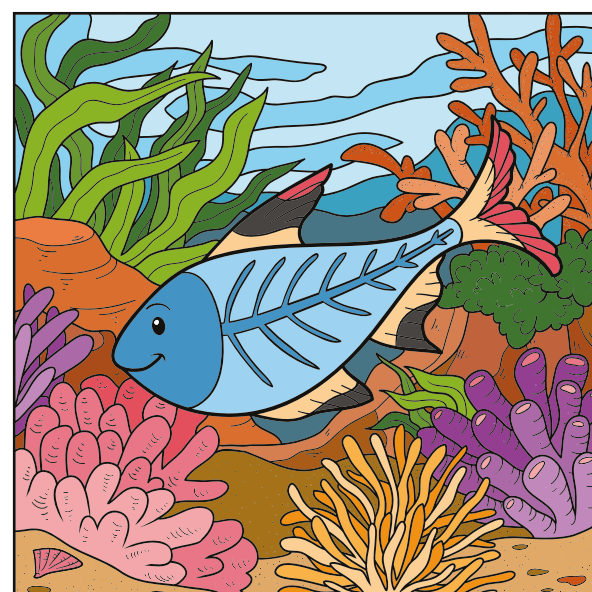
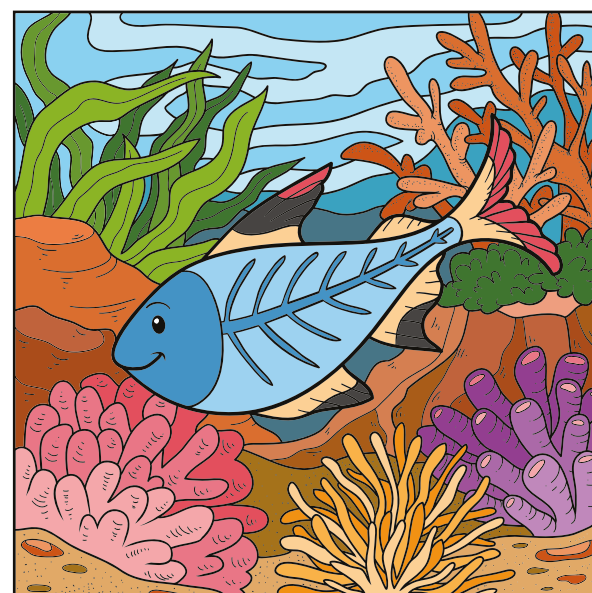
- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

Summertime Snicker

Q: What holds the sun up in the sky?
A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
___ A cube with dots

TIE

GOLF

- ___ Wide chasm
___ Sea-loving bird
___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
___ Tiny water droplets
___ Chewing gum flavor
___ Two cups
___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





The Longest Day of the Year

June 21st happens to be the longest day of the year and marks the first day of summer! Also known as the summer solstice, it marks the beginning of summer in the Northern Hemisphere.

How to Observe:

- Enjoy the first day of summer with a glass of lemonade to refresh yourself!
- Dip your feet in the pool while you enjoy a margarita!
- Use #SummerBegins to share photos with friends on social media!

History:

Since ancient times, the summer solstice has been marked on calendars with celebrations honoring the sun and as a way to mark the seasons.

Now that summer is “almost” here (summer always comes a bit early around here), let’s get ready to enjoy the fun and sun together in the shade of The Palms!



June Trivia Challenge Answers

How’d you do?! The answers to the June Trivia Challenge are below.

1. (D) Bastille Day. The French holiday is celebrated on July 14th.
2. (D) Carousel. The song was from the second collaboration of Richard Rodgers and Oscar Hammerstein II. Other songs from Carousel include “If I Loved You” and “You’ll Never Walk Alone.”
3. (B) Cancer. Gemini is the other zodiac sign for June. Gemini is May 21st to June 20th.
4. (C) Olympic swimmer. After his swimming career, he became the sixth actor to portray Edgar Rice Burroughs’ Tarzan.
5. (B) The 1950s. Her coronation was on June 2, 1953.

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world’s most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that’s why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation’s supply comes from Central and South America.





Remembering 2020 Graduates

With all that is going on in the world today, many of our high school and college graduating classes of 2020 may not be celebrating this June. Many may participate in some sort of private celebrations with close friends and family, but the traditional gathering and walking ceremonies may be on hiatus this year.

Many of your grandchildren or even great-grandchildren are possibly part of this select group of fine individuals who through no fault of their own must sidestep the pageantry and commemoration for the sake and safety of the rest of us.

This will be remembered as a heroic endeavor by them and the rest of the country and may prove to be something more memorable altogether than a graduation ceremony, as no other graduating class in the last 100 years or so has dealt with such a circumstance.

We salute the class of 2020 for their accolades and distinction amidst these precarious times and wish that they proceed in honor and prosperity to take hold of the future that lays before them!



Lure ‘Em In

Open up an angler’s tackle box, and there’s likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

Crankbait: Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

Jigs: A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure’s hook can be adorned with feathers, a fake worm, or live bait.

Spinnerbait: These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed “skirt” made of strands of rubber or animal hair, a spinner’s horizontal movements are irresistible to fish such as bass, perch and pike.

Spoons: One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

Flies: To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.



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is staying apart,
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