

# The PALMS at La Quinta

## GRACIOUS RETIREMENT LIVING

45190 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-0022 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### AUGUST 2020

#### THE PALMS AT LA QUINTA STAFF

Managers..... RUSS & SUSAN PARKER  
Assistant Managers ..... MARSHALL  
& CINDY JACKMAN  
Executive Chef ..... MARTIN RODARTE  
Activity Coordinator ..... KARINA QUINTANILLA  
Maintenance Coordinator .... ESTEBAN LOZANO  
Bus Driver ..... OSCAR MENDIETA  
Transportation ..... AARON STRICKLAND

#### TRANSPORTATION

**Monday & Wednesday, 10 a.m.:** Shopping

**Tuesday & Thursday, 9:30 a.m.:** Appointments

**Tuesday, 1:45 p.m.:** Shopping

**Friday, 11:30 a.m.:** Fun Bus Outing

**HAWTHORN**  
SENIOR LIVING

### Father's Day

The Father's Day fete theme "Fishing you a Happy Father's Day" brought residents to gather in Atrium and Second Floor Balconies. Josh Parker and Bob Salisbury brought their moving melodies. Marilyn Bowman and Marguerite Brennan once again graced us with their respective song and dance. It was a lovely opportunity to gather and celebrate fathers, grandfathers, stepfathers, godfathers, uncles, big brothers and anyone else who has filled in for a father. Here's to dads, daddies, gramps, poppas, pop-pops, padres, pappies, pas. No matter what your little ones called you, the love you gave them is still carried within their hearts and memories.

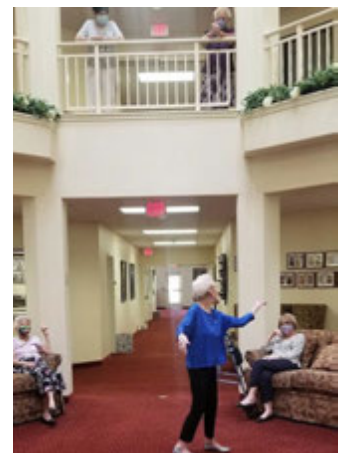
#### Father's Day Quotes

"Fatherhood is the greatest thing that could ever happen. You can't explain it until it happens — it's like telling someone what water feels like before they've ever swam in it." — Michael Bublé

"Being a dad isn't just about eating a huge bag of gummy bears as your wife gives birth. It means being comfortable with the word 'hero.'" — Ryan Reynolds

"A father carries pictures where his money used to be." — Steve Martin

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." — Charles Wadsworth



*Marguerite shimmies to her neighbor, Esther Schultz as Dawn Robson, Beverly Zurcher and Pat McElvany observe.*



*Marguerite Brennan dances as Bob Salisbury and Marilyn Bowman delighted everyone with "My Heart Belongs to Daddy."*



## Bob's Birthday

The Palms continues to be a vibrant community even in the mask covered face of social distancing. When residents learned Bob Salisbury was having a birthday, they decided to do something for him. Since large gatherings are not permitted, and the Dining Room was not yet open, a collection was started and Bob was floored to receive both the liquid and solid gifts he received.

There must have been a gust of wind that snuck into the Dining Room, because Bob's eyes got something in them. Bob shared how touched he was to receive such an incredible token of appreciation in addition to the spirits he received.



*Bob's face turned to shock when he opened the envelope.*



*Bob expresses how touched he is to receive a gift from the community that Arrawanna organized.*

## The Palms 2020 Olympics

The first documented Olympic Games took place in Olympia, Greece in 8th century BCE. The 2020 games, the XXXII Olympiad Games, were scheduled to be held in Tokyo, Japan, but are postponed until 2021 due to Coronavirus. We don't have to miss out on Olympic fun this year! The Palms will host Senior Olympic Games 2020 over two weeks in the following events:

### August 3rd-7th

**M:** Opening Ceremony

**T:** Egg Spoon Balance

**W:** Jenga Jam

**Th:** Pantyhose Pendulum

**F:** Don't Spill Relay Race

### August 10th-14th

**M:** Flip Cup

**T:** M&M sort

**W:** Broomball Bullseye

**Th:** Discus Throw

**F:** Closing Ceremony





## Dining Room Reopens

One of the greatest challenges of coping with social distancing has been the inability to gather with our close friends and family. In the case of The Palms, the community is made up of clusters of friends who have become a family. The announcement about the reopening brought elation to residents and staff, since everyone missed seeing everyone sharing meals.

In accommodating social distancing guidelines, each table is limited to two residents. Residents can enjoy breakfast starting at 8:30 a.m., first dinner at 11:30 a.m., second dinner at 1 p.m., and supper at 5:30 p.m.

In addition to the lovely clank of silverware on china that was missing from the Dining Room, the musical sounds of Social Hour have also returned. It was a wonderful sight to see a wonderful gathering of residents, properly spaced out. Anyone walking around the first floor or second floor balconies could hear the voices of Elaine Caine, Marilyn Bowman, and David Smith caroling “Besame Mucho” to his sweet Caroline. Stella Ohanesian felt moved by the melody and danced with David from six feet away!



*The Dining Room is happily abuzz once again.*



*Residents are safely distanced while enjoying singalong.*



*David Smith sings “Besame Mucho” as Stella Ohanesian is swayed by the song and dances from six feet away!*

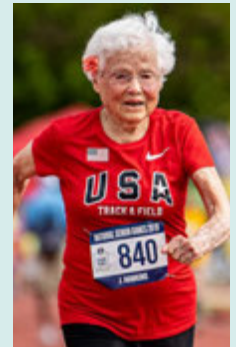
Sign up to compete or for the Olympic Committee now!

The first Senior Olympic Games took place in 1970 in LA and in 1987, 2,500 people attended. In 2007, an event in Louisville had over 10,000 competitors and 20,000 spectators, with oldest competitors being over 100 years old. You’ve heard that “You’re only as old as you feel,” so start feeling like an Olympian!

The National Senior Games Association is planning to hold the 2021 Senior Games in November 2021. Maybe you would like to compete! You have time to start training. It’s never too late! Julia “Hurricane” Hawkins, 103-year-old gold medalist said, “When you get old you should have a lot of passions. Passions keep you going. They make you want to live and want to do. Get out there and make new friends and do something new every day.”



*Pierre de Coubertin designed the rings in 1913 representing Europe, Asia, Africa, Oceania and the Americas.*



*Julia “Hurricane” Hawkins, 103-year-old gold medalist*



AUGUST 2020

Birthdays

Mary Lee Harman, 2nd  
John Cooley, 2nd  
Joyce Ford, 3rd  
Caroline Smith, 3rd  
Theresa Rossi, 4th  
Melba Poure, 13th  
Arawanna Allen, 16th  
Betty Landis, 18th  
Ruth Grabowski, 18th  
Bob Backstrom, 19th  
Ken Grabowski, 23rd  
Joan Leland, 27th  
Lynn Fouts, 30th  
Gerry Rivera, 31st  
Joanne Richards, 31st

Locations

Activity Center, AC  
Atrium, A  
Billiards Room, BR  
Bistro, B  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Firepit, FP  
Fireplace Nook, FN  
Front Lobby, Lobby  
Garden, G  
Library, L  
Movie Theater, MT  
Pool, P  
Putting Green, PG  
TV Room, TV

Mealtimes

Breakfast starts: 8 a.m.  
**1st Dinner starts:**  
11:30 a.m.  
**2nd Dinner starts:** 1 p.m.  
**Supper starts:** 5:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  9:00 Chair Yoga, EX 11:00 Chair Yoga, EX 11:00 Mindfulness, AC <b>6:45 Bingo, AC</b>	
2 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX <b>2:00 Bingo, AC</b> <b>4:00 Manager's Event, AC</b> 	3 <b>Dress Up Day: Olympic Spirit</b> 9:00 Chair Exercise, EX <b>10:00 Olympics: Opening Ceremonies, DR</b> 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC <b>2:00 Bingo, AC</b> 5:00 Waltz Music Hour, AC 	4 <b>Dress Up Day: Wear Red</b> 9:00 Chair Yoga, EX <b>10:00 Olympics: Egg Balance Race, AC</b> 11:00 Chair Yoga, EX 11:00 TED Talks, AC <b>2:00 Jewelry Making Napkin Holder, AC</b> 3:00 Zoom Bible Study, AC 5:00 Blues Music Hour, AC 	5 <b>Dress Up Day: Wear Green</b> 9:00 Chair Exercise, EX <b>10:00 Free Beginners' Bingo, AC</b> <b>10:00 Olympics: Jenga Jam, AC</b> 11:00 Chair Exercise, EX 2:00 Pictionary, AC <b>5:00 Legendary Concerts Three Tenors, AC</b>	6 <b>Dress Up Day: Wear Yellow</b> 9:00 Chair Yoga, EX 10:00 Flower Delivery, AC <b>10:00 Olympics: Pantyhose Pendulum, AC</b> 11:00 Chair Yoga, EX <b>2:00 Bingo, AC</b> 5:00 Jazz Music Hour, AC	7 9:00 Chair Exercise, EX <b>10:00 Olympics: Don't Spill Relay, AC</b> 11:00 Chair Exercise, EX <b>11:30 Fun Bus Takeout Red Robin</b> <b>2:00 Bingo, AC</b> <b>4:00 Mocktail Soiree, AC</b>	8  9:00 Chair Yoga, EX 11:00 Chair Yoga, EX 11:00 Mindfulness, AC <b>6:45 Bingo, AC</b>
9 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX <b>2:00 Bingo, AC</b> <b>4:00 Manager's Event, AC</b>	10 <b>Dress Up Day: Wear Blue</b> 9:00 Chair Exercise, EX <b>10:00 Olympics: Flip Cup, AC</b> 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC <b>2:00 Bingo, AC</b> 5:00 Waltz Music Hour, AC	11 <b>Dress Up Day: Wear Red</b> 9:00 Chair Yoga, EX <b>10:00 Olympics: M&amp;M Sort, AC</b> 11:00 Chair Yoga, EX 11:00 TED Talks, AC <b>2:00 Jewelry Making Napkin Holder, AC</b> 3:00 Zoom Bible Study, AC 5:00 Blues Music Hour, AC	12 <b>Dress Up Day: Wear Green</b> 9:00 Chair Exercise, EX <b>10:00 Olympics: Broom Ball Bullseye, AC</b> <b>10:00 Free Beginners' Bingo, AC</b> 11:00 Chair Exercise, EX 2:00 Pictionary, AC <b>5:00 Legendary Concerts Elvis Presley, AC</b>	13 <b>Dress Up Day: Wear Yellow</b> 9:00 Chair Yoga, EX 10:00 Flower Delivery, AC <b>10:00 Olympics: Discus Throw, AC</b> 11:00 Chair Yoga, EX <b>2:00 Bingo, AC</b> 5:00 Jazz Music Hour, AC 	14 <b>Dress Up Day: Olympic Spirit</b> 9:00 Chair Exercise, EX <b>10:00 Olympics: Closing Ceremony, DR</b> 11:00 Chair Exercise, EX <b>11:30 Fun Bus Takeout Sherman's Deli</b> <b>2:00 Bingo, AC</b> <b>4:00 Mocktail Soiree, AC</b>	15  9:00 Chair Yoga, EX 11:00 Chair Yoga, EX 11:00 Mindfulness, AC <b>6:45 Bingo, AC</b>
16 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX <b>2:00 Bingo, AC</b> <b>4:00 Manager's Event, AC</b> 	17 9:00 Chair Exercise, EX 10:00 Minute to Win It, AC 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC <b>2:00 Bingo, AC</b> 5:00 Waltz Music Hour, AC	18 9:00 Chair Yoga, EX 10:00 TED Talks, AC 11:00 Chair Yoga, EX 11:00 TED Talks, AC <b>2:00 Jewelry Making Clasp Replacement, AC</b> 3:00 Zoom Bible Study, AC 5:00 Blues Music Hour, AC 	19 9:00 Chair Exercise, EX <b>10:00 Free Beginners' Bingo, AC</b> 11:00 Chair Exercise, EX 2:00 Pictionary, AC <b>5:00 Legendary Concerts Barbara Streisand, AC</b> 	20 9:00 Chair Yoga, EX 10:00 Flower Delivery, AC 11:00 Chair Yoga, EX <b>2:00 Bingo, AC</b> 5:00 Jazz Music Hour, AC	21 9:00 Chair Exercise, EX <b>10:00 Senior Citizen Day, AC</b> 11:00 Chair Exercise, EX <b>11:30 Fun Bus Takeout Mario's</b> <b>2:00 Bingo, AC</b> <b>4:00 Mocktail Soiree, AC</b>	22  9:00 Chair Yoga, EX 11:00 Chair Yoga, EX 11:00 Mindfulness, AC <b>6:45 Bingo, AC</b>
23 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX <b>2:00 Bingo, AC</b> <b>4:00 Manager's Event, AC</b> 	24 9:00 Chair Exercise, EX 10:00 Minute to Win It, AC 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC <b>2:00 Bingo, AC</b> 5:00 Waltz Music Hour, AC	25 <b>Manager/Resident Conference Call Meeting</b> 9:00 Chair Yoga, EX 10:00 TED Talks, AC 11:00 Chair Yoga, EX 11:00 TED Talks, AC <b>2:00 Variety Show Planning Committee, AC</b> 3:00 Zoom Bible Study, AC 5:00 Blues Music Hour, AC	26 9:00 Chair Exercise, EX <b>10:00 Free Beginners' Bingo, AC</b> 11:00 Chair Exercise, EX 2:00 Pictionary, AC <b>5:00 Legendary Concerts Ray Charles, AC</b>	27 9:00 Chair Yoga, EX 10:00 Flower Delivery, AC 11:00 Chair Yoga, EX <b>2:00 Bingo, AC</b> 5:00 Jazz Music Hour, AC 	28 9:00 Chair Exercise, EX 10:00 No Bake Treat Making, AC 11:00 Chair Exercise, EX <b>11:30 Fun Bus Takeout Fresh Agave</b> <b>2:00 Bingo, AC</b> <b>4:00 Mocktail Soiree, AC</b>	29  9:00 Chair Yoga, EX 11:00 Chair Yoga, EX 11:00 Mindfulness, AC <b>6:45 Bingo, AC</b>
30 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX <b>2:00 Bingo, AC</b> <b>4:00 Manager's Event, AC</b> 	31 9:00 Chair Exercise, EX 10:00 Minute to Win It, AC 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC <b>2:00 Bingo, AC</b> 5:00 Waltz Music Hour, AC 					





## Christmas in July

### Holiday Tree

It wouldn't be Christmas without a tree! With Fourth of July keeping spirits bright, it was just natural to have a Patriotic Tree for Christmas in July. Special thanks to the Christmas in July Decorating Committee! This would not have been possible without you.

### Gingerbread Making

Gingerbread houses are an essential part of Christmas. We could not possibly have a Christmas in July Celebration without incorporating Gingerbread Houses. Residents participated in two workshops that made it fun to work with gingerbread, but also begin with our strategic plan for the Christmas 2020 Competition.

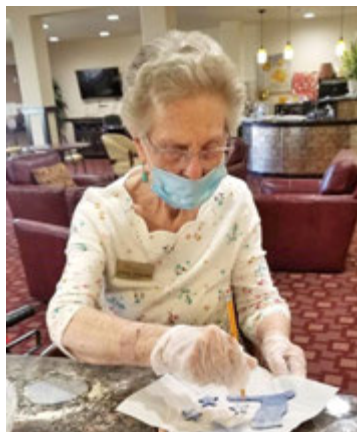
### White Elephant Gift Exchange

Join us to play the gift exchange game, White Elephant, also known as Bad Santa! For this game, each participant brings a wrapped new or gently used item valued at \$10. Each participant will draw a number to determine the order for the game. Player One selects their present, opens it, and remains seated. The second player can decide to open a new gift, or steal the gift opened by player one. Player Two then takes a seat and awaits to see if Player Three wants to open something new or steal from Player One or Player Two. If Player Three steals from Player One, Player One can choose to open a new gift or steal from Player Two, but cannot steal back from Player Three.

Gifts can be stolen twice, then it cannot be stolen again and that player can safely claim their item.

If anyone decides to steal a gift, the original owner must surrender the gift, wrapping, bows, tags, etc, and it should all be forwarded to the next player if it is stolen again.

The last player takes their turn, and the game is over and each player takes their gift and great memories of a fun holiday game.



*Arlene Chapman makes her ornaments.*



*Emmy Foss makes her stars and a map of the USA.*



*Lillian Strasser paints her ornaments after they've dried.*



*Decorating Committee: Lillian Strasser, Marilyn Sites, Beverly Zurcher and Emmy Foss (not pictured, Pat McElvany)*

## Electronic Flyers

Do you find it hard to read small print on the newsletters? Would you prefer to receive an email so you can zoom in on your iPad or computer? The very lovely Yoshie Cooper brought the amazing idea to start an email list. If you would like to receive updates via email, stop by and add your name to the email list in the Activities Center.

Family members and Caregivers, are you looking to stay connected and to help your loved ones and clients thrive? Learn what events are coming up to encourage their engagement. You can sign up for the email list, too. You can also send your request via email to: [556ActCoord@HawthornRet.com](mailto:556ActCoord@HawthornRet.com). Send me an email and you will be added to the list.



*View newsletters, flyers and more on your personal devices and enlarge the screen as needed! To sign up, email:*

[556-ActCoord@HawthornRet.com](mailto:556-ActCoord@HawthornRet.com)





## Fourth of July

### Flag Raising and Songs

The warm July morning signaled a sweltering day ahead, but it did not dampen residents' spirits as they joined the Managers outside to raise Old Glory singing "You're A Grand Old Flag" and "Yankee Doodle Dandy" as voices carried from the fountain to resident balconies.

### A Musical Tribute

Josh Parker tickled the ivories during the Musical Tribute. Moving as always, residents smiled from ear to ear behind their masks, so we could tell they were smiling from their squinting eyes! "Yankee Doodle" and "God Bless America" rang through the Rotunda as residents enjoyed in the Atrium and second floor balconies. Several residents shared what the Fourth of July means to them. Dawn Robson grew up in Australia and shared she is proud to be an American and enjoy a warm July in the northern hemisphere instead of winter. Lynn Santoianni shared memories of celebrating her mother's and grandmother's birthday along with the Fourth. She made hearts smile with tales of swimming in the lake, sparklers, and fresh chicken from the farm. Elaine Caine brought us all a good laugh when said she remembered all of that, but mostly the mosquitoes!

### Watermelon Eating Contest

Arrawanna Allen was victorious over new resident Jim Evans. Round two, Cindy Jackman narrowly beat Lynn Santoianni. Round three was cancelled since residents didn't want to spoil their supper.



*David and Caroline Smith sing along. Take it away!*



*Watermelon eating contest: Cindy Jackman vs. Lynn Santoianni  
Congratulations, Cindy!*



*Watermelon eating contest: Jim Evans vs. Arrawanna Allen.  
Congratulations, Arrawanna!*



*Josh Parker plays as Gerry Ayliffe, Dulcie Anderson and Charlotte Robertson enjoy the melodies.*



*The rotunda was filled with safely spaced residents enjoying patriotic festivities.*

The  
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When the world  
is staying apart,  
we are coming  
together.

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