The PALMS at La Quinta
GRACIOUS RETIREMENT LIVING

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

NOVEMBER 2020

THE PALMS AT LA QUINTA STAFF

Managers.....VIKKI & ROBBIE MORRIS
Assistant Managers .....MARSHALL & CINDY JACKMAN
Executive Chef.....MARTIN RODARTE
Activity Coordinator .....STEPHANIE MARTINEZ
Maintenance Coordinator.... ESTEBAN LOZANO
Bus Driver ..... OSCAR MENDIETA

TRANSPORTATION

Monday, 10 a.m.: Shopping
Tuesday, 9:30 a.m.: Appointments
Wednesday, 10 a.m.: Shopping
Thursday, 9:30 a.m.: Appointments
Friday, 11:30 a.m.: Fun Bus Outing

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

(Continued inside.)

Thanksgiving Favorites Across the Nation (Continued)

Thanksgiving

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—-nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.

People Who Make a Difference at The Palms

Young at Heart

By Pattee Polo

Anna Santos, who is 90 years young and her dear friend, Florence Foellmi, 94, are inseparable. Anna retired from US Steel and has since been enjoying her life with family and most recently here at The Palms. She is full of energy! Loves music, bingo, dancing, and hanging out with Florence. Much like her beloved friend Anna, Florence enjoys music, dancing, and being around people. In her younger days, Florence retired from banking and finances. She now enjoys the company of Anna and other residents here at The Palms. They both spend afternoons laughing and teasing each other. When it comes to needing help, they are always there for one another. Anna and Florence make a difference in our community because they show us the true meaning of friendship. They are loved very much by their fellow residents here at The Palms.

Anna Santos and Florence Foellmi.

The Heart That Gives

The season of giving is upon us and what better way to show our appreciation than a beautiful fall wreath? This year for our fall wreath donation, we decided to show our gratitude to the many men and women who serve this country as firefighters. Our lovely residents are seen working together to create this beautiful fall decoration that will adorn the entrance of our local fire station. Along with the wreath, we also delivered a fresh batch of homemade cookies made by our lovely chefs here at The Palms. To celebrate a job well done, we cooled off with some delicious ice cream and a tour around our city.

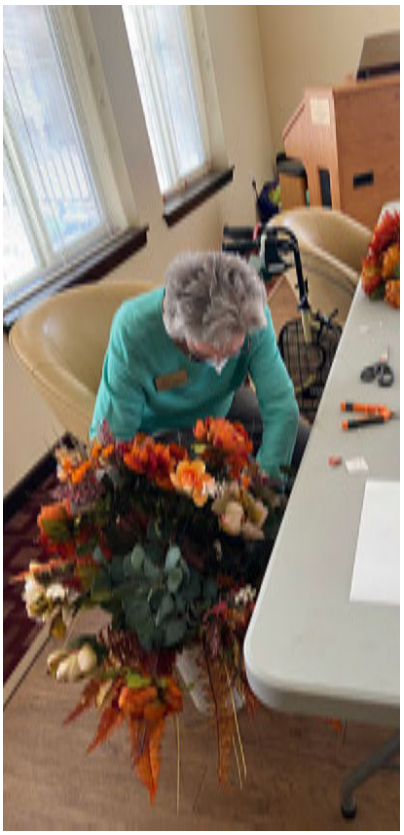
Grace, Melba, and Arlene add floral arrangements.

Christine, Grace, Melba, Lillian, Paula and Arlene pose with their masterpiece.

Welcome, Fall!

It's that time of year when the seasons start to change and excitement begins to brew. The leaves change to dazzling colors and there is finally a refreshing crisp in the air. In every home, fall decorations come out and here at The Palms it's no different! Our residents have gotten straight to work on decorating our beautiful home with garlands, pumpkins and scarecrows.

Emmy, Lillian and Paula working hard on the garland that will decorate the Atrium



Arlene Chapman poses with her beautiful work of art. This wonderful flower arrangement can be found adorning the Atrium.

NOV 2020

Birthdays

Lucille Partridge, 1st
Don Halls, 2nd
Al Marquardt, 5th
Elaine Cain, 5th
Charlotte Roberts, 7th
Joanne Newton, 10th
Ed McNeil, 17th
Emmy Foss, 22nd
Erla Lee, 25th

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
DAYLIGHT SAVING TIME ENDS 1 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX **2:00 Bingo, AC** 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT	2 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	**ELECTION DAY** 3 9:00 Chair Exercise, EX 10:00 Brain Games, AC 11:00 Chair Exercise, EX 11:00 Minute to Win It, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	4 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 10:00 Mahjong, BR 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Painting Class, AC 6:45 Movie, MT 6:45 Poker, AC	5 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Chef's Corner, AC 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Resident Manager Meeting, A **3:00 Bingo, AC** 6:45 Movie, MT	6 Fun Bus (TBA), Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:30 Jar Winner Announced During Lunch Times, DR **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	7 9:00 Chair Yoga, EX 11:00 Chair Exercise, EX **2:00 Bingo, AC** 2:00 Movie, MT 4:00 Mexican Train, BR **6:45 Bingo, AC** 6:45 Movie, MT
8 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX **2:00 Bingo, AC** 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT	9 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	10 9:00 Chair Exercise, EX 10:00 Ted Talks, AC 11:00 Chair Exercise, EX 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	**VETERANS DAY** 11 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 10:00 Mahjong, BR 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Jewelry Making with Alana, AC 6:45 Movie, MT 6:45 Poker, AC	12 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Grandma's Cooking Class, AC 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Resident Chef Meeting, AC **3:00 Bingo, AC** 6:45 Movie, MT	13 Fun Bus (TBA), Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:30 Jar Winner Announced During Lunch Times, DR **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	14 9:00 Chair Yoga, EX 11:00 Chair Exercise, EX **2:00 Bingo, AC** 2:00 Movie, MT 4:00 Mexican Train, BR **6:45 Bingo, AC** 6:45 Movie, MT
15 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX **2:00 Bingo, AC** 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT	16 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	17 9:00 Chair Exercise, EX 10:00 Brain Games, AC 11:00 Chair Exercise, EX 11:00 Minute to Win It, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	18 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 10:00 Mahjong, BR 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Painting Class, AC 6:45 Movie, MT 6:45 Poker, AC	19 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Chef's Corner, AC 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Ambassador Meeting, AC **3:00 Bingo, AC** 6:45 Movie, MT	20 Fun Bus (TBA), Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:30 Jar Winner Announced During Lunch Times, DR **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	21 9:00 Chair Yoga, EX 11:00 Chair Exercise, EX **2:00 Bingo, AC** 2:00 Movie, MT 4:00 Mexican Train, BR **6:45 Bingo, AC** 6:45 Movie, MT
22 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX **2:00 Bingo, AC** 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT	23 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	24 9:00 Chair Exercise, EX 10:00 Ted Talks, AC 11:00 Chair Exercise, EX 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	25 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 10:00 Mahjong, BR 11:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Jewelry Making with Alana, AC 6:45 Movie, MT 6:45 Poker, AC	**THANKSGIVING** 26 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Grandma's Cooking Class, AC 11:00 Chair Exercise, EX 2:00 Movie, MT **3:00 Bingo, AC** 6:45 Movie, MT	27 Fun Bus (TBA), Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:30 Jar Winner Announced During Lunch Times, DR **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT	28 9:00 Chair Yoga, EX 11:00 Chair Exercise, EX **2:00 Bingo, AC** 2:00 Movie, MT 4:00 Mexican Train, BR **6:45 Bingo, AC** 6:45 Movie, MT
29 9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX **2:00 Bingo, AC** 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT	30 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 Chair Exercise, EX 11:00 Sacred Heart Church Sunday Service, AC **2:00 Bingo, AC** 2:00 Movie, MT 6:45 Movie, MT					

Sweet Treat

Here at The Palms, we've dived right into the fall season. As we work hard to decorate and paint pumpkins, we cannot forget our stomachs! In Grandma's Kitchen the residents whipped up some delicious pumpkin cheesecake bars. These scrumptious pumpkin cheesecake bars are a fun twist on two classic desserts: pumpkin pie and cheesecake. These bars begin with a thick, buttery graham cracker crust that is then layered with spiced pumpkin pie filling and dollops of cheesecake filling. The result? A creamy rich bar that is sure to satisfy your sweet tooth. If you would like to make some bars yourself, below you can find the recipe and instructions.

Ruth Simpkins and her caregiver, Kaffrey, work together on their own tray of bars.

Ingredients:

Graham Cracker Crust

- 3 cups graham cracker crumbs
- 6 tablespoons granulated sugar
- 10 tablespoons melted butter

Pumpkin Layer

- 1 can (15 oz) pumpkin puree (not pumpkin pie mix)
- 3/4 cup heavy cream
- 2 large eggs
- 3/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 teaspoons pumpkin pie spice

Cheesecake Swirl

- 8 oz cream cheese, softened
- 1 large egg
- 1 egg yolk
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract

Lillian and Marilyn teamed up to make their own tray of pumpkin cheesecake bars.

Instructions:

Preheat oven to 350°F. Line a 9x13 baking pan with parchment paper or foil.

Graham Cracker Crust: In a medium-sized bowl, combine graham cracker crumbs, sugar and melted butter until crumbly. Press into the prepared baking pan.

Pumpkin Layer: In a medium bowl, whisk together all ingredients (pumpkin puree, heavy cream, eggs, sugar, vanilla and pumpkin pie spice). Pour on top of graham cracker layer.

Cheesecake Swirl: In a medium bowl, beat all ingredients (cream cheese, egg, egg yolk, sugar and vanilla extract) with electric mixer on medium speed until well mixed.

Spoon tablespoonfuls of cheesecake filling on top of pumpkin layer. With a knife, carefully swirl cheesecake filling into pumpkin mixture to create marbled look. Be careful to not disturb the bottom graham cracker layer while swirling the top two layers.

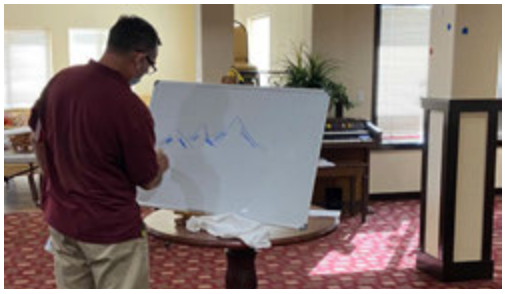
Bake for 37 to 42 minutes or until center is set. Cool for 30 minutes and then refrigerate for 2 hours, until chilled.

Slice into squares and serve.

Some of Our Talented Residents

Here at The Palms, we are bursting with talent! Whether they be singers, pianists, dancers, writers or painters, our beautiful community is bound to surprise you. Below are just a few examples of all of our talented residents!

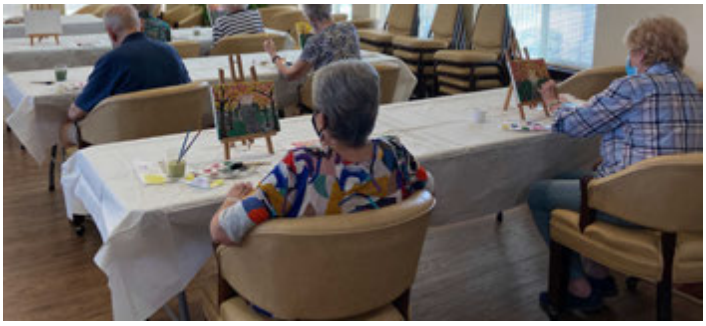
Our ladies working hard on decorating their visor hats for this sunny weather



Our driver, Oscar, playing Pictionary with the residents — can you guess what he was drawing?

Our talented Marilyn Sites drawing intricate trees on her painting

Chuck Brady humoring the crowd during Social Hour as Bob Salisbury plays the piano



Residents getting creative in our painting class

Pumpkin Painting

We cannot think of a better way to welcome fall this year than with pumpkin painting. We skipped the knife and decided to trust our creativity! With just a little vision, our very talented residents got to work and created wonderful masterpieces that now adorn their homes, hallways and patios.

Lillian, Joyce, Joanne and Emmy paint away on their pumpkins.

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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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