



The PALMS at La Quinta

GRACIOUS RETIREMENT LIVING

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

DECEMBER 2020

THE PALMS AT LA QUINTA STAFF

Managers..... VIKKI & ROBBIE MORRIS
Assistant Managers MARSHALL
& CINDY JACKMAN
Executive Chef MARTIN RODARTE
Activity CoordinatorSTEPHANIE 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



HAWTHORN
SENIOR LIVING

Root Beer Floats

Root beer floats are a sweet American delicacy that is sure to satisfy both your thirst and sweet tooth. To get a better appreciation for these floats, let's take a look into their history.

The first account took place in the 1870s, in Philadelphia, during the Franklin Institute's semicentennial celebration. Robert McCay Green was a soft drink vendor who had run out of ice on a hot day. He borrowed ice cream from a neighboring vendor, thus revolutionizing the way we think about soda. Several others contest his claim, including one of his employees, who claims to have invented the "ice cream soda" by accident two years earlier.

Not long after that, soft drink salesman Frank J. Wisner of Cripple Creek, Colorado, invented the first root beer float. The sight of a snow-capped mountain inspired him to mix ice cream with root beer, his favorite soft drink, making the first root beer float.

Although there is much controversy about who came up with the first root beer float, one thing we know for sure is they're delicious! Here at The Palms, our residents enjoy social time with a cold float.





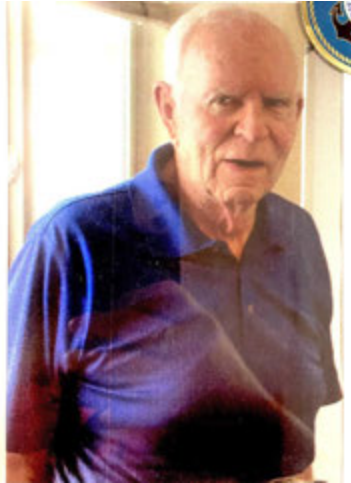
People Who Make a Difference at The Palms

Josh Parker

By Pattee Polo

Josh Parker is one of our residents who has been entertaining us open-heartedly for many years. At a very early age, Josh was taught how to play the piano by his mother. He carries this talent today and brings us joy with his beautiful piano melodies and singing. Long before he was a resident here at The Palms, Josh was a war Coast Guard, he served for three years, standing for what he believes. He later went on to pursue a career in the hotel industry. Josh has countless stories of his time in the business and is more than happy to recount them. Now retired, Josh enjoys the company of his furry friend, Puddles. They can both be seen taking strolls around The Palms. Josh's enjoyment for singing and playing the piano for his fellow neighbors brings life to The Palms.

Keep on playing, Josh! We all love and appreciate you. You make a difference in our lives.



Josh Parker singing during Bob's Singalong

Chef Dave

Here at The Palms, we know a thing or two about good food.

The town of Santa Maria, California, is home to one of America's most delicious barbecue specialties: black on the outside, pink on the inside, grilled to perfection, beef tri-tip steak. The tri-tip is cut from the bottom sirloin, and if cooked properly produces a very flavorful, extremely juicy piece of beef. Thanks to Dave Smith, along with our Chef Martin, who worked together to provide us this delicious steak that was paired with baked beans and collard greens. Yum!



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



It's Always Fun at The Palms

At The Palms, we're always having fun. Take a moment to appreciate photos of other notable activities that go on here!



Lillian and Dawn are all smiles as they make their necklaces.



Our Fall Carnival volunteers working hard on their signs



Dave and Caroline working on their booth signs for the carnival



Anna Santos dancing away during Bob's singalong



Joyce takes a moment to appreciate what a great job Donna did on her necklace in jewelry class.



Residents enjoy a delicious apple crumble with ice cream made by our residents in Grandma's Cooking Class.

Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:

Symphony No. 5 — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

Symphony No. 9 — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

Violin Concerto — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

Symphony No. 3 — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career—and classical music as a whole—when his work became more personal and emotional.

Piano Sonata No. 14 — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

"Für Elise" — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.

DEC 2020

Birthdays









Leonard Spivey, 6th
 Ruth Simpkins, 7th
 Joe Cantrell, 9th
 Pearl Hoyt, 10th
 Luella Grinsfelder, 11th
 Wayne Tyler, 14th
 Dulcie Anderson, 17th
 Paula Ritter, 19th
 Ardis Johnson, 22nd
 Rhoda Singer, 24th
 Rolf Lehman, 30th

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
		9:00 Chair Exercise, EX ¹ 10:00 Brain Games, 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	9:00 Chair Exercise, EX ² 10:00 Water Aerobics, P 2:00 Movie, MT 2:00 Christmas Ornaments Craft, AC 4:00 Singalong with Bob, AC 6:45 Movie, MT	9:00 Chair Exercise, EX ³ 9:45 Flower Delivery, AC 10:30 Chef's Corner, AC 2:00 Movie, MT 2:00 Resident Manager Meeting, A 3:00 Bingo, AC 6:45 Movie, MT	⁴ Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT	⁵ 9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT
⁶ 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 	9:00 Chair Exercise, EX ⁷ 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 11:00 White Board Challenge, AC 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT 	9:00 Chair Exercise, EX ⁸ 10:00 Ted Talks, AC 2:00 Movie, MT 2:00 Gingerbread Houses, AC 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	⁹ 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 2:00 Scented Gingerbread Man Ornaments, AC 4:00 Singalong with Bob, AC 6:45 Movie, MT 	HANUKKAH BEGINS AT SUNSET ¹⁰ 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Grandma's Kitchen Class: Holiday Edition, AC 11:00 Gingerbread Sweets: Tasting & Mocktail, A 2:00 Movie, MT 2:00 Resident Chef Meeting, AC 3:00 Bingo, AC 6:45 Movie, MT 	¹¹ Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT 	¹² 9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT
¹³ 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	9:00 Chair Exercise, EX ¹⁴ 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 4:00 Hot Cocoa by the Chimney, FN 	9:00 Chair Exercise, EX ¹⁵ 10:00 Brain Games, AC 11:00 Grinch Cupcakes & Hot Chocolate, FN 2:00 Movie, MT 2:00 Grinch Day Ornament, AC 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT	9:00 Chair Exercise, EX ¹⁶ 10:00 Water Aerobics, P 2:00 Movie, MT 2:00 Gingerbread Contest, AC 3:30 Bonfire and S'mores Social, FP 4:00 Singalong with Bob, AC 6:45 Movie, MT	9:00 Chair Exercise, EX ¹⁷ 9:45 Flower Delivery, AC 10:30 Chef's Corner, AC 2:00 Movie, MT 2:00 Ambassador Meeting, AC 3:00 Bingo, AC 6:45 Movie, MT 	Fun Bus: Ugly Christmas Sweater Shopping 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 4:00 Gingerbread Contest, AC 6:45 Movie, MT	¹⁹ 9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT 
²⁰ 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	WINTER BEGINS ²¹ 9:00 Chair Exercise, EX 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 4:00 Gingerbread Contest, AC 6:45 Movie, MT	9:00 Chair Exercise, EX ²² 10:00 Ted Talks, AC 2:00 Movie, MT 2:00 Gingerbread Contest, AC 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT 	9:00 Chair Exercise, EX ²³ 10:00 Water Aerobics, P 2:00 Movie, MT 2:00 Ugly Sweater Decoration, AC 4:00 Singalong with Bob, AC 6:45 Movie, MT	9:00 Chair Exercise, EX ²⁴ 9:45 Flower Delivery, AC 11:30 Ugly Sweater Competition, AC 2:00 Movie, MT 2:00 Christmas Party, AC 4:00 Gingerbread Contest, A 6:45 Movie, MT 	CHRISTMAS DAY ²⁵ 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 11:00 White Elephant Gift, AC 11:00 Cookie-Tasting Contest, AC 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT	²⁶ 9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT
²⁷ 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	9:00 Chair Exercise, EX ²⁸ 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT	9:00 Chair Exercise, EX ²⁹ 10:00 Brain Games, 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	³⁰ 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 4:00 Singalong with Bob, AC 6:45 Movie, MT 	NEW YEAR'S EVE ³¹ 9:00 Chair Exercise, EX 9:45 Flower Delivery, AC 10:30 Chef's Corner, AC 2:00 Movie, MT 3:00 Bingo, AC 6:45 Movie, MT		



Come One, Come All

Our Fall Carnival this year was a success!

Whether you were going fishing, dancing around our cakewalk, or trying to make a hole in one, everyone was sure to have fun. Residents and furry friends poured in, dressed in their best Halloween costumes to enjoy the carnival with friends.

A special thank-you to all those residents who helped decorate, work booths, and clean up.



Joanne Selby and her furry pumpkin, Wally



Ruth Simpkins and Lynn Santoianni trying to get the catch of the day!



Our cute clown, Lillian Strasser, and ringmaster, John Cooley



Josh Parker wows us with his accuracy, scoring every single time!



Wally was all smiles as he poses for the camera.



Can you guess who this is?



Don Halls has his eyes on the prize as he concentrates on our candy corn ring toss.



Our lovely staff member Jessica tries her luck and wins a gold fish!



Hole in one! Dave, Lynn and Melba delight us with their smiles.

The Giving Neighbor

Giving season is upon us and here at The Palms, we like to show our appreciation with sweets! Our lovely volunteer residents gathered to work hard on some tasty pies that were delivered with a thankful note to all of our residents. A special thank-you to Charlotte Anderson, Emmy Foss, Pat McElvany, Arlene Chapman, Arrawanna Allen, Ruth Simpkins and Kaffrey for helping with this special project.



Lillian and Pat make a great team!



Lillian and Pat delivering delicious pies

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It's always Warm at

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We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

760-345-0022