



THE PALMS WORLD

Sebring, Florida

Week of November 24, 2008

Our "Ace" Photographer



Our crack photographer, Ace Henderson, was present to take pictures of the recent tour of the therapy center renovations.

If you look closely, you can see the drinking fountain that is still intact. Things are happening and changes will be more evident once the drywall starts to go up.

It's interesting to see the beginnings of a full kitchen and bathroom in the old Kesselring Activities Center. These will be utilized by rehab residents to insure they can safely go home to their environment.

Angry People

How do you make Floridian seniors upset? You cancel BINGO!! Due to the Thanksgiving holiday, we will be canceling Thursday night bingo this week.

We'll still have Coffee Club, Oh Shoot and maybe even a Wii game or two.

Decorating Schedule

We will begin assisting independent residents with holiday decorations as follows:

Mon., Nov. 24 - Poinsettia - 10:30 a.m.

Mon., Nov. 24 - 8th Floor - 2 p.m.

Tues., Nov. 25 - 7th Floor - 10 a.m.

Tues., Nov. 25 - 6th Floor - 1 p.m.

Wed., Nov. 26 - 5th Floor - 10 a.m.

Wed., Nov. 26 - 4th Floor - 1 p.m.

Come for the food, fun and to help decorate your home. We need as many residents as possible to help with this annual happening.

Friday Program

The special program for this week will feature

Reese Thomas on the keyboard

at 2:00 p.m. in the

Main Dining Room

Wellness News

By Andrea

The Wellness Department has some exciting adventures coming up in the near future.

On Wednesday 12/3, I will be flying out to San Antonio, Texas for an Active Aging conference. The conference I'm attending goes through Saturday 12/6, and will help us develop our Wellness Program. There are lots of exciting new "wellness events" on the horizon, so stay tuned! On Monday 11/24 we will be spreading the holiday cheer throughout the Palms, so instead of participating in our 8:30 Walking Group, I will be sorting through all the fabulous holiday decorations. Jackie Gable has volunteered to lead our Walking Group that day and she will meet you in the Lobby @ 8:30 AM.

Please note the following changes in Exercise:

On Tuesday, 11/25 there will be no walking or 10:30 exercise; Thanksgiving Thursday, 11/27 and Friday 11/28, there will not be any exercise classes.

On Friday 12/5 instead of the usual 10:15 exercise class, we will be replacing that class with a 1:00 p.m. class with Eve, so come on up to the Exercise Room and participate in a great work out w/Eve.

Association/Town Hall Meeting

All residents are invited to attend this month's Town Hall Meeting which will be held Tuesday, November 25th at 3 p.m. in the Oak Activity Center.

Chaplain's Chat



By Chaplain Jim Lighty

"Offer to God thanksgiving, and pay your vows to the Most High. Call on Me in the day of trouble; I will deliver you, and you shall glorify Me." (Psalm 50:14-15) NKJV

A 1943 war bond poster shows a family seated at the dinner table, while the hostess brought in a platter of turkey ready to be served. The title of the poster read; "Turkey a'la Norman Rockwell...Freedom from want."

Whether or not the early Pilgrims had turkey on their menu in 1621, their thoughts were focused on their gratefulness for God's abundant harvest.

For many families this Thanksgiving, the table will be spread with many vegetables, breads, pies and cakes. In the center, a space is reserved for; "Meleagris Gallopavo," the meatiest of all American birds, "The Turkey."

With heads bowed we could give a prayer like this;

*"With thankful hearts, we praise you Lord,
On this Thanksgiving Day;*

*For food and shelter we are grateful,
For blessings that come from above;*

*For health, for friends, for family,
For showing us your love.*

*But the greatest gift of all dear Lord,
Is Jesus Christ your Son.*

*For He is with us all year long,
And a dear friend to everyone." Amen*

The Apostle Paul reminds us to; "Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ.

As we enjoy this happy occasion, let us remember The One who is the Giver of everything, and be grateful.

Happy Thanksgiving.

Pre-Thanksgiving Meal

If you want to brush up on your holiday table manners, come to the Oak Activity Center at 10:30 prior to the Thanksgiving meal and we'll watch a short 1951 video that was used to show children how to behave on the holiday.

Movies on the Big Screen!

Come join us this Tuesday evening at 6:30 for Agatha Christie's "After the Funeral." A Belgian sleuth played by David Suchet discovers the prime suspect in a murder case has turned up dead.

Wednesday night at 6:30 p.m. we'll show "The Road to Bali" with Bob Hope, Bing Crosby and Dorothy Lamour. This is the only "road" movie that was filmed in color. This time the guys play deep sea divers who run into various obstacles.

The Friday night movie at 6:30 p.m. will be "Sleepless in Seattle." Tom Hanks stars as a widower with a young son. The son wants to find his dad a wife and resorts to talk radio to plead his case. Meg Ryan listens to this program and thinks she is destined to meet this man even though there are a lot of miles separating them. We will repeat this feature at the Saturday matinee. This Saturday showing will be at 2:00 p.m. in the Oak Activity Center.

Sunday evening we will be showing "Holiday Inn." This 1942 movie stars Bing Crosby and Fred Astaire as a song and dance team competing for their dance partner. Bing loses and starts a resort in Connecticut that is only open on holidays. That makes it easier for this movie to incorporate a lot of holiday theme songs, including "White Christmas."

Thanksgiving Meal

Tossed Salad w/Feta Cheese, Kalamata Olives, Tomatoes and a Roasted Garlic Balsamic Vinaigrette

Cream of Butternut Squash Soup

Fresh Sliced Traditional Turkey w/Apple Cranberry Stuffing and Turkey Gravy

Carved Leg of Lamb

Broiled Grouper w/a Lemon Butter Caper Sauce

Glazed Sweet Potatoes

Vegetable Medley

Rolls

Apple Dumplings

Assorted Mini Cheesecakes

Pumpkin Pie

December Birthdays

Health Care Center

Carl Hallenback	-	12/3
Herbert Ouellette	-	12/7
Mary Killam	-	12/9
Allen Lare	-	12/9
Jeaninne Tomsett	-	12/23
Ula Potlin	-	12/27
Mary Nagy	-	12/28
Virginia Stone	-	12/30

Independent & Assisted Living

Grace Franchio	-	12/1
Louise Hardy	-	12/1
Norman Russak	-	12/3
Jean Warwin	-	12/7
Mildred Weber	-	12/10
Phyllis Leavens	-	12/12
Wilma Schaible	-	12/13
Ella Hedrick	-	12/16
Carl Fitzgerald	-	12/19
Jean Snow	-	12/19
Dorothy Kresge	-	12/24

*A Very Happy
Birthday!*

Let's Travel

This week's travel adventure will take us to "Antarctica." Join us at 2 p.m. in the Oak Activity Center.

Employee Christmas Gift Time

Last week the residents of the Tower, Poinsettia Apartments and the Health Care Center received a letter inviting all of us to give a special gift to the Employees Gift Fund. This once-a-year opportunity is your time to say "Thank you and best wishes" at the employee Christmas party in December.

Please place your gifts in the Christmas gift boxes that are provided in the Oak Avenue area each day from 11:00 a.m. to 12 noon.

The committee thanks all the volunteers who are helping "man the boxes" for your contributions.

Thoughts for the week

If athletes get athlete's foot, do astronauts get mistletoe?
* * * *

People will forget what you said. People will forget what you did. But people will never forget how you made them feel.
* * * *

The happiest people don't necessarily have the best of everything. They just make the best of everything.
* * * *

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Tree of Lights

Have you noticed the number of contributors to the Tree of Lights is increasing daily? These designations are posted in the Main Dining Room this year. If you would like to contribute, the Receptionist will give you a form to put with your check (to Palms Foundation) or cash. Give this to Nancy Hawk.

Thanks to Ray Swihart for making the signs this year.

Palms Foundation Dinner

It is official!! Gary Filip has consented to be the featured entertainer at this year's Foundation Dinner. Come at 6 p.m. as we light the live Christmas tree outside the Oak Ave. entrance, and join us at 6:30 p.m. for dinner, a short business meeting and Gary Filip on the keyboard.

If you would like a ticket for this dinner/entertainment, please see Nancy Hawk. Tickets are \$10.00 each.

Surprise Cinema

Don't forget the surprise movie on Monday night at 6:30 p.m. The name of the movie will be revealed during the day Monday.

Friendship Reception

Our Friendship Reception on Monday afternoons at 2 p.m. is a great way to meet your neighbors and find out what's happening this week at the Palms. This is especially helpful for our residents who have some problems reading the printed version of the Palms World.

Join us in the Oak Activity Center.

COMING EVENTS

- Monday, 11/24
- Poinsettia Decorating - 10:30 a.m.
 - General Store - 12 to 1 p.m. - Place orders! - Next to Gift Shop
 - Friendship Reception - 2 p.m. - Oak Activity Center
 - 8th Floor Decorating - 2 p.m.
 - Bunco - 3 p.m. - Oak Activity Center
 - Bridge Club - 6:30 p.m. - Library
 - Surprise Cinema - 6:30 p.m. - Oak Activity Center
- Tuesday, 11/25
- Publix Trip - 8:00 a.m. - Tower Residents - 8:00 a.m. - Poinsettia Residents
 - 7th Floor Decorating - 10 a.m.
 - Penny Pokeno - 2 p.m. - Oak Activity Center
 - 6th Floor Decorating - 1 p.m.
 - Movie-Agatha Christie's "After the Funeral" - 6:30 p.m. - Oak Activity Cntr
- Wednesday, 11/26
- 5th Floor Decorating - 10 a.m.
 - General Store - 12 to 1 p.m. - Pick up orders! - Next to Gift Shop
 - 4th Floor Decorating - 1 p.m.
 - Bible Study with Cecil Hess - 1:15 p.m. - Weimer Memorial Chapel
 - Travel - "Antarctica" - 2 p.m. - Oak Activity Center
 - Wii Fun - 3:30 p.m. - Oak Activity Center
 - Euchre - 6 p.m. - Library
 - Wednesday Movie - "The Road to Bali" - 6:30 p.m. - Oak Activity Center
- Thursday, 11/27
- NO WalMart Trip
 - Wii Sports - 3:30 p.m. - Oak Activity Center
 - NO Bingo
- Friday, 11/28
- Publix Trip - 8:45 a.m. - Poinsettia Residents - 9:00 a.m. Tower Residents
 - Bank/New Mall Trip - 1 p.m. - Oak Avenue Lobby
 - Reese Thomas - 2 p.m. - Main Dining Room
 - Trip to Outback Steakhouse - 5 p.m. - Tower Residents, Poinsettia Residents
 - Movie - "Sleepless in Seattle" - 6:30 p.m. - Oak Activity Center
- Saturday, 11/29
- Chapel-9 a.m. - Keith Simmons, Church of the Brethren-Weimer Mem. Chapel
 - Coffee Club - 9:30 a.m. - Library
 - Saturday Matinee - "Sleepless in Seattle" - 2 p.m. - Oak Activity Center
- Sunday, 11/30
- Movie - "Holiday Inn" - 6:30 p.m. - Oak Activity Center

Tower Chapel Services Saturday - 9:00 a.m.



November 29 - Keith Simmons
Church of the Brethren

H.C. Chapel Services & Bible Study (1st Floor Dining Room - 10 a.m.)

Wednesday, Nov. 26 Joan Bohrer

Thanksgiving - No Bible Study - Prozak performs (Drene Countryman and her dog)

Come to Coffee Club

Monday - Saturday, 9 a.m.

Library

Conversation, coffee, and treats!

New location - same results. This is an ideal time to get to know your neighbors, read the newspaper, drink that second cup of coffee and enjoy something sweet provided by the kitchen. All residents are welcome to meet around the round tables.



The World

"The World" is published weekly for the benefit of residents, staff, friends and visitors at The Palms of Sebring Retirement Community. Ideas and article contributions are welcome. Please call Nancy Hawk, Editor, 402-4710.