



THE PALMS WORLD

Sebring, Florida

Week of December 22, 2008

Clowning Around



Crazy Joe and Cream Puff made a visit to the Palms recently. They cheered up many residents and staff as they traveled through the Health Care Center and Assisted Living. They also stopped by the Oak Activity Center area and visited with the residents who were watching a travelogue about Paris.

While visiting with Assisted Living residents, Chi Chi decided to get in the holiday spirit and made friends with Cream Puff.

We are fortunate to have people willing to come and bring smiles to faces. Everyone (clarification: most everyone) was envious of the green hair. Crazy Joe's hair was yellow.

A stop at the Palms Salon also brought chuckles as they determined there wasn't much they could do to help the clowns' hairdos.

They'll be back in January as we kick off our 50th anniversary celebration.

Christmas Parties

Due to construction we will be experiencing our Christmas parties a little different this year.

All parties will be at 5 p.m. on Tuesday, December 23rd in everyone's respective dining room. Each dining room will have their own entertainment to make the party a little more special. Come enjoy this festive time.

Friday Program

The special program for this week will feature

Carol Kline (and Love Bucket)

at 2:00 p.m. in the
Main Dining Room

Wellness News *By Andrea*

I have few updates to share with you in regards to the holiday's...

Any of the updates I post in the World, can also be found on the Wellness Boards, which are located in the 2nd Floor Exercise Room and in the Oak Lobby next to the resident boxes.

Monday 12/22 Exercise Class will begin @ 10:30 not 10:15

Tuesday 12/23 No Exercise Classes all day due to resident parties

Wednesday 12/24 The 8:30 Walking & 10:15 Class is scheduled w/Nancy

Thursday 12/25 No Exercise Classes all day-MERRY CHRISTMAS!

Friday 12/26 The 8:30 Walking & 10:15 Class is scheduled w/Nancy

Monday 12/29 to Wednesday 12/31 The 10:15 Exercise Class is scheduled w/Christi

Thursday 1/1/09 No Exercise classes all day-HAPPY NEW YEAR!

Friday 1/2/09 The 10:15 Exercise Class is scheduled w/Christi

Don't forget after the holidays, I will be contacting residents in the tower and I hope you will allow me to "interview" you about your life, your wants and your wishes. My goal is to make your home a little bit better here at the Palms!!

Have a Healthy Week & Happy Holidays!

Christmas Caroling

We will be gathering in the Oak Activity Center on Monday, Dec. 22nd at 10 a.m. to sing some Christmas carols before lunch.

We thank Cecil Hess and Allegra Hibma for helping us with holiday music this year.

Chaplain's Chat



By Chaplain Cecil Hess

Christmas is a wonderful time of celebration, as we never grow too old to give thanks for God's greatest gift to mankind. But we must never forget that the Baby of Bethlehem grew up to be the most significant person in history, who inspired poets and artists of every race and nation.

When we feel alone and forsaken, we can remember "what a friend we have in Jesus." When we feel unworthy of all of God's blessings, we can remind ourselves of God's "amazing grace."

When we think of how the message of Christ speaks to everyone, we thank God that "In Christ there is no east or west." When we are concerned about the future, we are promised that "because He lives, I can face tomorrow."

When we find our habits and attitudes changed because of the example of Christ, we can say, "What a wonderful change in my life has been wrought, since Jesus came into my heart."

When we wonder how Christ fought the terrible agony of the cross, we are reminded that "He could have called 10,000 angels" had He so desired.

When loved ones are called to their Heavenly home, we are comforted by the words of Christ, "I am the resurrection and the life; those who believe in me shall never die." And when we accept God's rule over our lives, we can proclaim, "He shall reign forever and ever, King of Kings and Lord of Lords."

Merry Christmas from your chaplains!
Cecil and Jim

Library News

Again, we remind you to write your name in the sign out log book when you take a book from the library.

Check it out--there are more new large print books available.

Movies on the Big Screen!

If there are enough interested people, we will show a Christmas movie "Holiday Affair" with Robert Mitchum and Janet Leigh after the resident parties are over. An unemployed clerk puts his money where his heart is when he buys a train set for a child he doesn't know.

Wednesday night at 6:30 p.m. we'll show "A Holiday for Love" starring Tim Matheson and Melissa Gilbert. An executive forced to cut jobs in a small town factory is mistaken for someone who has arrived to help save the local economy.

Thursday evening (Christmas) you'll have the opportunity to see "The Nativity Story" with Keisha Castle-Hughes and Oscar Isaac. Join Mary and Joseph on an incredible journey of hope and discovery.

We will be showing "A Chance of Snow" starring Barbara Barrie and James Cada Friday evening. After finalizing their divorce, a couple head to a Minnesota airport for separate trips to Florida only to be stuck at the airport due to a blizzard. An older couple shares some of their experiences of problems they solved. 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'll show the classic "It's a Wonderful Life." James Stewart and Donna Reed are featured in this film about George Bailey who has so many problems he decides to end his life. His guardian angel has other plans for him.

Let's Travel

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

Christmas Day

We understand that Christmas Day is a very special day. This day above all others brings back many memories of family and past Christmas seasons.

We'll try to make the day a little brighter by showing Christmas music presentations, Christmas movies, and parades in the Oak Activity Center.

Our staff is here to help you have an enjoyable holiday in your home here at the Palms.

New Year's Eve

Residents are invited to gather in the Oak Activity Center at 9:30 p.m. to begin the New Year's Eve celebration.

If you drove to Orlando (or paid someone to take you) and paid over \$136 for a ticket, you could see Cirque Du Soleil La Nouba.

OR

You can come and join us as we watch it on the big screen for no charge (and a lot less walking and climbing steps.)

This unique performance is famous throughout the world.

We are breaking from tradition this year, due to space restrictions, and we will not be serving Barbara and Lester Kesselring's delicious sauerkraut and hot dogs. Chef Mac is preparing a display of finger foods for us to enjoy.

We will be serving champagne at midnight. If you care to bring other drinks for yourself (or to share) you are welcome to do so. We'll have plenty of time to socialize as we await the dawning of our special 50th anniversary year.

Wii Games

We have some exciting new Wii games. Have you seen the TV show "Are You Smarter Than a 5th Grader?" We have the Wii version and it includes a spelling bee also.

We also have yard games and a balloon pop game if you want to release some frustrations. Come on down and try them!!

Thoughts for the week

Christmas shoppers are people with the
"brotherly shove."

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When you cannot get a compliment any
other way, pay yourself one.

Mark Twain

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The true test of character is not how much
we know how to do, but how we behave
when we don't know what to do.

John Holt

* * * *

For most folks, no news is good news; for
the press, good news is not news.

Palms Auxiliary Gift Shop

by Carolyn Caprio

We are still open for your convenience. Come see us for lovely inexpensive greeting cards plus gum, candy and snacks.

Our hours may vary, but we do try to be here every day. Our gift items are marked down for Christmas. We're just down the hall---so come see us.

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.

Gardening Help Wanted

Hallie Kennedy is still looking for someone to help care for plants in the greenhouse. Contact the Receptionist if you can help.

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, 12/22
- General Store - 12 to 1 p.m. - Place orders! - Next to Gift Shop
 - Friendship Reception - 2 p.m. - Oak Activity Center
 - Bunco - 3 p.m. - Oak Activity Center
 - Bridge Club - 6:30 p.m. - Library
 - Surprise Cinema - 6:30 p.m. - Oak Activity Center
- Tuesday, 12/23
- Publix Trip - 8:00 a.m. - Tower Residents - 8:00 a.m. - Poinsettia Residents
 - Santa Party - 9:30 a.m. - First Floor Health Care Center Dining Room
 - Santa Party - 10:30 a.m. - Second Floor Health Care Center Dining Room
 - Santa Party - 1 p.m. - Assisted Living
 - Penny Pokeno - 2 p.m. - Oak Activity Center
 - Health Care Party - 5 p.m. - Health Care Dining Rooms
 - ALF Party - 5 p.m. - ALF Dining Room
 - ILF Party - 5 p.m. - Main Dining Room
 - Movie - "Holiday Affair" - after dinner - Oak Activity Center
- Wednesday, 12/24
- General Store - 12 to 1 p.m. - Pick up orders! - Next to Gift Shop
 - Bible Study with Cecil Hess - 1:15 p.m. - Weimer Memorial Chapel
 - Travel - "Presidential Monuments" - 2 p.m. - Oak Activity Center
 - Wii Fun - 3:30 p.m. - Oak Activity Center
 - Euchre - 6 p.m. - Library
 - Movie - "A Holiday for Love" - 6:30 p.m. - Oak Activity Center
- Thursday, 12/25
- **NO** WalMart Trip
 - Wii Sports - 2 p.m. - Oak Activity Center
 - Oh Shoot! - 3 p.m. - Oak Activity Center
 - **Movie - "The Nativity Story" - 6:30 p.m. - Oak Activity Center**
- Friday, 12/26
- Publix Trip - 8:45 a.m. - Poinsettia Residents - 9:00 a.m. - Tower Residents
 - Bank/New Mall Trip - 1 p.m. - Oak Avenue Lobby
 - Carol Kline - 2 p.m. - Main Dining Room
 - Movie - "A Chance of Snow" - 6:30 p.m. - Oak Activity Center
- Saturday, 12/27
- Chapel - 9 a.m. - Ellen Swihart - Weimer Memorial Chapel
 - Coffee Club - 9:30 a.m. - Library
 - Saturday Matinee - "A Chance of Snow" - 2 p.m. - Oak Activity Center
- Sunday, 12/28
- Movie - "It's a Wonderful Life" - 6:30 p.m.

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



December 27 - Ellen Swihart

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

Wednesday, Dec. 24 Riva Reed

Thursday, Dec. 25 No Bible Study

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.