

THE PALMS WORLD



Sebring, Florida

Week of January 12, 2009

Welcome 2009



While we might not have been the rowdiest crowd in town on New Year's Eve, the people who gathered in the Oak Activity Center enjoyed their evening. Jean and Jerry Warwin are pictured above.

Hats were distributed and pictures were also taken of the various staff who were in the building working close to midnight. They also were invited to share in the snack items that were left over from the party.

At midnight the new year was toasted with champagne. Yes, Nancy opened her first bottle of champagne and did not make a mess.

Thanks to Chef Mac and his staff for providing the food and drinks.

Meals on Wheels Concert

An event that was brought to our attention after the calendar was printed is going to be a Meals on Wheels sponsored benefit concert at the First United Methodist Church on Thursday, January 22nd at 7:30 p.m. We have five free tickets available to the first five who sign up. Paul Saik, a Christian recording star, will be performing.

Thanks to Janice Roberts, Marketing Director, for making these tickets available.

Thursday Program

The special program for this week will feature

Glenn Johnson

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

Please note this is a Thursday event!!!

Benevolent Dinner

This year's Palms Foundation Benevolent Dinner will be held on Thursday, February 12th in our Main Dining Room.

Diane Osborne will provide violin music keeping with the theme for this year - "Golden Hearts."

The Palms Foundation is designed to assist our residents who may need help with some expenses. They also reach out into the community and donate to other worthwhile organizations. The Benevolent Dinner is one way everyone can help by purchasing a ticket for \$30. This includes the dinner and entertainment. Tickets are available from Nancy Hawk in the Activities office or Janice Roberts in the Marketing office.

This is your opportunity to support a good cause and enjoy a great evening.

Wii News

Are you looking for an exciting afternoon? Come to the Wii Time on Wednesday afternoons at 3:30 p.m. for Wii fun and Thursday afternoon at 2 p.m. for Wii sports. We had four active bowlers this past week and we won't mention any names....but...the wife outscored the husband 170 to 112!!! No, they weren't wearing their crowns and yes, they did take several oxygen breaks!!!!

Chaplain's Chat



By Rev. James Lighty

*"You can get the horses ready for battle,
but it is the Lord who gives the victory."*

Proverbs 21:31

GOD'S ENERGY

Since the first motorized "machine" rolled off the assembly line, man has been fascinated by the sleek, shiny new automobile. It's ability to perform has always been measured in horsepower. We want the latest gadgets added for our enjoyment. Cars now have security alarms that are designed to scare off potential auto thieves. Some cars talk to you. Yet beyond all these gadgets, we want to know how much horsepower can be generated under the hood. In other words, how much "get-up and go" does it have? Has it got enough horsepower to do what we expect of a vehicle? Will it be good enough in case of an emergency situation?

Life is even more fascinating than a new car with all its "goodies." Do we have the right "stuff" to handle what life hands out to us? God, in His infinite mercy has made available to us a vast source of power. One such power is that of the "power of praise." In life's darkest hours, when we don't feel worthy, is when His power within us brings forth the greatest blessing. Psalm 22:23 says, "Ye that fear the Lord, praise Him."

When God told Adam that he would need to exert much energy to produce food to eat, He knew life would not be easy. Perhaps the wisest man who ever lived, Solomon, gave us words to live by when he said; "Enjoy all the days of this short life God has given you here on earth. It is all you have. So enjoy the work here on earth. Whatever work you do, do your best." (Ecclesiastes 9:9-10 NCV) God gives the source of our energy as we put forth the effort.

Movies on the Big Screen!

Tuesday's movie at 6:30 p.m. will be "Copacabana" starring Barry Manilow and Annette O'Toole. This musical is about a struggling pianist/composer at the famous New York nightclub who falls for a showgirl. Love is in the air, but will the club owner be able to persuade her to move to Havana or will she stay with the struggling musician?

Wednesday night at 6:30 p.m. We will continue our "love bug" series by showing "Herbie Goes Bananas" with Charles Martin Smith and Stephen Burns. This is one of the later movies in the series. Herbie has new owners who take him to Rio de Janeiro to compete in the Grande Premio racing competition. However, they get sidetracked by a smuggling syndicate, a pint-sized pickpocket and a raging bull. Sounds like it should be good for a few laughs.

We will be showing "Kit Kittredge-An American Girl" Friday evening. This movie is set in the era of the Great Depression. A young girl's world is changed when they have to take in boarders to help with the income while her father is away trying to work at a new job. She tries to report her experiences to the local paper and befriends strangers. She turns detective when her family is a victim of crime. This will also be shown on Saturday at 2 p.m. for your enjoyment.

Sunday evening join us for the classic "The Apartment" which won five Academy Awards in 1960 - including Best Picture. Jack Lemmon and Shirley MacLaine star with Fred McMurray. Jack loans out his apartment to philandering bosses and ends up getting promotions until he falls for the big guy's gal.

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.

Wellness News By Andrea

With 2009 officially in full swing, are you ready to become healthier *inside and out*? Maybe you want to meet some new faces or experience new things?

We currently have resident exercise classes scheduled **Monday, Wednesday & Friday @ 10:15** in the Exercise Room.

We also have a **Tuesday & Thursday Yoga class @ 1:00** in the Exercise Room. During various times throughout the day we also have employee classes occurring in the Exercise Room.

It is a busy place! If you're interested in learning more, please contact me at **385-0161 EXT. 3175**.

Our Tuesday 10:30 exercise class & our Thursday 10:15 exercise class will be replaced with new events starting the week of 1/12/09. Our goal at the Palms is to offer a Wellness Program that doesn't just improve your outside body, but it will also improve your inside body. So instead of offering lots of exercise classes, we are going to start offering different events on Tuesday and Thursdays. Keep checking the World and the Wellness Bulletin Board for new happenings!

ATTENTION HORSE LOVERS!

On Thursday 1/15/09 we are scheduled to visit Heartland Handicapped for Horses in Avon Park.

If you would like to groom or share some love with these big guys, you can!

Maybe you want to take a horse drawn cart ride, you might be able to do that too! Please call me and let me know if you are interested in going. Space is limited, so hurry & reserve your spot!

Have a healthy week!

Let's Travel

This week's travel adventure will take us to enjoy looking at "Winter in Central Michigan." Join us at 2 p.m. Wednesday in the Oak Activity Center.

Thoughts for the week

Continuous effort, not strength or intelligence, is the key to unlocking our potential.

Winston Churchill

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A bit of fragrance always clings to the hand that gives the rose.

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A society grows great when old men plant trees whose shade they shall never sit in.

* * * *

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

January Highlights

Don't forget our lunch trip to Bob Evans Restaurant on Tuesday the 13th. You can enjoy breakfast or great comfort food. Sign up!!!

Friday the 16th we will have the opportunity to watch "*Puccini's Great Love Scenes*" on the big screen at 2 p.m.

The week of the 18th through the 23rd is Activity Professional's Week. Our residents will share in this celebration as we play a game a lot of residents enjoy - BINGO. This will be different as you "cover" squares when you attend events on the monthly calendar.

Monday, January 26th we will be celebrating the *Chinese New Year* which is the Year of the Ox. Chef Mac will be preparing a delicious Chinese meal at 5 p.m. to help with the celebration. You'll learn some interesting facts surrounding this holiday.

Friendship Reception

Our residents are enjoying the Friendship Reception on Monday afternoons at 2 p.m. This is the ideal way to meet your neighbors and find out what's happening during the 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, 1/12
- 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, 1/13
- Publix Trip - 8:00 a.m. - Tower Residents - 8:00 a.m. - Poinsettia Residents
 - Lunch - Bob Evans - 11 a.m. - Oak Avenue Lobby
 - Health Seminar - "Using the Drum to Heal and Lift the Spirit" - 2 p.m. - Oak Activity Center
 - Penny Pokeno - 2 p.m. - Assisted Living - Dining Room
 - Movie - "Copacabana" - 6:30 p.m. - Oak Activity Center
- Wednesday, 1/14
- 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 - "Winter in Central Michigan" - 2 p.m. - Oak Activity Center
 - Wii Fun - 3:30 p.m. - Oak Activity Center
 - Euchre - 6 p.m. - Library
 - Movie - "Herbie Goes Bananas" - 6:30 p.m. - Oak Activity Center
- Thursday, 1/15
- WalMart Trip - 8:45 a.m. - Poinsettia Residents - 9 a.m. - Tower Residents
 - Glenn Johnson - 2 p.m. - Main Dining Room
 - Oh Shoot! - 3 p.m. - Oak Activity Center
 - Bingo - 6:30 p.m. - Oak Activity Center
- Friday, 1/16
- Publix Trip - 8:45 a.m. - Poinsettia Residents - 9:00 a.m. - Tower Residents
 - Catholic Mass - 9:30 a.m. - Weimer Memorial Chapel
 - Bank/New Mall Trip - 1 p.m. - Oak Avenue Lobby
 - "Great Puccini Love Scenes" - 2 p.m. - Oak Activity Center
 - Movie - "Kit Kittredge-An American Girl" - 6:30 p.m. - Oak Activity Center
- Saturday, 1/17
- Chapel - 9 a.m. - Keith Simmons - Weimer Memorial Chapel
 - Coffee Club - 9:30 a.m. - Library
 - Movie - "Kit Kittredge-An American Girl" - 2 p.m. - Oak Activity Center
- Sunday, 1/18
- Movie - "The Apartment" - 6:30 p.m. - Oak Activity Center

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



- January 17 - Keith Simmons
 January 24 - Cecil Kent
 January 31 - Sam McCaman

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

- Wednesday, Jan. 14 Gary Kindle
 Thursday, Jan. 15 Steve Hagen
 Wednesday, Jan. 21 S.I.M. Trio
 Thursday, Jan. 22 Kattie Treadway

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.