



THE PALMS WORLD

Sebring, Florida

Week of February 9, 2009

Visit With Horses



Several residents took advantage of an outing to visit horses at Heartland Handicap for Horses recently.

As you can tell it was a big hit with the residents and the horses. Lil Anderson used to own horses so she was not afraid to assist in the grooming process.

Open House & Ribbon Cutting

M. E. Gose Construction, Inc. and The Palms of Sebring cordially invite you to attend an Open House event celebrating the completion of Phase 3 remodeling at The Palms of Sebring.

The new Pine Street Lobby will open at 10:00 a.m. Friday the thirteenth day of February.

Please join us for the official ribbon cutting ceremony at 11:00 a.m. while enjoying a complimentary cheese and fruit buffet in our newly renovated Therapy Center. Tours will be available between 10 a.m. and 12 noon.

Get to Know Your Neighbors

We are initiating a "Get to Know Your Neighbors" program in the Health Care Center. This month everyone is invited to Jeannine Mann's room (101) for an open house to view her doll collection on Thursday, Feb. 12th between 3-4 p.m. She regularly attends a local Doll Club to keep up with the latest developments.

Friday Program

The special program for this week will feature
Legacy All Stars Band
at 2:00 p.m. in the
Main Dining Room

Benevolent Dinner

We appreciate those who have helped make the annual Palms Foundation Benevolent Dinner a huge success this year. This event will be held on Thursday, February 12th at 6:30 p.m. in our Main Dining Room and Oak Activity Center. Your generosity in supporting this dinner will enable the Foundation to assist seniors in our community.

Thursday Dinners to Go

The Main Dining Room will be closed Thursday afternoon, February 12th to allow the dining staff time to set up for the Palms Foundation Benevolent Dinner .

If you do not have a ticket for this special evening event, you may pick up your dinner meal "to go" and take it to your apartment. Meals will be available for pick up from 4 - 4:45 p.m. in the Oak Activity Center.

Thank you for helping to make this year's dinner a successful event.

Valentine's Day Dinner

All residents (not just couples) are invited to attend the annual Valentine's Day Dinner at 4:30 p.m. on Saturday, February 14th in the Main Dining Room.

Prior to the evening meal we will crown the new King and Queen of Love followed by live music as you dine. Let's make this a great "night in."

Chaplain's Chat



By Cecil Hess

Most of us have memories of events which may have occurred many years ago, but because they had an impact on us, we kept them as a cherished memory.

For me, an event of this nature took place in Heidelberg, Germany. I was stationed there while in the U.S. Army. Because there were so many Americans living in Germany, the leaders of both the German and the American religious bodies felt it would be helpful to have a joint worship service, regardless of the denominational background of those attending.

We gathered in a very large German cathedral, about 2,000 of us. When the hymn was announced, I turned to the page, and began singing, "A Mighty Fortress Is Our God." The German gentleman sitting next to me, turned in his hymnal and began singing, "Win Feste Burg Ist Unser Got." (That is about all the German I know.)

It was then that I realized that among the 2,000 people in attendance included not only Americans and Germans, but also Swiss, French, and those from England. And when we sang that magnificent hymn, each person sang it in his or her own language! Listening to the harmony, and the enthusiasm of those voices made me realize that regardless of the language we spoke, or the differences in our cultures, God heard our voices.

I hope I never lose sight of the significance of that event. When we sing "God Bless America," I hope we want God to bless other nations as well. When we mourn the death of an American soldier in combat, we need to remember that mothers of other nations (yes, even those whom we consider enemies) mourn the loss of their loved ones as well.

So whatever our background or traditions, may we be united in our thanks to God for all His blessings, offering a simple prayer: "Let there be peace on earth and let it begin with me."

Movies on the Big Screen!

Tuesday's movie at 6:30 p.m. will be "Midsomer Murders-Dead Letters." This British TV episode stars John Nettles and Jason Hughes. The Detective Chief Inspector responds when a girl in a bee costume finds a body of a woman who drowned.

Wednesday night at 6:30 p.m. we will be showing "Operation Petticoat." This 1959 classic stars Cary Grant and Tony Curtis. A World War II submarine captain plays by the book, but his first officer takes the liberty to sneak some Philippine refugees and nurses onboard the all-male submarine.

The Friday evening movie will be "The Music Man" starring Robert Preston and Shirley Jones. This movie was one of the last great musicals. Professor Hill promises to teach a small-town boys band. Will he be successful? Come to the movie and see!!! This will also be shown on Saturday at 2 p.m. for your enjoyment.

Sunday evening "Road to Rio" will be shown at 6:30 p.m. This 1947 movie is part of the "Road" series starring Bing Crosby, Bob Hope and Dorothy Lamour. When this combination gets together, things are bound to be interesting.

VETERANS GATHERING

Veterans of our military (both men and women) who reside at the Palms are invited to attend the monthly Veterans Gathering on Thursday, February 12th at 10:00 a.m. in the Oak Activity Center. There will be refreshments, laughs and reminiscing with friends from the Sebring Elks Club.

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

The Wellness Department has been working on some new programs and in our planning we realized **WE NEED HELP!!**

Are you interested in volunteering here at the Palms?

Our goal is to have our residents drive a large portion of our program and we would love to offer anyone who is interested in volunteering an opportunity to do so! We have some great volunteers in place, but we need more. We are currently in need of some Sunday afternoon hosts for our *NEW* Ladies Tea, which will be starting in March.

We also would like to have a few volunteers from the Poinsettia building to help us with planning some new events in *your* apartment building, such as game night and Yoga.

Does anyone know shuffleboard? Did you know we have a court right out back?

We have various volunteer needs that are not listed, but if you are interested in learning more, please contact **Andrea at 863-385-0161 EXT 3175.**

Have you signed up for our new Gentleman's Brunch yet?

We are rolling out our new monthly Gentlemen's Brunch with Cecil Hess on Saturday 3/7/09 from 9:45-10:30. Please sign up at the front desk w/Judy or Elizabeth.

Don't forget NO Exercise or Walking on Friday 2/13/09

Have a healthy week!

Let's Travel

This week's travel adventure will take us to "Lake Cumberland, KY and Harper's Ferry, WV." Join us at 2 p.m. Wednesday in the Oak Activity Center.

Thoughts for the Week

A dog is wiser than a woman; it doesn't bark at it's master.

Russian proverb

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Men build too many walls and not enough bridges.

Isaac Newton

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Most folks are about as happy as they make up their minds to be.

Abraham Lincoln

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When I was young I used to admire intelligent people; as I grow older, I admire kind people.

Abraham Joshua

February Opportunities

Join us on our trip to the Runway Cafe at the Sebring Airport for lunch on the 10th. Sign up by Monday, February 9th so we can make reservations.

Check out the front page for information about events on Thursday, February 12th.

A special ribbon cutting ceremony will be held on the 13th as we open up the newly renovated areas.

We'll crown a new King and Queen on the 14th at our Valentine's Day Dinner.

Library News

Our librarian, Edyth Brigham, would like to thank those who donate books to our library. However, at this time we are unable to accept paperback books.

We've had another arrival of newly released large print books. Check it out.

Friendship Reception

Our residents are enjoying the Friendship Reption 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

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| Monday, 2/9 | <ul style="list-style-type: none"> - 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, 2/10 | <ul style="list-style-type: none"> - Publix Trip - 8:00 a.m. - Tower Residents - 8:00 a.m. - Poinsettia Residents - Runway Cafe - Lunch - 11 a.m. - Oak Avenue Lobby - Penny Pokeno - 2 p.m. - Oak Activity Center - Movie - "Midsomer Murders-Dead Letters"-6:30 p.m.- Oak Activity Center |
| Wednesday, 2/11 | <ul style="list-style-type: none"> - 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 - "Lake Cumberland, Harper's Ferry"-2 p.m.-Oak Activity Center - Wii Fun - 3:30 p.m. - Oak Activity Center - Euchre - 6 p.m. - Library - Movie - "Operation Petticoat" - 6:30 p.m. - Oak Activity Center |
| Thursday, 2/12 | <ul style="list-style-type: none"> - WalMart Trip - 8:45 a.m. - Poinsettia Residents - 9 a.m. - Tower Residents - Veterans Gathering - 10 a.m. - Oak Activity Center - NO Wii Sports - Oh Shoot! - 3 p.m. - Assisted Living Area - Open house - 3-4 p.m. - Jeannine Mann's - Health Care Center Room 101 - Pick up dinner boxes - 4:00 - 4:45 p.m. - Oak Activity Center - Benevolent Dinner - 6:30 p.m. - Main Dining Room & Oak Activity Center |
| Friday, 2/13 | <ul style="list-style-type: none"> - Publix Trip - 8:45 a.m. - Poinsettia Residents - 9:00 a.m. Tower Residents - Open House - 10 a.m. - Pine Street Lobby/Therapy Center - Ribbon Cutting - 11 a.m. - Pine Street Lobby/Therapy Center - Bank/New Mall Trip - 1 p.m. - Oak Avenue Lobby - Legacy All Stars Band - 2 p.m. - Main Dining Room - Movie - "The Music Man" - 6:30 p.m. - Oak Activity Center |
| Saturday, 2/14 | <ul style="list-style-type: none"> - Chapel - 9 a.m. - 1st U. Meth. Prayer Group - Weimer Memorial Chapel - Coffee Club - 9:30 a.m. - Library - Movie - "The Music Man" - 2 p.m. - Oak Activity Center - Valentine's Day Dinner - 4:30 p.m. - Main Dining Room |
| Sunday, 2/15 | <ul style="list-style-type: none"> - Movie - "Road To Rio" - 6:30 p.m. - Oak Activity Center |

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



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| February 14 - | Prayer Group from 1st
United Methodist Church |
| February 21 - | Jill Jernigan
1st United Methodist |

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

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| Wednesday, Feb. 11 | Bob Farmer |
| Thursday, Feb. 12 | Grace Anderson |
| Wednesday, Feb. 18 | Gary Kindle |
| Thursday, Feb. 19 | Emmett Garrison |

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.