

# Imperial Palms Life

## FIRST ANNUAL WALKING CHALLENGE

We have decided to focus our annual initiatives this year on creating and finding new ways to bring about health and wellness experiences for the Imperial Palms community. With February being known as American Heart Month, we have decided to put our 2014 mantra, "A New Year, a New You" into action. We will be holding a 25-mile walking challenge starting this month to kick things into gear.



To help you along the way, your Activity Department will be providing you with tools to keep you moving and incentives to keep you on track for success. The walking challenge will begin on Friday, February 14th and will end on Friday, March 2nd. To help get you started, all registered participants will receive a pedometer so that you can track your progress. Remember every step you take during the day counts towards the challenge goal of 25 miles. That's only 1.5 miles per day and with all of the other amazing activities and shopping trips that we have scheduled, you're sure to meet or exceed the goal in no time flat.

You call the shots. You walk at your own pace. But if you need inspiration on where to go or even if you need help finding a "buddy" to keep you motivated, the Activity Department is here to help. Imperial Palms is surrounded by places that encourage healthy exercise habits such as the Largo Community Center's gym and classes, Highland Recreation Center's new indoor walking track and outdoor trails, and Eagle Lake Park with its acres of paved scenic trails.

Call the Activity Department to sign up by Wednesday, February 12th. We'll pass out the pedometers no later than Thursday, February 13th. After mileage is logged at the conclusion of the challenge on March 2nd, we will determine our "winners". Prizes will be presented at our Health Fair during the month of March to all participants who have met or exceeded the 25-mile goal. Please call if you have any questions and we hope to see many of you out there walking. Let's make 2014 our healthiest year yet here at Imperial Palms!

## SATURDAY SHOPPING EXCURSIONS

After a great response in January, we have decided to extend our Saturday trips through February. We're glad that you are enjoying them and we will continue by adding a few new destinations this month as well. Please be sure to call the Activity Department and reserve your space on the bus for these Saturday trips as they fill up fast and are reserved on a first come, first serve basis.



- Saturday, February 1st with bus departing at 1:00 PM: Back by popular demand, will be returning to Nature's Food Patch and Cafe located off of Cleveland Street in Clearwater. Nature's Food Patch has one of the largest selections of quality organic and bulk foods in the Tampa Bay Area. Nature's Food Patch sells other healthy groceries, meat and seafood, cheeses and olives and has a deli that serves an array of meats, cheeses, salads, plus a great smoothie bar. Besides food, they also sell natural products such as vitamins, herbs, bodycare, pet supplies, and much more.

• Saturday, February 8th with bus departing at 1:00 PM: We will be heading to Antique Alley in Belleair Bluffs. Antique Alley hosts over 20 Antique Stores along with a new plant store. There also is a quaint restaurant, Jewel Cafe where you can have a delicious homemade meal surrounded by some of Jewel Antique's beautiful items.

• Saturday, February 22nd with bus departing at 1:00 PM: We're off to Imperial Square at the corner of Belcher and Nursery Road in Clearwater. Imperial Square has one of our best area produce stores, John's Produce. Some other stores located there are Big Lots, Hospice Thrift Shop, Curves Ladies Fitness, and many more! There also are many restaurants such as

Subway and Monty's Pizza for you to go for a late lunch or snack.

REMEMBER: We ask that you please make sure you call the Activity Office at 585-0405 if you will be riding the bus for any of these trips. The bus departs promptly at the time listed above and will pick-up from both clubhouses before leaving for its destination.

## BRING YOUR LUCK 'CAUSE WE'RE OFF TO TAMPA BAY DOWNS



TAMPA  
BAY  
DOWNS  
THOROUGHBRED RACING

On Thursday, February 6th, we'll be departing at 11:00 AM to go place our bets at the only Thoroughbred racetrack on the West Coast of Florida, Tampa Bay Downs. Known as one of America's oldest and most well-maintained racetracks, Tampa Bay Downs first opened its doors in 1926 under the name of Tampa Downs, and has since had a long and colorful history. The present owner purchased the track in 1986, and since then Tampa Bay Downs has been continually improving. Simulcasts are broadcast throughout the track, mostly on new flat-screened televisions on both live racing days and during the track's off-season. Join us for all the sporting excitement at Tampa Bay Downs! Gates open at 11:00 AM and post time for the first race is approximately 12:35 PM.

Admission price is only \$3.00 payable at the door. The cost to ride the bus to Tampa is \$5.00 payable by check or money order at the time you reserve your space. So make sure to call the Activity Department today to sign up for a fun and great day at Tampa Bay Downs. You never know, you could go home a winner!!

## FEBRUARY'S COFFEE/SOCIAL HOUR



This month's coffee & social hour will be held on Friday, February 7th at 10:00 AM in the West Clubhouse. We welcome all residents to attend this event to get to know your neighbors and make friends with new residents at Imperial Palms.

We will have Larry the jewelry and watch battery man along with a new vendor, Origami Owl, who will be here with some fun jewelry designed to tell your story through decorative charms and baubles. Complimentary breakfast goodies will be served along with hot coffee, tea, and fresh orange juice.

Last month we had a great question and answer time regarding activities at Imperial Palms and received so many excellent ideas. We encourage you once again to bring new activity ideas and questions that you may have regarding our calendar of events. Let's make this a fun-filled time to get to know each other better and share with Liz and Ruth all the wonderful suggestions you have for our community.

## RED HAT LADIES LUNCHEON @ SWEET SAGE CAFE



The Red Hat Ladies will be having a luncheon at the Sweet Sage Café, one of our best kept secrets, on Monday, February 10th. The Sweet Sage Café located in North Redington Beach is a tranquil oasis loved by both locals from St. Pete, Clearwater, and other Gulf Coast areas as well as vacationing tourists from all over the world! You'll delight in the peaceful atmosphere which is a quaint combination of tea room, gift shop, and beautiful outdoor garden! They offer a wide variety of breakfast and lunch dishes from Eggs Benedict, French toast, delectable wraps and healthy salads. Try their unique Sage Creations, Waffle Daffle, Dairyberry Crunch, brushetta and more! The Sweet Sage's Tea Room has been reserved just for Imperial's Red Hatters. So make your reservations ladies by calling the Activity Department. Bus departs at 12:00 PM.

## Imperial Palms Bus & Tram Transportation Schedule

All residents can board the buses at both East & West Clubhouses.

### **Mondays: Imperial Palms Bus:**

10:00 a.m. – Bus to Publix on West Bay Drive & Clearwater/Largo Rd.

10:00 a.m. – Bus to Largo Library

11:00 a.m. – 2 Hour Shopping @ Publix on West Bay Drive & Clearwater/ Largo Rd. in Largo

1:00 p.m. – Bus to Publix on West Bay Drive & Clearwater/Largo Rd. - 1 Hour Shop

### **Tuesdays: Imperial Palms Bus will be going to Bardmoor Shopping Center.**

9:00 a.m. – Bus to Post Office at Mission Plaza. Mission Plaza also has Fiddlestix Family Restaurant, Maxcare Cleaners/Alternations, Flowers by Barb, Curl Up & Dye Spa, & The Blind Shark Tavern

9:00 a.m. – Bus to Bardmoor Shopping Center

10:00 a.m. – Bus to Bardmoor Shopping Center

11:00 a.m. – Bus to Bardmoor Shopping Center

### **Wednesdays: Imperial Palms Bus:**

On the 1st, 3rd, & 5th Wednesday of Each Month:

10:00 a.m. – Bus to Super Walmart

11:00 a.m. – 2 - Hour Shopping at Aldi & Walmart

1:00 p.m. – Bus to Super Walmart

On the 2nd & 4th Wednesday of Each Month:

10:00 a.m. – Bus to Largo Mall

11:00 a.m. – 2-Hour Shopping at Largo Mall

1:00 p.m. – Bus to Largo Mall

### **Thursdays: Imperial Palms Bus:**

9:00 Bus to Sweetbay & Bank of America

10:00 Bus to Largo Library, Sweetbay & Bank of America

11:00 Bus to Sweetbay & Bank of America

### **Fridays: Imperial Palms Bus:**

10:00 a.m. – Bus to Publix on Highland Avenue & Belleair Rd

11:00 a.m. – 2 Hour Shopping @ the Publix on Highland Avenue & Belleair Rd.

1:00 p.m. – Bus to Publix on Highland Avenue & Belleair Rd. - 1 Hour Shop

7:00 p.m. – Bus to Temple B’Nai Israel. Please RSVP 24 Hours in advance if you will be going to Temple by calling 585-0405

### **Saturdays: Imperial Palms Bus:**

10:00 a.m. Bus to Temple B’Nai Israel & Cong. Beth Shalom

10:30 a.m. Campus Trip to Largo Library

3:30 p.m. Bus to St. Catherine’s Catholic Church

### **Sundays: Imperial Palms Bus:**

8:15 a.m. Bus to St. Paul’s Methodist Church & to St. Catherine’s Catholic Church



## Imperial Palms Tram Service

Imperial Palms Tram runs

Monday, Tuesday, Wednesday & Friday from 8:30 a.m. – 4:00 p.m.

NOTE: Thursdays Tram Service Runs from 10:00 a.m. – 4:00 p.m.



**THE TRAM SERVICE NOW GOES TO  
Keene Plaza & Largo Community Center.**

*You can pick up the tram at both East & West Clubhouses.*



# February Birthdays

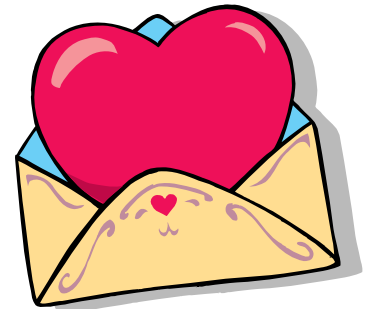
A Very Happy Birthday to all Imperial Residents  
with February Birthdays:

Jeffrey M.	02/01	•	Joan W.	02/08	•	Barbara M.	02/15
Mercuria L.	02/01	•	Joan H.	02/08	•	Patrick B.	02/16
Frederick K.	02/01	•	Joan S.	02/08	•	Robin S.	02/16
Peggy H.	02/02	•	Hugh M.	02/08	•	Margaret C.	02/16
George P.	02/02	•	Lawrence H.	02/08	•	Laura R.	02/18
Jeanne A.	02/02	•	Janna N.	02/09	•	Thomas G.	02/18
Earl M.	02/03	•	Kevin G.	02/10	•	Albert D.	02/19
Ruth G.	02/03	•	Betty A.	02/10	•	Donna R.	02/20
David T.	02/03	•	Barbara F.	02/10	•	Kiku C.	02/20
Catherine K.	02/04	•	Beatrice M.	02/10	•	Marie D.	02/20
Dean B.	02/04	•	Callie J.	02/10	•	Ruth L.	02/22
Robert G.	02/04	•	Jocelyn E.	02/11	•	Michael R.	02/23
Patricia F.	02/05	•	Joan C.	02/11	•	Barbara I.	02/24
Anne H.	02/05	•	Natividad V.	02/11	•	Gregory G.I	02/24
Albert F.	02/05	•	Sarah H.	02/11	•	David C.	02/25
Hyacinth Y.	02/05	•	Sandra W.	02/13	•	Carol T.	02/25
Jane M.	02/05	•	Barbara W.	02/13	•	Arnold H.	02/25
Joyce T.	02/05	•	Eugene G.	02/13	•	Alan A.	02/26
Charles W.	02/06	•	Hildegard F.	02/14	•	Nivaldo T.	02/26
Ronald C.	02/06	•	James B.	02/14	•	Frieda W.	02/27
Linda F.	02/07	•	Elizabeth S.	02/15	•	Paul B.	02/27
Elisabeth R.	02/07	•	Margaret R.	02/15	•	Mary E.	02/28
Walter F.	02/07	•	Marcel F.	02/15	•	Lois K.	02/28
William A.	02/07	•	Joan C.	02/15	•	Phyllis H.	02/28
Alexandr R.	02/07	•	Carol W.	02/15	•		



## February Pest Control

2/04/14 Bldgs 4600-4900  
 2/11/14 Bldgs. 5000-5100  
 2/18/14 Bldgs. 100-400  
 2/25/14 Bldgs. 500-800




If you are having any pest problems, please call maintenance at 581-7868 to let them know.

## LARGO COMMUNITY CENTER PRESENTS "STREISAND, A LOVE AFFAIR"

Join us as we enjoy the music of Barbara Streisand at the Largo Community Center on Thursday, February 13th where the show starts at 1:00 PM (doors open at 12:00 PM). The price is \$13.00 by check made payable to the City of Largo. You will need to purchase your tickets at the Community Center as they are selling out.

## VALENTINE'S FORMAL DINNER W/LIVE MUSIC BY ONE DAN BAND

 On Friday, February 14th, 6:00 - 9:00 p.m. in the East Clubhouse. Imperial Palms will be hosting a formal, sit-down Valentine's dinner open to all residents and invited guests with live music provided by One Dan Band. A delicious plated dinner will be catered by the Stuffed Mushroom Catering Company. The tables will be set with fresh linen tablecloths, your meal served to you on beautiful china, and the room will be tastefully decorated with hints of the holiday all sure to create the perfect atmosphere for an amazing night. We are inviting all couples & singles at Imperial Palms to sit back and enjoy being waited on by the finest of servers in the area for this most elegant dinner.

One Dan Band will be providing beautiful instrumental music along with singing the songs of yesterday and today that will take you for a stroll down memory lane. You don't want to miss this specially planned evening and a chance to dress to kill with all those outfits that you rarely find occasion to wear.

The charge for this wonderful evening is \$25 for a couple or \$15 for a single person. Please make your reservations ASAP at the Activity Office with checks payable to Imperial Palms. Reservations are due by Thursday, February 6th. Space is limited so that we can provide an intimate atmosphere for peaceful and enjoyable dining. This promises to be a most wonderful night to remember.


## FEBRUARY'S WINTER OLYMPICS-THEMED MEET & GREET

Come and celebrate with your new and old neighbors on Saturday, February 15th from 12:00 PM to 2:00 PM in the East Clubhouse. Welcome our newest residents and share what you love about living at Imperial Palms. Gayle & Kate will be hosting an Olympic Themed quiz so this is your chance to win Bronze, Silver or GOLD! Join us in creating new memories, laugh, and making new friends. You are also invited to bring a friend or relative to join in the fun. Light refreshments will be served. We had a great time last month and appreciate all the sharing from our residents. We look forward to seeing many more of you at this month's "Winter Olympics-Themed Meet & Greet". Please call the Activity Department if you will be attending. Transportation will be available from the West Clubhouse starting at 11:45 AM.

## ARTHRITIS SUPPORT GROUP

As many of you know, Imperial Palms hosts several support groups in conjunction with our campus non-profit, The Caregiver's Support Network. For those of you who suffer from or care for someone who has arthritis, we'd like to encourage you to attend our monthly meeting held on the third Tuesday. This month will meet at the West Clubhouse on Tuesday February 18th at 9:30 AM. Our resident yoga instructor, Deanne Shower, will be speaking about the benefits of yoga and how it can help with arthritis. She will take you through a few of her chair exercises that she teaches in her weekly class also held right here at Imperial Palms. \*\*Remember both the Arthritis Support Group and our yoga class are FREE for residents. Attendance is open with plenty of seating. No need to RSVP.


## FEBRUARY DINE-OUTS @ ALFANO'S ITALIAN RESTAURANT

 Hop on your gondola as we take a culinary ride down the canals of your favorite Italian city at Clearwater's own, Alfano's Restaurant. A local favorite since 1984, this family-owned and operated restaurant has been voted Best Italian Restaurant by Tampa Bay magazine for over fifteen years. With Linda & Frank Alfano at the helm, Alfano's belief that great food must be simply prepared, but not to say that you won't find flair on the menu. Their cuisine paired with a glass of wine suggested by one of their two Someliers assures you of an outstanding meal selection. Their homemade soups are delicious and they serve over 15 fresh Insalatas (salads). Entrees range from delicious chicken dishes, lamb, filet mignon, and seafood, along

with a variety of pasta dishes sure to appeal to any size appetite. And don't forget their decadent desserts.

The Early Dine-out this month will be on Tuesday, February 18th with the bus departing at 3:45 PM. The Late Dine-out will be on Wednesday, February 19th with a departure time of 5:45 PM. Please do not forget to call and make your reservations ahead of time by calling the Activity Department. Space is limited and expected to go fast.

## MEN'S LUNCHEON @ SEA DOG BREWING COMPANY

 Join the Imperial men on Friday, February 21st at 12:00 PM for lunch at the Sea Dog Brewing Company. Founded in 1993, Sea Dogs is Maine owned and Maine brewed. With a great new location off of Highway 19 in Clearwater, now locals can enjoy the amazing food and crew brews that once only Topsham natives were privy to. Be sure to start with an appetizer such as wings, calamari, pickled chips, chicken tenders, dips, and more. Save room for one of The Sea Dog's specialty sandwiches like the haddock sandwich, steak and cheese, or one of their mouth smacking 100% beef burgers. We've got a seat for you so be sure to call the Activity Department today and reserve your space on the way to Sea Dog!


## TRIP TO TECO MANATEE VIEWING CENTER & LUNCH @ COLONNADE RESTAURANT

On Tuesday, February 25th, we will be departing at 10:00 AM to see the manatees swimming in the water at the TECO Manatee Viewing Center at Big Bend Power Station in Apollo Beach. In 1986, the large commercial operation began at Big Bend and in this year people started seeing manatees in large numbers in the power stations discharge canal where the water is much warmer. The sanctuary provides critical protection from the cold for these unique, gentle animals. The Manatee Viewing Center is home to an Environmental Education Center, Award Winning Butterfly Gardens, and the largest installation of solar panels among Tampa Electric's photovoltaic arrays in the community. Admission is free and a guided tour has been reserved just for us.

After viewing the majestic manatees, we will be traveling over to have lunch at the Colonnade Restaurant on Bayshore Blvd. overlooking Tampa Bay. The Colonnade offers a variety of American favorites, including hamburgers, fried chicken, the "best" coleslaw in town, homemade soups, salads, sandwiches, fish entrees and a Colonnade original -- an olive in your Coca-Cola®. The cost to ride the bus to Tampa is \$5.00 payable by check or money order at the time you reserve your space. Call the Activity Office to make your reservation so that you can enjoy an adventurous day viewing the manatees and having lunch at the Colonnade.

## FEBRUARY'S RESIDENT PARTY

This month's resident party will be held on Friday, February 28th at 7:00 PM in the East Clubhouse. Join as we welcome back Karen Benjey, Jazz singer and pianist, as our live performer for the evening. Karen was born in Ohio and began studying piano at an early age. She had her first debut album "PAPER MOON" in the 80's. After touring through Japan and Europe, she returned to Florida and released her album "ALL OF YOU" in 2008. Karen is accompanied by her two-piece band that will be playing the saxophone and drums.

 All are welcome to attend. The charge for residents and guests is \$4.00, payable to Imperial Palms either by check or money order. Our monthly parties also serve as a chance for all of us to celebrate those residents with birthdays and/or anniversaries during the month. In honor of those residents who are celebrating a special day during the month, we would like to extend complimentary admission.

Please contact the Activity Department to sign up and to pay. Don't miss your chance to come out and enjoy Ms. Karen's beautiful music, to congratulate your neighbors on another amazing milestone, and to join together as a community for another great time. Special Valentine's refreshments will be served. Hope to see you there!