

GOOD Life News

at Regal Palms

NOVEMBER 2017

www.regalalf.com

A Time to Give Thanks

It's a time to reflect and give thanks for our many blessings. Kindly join us for our Annual Thankful Tea on Thursday, Nov. 16, at 3 p.m., in the PVR. Over a cup of hot tea, we will share good thoughts, uplifting stories and fellowship.

If you plan to dine in the Main Dining Room on Thanksgiving, kindly make your reservations at the reception desk by Monday, Nov. 20. Seating times are 11:30 a.m. and 1 p.m. The cost is \$17 per guest and \$8 for children ages 4-10.

We are so thankful for each and every one of our Regal residents, their family members and our staff. Happy Thanksgiving!



A thankful time

Veterans Day

Once again, The Plaza and the Largo Community Center are hosting their annual "Celebration of Veterans Brunch" on Tuesday, Nov. 7, at 10:30 a.m. There will be guest speakers and live entertainment. This is a complimentary event for our residents and their spouses but you must RSVP to The Plaza at 674-1107 by Nov. 2. Tickets are required to attend the event. After you make your reservation, kindly sign up in the black book at the reception desk. Transportation will pick up at 10 a.m.



Thank you, Regal Palms Veterans



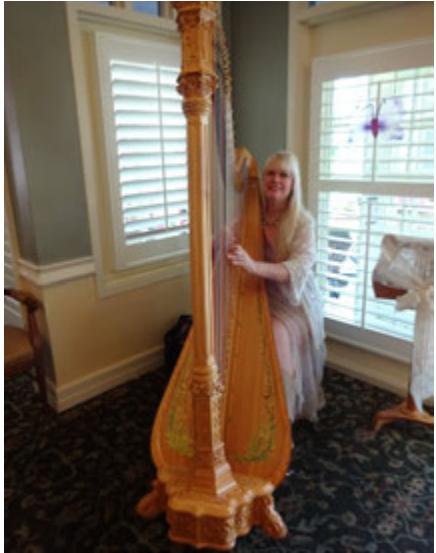
**Our Talk.
Our Walk.
Every Day!**

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

National Assisted Living Memories

Although it was delayed by Hurricane Irma, nothing could stop us from celebrating our residents and staff! Enjoy these wonderful pictures of our Regal family!



The lovely Victoria with her harp during Grandparents Day Brunch



Jess, Rich and Bert had us in stitches with their "9-5" act.



Joel sharing a smile with Valerie, our featured entertainer.



Kathy sparkles in her glittery face painted masterpiece.



Pretty ladies ready for some luau fun.



Resident Thea always adds so much to our show with her singing talents.



The female version of The Village People...Y.M.C.A.



Duke, one of our residents, delighted the variety show audience with his beautiful voice.



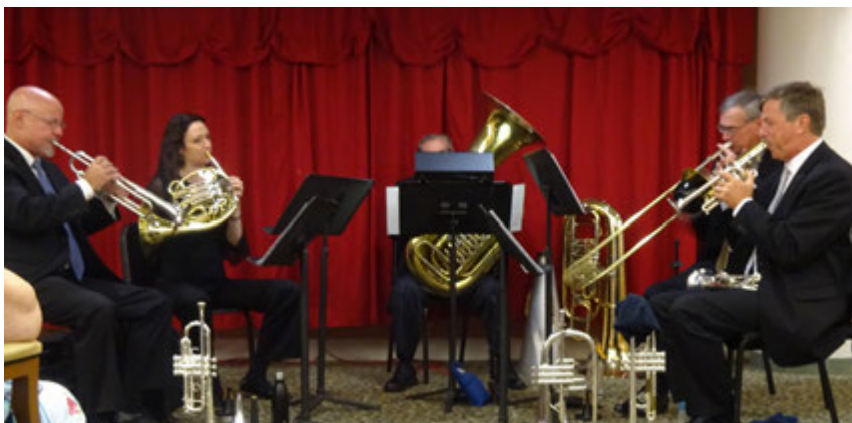
This was Wilfred's second year entertaining us with his poetry reading.



The Blues Brothers; our very own soul men!



Annemarie serenaded Jerry with a song and a boa!



We were treated to a private concert by the Florida Orchestra.



Lila was up close and personal with a visitor from the reptile show at our carnival.

Resident Birthdays

Duke O., 3rd
Betty W., 8th
Claudine T., 8th
Don V., 10th
Don W., 11th
Jim C., 12th
Nancy O., 15th

Annette S., 16th
James W., 19th
Edward F., 21st
Claude W., 23rd
Zilma R., 27th
Jim D., 27th
Barbara S., 30th

Employee Birthdays

Mary Brice, 1st
Earion Samuel, 7th
Alexzadria Head, 11th
Leah Hitlaw, 12th
Shalin Avila, 13th
Charles Marcus, 15th
Maureen Webster, 16th
Florencio Garcia, 18th

Dawn Kelly, 19th
Warren McKinney, 24th
Paul Arena, 24th
Ruth Jackson, 25th
Ricky McSwain, 26th
Charlotte Amoah, 26th
Gigi Habibi, 28th

Save The Date

Our Annual Tree Lighting will be Monday, Dec. 4, at 6 p.m. More information will be shared in the December newsletter.



We had snow last year; what will we have this year?

Photo of The Month



Arnita shared her "what makes me happy" balloon with Frank Cannon. His name was on it along with Arnita's husband. Arnita, you make us happy, too!

Resident Request Outings

Nov. 1 at 11:15 a.m.: Men's Lunch at Sonny's

Nov. 8 at 11:15 a.m.: Lunch at Pal Joey's

Nov. 15 at 10:15 a.m.: Old Time Pottery

Nov. 22 at 10:15 a.m.: Thrift Store Treasures

Nov. 29 at 4:15 p.m.: Dinner at Gigi's

Kindly sign up for outings in the black book at the reception desk.

Employee of The Month

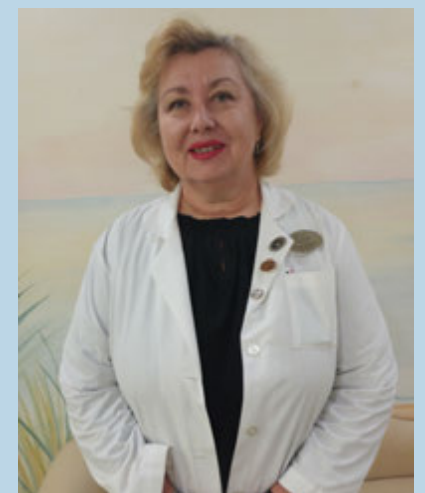
Congratulations, Wendy! She says she enjoys "everything" about working on Pearl Garden. She has a cheerful attitude and a winning smile. When not at Regal, she enjoys spending time with her husband, step-son and best pooch, Bailey! Thanks, Wendy, for practicing Platinum Service® every day. You are appreciated.



Wendy Keldo, Housekeeping

Getting to Know Our Director of Nursing, Natasha Belichka

Natasha comes to us from Sabal Palms, having been a part of the Palms of Largo team for a little over 14 years. She is originally from Bulgaria and enjoys spending her free time with her family. Her



other two passions are painting on canvas and her beloved dog, Riley. Regarding her nursing career, Natasha states she loves working with and helping people. She adds that she is honored to be a part of Regal Palms. Welcome to the team, Natasha!



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Daylight Savings Time



Sunday, Nov. 5