

GOOD Life News

at Royal Palms

APRIL 2018

www.royalsenior.com

Diamond and Denim Dinner



Jeff and Marguerite S.



Tom and Margaret H.



Ed W.



Alex and Angelina

Fifty Nifty United States

The Royal Palms Players will present their next show on Tuesday, April 10 at 7 p.m. and Wednesday, April 11 at 2:30 p.m. The Show is called "Fifty Nifty United States." Ray Charles wrote a song by that title to help young school children learn the fifty states in a fun, amusing way. We did a similar show four years ago and it went over very well. This show has the same premise, but with a lot of new material. You would be amazed how much material there is out there concerning the 50 States.

We have added such songs as "Carolina in the Morning," "California, Here I Come," "Way Down Yonder in New Orleans," "Blue Hawaii," and "OKLAHOMA!". As usual, we throw in some humor and even a skit written by our own Ginny C. Besides singing about individual states, we are also doing several patriotic songs about the flag and our great country. The ending will stir you with patriotic pride.



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

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

**Our Platinum
Service[®] Pledge**

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Diamond and Denim Dinner (cont.)



Hatley Brothers Band with residents



Dancing!



Betty A.



Mickey, Eleanor, Clare, June, Dr. Bob and Elaine

Community Life Opportunities

A new spiritual event has been added to our community life opportunities. Beginning Wednesday, April 11, at 1:30 p.m., St. Paul's United Methodist will offer a Christian worship service with communion in the Loft. This is an open table service, meaning all faiths are welcome to take communion. This service will be at Royal Palms every month on the second Wednesday. It'll also be available at other buildings on our campus on other Wednesdays throughout each month.

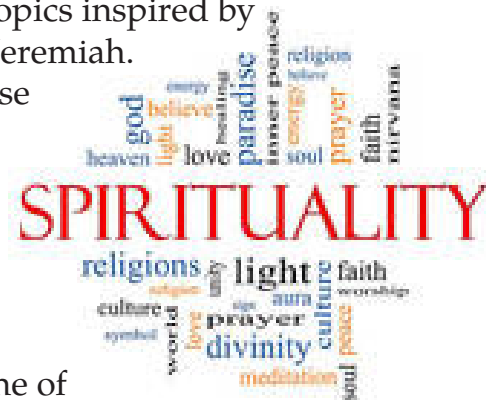
In addition to this new event, there are many other religious-based opportunities available to you. Each week there are two Bible studies. On Tuesdays, at 1 p.m., Rabbi Baseman offers a discussion on Old Testament topics, and on Sundays, at 4 p.m., a study group led by Julie L. discusses topics inspired by Dr. David Jeremiah.

Both of these groups are open to everyone.

On Tuesdays, at 10 a.m., St. Catherine of Siena offers a Catholic communion and rosary worship service in the Loft. Vespers, led by Rev. Gary Rucker, is held on the second and fourth Sundays, at 3 p.m., in the Theater. The first and third Tuesdays, at 3:15 p.m., Pastor David McAbee leads beautiful spiritual singing in our TV Lounge.

Transportation is provided every Friday, at 7 p.m., to Temple B'nai Israel for Shabbat services. For worship services on Sundays, buses travel to St. Catherine of Siena Catholic, St. Paul United Methodist, the Regal Church, Prince of Peace Lutheran and Keene Terrace Baptist Churches.

Additionally, the Palms of Largo has its own Spiritual Director, Rebecca Bass, on campus. Rebecca works closely with individuals and groups to meet the spiritual needs of our community.



Valentine's Day



Mickey gets a flower from Jim



Phyllis and Sandy enjoy the moment



Katharine gets her flower with Silvia looking on

Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Great Gatsby

Get out your fedoras, headbands, feathered hats and flapper dresses, and get ready to Charleston and Foxtrot the night away at our Great Gatsby Dinner and dance. We're celebrating the Roaring '20s, starting with a lecture by Rick Kistner on Thursday, April 12, all about prohibition and its effects on our country. On Sunday, April 15, we'll screen the movie, "The Great Gatsby," starring Robert Redford and Mia Farrow. Then, on Tuesday evening, April 17, we'll enjoy our own Great Gatsby dinner with entertainment by the Brian Lewis Trio. Flapper Friday will top off our activities with a special Martini Bar hosted by Cookie in the TV Lounge.



Resident Birthdays

- Jenny F., 2nd
- Lee C., 4th
- Mary M., 7th
- Frances S., 9th
- Julie L., 18th
- Betty G., 21st
- Pat O., 22nd
- Peter T., 23rd
- Lidie F., 24th
- Margot F., 25th



ROYAL PALMS

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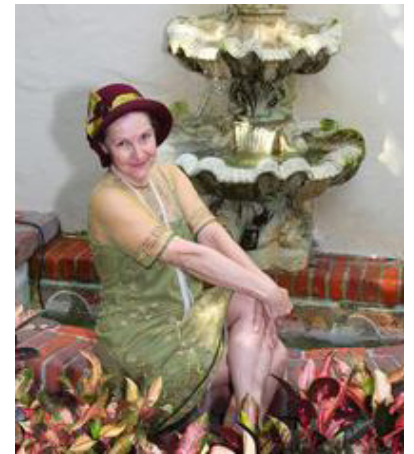
Jim Abegglen

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Cookie Pompei

Nan Colton Returns

On Thursday, April 19, we welcome back Nan Colton as Mrs. Tidbit, a loquacious and vivacious widow. Mrs. Tidbit can tell you all about the goings on, goings out and about, and the ups and downs of living downtown St. Petersburg in the 1920s. If you have ever wondered about what it was like to live in Florida during prohibition, when the bridges and the railroads were being completed and everybody was encouraged "for their health" to retire to Florida, even to purchase some swamp land, then this narrative journey into another time period is bound to be fascinating, entertaining and thought provoking.



Nan Colton as "Mrs. Tidbit"



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