

GOOD Life News

at Royal Palms

NOVEMBER 2018

www.royalsenior.com

Fall Festival

The days of hayrides are here, and you can join in! The Plaza at The Palms is having a Fall Festival on Thursday, Nov. 15, from 10 a.m. to 1 p.m. Celebrate the season with fall foods and drinks, music by Frank Cannon, a reptile showcase, dunk the scarecrow, arts & crafts and a hoe-down dance. The weather should be ideal for sitting outside and socializing with your friends and neighbors.

Weather permitting, golf cart rides are available to get you to The Plaza. Sign up at the front desk the day of the event.



The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.

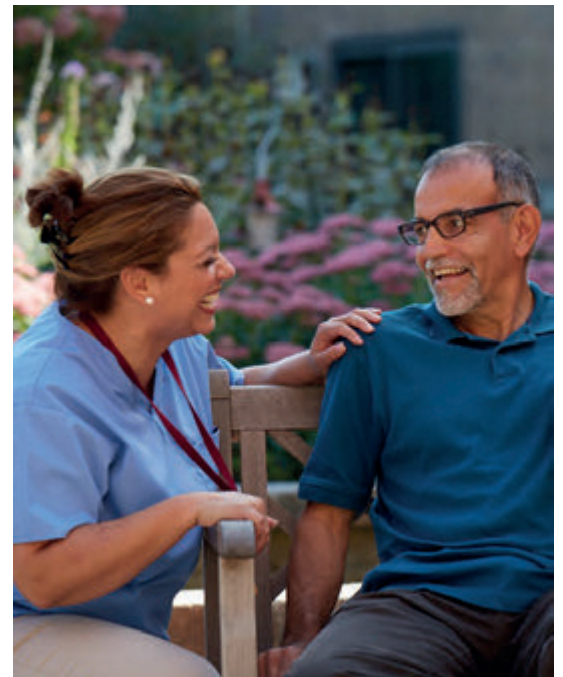
Boosts happiness — Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

Improves physical health — From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

Builds relationships — Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

Enriches life — Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.

If you're interested in becoming a volunteer, there are a variety of opportunities at Royal Palms and at The Palms of Largo. Talk to Kathy in Life Enrichment to learn more.



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

**Platinum Service®
Standard #4**

"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

Oktoberfest

Residents celebrated Oktoberfest with a German shopping bazaar, a photo booth, balloon artist, accordionist and a beer tasting.



Gladys and Kenny



Kymerly and Cathy



Chris and Darrell



Madeline



Lisl, Abe and Rose



Peter, Silvia, Lee, Marguerite and Blair



Mary and Claire with Larry

New Lunch Spot

We'll be having lunch out at a new location this month. Cafe Ponte, located in Clearwater, is a trendy, New York-style cafe, Zagat rated, and features outstanding dining in a modern and elegant setting. The chef, Christopher Ponte, began his culinary career at Clearwater's Pepper Mill Restaurant in 1991 after graduating from Johnson & Wales University in Providence, R.I. He went on to study the culinary arts in Paris at the Cordon Bleu, France's iconic culinary institute. Ponte achieved his degree at the top of his class and, upon graduation, spent some time as an apprentice at the famed Taillevent, also in Paris. Chef Ponte's vast culinary skills draw influences from all corners of the globe to create an American fusion cuisine with French, Asian and Italian influences.

The open-kitchen feature at Cafe Ponte allows guests to watch the team of chefs design each dish. Only first-rate ingredients and Ponte's culinary expertise make this hot spot a must-see for any connoisseur of good food.

Join us on Thursday, Nov. 8, at 11:15 a.m. Sign up in the book in the Lobby.

Disco Fever!

We went back to the '70s and joined in the fun of a disco party.



Hazel, Gladys, Dee and Lorraine



Kathy, Chris, Matt, Laila, Todd, Nancy, Cookie and Jim



Delores and Kathy



Bobby and Rachel



Stephanie, Marilyn, Beverly, Bruce, Jewel and Jeane



Barbara, Rachel, Terry, Maddie, Gladys, Hazel Ann and Sandy join the DJ and directors on the dance floor.

Veterans' Brunch

The Largo Community Center and The Plaza at the Palms will host the fifth Annual Celebration of Veterans Brunch on Tuesday, Nov. 6, at 10:30 a.m., to salute the men and women of the armed forces who have served our country. This breakfast is free for each veteran and one guest. To attend, you must call either The Plaza at (727) 674-1107 or The Largo Community Center at (727) 518-3131 for tickets. Veterans, don't miss this special acknowledgement of your contribution to all of our lives.



Resident Birthdays

Frank P., 1st	Ginny C., 21st
Don N., 1st	Jack M., 24th
Isabel O., 5th	Gladys T., 24th
Bea M., 5th	Jeane R., 25th
Judy M., 8th	Dolores H., 26th
Claire L., 8th	Lee J., 27th
Sally W., 11th	Thomas H., 27th
Nancy F., 12th	Marguerite S., 29th
Esther D., 17th	

Anniversaries

Bruce And Marilyn H., 11/24/2018
Bob And Sally W., 11/26/1953

Calling All Singers and Actors

As you most likely know, we have a group here called the Royal Palms Players. We extend an invitation to all Residents to join us. You don't have to be a great singer or polished orator. We combine singing, narrations and funny stories and skits. Our Holiday Show is Wednesday, Dec. 19, at 2 p.m., and Thursday, Dec. 20, at 7 p.m. We are calling this show "'Tis the Season." It has a lot of fun music, and the camaraderie the group has is wonderful. In this show, we also include a section on Hanukkah and on the real meaning of the season for Christians.

It's not too late to become a part of the celebration. We meet every Wednesday at 1:30 p.m., usually in the Theater. We hope you will join us!



ROYAL PALMS

Senior Living

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#NAP6215399

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Nancy Bauer

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Resident Officers

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Community Life — Shirley P.

Safety — Mike H.

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Sergeant-at-Arms — Bill B.

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