Our annual Tea and Fashion Show was a hit! The Theater was packed as six residents modeled beautiful outfits from Cassi & Co. in Belleair Bluffs. It was a special and fun event.

JULY SPECIAL EVENTS

Veterans’ Recognition
Monday, July 3 at 1:30 p.m. (Theater)
Join Janet D., Joe M. and others to recognize and honor our resident veterans.

Hurricane Safety Meeting
Monday, July 10 at 1:30 p.m. (Theater)
Bruce P. and Steve C. will remind us of the items we need to collect BEFORE a hurricane is headed our way and what actions we should follow before, during and after a major storm.

Summer Sundays
Splash Sundays at 6 p.m. (Pool)
Join Mary Jane M. in the pool for a fun co-ed chat and splash. The pool is heated and kickboards and noodles are available. It’s a time when we can enjoy the Florida weather and visit with friends and neighbors. If you don’t want to get wet, there’s lounge chairs around the pool to sit and visit. Join us between 6 and 7 p.m. every Sunday.

NEW RESIDENTS

We would like to welcome our newest residents!

• Tom B.  • Barbara B.  • Bruce V.

BIRTHDAYS

We want to wish the following residents a very happy birthday:

• Sandy W. - 7/2  • Geri B. - 7/6  • Joyce R. - 7/29
• Lillian E. - 7/3  • Elaine F. - 7/6  • Pat F. - 7/30
• Malcolm K. - 7/4  • Audrey R. - 7/13  • Kathy T. - 7/30
• Jackie F. - 7/5  • Bill G. - 7/14  • Dr. Martin B. - 7/31
• Janet T. - 7/5  • Howard B. - 7/18  • Dwaine L. - 7/31

RESIDENT OFFICERS

• President: Alison N.  • President: Alison N.  • President: Alison N.
• Vice President: Marilyn H.  • Vice President: Marilyn H.  • Vice President: Marilyn H.
• Secretary: Ray B.  • Secretary: Ray B.  • Secretary: Ray B.
• Safety: Bruce P.  • Safety: Bruce P.  • Safety: Bruce P.

Sunshine: Kathy M.  • Welcome: Charlene L.  • Sunshine: Kathy M.  • Welcome: Charlene L.
Dining Service Chair: Jim M.  • Entertainment Chair: Mary H.  Dining Service Chair: Jim M.  • Entertainment Chair: Mary H.

LIKE US ON FACEBOOK

visit facebook.com/RoyalPalmsatthePalmsofLargo
JaiQuan and Stacie! We're so proud of you both!

EXERCISE IS GOOD FOR THE BODY AND MIND

Don’t let what you can’t do interfere with what you can do! We have many options to help you keep moving.

Sundays:
• Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.
• Cornhole in the Theater at 3 p.m.

Mondays:
• Exercise with Ian in the Theater starting at 10 a.m.
• Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.

Tuesdays:
• Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.
• FIT to Pedal® in the TV Lounge at 2 p.m. (sign up in the book in the lobby)

Wednesdays:
• Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.
• Cardio drumming to music in the Theater starting at 10:45 a.m.
• FIT Chair Yoga in the Theater at 2 p.m.

Thursdays:
• FIT Functional Fitness® in the Theater at 10:30 a.m.
• Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.

Fridays: Chair exercise in the comfort of your apartment on Channel 732 at 10:30 a.m.

Saturdays:
• Shuffleboard outside at 9:30 a.m.
• Cornhole in the Theater at 10:45 a.m.
• Water aerobics in the pool at 11 a.m.

Bookmobile
Thursday, July 6 and July 20 at 10 a.m.
The bookmobile parks outside in the front circle. For those who use the pickup/delivery system, if you have any books to be returned, have them in the box the day before pickup. If you want Largo Library to deliver books to you, pick up a form at the front desk to get started.

Line Dancing
Friday, July 14 at 11:30 a.m. (Theater)
Are you ready to move and have some fun? Join Gail, a teacher at the Cabaret Dance Club in Palm Harbor, as she teaches line dancing. A line dance is a learned set of repeating steps done as a group. Once you learn the sequence, it’s repeated multiple times until the song ends. Dancing has many physical and mental benefits. Come watch or try a session—all levels are welcome!

iPhone: How To and Tips Workshop
Tuesday, July 18 at 1:30 p.m. (Theater)
Is your smartphone outsmarting you? If you have an iPhone and would like to learn more about its features, come to the Theater. Polly Bateman will present information on where to find and how to use the basic features and answer any questions you might have about your phone.

Beer and Wine with Karaoke
Thursday, July 20 at 3 p.m. (Theater)
Wine Down Wednesday was moved to Thursday this week so that we could bring it in Roadhouse Karaoke. Karaoke is a type of interactive entertainment where people sing along to recorded music using a microphone. The music is an instrumental version of a well-known popular song. So warm up your vocal cords and get ready to sing along with your friends and neighbors.

Fit Minds
Friday, July 21 at 11 a.m. (Loft)
Join Joe and Bruce in this fun, brain-challenging activity. The goal is to encourage cognitive resilience and better brain fitness for healthy seniors. Puzzles, problems and discussions cover five areas, including: visual/special orientation, memory, critical thinking, language and music, and computation. You’ll have fun while socializing with friends and neighbors.

JOIN US!

Jeopardy!
Thursday, July 27 at 3 p.m. (Theater)
Play along with friends in Royal Palms’ Jeopardy game. The questions and answers come from past episodes of the TV show. You’ll be partnered with other residents to answer questions on a variety of subjects. Group responses are given. No one is ever put on the spot. Come, challenge your mind, and have fun while you do it!

FIT to Pedal!
Tuesdays at 2 p.m. (TV Lounge - sign-up)
Seated pedaling is a way to exercise in a manner that’s safe and effective. It can be used for an upper body workout using your arms, or a lower body workout and allows you to increase circulation, coordination, muscle strength and range of motion. You can pedal up to 30 minutes at the speed and tension that is comfortable for you. Sign up in the book in the lobby.

FIT Chair Yoga
Wednesdays at 2 p.m. (Theater)
FIT Chair Yoga allows seniors to stay active and improve their muscle strength and flexibility without the risk of strain or injury. The gentle, slow progression of chair yoga sequences is ideal for those with a limited range of motion. Participants can experience a range of other benefits, including reduced stress, improved sleep, better balance, coordination and reduced anxiety. Join Lori for this relaxing and beneficial 45-minute session.

Virtual Reality
Check your calendar for days and times (Loft)
Virtual Reality (VR) is a computer-generated environment with scenes and objects that appear to be real, making the user feel they are immersed in their surroundings. Travel to famous sites without leaving the comfort of Royal Palms. Sign up in the book in the lobby.

Shopping - Treat Yourself!
Shopping trips leave from the front entrance at 1 p.m.
• Mon., 7/3: Walmart
• Fri., 7/7: Publix
• Mon., 7/10: Large Mall
• Fri., 7/14: Publix
• Mon., 7/17: Walmart
• Fri., 7/21: Publix

Large Mall includes Bealls of Florida, Bed, Bath & Beyond, Famous Footwear, Marshalls, PetSmart, Publix and Target

HAPPY GRADUATION!
Congratulations to our two high school graduates, JaiQuan and Stacie! We’re so proud of you both!

MOTHER’S DAY
We celebrated all of our beautiful mothers with a special dinner, mimosas and flowers for all.

SHOPPING LIST
• Groceries
•bei
• Sliced bread
• Butter
• Cheese
• Milk
• Eggs
• Fruit
• Vegetables
• Cereal
• Snacks
• Beverages

MAINTENANCE
• Water and electricity
• Lighting and appliances
• Heating and cooling
• Cleaning and maintenance

FINANCES
• Bank statements
• Bills and payments
• Investment statements
• Tax records
• Insurance policies

PERSONAL RECORDS
• Medical records
• Legal documents
• Educational records
• Employment records

EMERGENCY CONTACTS
• Family and friends
• Healthcare providers
• Emergency services
• Utility companies

PERSONAL BELONGINGS
• Clothing and accessories
• Jewelry and valuables
• Documents and paperwork
• Personal effects

HAPPY GRADUATION!
Congratulations to our two high school graduates, JaiQuan and Stacie! We’re so proud of you both!

Join us,
[signature]