



5300 Hageman Road • Bakersfield, CA 93308 • (661) 218-8330

April 2023



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Tiffany Subriar	Director of Resident Development
	Outreach Director
Christina Pallares	Dining Service Director
Emmalin Cisneros	Activity Director (AL)
Sam Sanchez	Activity Director (MC)
Sonia Ortega	Medical Records
Jairo Duenas	Maintenance Director

OFFICE HOURS

MON-FRI 7:30am-5:00pm

SAT-SUN 8:30am-5:00pm

After Hours Assistance:

Please call the numbers listed below and a staff member will assist you:

661-477-1241 Assisted Living

661-477-1073 Memory Care



Happy Spring to our residents, family members, and friends!

We are looking forward to warmer weather and more sunshine. Spring is just around the corner and The Palms is so excited to celebrate new beginnings with family and friends. We have been so blessed to have new residents and neighbors and look forward to enjoying many things with you and seeing everyone's faces and smiles.

We have many fun-filled events and activities scheduled, as well as returning some of our past favorites. Please be sure to check out your Activities Calendar to make sure you don't miss out on anything! We love to see you all enjoying your time here!

If you have a particular interest or an idea for an activity, please feel free to pass it along to our Activity Directors, Emily or Sam. We thank each of you for allowing us to love and care for you and your loved one(s) and look forward to April showers to bring May flowers!

Sincerely, The Palms Activities Team



Neighborhood News

Welcome Home!

We are happy to welcome our newest friends to The Palms at San Lauren.

- Mary S.
- John & Meg P.
- Melvyn M.
- Donald S.

Join us for our monthly Meet & Greet Happy Hour, April 28th at 2:30pm in the AL Activity Room



Happy Birthday to the Following Residents!

- Bill P. 4/5
- Vivian M. 4/18

Celebrating April Birthdays April 14th at 2:30pm in AL Activity Room

Afternoon Walking Group

With the weather warming up, let's get active! Try our new exercise group every Tuesday afternoon at 1:30pm. We will have music, gentle stretches, and great conversations while enjoying walking around our community.

"To enjoy the glow of good health, you must EXERCISE."

Easter Luncheon

It's that time of year again, so hop on over... even run! We're having an **Easter Luncheon** that will be lots of fun!

We'll have good drinks and eat good food! Now all our party needs is **YOU**.

With jelly beans and Easter eggs, please do join us on this day, when the Easter Bunny comes to play!

Bring your empty bellies and come join us for a fun time. Friday, April 7th, at 12pm in the front of the building; lunch and drinks will be provided!



Easter Egg Hunt

Hello, family and friends!

We'd like to invite you to participate in our annual "Egg-Palooza Hop" and take a picture with The Easter Bunny! Enjoy fun games, ice cream, an egg hunt, and more.

Saturday, April 8th, at 3:30pm
RSVP with Sydney
661-218-8330

Spring

"A lovely reminder of how beautiful change can be."



The Palms Fourth Year Anniversary

To our Palms staff, residents, and friends: There is no doubt that you've all made your presence an invaluable one in our community. As we all try our best to commit ourselves to uphold our values and visions, we want you to know we won't ever stop appreciating you!

Thank you for being part of our success over the years. You are all an essential part of The Palms. We are always impressed with your work and dedication and know that the achievement of this building is the result of the combined efforts of every individual! From all of us, thanks for every act of kindness, every soothing word, and everything you've done to make our lives here a better place for both residents and staff. Happy 4th year Anniversary!



Come out and help us celebrate 4 wonderful years! We will be having a BBQ by the front entrance. Hamburgers and hot dogs will be served, along with an array of goodies and fun entertainment!

Friday, April 21st, 12pm

Sports Center

It's time to get your game on. Join us to celebrate our **First Annual Sports Event!** We will be getting together to watch all the different sports going on this month. Beginning with:

- **The Masters Round 1 Thursday, April 6, @ 12.** (The biggest golf event of the year)
- **MLB Dodgers vs. Diamondbacks Sunday, April 9, @ 1pm** and
- **NASCAR Cup Series Race Sun., April 16th, @ 3pm**



Resident Spotlight

Bonnie B. was born in Oregon. She was married for 67 years and worked beside her husband raising crops. They had 2 daughters, 11 grandchildren, & 32 great-grandchildren! She was a golfer and won several tournaments. She was also a private pilot! How amazing! Bonnie is very loved by everyone she meets.



Always a Great Time at The Palms



We love our Lunch outings, Movie Nights, and Rummikub games with daiquiris.



Tasty Creations Class!



Picnics, live music, and prize bingo!

Save the Dates

- 4/5- MASK OFF Party
- 4/7- Easter Luncheon
- 4/8- Annual Egg-Palooza
- 4/14- Celebrating April Birthdays
- 4/21- The Palms 4th Anniversary BBQ
- 4/25- Chef Chat with Christina
- 4/25- Resident Council Meeting
- 4/28- Residents Meet & Greet

Special events invitation flyers posted by AL Activity Room and on dining room table day before event.



Out & About

AL Monday Outings @ 11am

- 4/3- Park Lunch Picnic
- 4/10- Scenic Drive
- 4/17- Lunch: Rosemary's
- 4/24- Shopping: Target & Lunch

Only 2 wheelchairs during shopping outings.

Memory Care Friday Outings @ 10am

- 4/7- Scenic Drive
- 4/14- Lunch Bunch
- 4/21- Ice Cream & Drive
- 4/28- Garden Shopping



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