



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

June 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

Dear Readers,

We're excited to welcome you to our June newsletter! This month is full of exciting events and activities for our community. We're looking forward to celebrating Father's Day, hosting a summer barbeque, and enjoying the beautiful warm weather.

We believe that senior living should be an enriching experience, full of new opportunities and meaningful connections. Our community is designed to help you live your best life, with a range of amenities and services to support your needs.

Whether you're looking for a new hobby, a chance to socialize, or a quiet place to relax, we're here to help. We hope you enjoy this month's newsletter and all the wonderful things happening in our community.



Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11th.



Neighborhood News



Happy Birthday to the Following Residents!

- Glenna L. 6/1
- Marian W. 6/6
- Bonnie B. 6/7
- Jewell B. 6/12
- Pat M. 6/13
- Alysce S. 6/30

Celebrating June Birthdays
6/23 at 2:30pm
Location: Dining Room

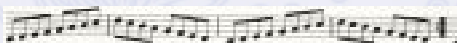
Jewelry Sale!

“Get ready for some Bling Bling” Maria from Paparazzi accessories will be in our community **Sunday, June 4th, from 12–3pm** in the front lobby. All costume jewelry is \$5.

Summer Full of Music

Throughout the month of June, we’re excited to welcome three new performers to our community.

Everlee Sisters 6/16-12pm
Bob & Sam 6/23-2:30pm
Anthony Saxophonist 6/29-2pm
Location: Dining Room



Father’s Day is a special time to honor and celebrate the important role that fathers play in our lives. Whether it’s through their guidance, support, or simply their presence, fathers have a profound impact on their children’s lives. Father’s Day is a chance to thank our dads for all that they do and to show them how much we appreciate them. This year, we’ll be celebrating Father’s Day here at The Palms, where we’ll be treating our dads to a special day filled with love, laughter, and memories that will last a lifetime.

Father’s Day Luncheon
6/16/2023 at 12pm
RSVP 661-218-8330

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

Sip N Bubble Paint
6/22/23 at 2:30pm
Location: Front Entrance

Around the World

We’re very excited to introduce our “Around the World” events. It is a fun and creative way to explore different parts of the world without leaving our community. Each month, we’ll travel to a new place around the world, learn about its culture, history, and traditions, and enjoy some of its delicious food. From Italy to Japan, there are so many amazing places to explore, and our “Around the World” event is a great way to do it. Whether you’re a foodie, a history buff, or just looking for a fun way to spend an evening, we’ll have something for everyone. So grab your passport and join us on a journey around the world!

Resident Spotlight

This month’s resident is Mr. Tony B. He grew up in Delano, CA, and later attended the University of San Francisco to earn a bachelor’s degree in history. After graduation, he returned to Delano to run his family’s grape farm, Dan Tudor and Sons. Tony enjoys watching movies and is awesome at trivia.





Double the Hydration

Bakersfield reaches into the 100-degrees in summer and extreme heat can be dangerous for those 65 and older. Nutrition experts say you can double up your hydration by snacking on fresh produce with a high-water content. There will be several "Hydration Stations" around our community with different fruits, veggies, and H2O to help you stay better hydrated this summer season.



Family Movie Night

Get ready for a night with your loved ones! Join us for a family movie night filled with laughter, excitement, and the smell of fresh popcorn. Bring your favorite snacks and enjoy a movie that everyone will love. We can't wait to see you there. Please RSVP 661-218-8330

Featured Movie: Peter Pan
Date/Time: 6/02/23 at 6:30
Location: Dining Room

Candid Corner



Passport Event to Mexico!



Summers are for BBQ & Friends

What's **NEW!** New?



Out & About

Calling All Men

Join us for a fun-filled time at our upcoming men's social event with our Administrator, Doug Rice. This social is a great opportunity for our male residents to meet new people, connect with others, and share interests. Refreshments provided. Don't miss out on this chance to be a part of an awesome community of men!

Friday, 6/30, at 4pm
Private Dining Room

AL Monday Outings @ 11am

- 6/5 - Shopping: Walmart
 - 6/12 - Lunch: Cracker Barrel
 - 6/19 - Ice Cream: Dewar's
 - 6/26 - Scenic Drive
- Signups required for weekly outings as seating is limited.*

Memory Care Friday Outings @ 10am

- 6/2 - Ice Cream Drive
- 6/9 - Ice Cream Drive
- 6/23 - Lunch Bunch
- 6/30 - Garden Shopping

Fun Facts!

- Summer is the season with the most thunderstorms.
- June is the month with the longest daylight hours of the year.
- The month of June is named after the Roman Goddess Juno.
- June has its own beetle named after it "June Bug"
- U.S. Army Birthday - June 14, 1775
- First Typewriter was introduced June 23, 1868

HAPPY
Father's Day



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