



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



### 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

## July 2023



### Welcome to July!

Happy July! As we enter the heart of summer, let us take a moment to reflect on the beauty of this season.

From the warm sunshine to the blooming flowers, there's so much to be grateful for. It is a time for new beginnings and fresh starts. Whether it's trying a new

hobby or exploring a new place, let's embrace the opportunities that come our way. As we come together, let's remember the importance of community. Perhaps share some stories, play or try new games, or simply enjoying each other's company. We are stronger when we support one another. Help us make this a month of kindness, compassion, and connection. Together, we can make this a month to remember. Let's celebrate the joys of life and cherish each moment together.

*"It's the friends we meet along the way that make us appreciate the journey."*





### Welcome Home!

We are happy to welcome our newest friends to

The Palms at San Lauren.

- William & Rose H.
- Cherlyn S.
- Drew Lynn.
- Patricia M.
- Sue L.
- Beverly R.
- Sharon W.

*Meet & Greet Happy Hour,  
July 7th at 2:30pm  
Location: AL Activity Room*

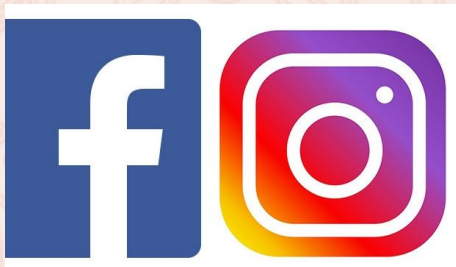
### Happy Birthday to the Following Residents!

- Vera M. 7/7
- William H. 7/7
- Donna P. 7/21
- Laura S. 7/30

*Celebrating July Birthdays  
July 14th at 2:30pm  
Location: Dining Room*

Want to see pictures of our events? Go "LIKE"

The Palms at San Lauren social media accounts on Facebook & Instagram.



### July 4th Celebration

The Fourth of July is a day that is celebrated across the United States. A day to celebrate the history and traditions of the U.S., and to reflect on the values that the country was founded on. It's a time to remember the sacrifices made by the people who fought for our independence, and to celebrate the freedoms that we enjoy today. It's also a day that is marked by parades, fireworks, and barbecues. It will be a day to reflect on our history and to celebrate the values that make our country great! With that being said, we extend an invitation for everyone to join us in remembering and celebrating this Fourth of July with us here at The Palms! It's a great way to come together with friends and family to celebrate our country's independence. We hope to see you here!

### Fourth of July Luncheon

July 3rd at 12pm

Location: Main Dining Room

Music Performance by:

"Jukebox Johnny"

RSVP Only Limited Seating!

661-218-8330



### Resident Spotlight

Loren was born in 1943 and grew up in Arvin, CA before moving to Bakersfield. He had 3 children and worked for an oil company for most of his life. In 1960, he was drafted into the Army and took a troop ship to Vietnam. Mr. Hampton is a gifted storyteller who has shared his experience in detail. We enjoy spending time with him because of his infectious personality and positive outlook on life. Loren loved to fish in his free time. He tells us about the big fish he caught and he's so proud of it he has a picture of it in his room! He is also a huge LA Dodgers fan and loves to watch their games. You can always count on him to bring his enthusiasm and passion to any conversation about the Dodgers. Loren, we hope this captures just how much you mean to us. We love your silly personality. Thank you for bringing so much joy to the people around you.



# With Sympathy



## Our Condolences

Our Deepest Condolences to the family and friends of our beloved friends,

Lynn G.  
Donald S.

We will truly miss our friends here at The Palms at San Lauren.

*"Even though they may be gone,  
Their memory will always  
live on."*

## Save the Dates

- 7/3- 4th of July Luncheon
- 7/7- Happy Hour Residents' Meet & Greet
- 7/14- Celebrating July Birthdays
- 7/19-Chef's Cookie Decorating Class
- 7/25- Chef's Chat and Resident Council
- 7/27- Men's Social w/Doug
- 7/28-Passport Destination Event "Hawaii"

Special event flyers can be found posted by the AL Activity Room and on dining room tables the day before the event

## Hanging Out With Chef Christina

Come join us for a fun and interactive cookie decorating class where you'll get to meet our community Chef, Christina, and learn some of her favorite decorating techniques! Create your own delicious masterpieces to take home and enjoy! July 19th at 2:30pm Dining Room



## Out & About

### AL Monday Outings 11am

- 7/10- Shopping: Target
  - 7/17- Lunch: Billies Bamboo Chopsticks
  - 7/24- Lunch: Applebee's
  - 7/31-Shopping: Kohl's
- Sign-ups required for weekly outings as seating is limited.

### Memory Care Friday Outings 10am

- 7/7- Pizza Drive
- 7/14-Ice Cream Drive
- 7/21-Scenic Drive
- 7/28-Slushy Drive

## Candid Corner



Memorial Day Ceremony



Bakersfield Senior Prom

## Fun Facts!

- The Fourth of July became an official federal holiday in 1941 but celebration and festivities had been taking place since the late 18th century.
- July is the hottest month of the year.
- The name July was named after Roman general Julius Caesar.
- July is national ice cream and hot dog month.



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