



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

November 2023



A November to Remember

As the leaves change and the air gets crisp, November brings us a season of gratitude and togetherness. We're excited for the upcoming activities, from cozy indoor crafts to invigorating outdoor walks, embracing the beautiful fall weather. With the colder days upon us, let's take advantage of this time of year.

Speaking of November, our kitchen team is ready to delight your taste buds with hearty, comforting meals. As we move into the holiday season, let's cherish these moments and make lasting memories. Remember, family visits are always welcome. Let's make this a month to remember with love, laughter, and lots of pumpkin everything! We hope to see you here!



Community News



Happy Birthday to the Following Residents!

- Toni C. -11/8
- Loren H.-11/8
- John P. -11/23
- Rosemary B. -11/24
- Cherlyn S. -11/26
- Mary Lou P. - 11/27

*Celebrating November Birthdays
November 3rd at 2:30pm in the
Dining Room*

Upcoming Events

- Daily Exercise Groups
- Assisted Living Outing- Mondays at 11am
- Memory Care Outing - Fridays at 10am
- 11/3 - Celebrating November Birthdays
- 11/9 - Veterans' Celebration
- 11/15 - Hap-pie Family Night
- 11/17 - Friendsgiving
- 11/24 - Happy Hour: Residents Meet & Greet
- 11/28 - Chef's Chat & Resident Council
- 11/30 - \$1 Bingo Night

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

Veterans Day

Veterans Day is a time of deep respect and gratitude. We honor those who have served our country, acknowledging their bravery and sacrifice. Our residents, many of whom are veterans themselves, hold a special place in our hearts.

We invite everyone to join us in showing our appreciation. Whether it's a warm smile, a heartfelt thank you, or a small act of kindness, every gesture matters. It's a chance to show our veterans that their service is not forgotten.

Veterans Day is more than just a date on the calendar. It's a reminder of the courage and dedication of our servicemen and women. It's a day to reflect on the freedoms we enjoy because of their service. At The Palms, we celebrate our veterans not just on Veterans Day, but every day. So let's come together to honor our heroes. Let's show them the love and appreciation they deserve.

*November 9th, 2023
Luncheon: Starts at 11am
Pinning Ceremony and refreshments: Starts at 2pm
Location: Dining Room*



Happy Thanksgiving!

As November rolls in, we're excited for Thanksgiving. It's a time for gratitude, unity, and delicious food. It's also a moment to reflect on our blessings and express thanks for the love and support we receive. We invite our community to join us, bring family and friends together. Let's celebrate the bonds we share over a traditional meal. Remember, it's not just about the food, but the love and warmth we share. It's a time when we open our hearts and homes, sharing our blessings with others. This Thanksgiving, we're not just eating, we're creating memories. From the laughter to the stories shared, it's a time to cherish. So, let's gather, eat, and give thanks together.

*Friendsgiving Luncheon
November 17th, 2023
Starting at 12pm*



Thanksgiving Poem

Happy Thanksgiving
May the warm glow of autumn surround you as you celebrate the holiday with family & friends.

Pie in the Sky

November is a time for togetherness and gratitude. We'd like to invite you to our Hap-pie Friendsgiving & ask that you please bring your family-favorite pie. We can enjoy each other's company while music fills the air! Let's make this November one to remember. RSVP by 11/13/2023, call 661-218-8330

November 15th, 2023

Time: 6:30pm

Location: Dining Room



Tasty Creation Class

Join Tasty Creation Classes throughout the month of November. Unleash your inner Chef: We love getting a group of friends together to make simple delicious treats! Tasty Creation Social is one our favorite groups here at The Palms; it's so much fun from making chocolate-covered pretzels to cheesy pizza adding different toppings. Bring your own recipes or suggestions on what to make in upcoming classes. We always end up with tasty and creative assortments of treats.



5 Ways of Being Grateful

Being grateful is a wonderful way to bring positivity into our lives. Here are five ways to cultivate gratitude:

- Count Your blessings
- Express gratitude
- Practice mindfulness
- Pay it forward
- SMILE

Remember, gratitude is a mindset that can be nurtured and developed.

1, 2, 3-CHEESE!



"Always a good time at The Palms"

Spiritual Corner

Friendly Reminder:

- Bible Studies with Pastor Anthony Tuesdays at 10am in AL Activity Room.
- Catholic Fellowship with Fran Tuesdays at 1:30pm Private Dining Room
- Gospel Music with Valley Baptist Church Members Second Thursday of the month at 10:30am Memory Care

Out & About

AL Monday Outing 11am

- 11/6 - Shopping: Walmart
 - 11/13 - Lunch: Mexicali
 - 11/20 - Shopping: Hobby Lobby & Lunch at Panera
 - 11/27 - Shopping: Walmart
- Sign-ups required for weekly outing as seating is limited.**

Memory Care Friday Outing 10am

- 11/3 - Scenic Drive
- 11/10 - Lunch Bunch
- 11/17 - Lunch Bunch
- 11/24 - Scenic Drive



"Texas Passport Event"



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