



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

December 2023



It's the Most Wonderful Time of the Year

Hello everyone! Welcome to December, a month filled with magic, warmth, and joy. The winter weather is setting in, bringing cozy evenings perfect for sitting by the fireplace, sipping hot cocoa, and sharing stories. Get ready for a month of fun activities! We've planned a host of events to keep you busy and entertained. From craft sessions to movie nights, to festive sing-alongs, there's something for everyone. December is also a month to share kindness. Let's make an effort to appreciate, support, and be friendly with each other during this season. Give a smile, lend a hand, and spread the love. Stay tuned for more updates as we journey through this delightful month. Happy December!



Community News



Happy Birthday to the Following Residents!

- Judy F. -12/4
- Robert M. -12/5
- Judy K. -12/11
- William H. -12/18
- Glenita F. -12/19
- Robert A.-12/27
- Holly W.-12/29
- Clarence Y.-12/30
- Velda B.-12/31
- Melvyn M.-12/31

*Celebrating December Birthdays
Friday, December 1st, 2023
at 2:30pm*

Welcome Home!

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

- Curtis & Beverly R.
- Juanita M.
- Gloria H.
- Linda H.
- Wanda C.

*Meet & Greet Happy Hour,
Wednesday, December 27th*

Friendly Reminder:

In the month of December, there are so many exciting events coming up. We would love to celebrate them with you! Please RSVP for all schedule events by calling 661-218-8330

-Thank you



December Events

- Celebrating December Birthdays: **Friday the 1st at 2:30pm**
- Hoffman Caroling Group: **Wednesday the 6th at 2pm**
- Girl Scout Caroling: **Thursday the 7th at 6pm**
- GSA Cheer Caroling: **Friday the 8th at 6pm**
- Valley Baptist Church Caroling: **Saturday the 9th at 5pm**
- AL outing Holiday Lights: **Monday the 11th at 5:30pm**
- Family Movie Night: **Wednesday the 13th at 6:30pm**
- MC outing Holiday Lights: **Thursday the 14th at 5:30pm**
- Palms Holiday Caroling Party: **Friday the 15th at 2:30pm**
- Family Candlelit Dinner: **Thursday the 21st at 5pm**
- New Year's Eve Celebration: **Friday the 29th at 2:30pm**



Family Movie Night

Hello everyone! We are excited to let you know about our upcoming movie night at the Palms! It's not just a chance to enjoy a great film together, but also an opportunity to connect, share laughs, and create memorable moments with our loved ones. So come join us for a heartwarming night, we're certain it will bring smiles and warmth to our residents who deserve so much love.

Wednesday, December 13th at 6:30pm in the dining room



Holiday Candlelit Dinner

We've got something special this month planned for everyone. We are thrilled to invite you to our very special candlelit dinner. It's going to be an evening filled with warmth, delightful food, and a radiant ambiance. Family and Friends, kindly RSVP to ensure we have your table ready. We're looking forward to sharing this exceptional evening with you!

**Thursday, December 21st 2023
Starting at 5pm**



Elf on the Shelf

Attention dear residents!
We've got a fun surprise starting this month. Our new cheeky Elf is visiting us once a week on Thursdays! He'll be hiding and getting up to his naughty shenanigans around The Palms. If you catch him causing mischief, let us know! Let's enjoy the hunt for our delightful little troublemaker.



Evening Outing

The Holiday season is upon us and we are excited to announce, The Palms will be boarding the bus for an evening of holiday lights around town on Monday December 11th and Thursday December 14th at 5:30pm. Don't forget to wear warm clothing and bring a blanket as it will be cold outside.



Wit & Wisdom

"When you hear the bell, you feel a tug at your heart."
—Vera Nazarian

"Life's not always going to be bells and whistles ... the only thing you can control is your attitude."
—Gary Woodland

"A bell is no bell till you ring it,
A song is no song till you sing it,
And love in your heart wasn't put there to stay,
Love isn't love till you give it away!"
—Oscar Hammerstein II

"Bells are music's laughter."
—Thomas Hood

"True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked."
—Erich Segal

"Those evening bells!
Those evening bells! How many a tale their music tells ..."
—Thomas Moore

"Don't bother to ring a bell in the ear that doesn't listen."
—Michael Bassey Johnson

"Ring in the old, ring in the new,
Ring, happy bells,
across the snow:
The year is going, let him go;
Ring out the false,
ring in the true."
—Alfred Lord Tennyson



New Year's Eve Bash

Wow 2023 went by so fast! The Palms at San Lauren plans to make this New Year's Eve Party one to remember with friends, dancing, laughing, food and drinks. Let's Countdown into 2024 together.

Join us on Friday, December 29th Starting at 2:30pm
Location: Dining Room
Special Performance by:
"The Flying Marinos"



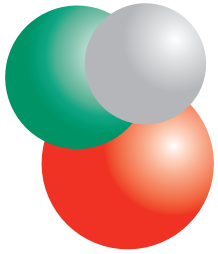
Out & About

AL Monday Outing 11am

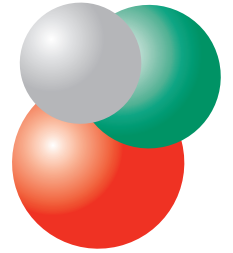
- 12/4- Olive Garden
 - 12/18- Shopping: Walmart
- Only 2 wheelchairs during shopping outings.

Memory Care Friday Outing 10am

- 12/1- Donut Drive
- 12/8- Scenic Drive
- 12/22- Lunch Bunch



Greetings of the Season



Happy Holidays! Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!



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