



Guard the Heart

Our heart is the center of our existence, both physically and emotionally. Protecting it and safeguarding ourselves to ensure our heart is thriving is the key to a long, healthy and fulfilled life. This month, we focus on the keys to maintaining the health and integrity of our hearts through our **Lifestyle 360 Signature Program "Guard the Heart."** This encompasses doing all of the physical things to ensure a productive and vibrant heart and also developing strategies to influence more positivity and emotional health! This month might include programs from engaging in heart healthy exercise and eating to managing stress, connecting with others, and finding purpose and meaning in life. It's all in an effort to guard and protect our hearts! We need our hearts for a long and happy life!

EXCELLENCE
at The Palms
EMPLOYEE OF THE MONTH
Lily Gimeno
Palms Caregiver



RESIDENT BIRTHDAYS

Audrey2nd Herta.....11th
Ann5th Arnold.....13th
Jenny.....10th Freda.....29th
Bob11th



Happenings

FEBRUARY 2019



Chinese New Year, Valentine's Day and More at The Palms

Start the month with excitement at our **Super Bowl Tailgate Party** on Sunday, **the 3rd**, at 3:00 p.m. Dress in your team attire and join the fun along with snacks and beverages in the Family Room.

Chinese New Year begins on Tuesday, **the 5th**. We will prepare for this festive event with special entertainment on the preceeding Saturday and a delicious Chinese lunch to mark the start of the New Year. 2019 is the year of the pig.

We're getting an early start in the spirit of Valentine's as "**Ashley the Entertainer**" makes another appearance here at The Palms. His show a few months ago left everyone in awe! Welcome him back for a "**Love Birds**" Extravaganza on Thursday, **the 7th**, at 2:45 p.m.

The next big event is **Valentine's Day** and we have you covered with our **Cupid Special**. We will have carnations and

boxes of chocolates that you can purchase for your loved one or yourself. The cost is just \$1 for flower with a card or a \$1 for a box of chocolate with a card. We will also have voting for our "**Palms Sweethearts**" beginning on Sunday, **the 3rd**. Make sure you participate!

On Valentine's Day—Thursday, **the 14th**, we've arranged a day you're sure to love! Take care of your sweet tooth at the Bake Sale in the Lobby. Our Dining staff has arranged a very special luncheon to celebrate the occasion. We will have the **Crowing of the Palms Sweethearts** at 3:00 and round out the day with a fabulous show by **Cupid's Dancing Girls** at 7:00 p.m.

We will still be hosting our weekly raffle where just \$1 get you a chance to win the prize for the week.

Share your love with family, friends, neighbors and staff members. Have a great month.

JANUARY MEMORIES

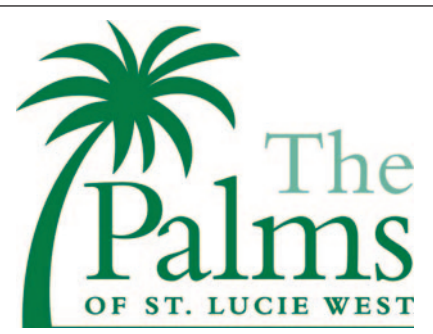


Amazing how a miniature horse can bring a huge amount of joy!

THE PALMS ASSISTED LIVING



The Palms of St. Lucie West
Independent Living, Assisted Living and Memory Care
501 N.W. Cashmere Boulevard • Port St. Lucie, FL 34986
(772) 344-7441



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>February 2019 • The Palms</div> <div><div>Lifestyle360</div><div><div>FIVE STAR</div><div>SENIOR LIVING</div></div></div>						
					<div>NAT'L. WEAR RED DAY Buy a Valentine! 9:30 Current Events with John (FR) 10:00 Watercise (VP) 10:30 Travelogue Show (FR) 10:30 Bible Study (BTR) 11:15 Walking Club (PL) 1:30 Big Bucks Bingo (AR) 3:00 Popcorn and Movie</div>	
<div>Begin Voting for "Palms Sweetheart" SUPER BOWL SUNDAY 9:00 <i>Depart: Church Runs</i> 11:15 One-on-One Visits 1:30 Bingo—Payday \$1.25 (AR) 3:00 Super Bowl Tailgate Party (FR)</div>	<div>10:00 Chair Exercise (FR) 10:30 Rosary Reading with Legion of Mary 11:00 <i>Depart: Lunch Outing at Manatee Island</i> 2:00 Arts and Crafts—Ceramics (AR) 3:00 Bingo—Payday \$3.50 (AR) 4:00 Blackjack (AR)</div>	<div>CHINESE NEW YEAR 9:30 Current Events with John (FR) 10:30 <i>Depart: Scenic Ride</i> 12:00 Chinese New Year Lunch 1:30 St. Bernadette's Church (FR) 2:00 Pet Therapy with Harley 3:00 Bingo (AR)</div>	<div>10:00 <i>Depart: Shopping Trip to Walmart*</i> 1:30 Arts and Crafts—Mod Podge Projects (AR) 2:30 Trivia and Riddles (FR) 3:00 Bingo (AR) 4:00 Blackjack (FR)</div>	<div>10:00 Zumba Exercise (FR) 11:00 Mind Games (AR) 1:15 Bingo (AR) 2:45 "Love Birds" Extravaganza Starring Ashley "The Entertainer" (FR)</div>	<div>9:30 Current Events with John (FR) 10:00 Watercise (VP) 10:30 Travelogue Show (FR) 10:30 Bible Study (BTR) 11:15 Walking Club (PL) 1:30 Big Bucks Bingo (AR) 3:00 Popcorn and Movie—"All About Eve" (FR) 5:00 Music with Dinner</div>	<div>Heart Healthy Reminder Call a Loved One 10:30 Exercise Class (FR) 11:00 Wii Bowling (FR) 1:30 Bingo—Payday \$1.25 (AR) 3:00 Card Shark Table—Blackjack (AR)</div>
<div>9:00 <i>Depart: Church Runs</i> 11:15 One-on-One Visits 1:30 Bingo—Payday \$1.25 (AR) 3:00 Ice Cream Party (FR)</div>	<div>Heart Healthy Reminder Express Yourself Through Art 10:00 Chair Exercise (FR) 10:30 Rosary Reading with Legion of Mary 11:00 Let's Jenga (AR) 2:00 Arts & Crafts—Painting (AR) 3:00 Bingo—Payday \$3.50 (AR) 4:00 Blackjack (AR)</div>	<div>9:30 Current Events with John (FR) 1:30 St. Bernadette's Church (FR) 2:00 Pet Therapy with Harley 3:00 Bingo (AR)</div>	<div>Last Day to Buy a Valentine 10:00 <i>Depart: Walmart*</i> 1:30 Arts and Crafts—Valentine Sun Catchers (AR) 2:30 Trivia and Riddles (FR) 3:00 Bingo (AR) 4:00 Blackjack (FR) 7:00 Crossword Puzzles (FR)</div>	<div>VALENTINE'S DAY Bake Sale in the Lobby 10:00 Chair Exercise (FR) 11:00 Mind Games (AR) 12:00 Valentine's Day Lunch 1:00 Philanthropist Appreciation 1:30 Bingo (AR) 3:00 Crowning of the Palms Sweethearts (L) 7:00 Cupid's Dancing Girls Show (FR)</div>	<div>9:30 Current Events with John (FR) 10:00 Watercise (VP) 10:30 Travelogue Show (FR) 10:30 Bible Study (BTR) 11:15 Walking Club (PL) 1:30 Big Bucks Bingo (AR) 3:00 Popcorn and Movie—"Now, Voyager" (FR)</div>	<div>10:30 Exercise Class (FR) 11:00 Wii Bowling (FR) 1:30 Bingo—Payday \$1.25 (AR) 3:00 Card Shark Table—Blackjack (AR)</div>
<div>9:00 <i>Depart: Church Runs</i> 11:15 One-on-One Visits 1:30 Bingo—Payday \$1.25 (AR) 3:00 Ice Cream Party (FR)</div>	<div>PRESIDENTS' DAY 10:00 Chair Exercise (FR) 10:30 Rosary Reading with Legion of Mary 11:00 <i>Depart: Scenic Trip</i> 12:00 Presidents' Day BBQ (DR) 2:00 Arts and Crafts—Beading (AR) 3:00 Bingo—Payday \$3.50 (AR) 4:00 Presidents' Day Trivia (AR)</div>	<div>9:30 Current Events with John (FR) 10:30 Resident and Food Council Meeting (AR) 1:30 St. Bernadette's Church (FR) 2:00 Pet Therapy with Harley 3:00 Bingo (AR)</div>	<div>10:00 <i>Depart: Shopping Trip to Walmart*</i> 1:30 Arts and Crafts—Wood Works (AR) 2:30 Trivia and Riddles (FR) 3:00 Bingo (AR) 4:00 Blackjack (FR) 6:00 Board Games with St. Bernadette's Church (AR)</div>	<div>Heart Healthy Reminder Ride Down a Scenic Route 10:00 Chair Exercise (FR) 11:00 Mind Games (AR) 1:30 Bingo (AR) 3:00 Happy Hour with Entertainment by Ron (FR)</div>	<div>9:30 Current Events (FR) 10:00 Watercise (VP) 10:30 Travelogue Show (FR) 10:30 Bible Study (BTR) 11:00 Music with Billy (FR) 11:15 Walking Club (PL) 12:00 Birthday Bash (DR) 1:30 Big Bucks Bingo (AR) 3:00 Popcorn and Movie—"Love Me or Leave Me" (FR)</div>	<div>10:30 Exercise Class (FR) 11:00 Wii Bowling (FR) 1:30 Bingo—Payday \$1.25 (AR) 3:00 Card Shark Table—Blackjack (AR)</div>
<div>9:00 <i>Depart: Church Runs</i> 11:15 One-on-One Visits 1:30 Bingo—Payday \$1.25 (AR) 3:00 Ice Cream Party (FR)</div>	<div>Heart Healthy Reminder Go to Exercise Class 10:00 Chair Exercise (FR) 10:30 Rosary Reading 11:00 <i>Depart: Lunch Outing at Olive Garden</i> 2:00 Arts and Crafts—Crochet Projects (AR) 3:00 Bingo—Payday \$3.50 (AR) 4:00 Blackjack (AR)</div>	<div>9:30 Current Events with John (FR) 10:30 <i>Depart: Scenic Ride</i> 1:30 St. Bernadette's Church (FR) 2:00 Pet Therapy with Harley 3:00 Bingo (AR)</div>	<div>10:00 <i>Depart: Shopping Trip to Walmart*</i> 1:30 Arts and Crafts—Acrylic Abstracts (AR) 2:30 Trivia and Riddles (FR) 3:00 Bingo (AR) 4:00 Blackjack (FR) 7:00 Crossword Puzzles (FR)</div>	<div>10:00 Chair Exercise (FR) 11:00 Mind Games (AR) 1:30 Bingo (AR) 3:00 Happy Hour with Entertainment by Ann Sullivan (FR)</div>	<div>ACTIVITIES & EVENTS LOCATION CODES (AR) Activity Room (FR) Family Room (VC) Villas (BTR) Bridges to (L) Lobby Clubhouse Rediscovery (PL) Parking Lot (VP) Villas Pool <i>Bold italic type indicates off-property trips.</i> CALENDAR SUBJECT TO CHANGE. Check the Home Channel for the latest information.</div>	