

AUGUST 2023

**Management
TEAM**

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

LAURIE ALLEN
Administrator

BETH KELLEY
Sales Manager

DANIELLE CASTRO
Nurse Manager

ROBERT ZELANO
Executive Chef

DEBBIE ECKER
*Human Resources
Manager*

ANDREW VEERASAMMY
Facilities Manager

OSHANE ANDERSON
Maintenance

TATIANA BRACHO
Activity Manager



A word from your
ADMINISTRATOR

For many, August is the time to return to school and get ready for the Fall season to begin.

But for us it is the hottest month of the year, typically. August means welcoming a calm peaceful time of year before the holidays begin in the following months.

July was exciting, Elvis' performance was spectacular and our visit to the Peter & Julie Cummings Library was perfect. We are going to continue to visit on a regular basis. August brings a lot of fun; I can't wait to see all the activities that we have planned. Don't forget our monthly birthday party, it will be great. The Spirit of 45' era comes to our community for a remembrance celebration and dress up opportunity.

If you are out and about, or simply outside in the rocking chairs enjoying our beautiful lake, please be sure to drink lots of water to stay properly hydrated. Remember we have fresh fruit and infused water available daily in the Ice Cream Parlor daily.

Thank you very much for being part of the Grand Oaks of Palm City family. Coolest wishes for a wonderful August.

Laurie Allen

Laurie Allen
Administrator





Chef's
SPECIAL

CILANTRO AND LIME SHRIMP SKEWER



Skewered Shrimp, Grilled to order and basted with a Cilantro Lime Butter...., Try them Blackend with the Sides of the day, or on a hot summer day over an Entrée Salad with the dressing of your choice. Seasonal Specials are with Limited Availability



New Move-Ins *Welcome!!!*

Linda B.
Douglas S.



Happy **BIRTHDAY!!!**



AUG 01 Mildred C.

AUG 05 Renee T.

AUG 08 Sylvia M.

AUG 17 Ruby M.

AUG 19 Margaret S.

AUG 20 Frederick S.



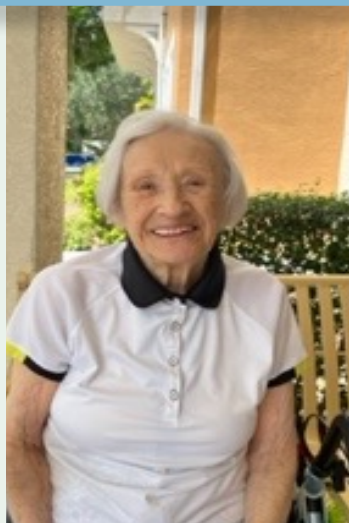
Guess the **RESIDENT**

**WHO IS THE
RESIDENT?**

Find out
who this
is on the
back of the
newsletter!



JOSEPHINE (JOE) P.



Born in Pennsylvania, October 28th, 1928, she has six sisters and a brother. Josephine went to a private school in Pennsylvania. One of her favorite childhood memories was being with her family and ice skating. She also went to college and got a business degree. She married Jack Palmer, he passed away last year, they have two children together. A boy and a girl; John and Jill, her son is a teacher, and her daughter is a lawyer. She has two grandsons and a granddaughter.

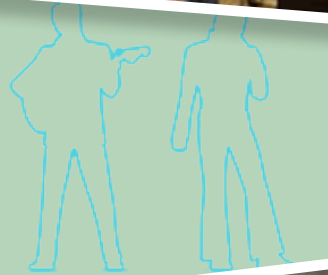
Joe was an Administrative Assistant in International Security Affairs at the Pentagon where she got the Highest Civilian Award for service. She describes herself as kind, loving and caring. Her hobbies are playing golf, tennis, (which she can't do anymore) bridge and travel. She has had the opportunity to travel often around the world. One thing that people don't know about her is that she was a Eucharistic minister for 40 years.

Her favorite thing about living at Grand Oaks is the kindness and friendliness of everyone. Also, she loves to play Bingo!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>GRAND OAKS ASSISTED LIVING OF PALM CITY</div>		<div>1</div> Celebrate the Day - International Mahjong Day Nails Day /Hair Salon 9:30 Meditation & Exercise 10:00 Jeopardy 11:00 Play Bingo 2:00 Tovertafel Demo 3:00 How to Play Mahjong 4:30 Sit & Chat	<div>2</div> Celebrate the day - National Ice Cream Sandwich Day! Bank Day 9:30 Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch " Pylos Greek Kuzina " 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Social Ice Cream 4:30 Sit & Chat	<div>3</div> Celebrate the Day - National Watermelon Day! 9:30 Meditation & Exercise 10:30 Play Bingo 11:00 Mind & Melody (MC) 1:30 Painting w/ Valerie 3:30 Matt Performance 4:30 Sit & Chat 4:30 Memory Care Support Group	<div>4</div> Celebrate the Day - National Water Balloon Day! Hair Salon 9:30 Drumming 10:15 Play 5 Crowns 11:00 Meet Vitas Team 2:00 Coffee Time & Cookies 3:00 Joe Cowboy Performance 4:15 Water Balloon Kryptonite	<div>5</div> Celebrate the Day - National Sunflower Day! 9:30 Meditation & Exercise 10:00 Brain Games 11:00 Karin & Charles Performance 2:00 Play Bingo 3:30 Go for a Ride 4:00 Sit & Chat 6:15 Confession w/Father Martin 6:30 Catholics Mass
<div>6</div> Celebrate the Day - National Root Beer Float Day! 9:30 Worship your Way 10:30 Meditation & Exercise 11:00 West Performance 2:00 Play Bingo 3:00 Social Ice Cream 4:30 Sit & Chat	<div>7</div> Celebrate the Day - Purple Heart Day! Nail's Day 9:15 Chair Yoga w/ Rae 10:30 Retail Therapy " Style Encore " 2:00 Walgreens 2:00 Relax Coloring 3:00 Purple Heart Warriors: Tears of a Warrior by Tony Seahorn. 4:30 Sit & Chat	<div>8</div> Celebrate the Day - International Infinity Day! Nails Day /Hair Salon 9:30 Meditation & Exercise 10:00 Rummikub 11:00 Creating W/Clay 2:30 Monthly Birthday Party 50's 3:30 Movie "The Man Who Knew Infinity"	<div>9</div> Celebrate the Day - National Book Lovers Day! Bank Day 9:30 Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch "Townies Restaurant" 11:00 Creating W/Taty 1:30 Catholic Eucharistic Minister 2:00 Publix 3:30 Peter & Julie Cummings Library 4:30 Sit & Chat	<div>10</div> Celebrate the Day - National S'mores Day! 9:30 Meditation & Exercise 10:30 Brain Game 11:00 Daryl Performance/Mind & Melody 1:30 Painting w/ Valerie 3:00 Play Bingo 4:30 Sit & Chat	<div>11</div> Celebrate the Day - Global Kinetic Sand Day! Hair Salon 9:30 Drumming 10:15 Let's Get Creative 11:00 Mariano Performance 2:00 Ceramic Class w/ Granny 3:30 Play Pool 4:30 Sit & Chat	<div>12</div> Celebrate the Day - National Bowling Day! 9:30 Meditation & Exercise 10:00 Trivia Game 10:45 Blind Bingo 3:00 Ron Finn Performance 3:30 Play Bowling. 4:30 Sit & Chat
<div>13</div> Celebrate the Day - National Prosecco Day! 9:30 Worship your Way 10:30 Meditation & Exercise 11:00 Bingo 2:30 Shazkya Performing 3:30 Karaoke & Happy Hour 4:30 Sit & Chat	<div>14</div> Celebrate the Day - National Spirit of 45's Day! Nail's Day 9:15 Chair Yoga w/Rae 10:30 Walgreens 11:00 Coloring w/ Betty 2:00 Retail Therapy " Walmart " 3:30 Documentary "The Spirit of 45's" 4:00 Sit & Chat	<div>15</div> Celebrate the day - National Lemon Merengue Pie Day! Nails Day /Hair Salon 9:30 Meditation & Exercise 10:00 Rummikuk 11:00 Play Bingo 2:00 Resident Council Meeting 3:00 Play Cards (5 Crowns, Rummy, Gin) 4:30 Sit & Chat	<div>16</div> Celebrate the Day - National Tell a Joke Day! Bank Day 9:30 Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch " Maya's Restaurant " 11:00 Creating W/Taty 1:30 Catholic Eucharistic Minister 2:00 Publix / Coffee Time 3:30 TEDx Talks "Laughter is Medicine" 4:30 Sit & Chat	<div>17</div> Celebrate the Day - National Thrift Shop Day! 9:30 Meditation & Exercise 10:30 Family Feud 11:00 Lauren Performance 2:00 Blind Bingo 3:00 Let's Get Creative 4:00 Sit, Chat and Play Outside	<div>18</div> Celebrate the Day - National Pinot Noir Day! Hair Salon 9:30 Drumming 10:15 Jeopardy 11:00 Silver Wings Performance 2:00 Dog Therapy for Human Society 3:00 Join Us for Pinot Noir 4:00 Play Pool	<div>19</div> Celebrate the Day - World Humanitarian Day! 9:30 Meditation & Exercise 10:00 Show Tell 11:00 Karin & Charles Performance 2:00 Blind Bingo 3:30 Go for a Ride
<div>20</div> Celebrate the Day - National Chocolate Pecan Pie Day! 9:30 Worship your Way 10:30 Meditation & Exercise 11:00 Bingo 2:00 Teatime 3:00 Joel Performing 4:30 Sit & Chat	<div>21</div> Celebrate the Day - National Seniors Citizens Day! 9:15 Chair Yoga w/Rae 10:30 Retail Therapy "Home Goods" 2:00 Walgreens 3:00 Zen Coloring 4:30 Sit & Chat.	<div>22</div> Celebrate the day - National Be an Angel Day! Nails Day /Hair Salon 9:30 Meditation & Exercise 10:00 Rummikub 11:00 Play Bingo 2:00 Movie Time "Angels in the Outfield" 4:30 Sit & Chat	<div>23</div> Celebrate the Day - National Cuban Sandwich Day! Bank Day 9:30 Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch " City Dinner " 11:00 Creating W/Taty 1:30 Catholic Eucharistic Minister 2:00 Publix / Relax Coloring 3:30 Peter & Julie Cummings Library 4:30 Sit & Chat	<div>24</div> Celebrate the Day - National Peach Pie Day! 9:30 Meditation & Exercise 10:00 Brain Games 11:00 Blind Bingo/Mind & Melody 1:30 Painting w/ Valerie 3:00 Play Gin 3:30 Linda Performance 4:30 Sit & Chat	<div>25</div> Celebrate the Day - National Banana Split Day! Hair Salon 09:30 Drumming 10:15 Brain Games 11:00 Let's Get Creative. 1:30 Carla Holbrook Performance 2:30 Social Ice Cream 3:30 Relax Coloring	<div>26</div> Celebrate the Day - National Dog Day! 9:30 Meditation & Exercise 10:30 Brain Game 11:00 Play Bingo 2:00 Mango Time 3:00 Cesar Performance 4:30 Sit & Chat
<div>27</div> Celebrate the Day - king of the Jungle Day! 9:30 Worship your Way 10:30 Meditation & Exercise 11:00 Bingo 2:00 Rosalyn Performance 3:00 Out-of-doors Social today 4:15 Sit & Chat	<div>28</div> Celebrate the Day - Ringer Day! Nail's Day 9:15 Chair Yoga w/Rae 10:30 Retail Therapy " JcPenney " 2:00 Walgreens 2:00 Relax Coloring 3:00 Movie Time 4:30 Sit & Chat.	<div>29</div> Celebrate the day - Hallmark Day! Nails Day /Hair Salon 9:30 Meditation & Exercise 10:00 Rummikub 11:00 Play Bingo 2:00 Happy Hour 3:00 Hallmark Movie 4:30 Sit & Chat	<div>30</div> Celebrate the Day - Get Down Tonight! Bank Day 9:30 Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch " Benihana " 11:00 Creating W/Taty 1:30 Catholic Eucharistic Minister 2:00 Publix / Relax Coloring 3:30 TEDx Talks "You are Contagious." 4:30 Sit & Chat	<div>31</div> Celebrate the Day - National Eat Outside Day! 9:30 Meditation & Exercise 10:00 Family feud 11:00 Blind Bingo/Mind & Melody 1:30 Painting w/ Valerie 3:00 Lou Performance 4:30 Sit & Chat	<div>August 2023</div>	

Grand Oaks Assited Living Palm City /3550 SW Corporate Pkwy, Palm City, FL 34990/ Phone Number: 772.529.6000



Employee SPOTLIGHT

DANIELLE CASTRO NURSE MANAGER



Born in Ft Lauderdale, Florida July 26th, 1978, and moved to Martin County in the early 1980's where she completed her studies and graduated from Martin County High School and then Indian River State College. She has been married for 26 years to Rocky, they have 3 children together a daughter Selene and twin boys; Jeremiah and Anthony. Her favorite childhood memory is spending the summers with her grandmother in Bennington, Vermont and growing up on her grandfather's ranch in Indiantown, Florida.

Before coming to Grand Oaks, she worked in real estate for 18 years as owner of Tri-County Title Insurance & Escrow Company. She sold the company and went to nursing school. Upon graduation she worked in acute nursing with a specialty in Psych.

Something that she really enjoys is gardening in her backyard oasis. She loves tropical plants and fruit trees; fishing has been one of her hobbies for 30 years. Her family-owned Roosevelt Bridge Bait & Tackle in Stuart so she has always been involved in the sport of fishing. Her favorite thing about working at Grand Oaks is working with Beth, Laurie and all the staff, they all are an amazing team.

She adores all the residents and their families, helping and making sure everyone is healthy. Seeing her residents smile makes her heart happy. Also having families trust in her nursing abilities to care for their loved ones is what makes my job enjoyable and rewarding. She finished "Thank you to all the residents and families. XOXO"







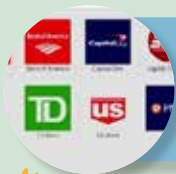
Calendar Spotlight

*Our Roots
Run Deep
IN OUR
COMMUNITY*



*Mondays &
Tuesdays*

} Manicure & Pedicure



*Every
Wednesday*

} Bank Day



August 16th

} Miracle-Ear Day



*Mondays &
Wednesdays*

} Peter & Julie Cummings Library

Guess the Resident Answer: Doris M.