

MARCH 2026 NEWSLETTER

Management TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

ANITA TOPPING
Administrator

TARA WESTER
Nurse Manager

ROBERT ZELANO
Executive Chef

DEBBIE ECKER
*Human Resources
Manager*

OSHANE ANDERSON
Maintenance

TATIANA BRACHO
Activity Manager



A word from your ADMINISTRATOR

Dear Residents and Families,

As we continue through the month of March, we are excited to share meaningful experiences, celebration, and community connection here at Grand Oaks Palm City.

On March 13th, we will gather for a Celebration of Life in honor of our beloved resident, Mildred Coben, as we come together to remember and celebrate the memories she leaves behind.

Residents will also enjoy our St. Patrick's Day celebration with live entertainment from Joe Cowboy, our Monthly Birthday Party with Linda performing, and a special visit from Silver Wings.

We look forward to welcoming Martin County Veterans Services as they meet with our veterans and their spouses to share valuable information about available benefits and resources.

One of our biggest events of the season will take place on March 21st — our 7th Annual Classic Car Show featuring live music, food and drinks, an ice cream truck, raffles, and the OneBlood Donation Bus. We are also pleased to welcome Teen Melody School of Music, who will begin visiting monthly.

Later in the month, Dignity Memorial will host an educational seminar, "Your Life, Your Legacy," and we are pleased to welcome Teen Melody School of Music, who will begin visiting us monthly.

March is truly a month of celebration, reflection, and connection. Thank you for being part of our Grand Oaks family. We look forward to creating meaningful moments together.

Warm regards,

Anita Topping
Anita Topping
Administrator





CHEF'S
SPECIAL

DUCK
A L'ORANGE'



Crisp Duck quarter, Roasted and Deglazed with Florida Orange juice, Orange Zest, and Orange Liqueur. Served with a side of Pecan Cranberry wild rice.



Happy
BIRTHDAY!



MAR
1

Victoria L.

MAR
5

Charlie G.

MAR
13

Maxine C.

MAR
28

Carol M.

MAR
29

James B.



GOLD COIN SCAVENGER HUNT

Oh no! A mischievous leprechaun dropped his gold coins all over this newsletter. As you read, keep track of these gold coins hiding throughout the pages. When you reach the end, check the back cover — the amount will be revealed at the end of the rainbow!



GUESS THE RESIDENT



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



New Move-Ins WELCOME!

- Linda S.
- Joan C.
- Roselinde B.
- Vera W.
- Walter S.
- Joan S.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>9:30 Roll the Dice 10:30 Worship your Way 11:00 Presbyterian Communion 11:00 Sing Along 2:00 Play Bingo 3:30 Chat & Have a Sip of Wine HAPPY BIRTHDAY VICKY!</p>	<p>2</p> <p>9:15 Fall Prevention & Mobility 10:30 Walgreens 11:00 Build your Brain 2:00 Social Tea Time & Cookies 3:30 Play Rummy</p> <p>Purim Begins</p>	<p>3</p> <p>9:15 Yoga w/ Rea 10:00 Brain Game 11:00 Play Rummikub 2:00 Play Bingo 3:30 Movie Time</p>	<p>4</p> <p>9:00 NAIL'S DAY 9:30 Zen Coloring 10:30 Zumba w/ Teri 11:00 Armchair Travel 1:30 Catholic Eucharistic Minister 2:00 PUBLIX 3:10 Play Right, Left & Center</p>	<p>5</p> <p>9:30 Chair Tai Chi 10:00 Rummikub 11:00 Play Bingo 1:30 Watercolor w/ Valerie 3:30 Play Shuffleboard/Pool</p> <p>HAPPY BIRTHDAY CHARLIE!</p>	<p>6</p> <p>Hair Salon 8:30 19th Annual AI School Musical Little Mermaid 10:00 Pet Therapy 11:00 Brain Games 1:30 Bible Study Non Denominational By Holy Redeemer 3:00 Social Ice Cream</p>	<p>7</p> <p>9:30 Stretching your Body 10:30 Brain Games 11:00 Play Bingo 2:00 David Rivers Performance 3:20 Movie Timel 6:15 Confession W/Father Martin 6:30 Catholics Mass</p>
<p>8</p> <p>9:30 Roll the Dice 10:30 Worship your Way 11:00 Play Bingo 2:00 Mike on his Piano 3:30 Chat & Have a Sip of Wine</p> <p>Daylight Saving Time Begins</p>	<p>9</p> <p>9:15 Fall Prevention & Mobility 10:30 CVS Pharmacy 11:00 Build your Brain 2:00 Social Tea Time & Cookies 3:30 Play Rummy</p>	<p>10</p> <p>9:15 Drumming 10:00 Mini Manicure 11:00 Creating W/Clay 2:00 Play Bingo 3:30 Movie Time</p>	<p>11</p> <p>9:30 Zen Coloring 10:30 Zumba w/ Teri 11:00 Lunch Bunch "Maya's Restaurant" 1:30 Catholic Eucharistic Minister 2:00 PUBLIX 3:10 Play Right, Left & Center</p>	<p>12</p> <p>9:30 Chair Tai Chi 10:00 Rummikub 11:00 Play Bingo 1:30 Watercolor w/ Valerie 3:30 Play Shuffleboard/Pool</p>	<p>13</p> <p>Hair Salon 9:15 Chair Yoga w/Rae 10:15 Brain Games 11:00 Arts & Craft (St. Patricks) 1:30 Bible Study Non Denominational By Holy Redeemer 2:30 Mildred's Celebration of life HAPPY BIRTHDAY MAXINE!</p>	<p>14</p> <p>9:30 Stretching your Body 10:30 Brain Games 11:00 Karin & Charles Performance 2:00 Play Bingo 3:20 Movie Time</p>
<p>15</p> <p>9:30 Roll the Dice 10:30 Worship your Way 11:00 Play Bingo 2:00 Carla H. Performance 3:30 Chat & Have a Sip of Wine</p>	<p>16</p> <p>9:15 Fall Prevention & Mobility 10:30 Bank Trip 11:00 Build your Brain 2:00 Social Tea Time & Cookies 3:30 Play Rummy</p>	<p>17</p> <p>9:15 Drumming 10:00 Brain Game 11:00 Play Rummikub 2:00 Celebrate St. Patricks Day W/ Joe Cowboy 3:30 Movie Time</p> <p>St. Patrick's Day </p>	<p>18</p> <p>9:30 Zen Coloring 10:30 Zumba w/ Teri 11:00 Retail Therapy "bealls Outlet" 1:30 Catholic Eucharistic Minister 2:00 PUBLIX 3:10 Play Right, Left & Center</p>	<p>19</p> <p>9:30 Chair Tai Chi 10:00 Rummikub 11:00 Play Bingo 1:30 Watercolor w/ Valerie 3:00 Monthly Birthday Party W/ Linda</p>	<p>20</p> <p>Hair Salon 9:15 Chair Yoga w/Rae 10:15 Pet Therapy 11:00 Arts & Craft 1:30 Bible Study Non Denominational By Holy Redeemer 3:00 Silver Wings Performance</p> <p>Spring Begins</p>	<p>21</p> <p>9:30 Stretching your Body 10:30 Brain Games 11:00 to 2:00 7th Classic Car Show Food, Drinks, Live Music, Raffles, Ice Cream Truck</p>
<p>22</p> <p>9:30 Roll the Dice 10:30 Worship your Way 11:00 Play Shuffleboard/Pool 2:00 Play Bingo 3:30 Chat & Have a Sip of Wine</p>	<p>23</p> <p>9:15 Fall Prevention & Mobility 10:30 Walgreens 11:00 Build your Brain 2:00 Social Tea Time & Cookies 3:30 Play Rummy</p>	<p>24</p> <p>9:15 Drumming 10:00 Mini Manicure 11:00 Play Bingo 2:00 Veterans Meeting By Martin County Veteran Services 3:30 Movie Time</p>	<p>25</p> <p>9:30 Zen Coloring 10:30 Zumba w/ Teri 11:00 Lunch Bunch "Townies's Rest." 1:30 Catholic Eucharistic Minister 2:00 PUBLIX 3:10 Play Right, Left & Center</p>	<p>26</p> <p>9:30 Chair Tai Chi 10:00 Rummikub 11:00 Play Bingo 1:30 Watercolor w/ Valerie 3:30 Play Shuffleboard/Pool</p>	<p>27</p> <p>Hair Salon 9:15 Chair Yoga w/Rae 10:15 Brain Games 11:00 Arts & Craft 1:30 Bible Study Non Denominational By Holy Redeemer 3:00 Town Hall Meeting & Social Ice Cream</p>	<p>28</p> <p>9:30 Stretching your Body 10:30 Brain Games 11:00 Guess the Song 2:00 Teen Melody Performance 3:20 Movie Time</p> <p>HAPPY BIRTHDAY CAROL!</p>
<p>29</p> <p>9:30 Roll the Dice 10:30 Worship your Way 11:00 Play Shuffleboard/Pool 2:00 Play Bingo 3:30 Chat & Have a Sip of Wine HAPPY BIRTHDAY JAMES! Palm Sunday</p>	<p>30</p> <p>9:15 Fall Prevention & Mobility 10:30 Walgreens 11:00 Build your Brain 2:00 Social Tea Time & Cookies 3:30 Play Rummy</p>	<p>31</p> <p>9:15 Drumming 10:00 Brain Game 11:00 Educational Seminar "Your Life, Your Legacy" By Dignity Memorial 2:00 Play Bingo 3:30 Movie Time</p>	<h1>March 2026</h1> <h2>Grand Oaks Assisted Living Palm City</h2>			

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

SUBJECT TO CHANGE



RESIDENT SPOTLIGHT

PETER & KARIN KOCH



This month we are delighted to feature a wonderful couple in our Grand Oaks family — Peter and Karin Koch! Peter grew up in Greenfield, Massachusetts, while Karin was raised in Manchester, Connecticut. Family has always been important to them. Karin has one sister, and Peter grew up in a lively household with five brothers and one sister.

Their love story began at Upsala Lutheran College, where they both attended school. After graduating, they didn't waste any time — they were married just five days after graduation! Talk about knowing when you've found the right person.

Together, they built a beautiful family. They have three children (one daughter and two sons), five grandchildren, and are joyfully expecting their first great-grandchild.

Before moving to Grand Oaks, Karin had a meaningful career as a real estate agent and also worked as an intellectual and developmental disability professional caregiver, dedicating herself to helping others.

Peter worked for 25 years with Digital Equipment Corporation, followed by four years working with the Government of Massachusetts under the Governor, and also served as a Town Selectman for the town of Harvard.

They both have special interests that keep life enjoyable. Karin loves cooking, and Peter enjoys visiting the Art Museum. Something you may not know about Karin — she sings in an award-winning quartet with Sweet Adelines, a well-known women's harmony organization!

When asked what they enjoy most about living at Grand Oaks, they shared that they love the birds and the beautiful flowers around the facility.

We are so grateful to have Peter and Karin as part of our community. Their lifelong partnership, accomplishments, and warm presence make Grand Oaks even more special.





EMPLOYEE SPOTLIGHT

MYSIAH



This month we are proud to highlight Mysiah, a strong, inspiring, and dedicated member of our Grand Oaks family!

Mysiah was born in November 1973 in Indiana. She is the oldest of five brothers, a role that helped shape her leadership, strength, and caring spirit. She attended Muncie Central

High School in Indiana and later earned her associate's degree as a Medical Assistant from Brown Mackie College in Indianapolis, IN.



At 41 years old, Mysiah married her husband, Anthony, in Southaven, Mississippi. While she does not have birth children of her own, together they share a beautiful, blended family with Anthony's seven children. They enjoy spending time together deep-sea fishing, exercising, watching sports, and traveling whenever they can.



One of Mysiah's favorite childhood memories is when her grandparents surprised her and her cousin with tickets to see Michael Jackson in concert as young teenagers — a moment she still treasures today!

Before joining Grand Oaks, Mysiah had an exciting career on the road. She drove 18-wheelers across the United States, proudly becoming a Professional CDL driver after being trained by her husband before attending truck driving school. Accomplishing that goal was a proud moment in her life.



Something truly remarkable about Mysiah is that she is a double organ transplant recipient, having received both a kidney and a pancreas nearly 10 years ago. Her strength, resilience, and gratitude for life shine through everything she does.

Her favorite part about working at Grand Oaks? Seeing the residents smile and laugh throughout the day.



We are so grateful for Mysiah's strength, compassion, and positive spirit. Thank you, Mysiah, for being such a special part of our team!



*Calendar
Spotlight*

*Our Roots
Run Deep
IN OUR
COMMUNITY*

March 17th

St. Patrick's Day Celebration
2:00pm



March 19th

Monthly Birthday Party
3:00pm



March 28th

Teen Melody Performance
2:00pm



Guess the Resident Answer: Pat Arrigoni