Letter from the Executive Director

For most of us, the holidays are a time to share the joys of family, warmth, friendship and love. Sometimes, though, the holidays can be an emotional — and physical — drain as well. It’s normal to feel a little out of sorts with all the changes in routine that happen this time of year. Here are a few ideas for making the holidays easier and more enjoyable:

1. **Stroll down memory lane.** Holidays can provoke especially powerful memories. Photo albums, family videos and music — even theme songs from radio or TV programs — help stimulate and strengthen memories, which is great “brain exercise!” Sharing your memories is important too. You may be pleasantly surprised how fascinated some young children are to hear how it was “when I was your age”!

2. **Amidst this reminiscing, be sure to create some new memories too!** Everyone needs something to anticipate. Add something special to the holiday celebration by volunteering with your friends and family to help others. Enjoy activities that are free, like bus rides to look at holiday decorations, or window-shopping along a festive downtown street.

3. **Keep on the sunny side.** Did you know that regular exposure to daylight helps fend off the effects of conditions like SAD (seasonal affective disorder)? Whenever you can, participate in activities that get you outside. Here’s wishing you a fun, happy and joyful holiday season!

Warm regards,
Eveton Spencer

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**Birthdays**

Virginia H., 6th
Hilda F., 16th
Geeta K., 28th

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**Featured Community: Savannah Grand of Sarasota**

Adjacent to the main entrance of Palmer Ranches residential communities, Savannah Grand is part of the Palmer Ranches neighborhood. Known locally for over 10 years as “The Grand,” Savannah Grand offers superb retirement living in a two-story, hotel-style building. Enter the grand lobby looking through the beautiful courtyard and you will feel like you are in an intimate resort hotel of another era. Around the corner in “Grand Central,” activities are almost always taking place. Turn to the main dining room for an elegant, restaurant-style meal. Soothing yet striking colors and style will hold your gaze as you meander another era. Around the corner in “Grand Central,” activities are almost always taking place. Turn to the main dining room for an elegant, restaurant-style meal. Soothing yet striking colors and style will hold your gaze as you meander.

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**Month at a Glance**

December 2013

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**Music therapy**

**Our Associates**

Everton Spencer
Executive Director
Patricia Powers
Business Office Manager
Beverly Kolov
Sales & Marketing Director
Kevin Apalungo
Marketing Relations Director
Kathleen Mills
Director of Health Services/RN
Jacques Charles
Food & Beverage Director
Mary Yanez
Resident Programming Director
Lillie Hill Cherelius
Social Services Director
Mike Donals
Director of Maintenance
Chris Delehanty
Housekeeper

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**Music show**

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**Horticulture therapy**

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**New entertainer Nanci Suzanne**

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**Savannah Court of the Palm Beaches**

2090 N. Congress Avenue • West Palm Beach, FL 33401
Phone: 561-686-5100 • Fax: 561-686-9530 • Assisted Living Facility License #8367

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**SLM Services LLC**

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**Letter from the Executive Director**

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**Events**

Dec. 8 — Amanda P.
Dec. 16 — Hilda F.
Dec. 9 — Shirley W.
Dec. 29 — Herbert

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**Birthdays**

Dec. 8 and 22, 2:30 p.m.
Dec. 1 and 29, 6 p.m.
Dec. 17 Birthday Celebration Max Green, 6 p.m.

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**Shows on Sundays**

Dec. 1, 6 p.m.
Dec. 25, Christmas Day Celebration with Herbert

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<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Painting Class, ALL</td>
<td>10:30</td>
<td>Exercises for Seniors, ALL</td>
<td>10:30</td>
<td>Christmas Carols Performers: Palm Beach School, ALL</td>
<td>9:45</td>
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<td>Mexican Dominoes, ALA</td>
<td>1:00</td>
<td>Art and Crafts, ALL</td>
<td>10:30</td>
<td>Grace Fellowship Hymnal &amp; Songs, ALL</td>
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<td>Grace Fellowship Church, ALD</td>
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<td>Christmas Carols Performers: Palm Beach School, ALL</td>
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<td>Sunday Social, ALL</td>
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<td>3:30</td>
<td>Marva Lopez Musical Show, ALD</td>
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<td>Grace Fellowship Hymnal &amp; Songs, ALL</td>
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<td>Rummikub</td>
<td>6:30</td>
<td>Bingo Night, ALL</td>
<td>10:30</td>
<td>Christmas Carols Performers: Palm Beach School, ALL</td>
<td>3:30</td>
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<td>Chair Exercises, ALL</td>
<td>10:30</td>
<td>Exercises for Seniors, ALL</td>
<td>10:00</td>
<td>Bridge Club, ALA</td>
<td>6:30</td>
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<td>Dominoes, ALL</td>
<td>11:00</td>
<td>Catholic Services</td>
<td>11:00</td>
<td>Christmas Carols Performers: Palm Beach School, ALL</td>
<td>10:00</td>
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<tr>
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<td>Rummikub and Bridge Club, ALL</td>
<td>11:00</td>
<td>Catholic Services</td>
<td>11:00</td>
<td>Christmas Carols Performers: Palm Beach School, ALL</td>
<td>10:30</td>
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<td>Painting Class, ALL</td>
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<td>Seniors, ALL</td>
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<td>Rachel Hidden Treasures, ALL</td>
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<td>1:00</td>
<td>Art and Crafts, ALL</td>
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<td>Ice Cream Social, ALD</td>
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<td>The Village Baptist Church, ALD</td>
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<td>Special Bingo, ALD</td>
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<td>Gifts, ALL</td>
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<td>Sunday Social, ALL</td>
<td>3:00</td>
<td>Rummikub, ALD</td>
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<td>Kenny B Saxophone Vocals, ALD</td>
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<td>Sunday Social</td>
<td>6:30</td>
<td>Scrabble, ALL</td>
<td>3:30</td>
<td>Blackjack, ALD</td>
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<td>Chair Exercises, ALD</td>
<td>10:00</td>
<td>Macy’s</td>
<td>6:30</td>
<td>Movie Night, ALL</td>
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<tr>
<td>11:00</td>
<td>Dominoes, ALL</td>
<td>10:00</td>
<td>Merry Christmas, ALL</td>
<td>2:00</td>
<td>Bingo, ALD</td>
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<tr>
<td>11:00</td>
<td>The Village Baptist Church, ALD</td>
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<td>Bridge Club, ALA</td>
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<tr>
<td>1:00</td>
<td>Art and Crafts, ALL</td>
<td>10:30</td>
<td>Merry Christmas, ALL</td>
<td>10:00</td>
<td>Bridge Club, ALA</td>
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<td>11:30</td>
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<td>Macy’s</td>
<td>12:30</td>
<td>Ice Cream Social, ALD</td>
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<td>Gifts, ALL</td>
<td>1:30</td>
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<tr>
<td>2:30</td>
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<td>Special Bingo, ALD</td>
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<td></td>
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</tbody>
</table>

**Locations**

- **Assisted Living Activity Room, ALA**
- **Assisted Living Patio, ALP Courtyard, CY**
- **Library, LIB**
- **Paking Lot, PL**
- **Assisted Living Lobby, ALP Private Dining Room, PDR**

All programs and scheduled times are subject to change.
Ol’ Blue Eyes

Frank Sinatra was born on Dec. 12, 1915, in Hoboken, N.J. He knew from a young age that he wanted to be a performer, and he started singing for tips at a local restaurant at the age of 8. He was a member of his high school glee club, but he ended up dropping out of school and performing at clubs full time.

In 1933, his mother persuaded a local group called The Three Flashes to let Sinatra join them, and they later became the Hoboken Four. They ended up winning a talent contest organized by Edward Bowes and went on a national tour. However, after the tour ended, Sinatra didn’t have any prospects in the music industry, so he came back to New Jersey and became a singing waiter. The restaurant broadcast the waiters’ performances on the radio, and one night, the wife of bandleader Harry James heard Sinatra sing and demanded Harry give Sinatra a job. James and Sinatra recorded 10 songs together, and then Sinatra joined the Tommy Dorsey Orchestra. His first single, “I’ll Never Smile Again,” was the first number-one hit on Billboard Magazine’s brand-new chart of top records. In 1941, Sinatra was named Male Vocalist of the Year by Billboard magazine.

Sinatra left the Dorsey Band in 1942 to start a solo career, signing with Columbia Records in 1943. He had an incredibly successful debut at Madison Square Garden and started making movie musicals after this appearance. “Step Lively” and “Higher and Higher” showcased his talents as an actor and singer.

In 1943, Sinatra’s starring role in “From Here to Eternity” earned him an Oscar for Best Supporting Actor. This award, along with his involvement in the musical group The Rat Pack, gave him a second wave of success. Though he officially retired in 1971, he continued to perform now and then for lucky audiences until the 1990s.

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Hilda F., 16th
Geeta K., 28th

Month at a Glance

Birthdays

Dec. 9 — Amanda P.
Dec. 16 — Hilda F.
Dec. 29 — Shirley W.

Events

Dec. 17 Birthday Celebration

Shows on Tuesdays, 2:30 p.m.

Dec. 23 Residents Holiday Party

Shows on Saturdays, 6:30 p.m.

Shows on Sundays

Dec. 8 and 22, 2:30 p.m.
Dec. 1 and 29, 6 p.m.
Dec. 25, Christmas Day Celebration with Herbert Dingle, 2:30 p.m.
Dec. 31, New Year’s Eve Celebration featuring Max Green, 6 p.m.

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Here’s wishing you a fun, happy and joyful holiday season!

Warm regards,
Everton Spencer