



SABAL PALMS

ASSISTED LIVING & MEMORY CARE

2125 Palm Harbor Parkway • Palm Coast, FL 32137



Director's Corner

The Serenity of Zen Gardens

Imagine a quiet, calm place where you can focus on the sights and sounds of nature. That serenity is at the heart of a Zen garden.

Also called rock gardens or dry landscape gardens, Zen gardens originated centuries ago in Japan with Buddhist monks, who built the gardens as peaceful places to spend time and contemplate their studies. Today, these gardens are popular throughout the world.

A Zen garden can be an outdoor space or a small section of a garden. Miniature versions, made to sit on a table or desk, are also common. No matter the size, there are shared elements. Groupings of stones are the focal point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

Some Zen gardens include plants and statues, but they are never cluttered. The simplicity and symmetry of the garden's features promote relaxation and reflection. Many people use a Zen garden as a place to meditate or simply feel a peaceful connection to nature.

September 2019

Executive Director	Brett Shibley
Business Office Manager	Jean Scerbo
Resident Care Supervisor	Danielle Bardwell
Memory Care Program Director	Laurie Stevenson
Community Relations Director	Corie Hansen
Community Outreach Director	Sandra Young
Environmental Service Director	Rick Van Norman
Executive Chef	George Gaunt
Activity Director	Renee Wrights
Activity Coordinator	Gabby Pantano
Transportation Supervisor	Jim Greenberg

Important Numbers

Front Desk	(386) 225-4070
After-Hours Number	(386) 276-3156
Fire, Police, Ambulance	911

Office Hours

Monday - Sunday 8 a.m. - 7 p.m.



Happy Birthday



Happy Birthday!

09/04 Ron N.
09/09 Elsa C.
09/16 Nancy M.
09/18 Winnie F.
09/19 Don M.
09/26 Carol C.

Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!



Birthday Celebration

If you're having a birthday this month, we hope it's the beginning of a year full of happy memories and wonderful moments. And we'd like to celebrate! Everyone is invited to our monthly birthday party for cake and entertainment! Check our calendar for the time and place.



We did a little Wine Tasting, Bev M (Above) and Ron "Coach" (Below) Trying a New Flavor, Chocolate Red Wine!



Easy Apple Tart

Ingredients:

- 1 refrigerated ready-to-use pie crust
- 1 pound Pink Lady apples, cored and sliced
- 2 tablespoons cold butter
- 1/4 cup granulated sugar
- 1 teaspoon cinnamon

Directions:

Remove pie crust from refrigerator and warm to room temperature, about 15 to 20 minutes.

Heat oven to 425° F.

Unroll the crust and place it on a large baking sheet. Arrange sliced apples on the crust, leaving about 2 inches of space around the edge.

Chop cold butter into small pieces and scatter over the apples.

Mix sugar and cinnamon together and sprinkle on top of the butter and apples.

Fold the sides of the open pie crust over the apples—this will not cover them, but contain them inside the crust.

Bake 20 to 25 minutes until crust is golden brown and apples are just soft.

Find more recipes at www.AppleForThat.com.



We All Had A Great Time At Red Lobster For Our Lunch Bunch Outing! Did You Miss This Time? Check The Calendar For Our Next Lunch Bunch Outing!



Welcome

Doris A.
Cyd P.

September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned.

Brain Bender: Fun on the Farm

The same five letters can be rearranged into four different words that will complete the story below. Can you figure out the missing words?

A farmer has hundreds of ___ ___ and deeply ___ ___ about the amount of rainfall. He ___ ___ around with a watering hose when the ground is dry enough to ___ ___ him about the possibility of crop failure.

(Answer: acres, cares, races, scare)

Q: What runs all around the pasture but never moves?

A: A fence.

The Ninth Month

September is the month with the longest name. Also, it is the ninth month and has nine letters in its name, the only month like that. The Anglo-Saxons called it *gerst monath*, or "barley month," because the crop was harvested at this time of year.



Meet Gabby! Our Journeys Coordinator!

Save the Date



Upcoming Events

- Every Tuesday & Thursday: Doctor Appointment Transportation
- Every Second Wednesday: Visiting the Nail Salon
- Every Fourth Wednesday: Personal Shopping
- Every Thursday: Happy Hour at 3:00 pm in the Wine Bar
- Every Friday: Mystery Ride at 1:30 pm, Meeting in the Lobby
- Every First Wednesday: Activity Meeting
- Every Third Wednesday: Resident Council





live *Life* to the fullest

SEPTEMBER 
Healthy Aging Month 



- | | |
|----------|------------|
| Apple | Harvest |
| Autumn | Labor Day |
| Books | Lake |
| Camp | Leaves |
| Country | Reflection |
| Earth | September |
| Fall | Tree |
| Football | Wind |

R	D	L	P	X	V	G	H	I	H	A	V	U	W	S
E	E	M	F	L	D	A	P	T	V	T	U	A	Z	P
B	U	F	P	A	U	L	L	S	R	Z	B	J	O	U
M	P	H	L	K	L	B	O	E	J	A	A	R	D	U
E	K	C	C	E	J	L	E	V	K	X	E	D	I	Z
T	G	W	A	N	C	J	L	R	N	R	L	O	X	K
P	Q	V	N	M	U	T	U	A	J	A	S	I	Y	J
E	E	E	S	Z	P	I	I	H	B	G	Y	B	B	W
S	D	L	F	T	U	O	W	O	Q	T	Q	O	E	L
T	A	Q	P	D	T	Y	R	T	N	U	O	C	J	F
H	J	B	W	P	A	D	S	P	V	K	Q	O	B	Z
I	Q	N	S	G	A	N	F	O	S	V	K	B	F	M
O	X	H	V	Y	Y	I	V	X	E	S	K	X	Z	E
S	N	O	J	N	M	W	Y	B	G	W	T	K	T	H