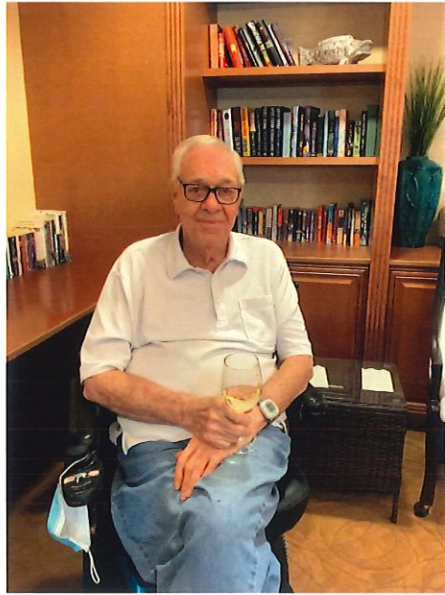


Only Counting the Happy Hours



Mr. White enjoys wine with friends social. Residents may indulge in an adult beverage, daily while socializing with their peers. Fun is sure to be had by all!

## Highlights for the Month

- Jan 4- Sweet Melissa Entertainment
- Jan 5- Resident Activity Meeting
- Jan 7- Shopping Trip
- Jan 12- Chef Chat
- Jan 14- Drum Circle w/ Nicole
- Jan 14- Live Entertainment w/ J.Brady
- Jan 19- Resident Council Meeting
- Jan 20- Painting with a purpose
- Jan 21- Shopping Trip
- Jan 26- Out for Lunch
- Jan 26- Birthday Celebration

## Note from our Executive Director

Contentment occurs when the human spirit is happy. Make the time to take care of yourself! So often we are caught up in the hustle and bustle of the day. Our personal and professional lives require time and commitment, sometimes more than what we think we are capable of. You have the inner strength to take care of yourself, you can develop the discipline to do what is good for you instead of what is good at the moment. It takes discipline to take the responsibility for your own well-being; you must do it because you are worth it. I see your commitment as you care for our residents, I know you have it within you to also take care of oneself.

Every day is new,  
The rest, determined by you,  
Make It a Great Day!

January 2022

## Sabal Palms News & Events



2125 Palm Harbor Parkway  
Palm Coast, FL 32137

## New Beginnings and endings

**Some of us will embark on new healthy habits in an attempt to end old habits. Let's kick-off healthy habits and new beginnings by staying squarely on a straight and narrow path!**

*Happy Birthday to you!!*

*January 4th- Valarie P.*

*January 7th- Joe S.*

*January 10th- Henry B.*

*January 12th- Dottie B.*

*January 17th- Mary B.*

*January 23rd- Delores A.*

