



Park Visalia

3939 West Walnut Avenue, Visalia, CA 93277
(559) 358-2289 • @ParkVisaliaSeniorLiving



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Resident Birthdays

- 11/7 Barbara S.
- 11/15 Josie R.
- 11/25 Louis R.
- 11/29 Khay H.

Employee Birthdays

- 11/7 Dayanara C.
- 11/8 Julieta O.
- 11/13 Nacho R.
- 11/16 Amanda K.
- 11/20 Nancy R.
- 11/29 Faith M.



**Congratulations to our
October's Employee of
the Month**
Karyna Lozano

A note from our... November 2024 **Executive Director**

Welcome Home!
November is around the corner and we have an exciting lineup of new programs to keep everyone engaged & active. Here's a sneak peek at what's happening in the coming month:

New to the Community
We are always looking for new ways to engage our Park Visalia family, and this month that means we are traveling to our Lifestyle Director's home state of Minnesota!

Meetings in the Theater Room
Don't miss our Resident Council and Lifestyle Meetings this month as these sessions are perfect for sharing ideas and gaining new insights about the community.

Chili Cook-off
With the cooler weather coming in, what better way to celebrate than a chili cook-off! Anyone is welcome to bring in a Chili dish for the contest. As a special thank-you, veterans are invited to join the chef's table as VIP Judges. Your expertise is highly valued! We look forward to discovering the champion chili chef.

As always, we look forward to seeing you at these events and making November a month full of fun filled memories!

Warm regards,
Amanda Kelsey
Executive Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 Hymns w/ Sophie (AR) 9:15 Outing- Walmart 10:00 Chair Exercise (WR) 11:00 Fancy Fingers (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 2:30 Craft- Day of the Dead (AR) 3:30 Happy Hour (AR) 6:15 Movie Night (TR)	2 Book Lover's Day 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Craft- Bookmarks (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 2:30 Outing- Barnes & Noble 4:15 HUR Exercise (WR) 6:15 Coin Bingo w/ John (AR)
3 Daylight Saving Ends 8:00 Outing- Church Services 10:30 Chair Exercise (WR) 12:00 Chronicles & Puzzles (DR) 1:30 Jeopardy (AR) 2:30 Minnesota Snack Making- Pickle Rollups (AR) 3:30 Uno (AR) 4:15 Women's Pizza Dinner (AR) 6:15 Painting Cornhole Board w/ John (AR)	4 Check Your Blood Pressure Day 9:30 Catholic Communion (TR) 10:00 Chair Exercise (WR) 10:30 Blood Pressure Check 12:00 Chronicles & Puzzles (DR) 1:00 Bingo (AR) 2:00 Resident Council Meeting (TR) 3:30 Live Performance- One Nation (B) 6:15 Coin Bingo w/John (AR)	5 Election Day 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Coloring Craze (B) OR Recipe Cards w/ Karla (AR) 12:00 Chronicles & Puzzles (DR) 1:00 Spin N Solve (AR) 2:00 Lifestyle Meeting (TR) 3:00 Baking- Lefse (MC) 4:15 HUR Exercise (WR) 6:15 Cornhole Game w/ John (B)	6 National Nacho Day 9:15 Outing- Aidi w/Molly 10:00 Chair Exercise (WR) 11:00 Word Formations (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:00 Tidbits & Bites w/Chef Molly (AR) 6:15 Coin Bingo w/ John (AR)	7 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Bible Study w/ Khay (TR) 12:00 Chronicles & Puzzles (DR) 1:30 "Sweet Sorrow", A Zombie Ballet" Watch Party (TR) 3:30 Spin N Solve (AR) 6:15 Resident Lead Poker (AR)	8 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 10:45 Outing- Rosa Brother's Ice Cream Tasting 11:00 Fancy Fingers (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:30 Happy Hour (AR) 6:15 Movie Night (TR)	9 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Craft- Thankful Wreaths (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Saturday Scattergories (AR) 4:15 HUR Exercise (WR) 6:15 Coin Bingo w/ John (AR)
10 9:00 Church Services - Live Stream (B & TR) 9:15 Outing- iHop 10:30 Chair Exercise (WR) 12:00 Chronicles & Puzzles (DR) 1:30 Jeopardy (AR) 2:30 Minnesota Snack Making- Rice Crispies (AR) 3:30 Uno (AR) 4:15 Men's Pizza Dinner (AR) 6:15 Cornhole Game w/ John (B) 6:15 Painting Cornhole Board w/ John (AR)	11 Veterans Day 8:00 Breakfast for Veteran's w/ NAS Lemoore Service Members (B) 9:15 Veteran's Pinning Ceremony 10:00 Chair Exercise (WR) 10:30 Blood Pressure Check 11:00 Craft- Patriotic Painting 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:30 Live Performance- Raymond Pitts, Clarinet (B) 6:15 Coin Bingo w/John (AR)	12 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Coloring Craze (B) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Baking- Almost Better than Anything Cake (MC) 4:15 HUR Exercise (WR) 6:15 Cornhole Game w/ John (B)	13 9:15 Early Morning Coloring (B) 10:00 Chair Exercise (WR) 11:00 Bird Watching (MC) 12:00 Chronicles & Puzzles (DR) 1:30 Movie Matinee- Little Big League (TR) 3:30 Happy Hour (B)	14 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Bible Study w/ Khay (TR) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (TR) 3:30 Pickle Taste-Testing (B) 4:15 HUR Exercise (WR) 6:15 Resident Lead Poker (AR)	15 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 10:45 Outing- Hungry Elephant (Indian) 11:00 Fancy Fingers (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:30 Happy Hour (AR) 6:15 Movie Night (TR)	16 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Craft- Beaded Corn (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Saturday Scattergories (AR) 4:15 HUR Exercise (WR) 6:15 Coin Bingo w/ John (AR)
17 8:00 Outing- Church Services 10:30 Chair Exercise (WR) 12:00 Chronicles & Puzzles (DR) 1:30 Jeopardy (AR) 2:30 Live Performance- Violin & Viola (B) 3:30 Uno (AR) 4:15 Women's Pizza Dinner (AR) 6:15 Cornhole Game w/ John (B) 6:15 Painting Cornhole Board w/ John (AR)	18 9:30 Catholic Communion (TR) 9:30 Service Project- Delivering Pastries to Ambulance Companies 10:00 Chair Exercise (WR) 11:00 Craft- Fall Coasters 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 6:15 Coin Bingo w/John (AR)	19 Play Monopoly Day! 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Coloring Craze (B) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Monopoly (AR) 4:15 HUR Exercise (WR) 6:15 Cornhole Game w/ John (B)	20 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 11:00 Word Formations (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 2:30 Chili Cookoff (B) 3:30 Veteran's Social 6:15 Coin Bingo w/ John (AR)	21 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Bible Study w/ Khay (TR) 10:30 Outing- Colima Restaurant & Rocket Fizz 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Tattoo Thursday! (B) 4:15 HUR Exercise (WR) 6:15 Resident Lead Poker (AR)	22 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 11:00 Fancy Fingers (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:30 Happy Hour (AR) 6:15 Movie Night (TR)	23 National Espresso Day 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Outing- Starbucks 11:00 Craft- Fleece Pillows (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Outing- Starbucks 3:00 Saturday Scattergories (AR) 4:15 HUR Exercise (WR) 6:15 Coin Bingo w/ John (AR)
24 9:00 Church Services - Live Stream (B & TR) 10:00 Chair Exercise (WR) 10:45 Outings- Bravo Farms 12:00 Chronicles & Puzzles (DR) 1:30 Jeopardy (AR) 2:30 Minnesota Snack Making- Puppy Chow (AR) 3:30 Uno (AR) 4:15 Men's Pizza Dinner (AR) 6:15 Cornhole Game w/ John (B) 6:15 Painting Cornhole Board w/ John (AR)	25 9:30 Catholic Communion (TR) 10:00 Chair Exercise (WR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:00 Paint & Sip w/ Karla (B) 6:15 Live Performance- Timothy Mattoz (B)	26 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Coloring Craze (B) 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Baking- Apple Crisp (MC) 4:15 HUR Exercise (WR) 6:15 Cornhole Game w/ John (B)	27 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 11:00 Word Formations (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:00 Cooking- Tater tot Hotdish (MC) 6:15 Coin Bingo w/ John (AR)	28 Thanksgiving 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 11:00 Pin the Tail on the Turkey 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 2:30 Charlie Brown Thanksgiving (TR) 3:30 Thanksgiving Scavenger Hunt (B) 6:15 Resident Lead Poker (AR)	29 9:15 Hymns w/ Sophie (AR) 10:00 Chair Exercise (WR) 11:00 Fancy Fingers (AR) 12:00 Chronicles & Puzzles (DR) 1:30 Bingo (AR) 3:30 Birthday Party (B) 3:30 Happy Hour (AR) 6:15 Movie Night (TR)	30 Small Business Day 9:15 Sunny Days Stroll (B) 10:00 Chair Exercise (WR) 10:30 Outing- Just Dough With It 12:00 Chronicles & Puzzles (DR) 1:30 Spin N Solve (AR) 3:00 Saturday Scattergories (AR) 4:15 HUR Exercise (WR) 6:15 Coin Bingo w/ John (AR)

What's Happening Now

Resident Council Meeting 11/04/24
Lifestyle Meeting 11/05/24

* For all other activities and outings please see our monthly calendar *



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Birthdays 11/7 - Dayanara C. 11/8 - Julieta O. 11/13 - Nacho R. 11/15 - Josie R. 11/16 - Amanda K. 11/20 - Nancy R. 11/25 - Lou R. 11/29 - Richard H. 11/29 - Faith M.</p>					<p>1</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Dementia Care Group 3:00 Paint & Sip 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>2</p> <p>Book Lover's Day 8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Bookmarks 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff</p>
<p>3 Daylight Saving Ends</p> <p>9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Minnesota Snack Making- Pickle Roll Ups 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff</p>	<p>4</p> <p>8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft 12:00 Chronicles & Puzzles 1:30 Bingo 2:00 Resident Council Meeting (TR) 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>5 Election Day</p> <p>8:45 Sunny Days Stroll 9:15 Outing- Rosa Brothers for Milk Tasting 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:00 Recipe Cards 3:00 Baking- Lefse 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff</p>	<p>6</p> <p>National Nacho Day 8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Beats & Balance w/ John 2:30 Blood Pressure Check & Nacho Bar w/ HCC 7:00 Movie Night</p>	<p>7</p> <p>8:45 Sunny Days Stroll 9:30 Rise & Energize- Weighted Chair Exercise 10:30 Tie Dye w/ Lo 11:00 Guess in Ten 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:30 Popsicles on the Patio 7:00 Puzzle Night w/ Carestaff</p>	<p>8</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>9</p> <p>8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Thankful Wreaths 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff</p>
<p>10</p> <p>9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Minnesota Snack Making- Rice Crispies 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff</p>	<p>11 Veterans Day</p> <p>8:45 Early Morning Coloring 9:15 Veteran's Pinning Ceremony 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Patriotic Painting 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>12</p> <p>8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:30 Outing- Rocket Fizz 3:00 Baking- Almost Better than Anything Cake 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff</p>	<p>13</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Afternoon Fun w/ Gentiva 2:30 Beats & Balance w/ John 3:30 Pickle Tasting 7:00 Movie Night</p>	<p>14</p> <p>National Pickle Day 8:45 Sunny Days Stroll w/ carestaff 10:00 Spa Day w/ Myra 12:00 Chronicles & Puzzles 1:30 Hymns w/ Carestaff 1:30 Rise & Energize- Weighted Chair Exercise 2:30 Arm Band Exercises 3:30 Pickle Taste-Tasting 7:00 Puzzle Night w/ Carestaff</p>	<p>15</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>16</p> <p>8:45 Sunny Days Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Beaded Corn 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff</p>
<p>17</p> <p>9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Beats & Balance w/ John 2:30 Live Performance- Violin & Viola (AL) 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff</p>	<p>18</p> <p>8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Fall Coasters 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>19</p> <p>8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:30 Outing- Barnes & Noble 3:00 Baking- Better than Wisconsin Cheese Curds 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff</p>	<p>20</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Beats & Balance w/ John 7:00 Movie Night</p>	<p>21</p> <p>8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Hymns w/ Sophie 2:30 Arm Band Exercises 3:30 Tattoo Thursday! 7:00 Puzzle Night w/ Carestaff</p>	<p>22</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>23</p> <p>National Espresso Day 8:45 Sunny Days Stroll w/ Carestaff 9:15 Outing- Starbucks 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Fleece Pillows 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff</p>
<p>24</p> <p>9:30 Lightfinder Church Services 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Coffee & Conversations Cards 12:00 Chronicles & Puzzles 1:30 Card Matching 2:30 Minnesota Snack Making- Puppy Chow 3:00 Beats & Balance w/ John 3:30 Hand Exercises 7:00 Silver Striders Walking Club w/ Carestaff</p>	<p>25</p> <p>8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 Rise & Energize- Weighted Chair Exercise 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Happy Hour & Karaoke 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>26</p> <p>8:45 Sunny Days Stroll 10:30 Outing- Mochido 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:00 Picture Trivia Tuesdays 3:00 Baking- Orange Sunshine Cake 4:15 Travelogue Tuesdays 7:00 Puzzle Night w/ Carestaff</p>	<p>27</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bird Watching & Education 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Birthday Party! 7:00 Movie Night</p>	<p>28 Thanksgiving</p> <p>8:45 Sunny Days Stroll 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Pin the Tail on the Turkey 12:00 Chronicles & Puzzles 1:30 Charlie Brown Thanksgiving 2:30 Arm Band Exercises 3:30 Thanksgiving Scavenger Hunt 7:00 Puzzle Night w/ Carestaff</p>	<p>29</p> <p>8:45 Early Morning Coloring 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Fancy Fingers w/Lo 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 Sock Matching w/ Sophie 7:00 Silver Striders Walking Club w/Care Staff</p>	<p>30</p> <p>Small Business Day 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Christmas Decorating 12:00 Chronicles & Puzzles 1:30 Outing- Just Dough with It 3:00 Baking w/ John 7:00 Silver Striders Walking Club w/ Carestaff</p>

What's Happening Now

Resident Council Meeting 11/04/24
Lifestyle Meeting 11/05/24

* For all other activities please see our monthly calendar *



Trunk or Treat



Trunks from Trunk or Treat



More Trunk or Treat!



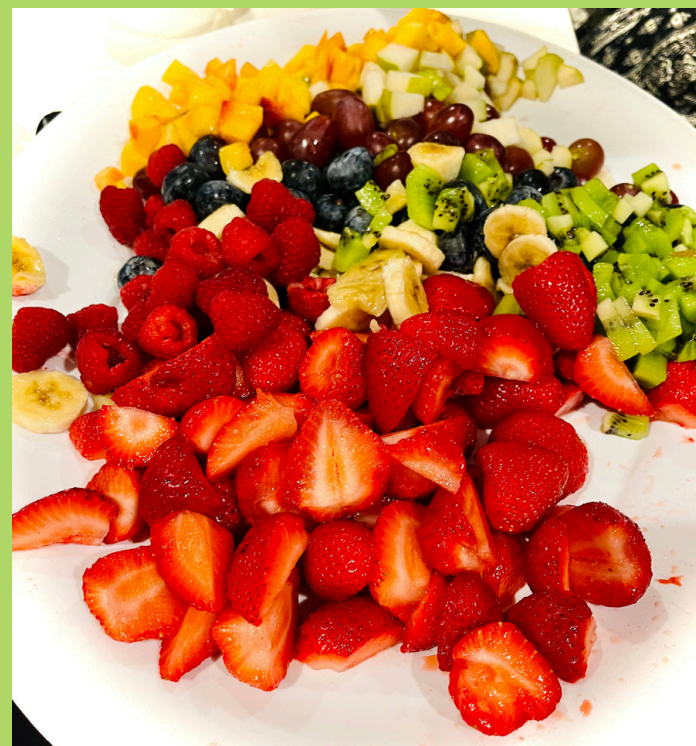
New Events in the Community



Just in time for Veteran's Day, we have assembled our first "Wall of Honor" for the men and women of our community who have bravely served in our armed forces. This year for Veteran's Day, our veterans and veteran's wives will have the opportunity to sit with service members from NAS Lemoore for breakfast at 8am in the lobby. After, we will hold a pinning ceremony for the veterans and the veteran's wives as a tribute to them and their sacrifices.



Chef Molly took us on our first Tidbits & Bites adventure to Sprouts Farmer's Market. That afternoon, she showed us how to create our own fruit dish. We loved this hands-on activity! We are looking forward to our next adventure when we go to Aldi to find more fresh produce to make into a yummy snack.



Smiling Faces of Park Visalia

