

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

APRIL 2023



<p>9:00 Church 2</p> <p>9:30 Workout Video—PLR</p> <p>11:30 Walking Group</p> <p>3:30 Hymn Singing—PLR</p> <p>12:00 Movie - PLR</p> <p>6:30 Movie - PLR</p> <p>Happy Birthday Marilyn James & Ruth Murray! <i>Palm Sunday</i></p>	<p>9:00 Chair Exercise w/ Tonya—3 PLR</p> <p>10:30 Palms Association Mtg - PLR</p> <p>1:30 \$1 Bingo - PDR</p> <p>2:00 CANCELLED: Fitness Fusion</p> <p>2:00 Ice cream social—OLR</p>	<p>9:30 Mobility w/ Thomas PLR 4</p> <p>10:00 Communion—PCR</p> <p>10:30 Banking</p> <p>11:00 Balance w/ Misty PLR</p> <p>11:00 G-Brothers Smokehouse</p> <p>1:00 Bridge-PCR</p> <p>1:30 Tai Chi video—OLR</p> <p>5:30 Welcome New Resident Table - ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 5</p> <p>10:00 Rite-Aid shopping</p> <p>11:00 Arthritis w/ Misty PLR</p> <p>12:00 Passover presentation w/Rabbi Micah Hyman PLR</p> <p>2:30 Oaks Association Mtg -OT <i>Passover Begins</i></p>	<p>9:30 CANCELLED: Yoga 6 (exercise video)</p> <p>10:00 CANCEL : Bible Study</p> <p>1:30 \$2 Bingo—PDR</p> <p>1:30 Tai Chi video—OLR</p> <p>2 :00 Walmart</p> <p>3:00 Doc. & Wine—PLR</p> <p>Happy Birthday Louise Skinner!</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 7</p> <p>10:00 Bible Discussion—GC</p> <p>11:00 Lip Reading—PGR</p> <p>1:30 Watercoloring-PAR</p> <p>2:00 Easter Party!—PLR</p> <p>3:00 Oso Lindo Band PLR</p>	<p>9:30 Meditation—PLR 8</p> <p>10:30 Gentle Yoga—PLR</p> <p>12:00 Dallidet Adobe and Gardens Docent Led</p> <p>1:30 Arts and Crafts—PAR</p> <p>3:00 Choir performance "Songs for the Ageless" PLR</p>
<p>9:00 Church 9</p> <p>9:30 Workout Video—PLR</p> <p>11:30 Walking Group</p> <p>12:00 Movie – PLR</p> <p>3:00 Easter Music MarDales PLR</p> <p>6:30 Movie - PLR <i>Easter Sunday</i></p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10</p> <p>11:00 Mindful Movement—PLR</p> <p>1:30 \$1 Bingo – PDR</p> <p>2:00 Fitness Fusion- PLR</p> <p>2:00 Grief & Loss Group PCR</p>	<p>9:30 Mobility w/ Thomas PLR 11</p> <p>10:00 Communion—PCR</p> <p>11:00 Balance w/ Misty PLR</p> <p>1:00 Bridge-PCR</p> <p>1:00 Superbloom wildflower drive outing</p> <p>1:30 Tai Chi video—OLR</p> <p>5:00 Welcome New Resident Table - PCR</p>	<p>8-12:00 Dr. Ziomek- PCR 12</p> <p>9:30 Chair Exercise w/ Tonya—PLR</p> <p>11:00 Arthritis w/ Misty PLR</p> <p>11:00 TASTE! Craft Eatery</p> <p>1:00-3:00 Evy Poetry Book Sale PCR</p>	<p>9:30 Yoga w/ Mary Ann- PLR 13</p> <p>10:00 CANCEL: Bible Study</p> <p>11:00 Book Mobile – GC</p> <p>1:30 \$2 Bingo—PDR</p> <p>1:30 Tai Chi video—OLR</p> <p>2:00 Target</p> <p>3:00 Doc. & Wine—PLR</p>	<p>9:30 Chair Exercise-PLR 14</p> <p>10:00 Bible Discussion—GC</p> <p>11:00 Lip Reading—PGR</p> <p>1:00 Superbloom wildflower drive outing</p> <p>1:30 Watercoloring -PAR</p> <p>3:00 The Bald Spots PLR</p> <p>Happy Birthday John Daily!</p>	<p>9:30 Meditation video-PLR 15 (Mary Ann out)</p> <p>2:00 Singing For Hope choir performance PLR</p> <p>1:30 CANCELLED: Arts and Crafts</p>
<p>9:00 Church 16</p> <p>9:30 Workout Video—PLR</p> <p>11:30 Walking Group</p> <p>3:30 Hymn Singing—PLR</p> <p>12:00 Movie - PLR</p> <p>6:30 Movie - PLR</p> <p>Happy Birthday Jean Womack!</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 17</p> <p>11:00 Mindful Movement—PLR</p> <p>1:30 \$1 Bingo – PDR</p> <p>2:00 Fitness Fusion w/ Mary Ann-PLR</p>	<p>9:30 Fall Prevention Interactive Presentation PLR 18</p> <p>10:00 Communion—PCR</p> <p>10:30 Banking</p> <p>11:00 Balance w/ Misty PLR</p> <p>1:00 Bridge—PCR</p> <p>1:30 Tai Chi video—OLR</p> <p>2:00 Holocaust Remembrance Day movie showing PLR</p> <p>5:30 Welcome New Res. Table – ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 19</p> <p>11:00 Arthritis w/ Misty PLR</p> <p>11:00 Tin City Eatery</p> <p>3:00 Trivia w/ Jack Hennessy-PCR</p>	<p>9:30 Yoga w/ Mary Ann-PLR 20</p> <p>10:00 Bible Study—PCR</p> <p>1:30 \$2 Bingo—PDR</p> <p>1:30 Tai Chi video—OLR</p> <p>1 – 3 SWAP MEET PLR</p> <p>3:00 Doc. & Wine—PLR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 21</p> <p>10:00 Bible Discussion—GC</p> <p>11:00 Lip Reading—PGR</p> <p>1:30 Watercoloring-PAR</p> <p>1:00 Greeter's Committee Meeting-PCR</p> <p>3:00 Still Kickin Band - PLR</p> <p>Happy Birthday Tricia Bramsen!</p>	<p>9:30 Meditation Video—PLR 22 (Mary Ann out)</p> <p>10:30 Earth Day Event @ Laguna Lake Park</p> <p>10:30 Book Club-PGR</p> <p>2:00 "Racing Extinction" Doc. Showing for Earth Day—PLR</p> <p>Happy Birthday Connie Hammond! <i>Earth Day</i></p>
<p>9:00 Church 23</p> <p>9:30 Workout Video—PLR</p> <p>11:30 Walking Group</p> <p>12:00 Movie - PLR</p> <p>6:30 Movie - PLR</p>	<p>9:30 Chair Exercise—PLR 24</p> <p>11:00 Mindful Movement—PLR</p> <p>1:30 \$1 Bingo – PDR</p> <p>2:00 Fitness Fusion-PLR</p> <p>2:00 Grief & Loss Group PCR</p> <p>3-4 Entertainment: Rick Jarrett</p> <p>Happy Birthday Denys Templeton</p>	<p>9:30 Mobility w/ Thomas PLR 25</p> <p>10:00 Communion—PCR</p> <p>11:00 Balance w/ Misty PLR</p> <p>1:00 Bridge—PCR</p> <p>1:30 Tai Chi video—OLR</p> <p>3-5 Birthday Cocktail Party-OLR – Brian Black</p> <p>5:00 Welcome New Resident Table—PDR</p>	<p>8-12:00 Dr. Ziomek- PCR 26</p> <p>9:30 Chair Exercise--PLR</p> <p>10:30 Trader Joe's</p> <p>11:00 Arthritis w/ Misty PLR</p> <p>3:00 "Baja" guest presentation PLR</p> <p>3:30 Once Upon A Short Story-PAR</p> <p>Happy Birthday Louise Henderson <i>Administrative Professionals Day</i></p>	<p>9:30 Yoga w/ Mary Ann-PLR 27</p> <p>10:00 Bible Study—PCR</p> <p>10:00 Embarcadero Morro Bay Trip</p> <p>BINGO TIME CHANGE: 1:00 \$2 Bingo—PDR</p> <p>1:30 Tai Chi video—OLR</p> <p>3:00 Doc. & Wine—PLR</p>	<p>9:30 Exercise Video PLR 28 (Tonya Out)</p> <p>10:00 Bible Discussion—GC</p> <p>11:00 Lip Reading—PGR</p> <p>1:30 Watercoloring –PAR</p> <p>1:00 New Resident Orientation w/Lupe – PCR</p> <p>Happy Birthday Dianne Kessler <i>April Day</i></p>	<p>9:30 Meditation—PLR 29</p> <p>10:30 Gentle Yoga—PLR</p> <p>1:30 Arts and Crafts w/ Mary Ann-PAR</p>
<p>9:00 Church 30</p> <p>9:30 Workout Video—PLR</p> <p>11:30 Walking Group</p> <p>12:00 Movie - PLR</p> <p>6:30 Movie - PLR</p> <p>Happy Birthday Anne Wilson</p>	<p>NO BALLOTS; USE SIGN-UP SHEETS IN PALMS BINDER</p>					

PLR = Palms Living Room PCR = Palms Community Room PAR = Palms Arts & Crafts Room OT = Oaks Movie Theater PDR = Palms Dining Room ODR = Oaks Dining Room PGR = Palms Garden Room

April Movies

Mon-Fri Movies will be played daily, 12:00 OAKS Theater and 6:30 PALMS Living Room

1. White Noise
2. Suddenly Last Summer (Film Committee Pick)
3. No Limit
4. Father Stu
5. Matilda
6. Easy A
7. Finding 'Ohana
8. Peter Rabbit
9. Rhapsody (Film Committee pick)
10. Molly's Game
11. Darkest Hour
12. RBG
13. The Perks of Being a Wallflower
14. Dunkirk
15. Super Pets
16. Cat on a Hot Tin Roof (Film Committee Pick)
17. Wonder Woman 1984
18. **Special Showing for Holocaust Remembrance Day: *Genocide* 2:00 PLR**
19. The Janes
20. Hugo
21. The Other Woman (HBO Max)
22. **Special Showing for Earth day: *Racing Extinction* 2:00 PLR**
23. Elephant Walk (Film Committee Pick)
24. Women Talking
25. Over the Hedge
26. The Devil Wears Prada
27. Pitch Perfect
28. Where the Wild Things Are
29. All That Breathes
30. The Girl Who Had Everything (Film Committee Pick)

NO BALLOTS. USE SIGN-UP SHEETS IN PALMS BINDER

April Lunch Outings:

- G-Brothers Smokehouse, Tuesday April 4th 11:00
- TASTE! Craft Eatery, Wednesday April 12th 11:00
- Tin City Eatery, Wednesday April 19th 11:00

April Bus Outings:

- 12:00 Dallidet Adobe and Gardens, Sat, 4/8 FREE
- 10:30 Earth Day Event @ Laguna Lake Park, Sat. 4/22 FREE
- 10:00 Embarcadero Morro Bay Trip, Thurs 4/27 FREE

April Shopping:

- WALMART, Thurs 4/6 2:00
- RITE-AID, Wed 4/5 10:00
- TARGET, Thurs 4/13 2:00
- TRADER JOES, Wed 4/26 10:30