

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2023

Federal Holiday Juneteenth: Juneteenth is a holiday celebrated on June 19th to commemorate the emancipation of enslaved people in the US.

<p>9:00 Church 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 3:30 Hymn Singing- PLR 6:30 Movie- PLR</p>	<p>9:00 chair exercise w Tonya 10:30 Palms Association meeting 1:30 \$1 Bingo- PDR</p>	<p>9:30 Mobility with Thomas- PLR 10:00 communion- PCR 10:30 Banking 11:00 Balance w Misty- PLR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:00 Welcome New Resident Table- ODR</p>	<p>9:30 chair exercise w/ Tonya 10:00 Rite Aid shopping 11:30 Pismo Outlet Mall shopping outing 2:30 Oaks Association Meeting- OT</p> <p>Happy Birthday Pat Bathke and Grace Rusnak!</p>	<p>10:00 Bible study- PCR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Target CANCELLED: Doc. & Wine</p>	<p>9:30 chair exercise w Tonya 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00-5pm Massage Therapist appointments PCR 1:30 Water coloring- PAR</p>	<p>2:00 FREE Cuesta performance outing!</p>
<p>9:00 Church 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 3:00 Hymn Singing- PLR 6:30 Movie- PLR</p>	<p>9:30 chair exercise w Tonya 1:30 \$1 Bingo- PDR</p>	<p>9:30 Mobility with Thomas- PLR 10:00 communion- PCR 10:30 Banking 11:00 Balance w Misty- PLR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:00 Welcome New Resident Table- ODR</p>	<p>9:30 chair exercise w/ Tonya 10:00 Rite Aid shopping 11:30 Pismo Outlet Mall shopping outing 2:30 Oaks Association Meeting- OT</p> <p>Happy Birthday Pat Bathke and Grace Rusnak!</p>	<p>9:30 Yoga with Mary-Ann 10:00 Bible study- PCR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:30 Doc. & Wine- PLR</p>	<p>9:30 chair exercise w Tonya 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Meadow Park Trip w/ popsicles 1:30 Water coloring- PAR</p>	<p>9:30 Meditation w Mary Ann 10:30 Gentle Yoga w Mary Ann 1:30 arts and Crafts w Mary Ann 3:00 Aqua Aerobics w Mary Ann</p>
<p>9:00 Church 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 3:00 History Need Not Be Boring w/ Dick Miller- PLR 6:30 Movie- PLR</p>	<p>9:30 chair exercise w Tonya 1:30 \$1 Bingo- PDR 2:00 Fitness Fusion with Mary Ann 3:00 Aqua Aerobics with Mary Ann 3-4 Ent: Rick Jarrett -PLR</p>	<p>9:30 Mobility with Thomas- PLR 10:00 communion- PCR 11:00 Balance w Misty- PLR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 2:00 NOOR Foundation Presentation - PLR 5:00 Welcome New Resident Table- PDR</p>	<p>9:30 Elephant Seal Vista Point outing & Duckies Chowder House lunch 9:30 chair exercise w/ Tonya 10:30 Aqua Aerobics with Mary Ann</p> <p>Happy Birthday (US) Merrill</p>	<p>9:30 Yoga with Mary Ann 10:00 Bible study- PCR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Walmart 3:30 Doc. & Wine- PLR</p>	<p>CANCELLED: chair exercise 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Greeters committee meeting- PCR 1:30 Water coloring- PAR 3:00 Father's Day Party – Music w/William Reid - PLR</p>	<p>9:30 Meditation w Mary Ann 10:30 Gentle Yoga w Mary Ann 1:30 Arts and Crafts w Mary Ann 3:00 Aqua aerobics w Mary Ann</p> <p>Happy Birthday Herb Scholnick and Joyce Cory!</p>
<p>9:00 Church 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 3:00 Father's Day Music Performance by Marsdales</p> <p>CANCELLED: Hymn 6:30 Movie- PLR</p> <p>Father's Day</p>	<p>9:00 Lost & found table-PLR CANCELLED: chair exercise 1:30 \$1 Bingo- PDR 11:00 Cal Phones -PCR 2:00 Fitness Fusion w Mary Ann 3:00 Aqua Aerobics w Mary Ann</p> <p>JUNETEENTH</p> <p>Juneteenth</p>	<p>9:30 Mobility with Thomas- PLR 10:00 communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:00 Welcome New Resident Table- ODR</p>	<p>8-12 Dr Ziomek 9:30 chair exercise w Tonya 10:30 Trader Joes RESCHEDULED to today! 10:30 Aqua Aerobics with Mary Ann 3:00 Trivia w/ Jack Hennessey 4:30 Mama's Meatball dinner outing</p> <p>Summer Begins</p>	<p>9:30 Yoga with Mary Ann 10:00 Bible study- PCR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:30 Doc. & Wine- PLR</p>	<p>9:30 chair exercise w Tonya 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Tai Chi w Michelle PLR 1:30 Water coloring- PAR 3:00 Ent: Bryn Albanese-PLR</p>	<p>9:30 Meditation w Mary Ann 10:30 Book Club: read any mystery novel—PAR 10:30 Gentle Yoga w Mary Ann</p> <p>Happy Birthday Merryl Hall and Steve Shurick!</p>
<p>9:00 Church 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR</p> <p>Happy Birthday Barbara Shields!</p>	<p>9:30 chair exercise w Tonya 1:30 \$1 Bingo- PDR 2:00 Fitness Fusion w Mary Ann 3:00 Aqua Aerobics with Mary Ann 3:00 Bomber Strategy in WWII w/David Blakely - PLR</p>	<p>9:30 Mobility with Thomas- PLR 10:00 communion- PCR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 2:00- 4:00 Birthday Cocktail Party! with Don Gaede Duo - OLR 5:00 Welcome New Resident Table- PDR</p>	<p>9:30 chair exercise w Tonya 10:30 Aqua Aerobics w Mary Ann 10:30 Harmony Wine Cellars Tasting Outing! Cancelled: Trader Joes 3:30 Once Upon a Short Story—PAR</p>	<p>9:30 Yoga with Mary Ann 10:00 Bible study- PCR BINGO TIME CHANGE: 1:00 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:30 Doc. & Wine- PLR</p>	<p>9:30 chair exercise w Tonya 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 11:00 Dutchman's Seafood house lunch outing 1:00 Tai Chi w/ Michelle PLR 1:30 Water coloring- PAR 3:00 Ent: Tim Pacheco-PLR</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

June Movies

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

1. Air
2. Dallas Buyers Club
3. Whiplash
4. Men in black
5. Beetlejuice
6. A man called otto
7. Chupa
8. The hunger games
9. The joy luck club
10. The last tourist
11. In & of itself
12. This mountain life
13. Apollo 11
14. Three identical strangers
15. Death on the nile
16. Spencer
17. The social dilemma
18. The son
19. Kaepernick and America
20. The lost daughter
21. #anne frank parallel stories
22. The disciple
23. Da 5 Bloods
24. If Beale Street could talk
25. This is where I leave you
26. Whitney Houston: I wanna Dance with somebody
27. American Hustle
28. Election
29. Florence Foster Jenkin
30. What about Bob

USE SIGN-UP SHEETS IN PALMS BINDER

June Lunch Outings:

- Mama's Meatball (dinner), Wed 6/21 4:30pm
- Dutchman's Seafood House, Fri 6/30 11:00
- Duckies (after elephant seal tour)

June Bus Outings:

- Pismo Outlet Mall, Wed 6/7 11:30
- Meadow Park Trip, Fri 6/9 1:00
- Elephant Seal Vista Point, Wed 6/14 (free)
- Harmony Wine Tasting, Wed 6/28 (\$15 per person)

June Shopping:

- TARGET, Thurs 6/1 **3:00**
- RITE-AID, Wed 6/7 10:00
- WALMART, Thurs 6/15 **3:00**
- TRADER JOES, Wed 6/21 10:30