

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Church 10:00 Workout Video—PLR 11:30 Walking Group 12:00 Movie—PLR 6:30 Movie—PLR  New Year's Day	<b>1</b> <b>9:30-5:00 Bus Sign Up via ballot drop off PLR and OLR</b> 9:30 Chair Exercise w/ Tonya—PLR 1:30 \$1 Bingo—PDR	<b>2</b> 10:00 Communion—PCR 10:30 Banking <b>12:30 Me n' Ed's Pizzeria and Craft House lunch outing</b> 1:00 Bridge—PCR 1:00 Tai Chi w/ Colleen OLR 5:00 Welcome New Residents Table PDR  <u>Birthday: Janet Burt</u>	<b>3</b> 9:30 Chair Exercise w/ Tonya—PLR 10:30 Rite-Aid Shopping <b>2:30 Oaks Association Mtg—OT</b>	<b>4</b> 9:30 Yoga w/ Mary Ann—PLR 10:00 Bible Study—PAR 1:30 \$2 Bingo—PDR 1:00 Tai Chi w/ Colleen PCR <b>3:00 Docuseries &amp; Wine</b> 	<b>5</b> 9:30 Chair Exercise w/ Tonya—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR  <b>3-4 Entertainment: Violinist, Brynn Albanese—PLR</b>	<b>6</b> 10:00 Meditation w/ Mary Ann—PLR 11:00 Gentle Yoga w/ Mary Ann 1:30 Arts & crafts w/ Mary Ann—PAR
<b>8</b> 9:00 Church 10:00 Workout Video—PLR 11:30 Walking Group 12:00 Movie—PLR 6:30 Movie—PLR	<b>10:30 Palms Association Mtg—PLR</b> <b>12:30 Taste Craft Eatery lunch outing</b> 1:30 \$1 Bingo—PDR 2:00 Fitness Fusion—PLR <b>3-4 Entertainment: Rick Jarrett - PLR</b>	<b>10</b> 10:00 Communion—PCR 11:00 Balance w/ Misty—PLR 1:00 Bridge—PCR 1:00 Tai Chi w/ Colleen OLR 5:30 Welcome New Residents Table ODR	<b>11</b> 9:30 Chair Exercise w/ Tonya—PLR 11:00 Arthritis w/ Misty—PLR 12:30 Balance w/ Misty—PLR	<b>12</b> 9:30 Yoga—PLR 10:00 Bible Study—PAR 1:30 \$2 Bingo—PDR 1:00 Tai Chi w/ Colleen PCR 2:00 Target Shopping <b>3:00 Docuseries &amp; Wine</b> <u>Birthday: Pamela Kendall</u> 	<b>13</b> 9:30 Chair Exercise w/ Tonya—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR  <u>Birthday: Lea Spangler</u>	<b>14</b> 1:30 Watercolor w/Dixie - PAR 3:00 Hot Chocolate bar social—homemade hot chocolate with topping bar  <u>Birthday: Richard Lehlbach &amp; Elvadee Rittenhouse</u>
<b>15</b> 9:00 Church 10:00 Workout Video—PLR 11:30 Walking Group 12:00 Movie—PLR 3:30 Hymn Singing—PLR 6:30 Movie—PLR  <u>Birthday: Janice Lehlbach</u>	<b>16</b> 9:30 Chair Exercise w/ Tonya—PLR <b>12:00 House of Bread lunch outing</b> 1:30 \$1 Bingo—PDR 2:00 Fitness Fusion w/ Mary Ann—PLR <u>Birthday: Jaqueline Sharp</u> Martin Luther King Jr. Day	<b>17</b> 10:00 Communion—PCR 10:30 Banking 11:00 Balance w/ Misty—PLR 1:00 Bridge—PCR 1:00 Tai Chi w/ Colleen OLR 5:00 Welcome New Residents Table PDR	<b>18</b> 9:30 Chair Exercise w/ Tonya—PLR <b>10:30 Charles Paddock Zoo Outing in Atascadero</b> 11:00 Arthritis w/ Misty—PLR 12:30 Balance w/ Misty—PLR 3:00 Trivia w/Jack Hennessy - PCR	<b>19</b> 9:30 Yoga—PLR 10:00 Bible Study—PAR <b>1:00 Presentation: On Sondheim w/John Frey - PLR</b> 1:00 Tai Chi w/ Colleen PCR 1:30 \$2 Bingo—PDR 3:00 CANCELLED: Docuseries & Wine	<b>20</b> 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR  <b>3-4 Entertainment: Guitarist &amp; singer, Brian Black—PLR</b>  <u>Birthday: Shirley Graner</u>	<b>21</b> 10:00 Meditation w/ Mary Ann—PLR 11:00 Gentle Yoga w/ Mary Ann 1:30 Arts & crafts w/ Mary Ann—PAR
<b>22</b> 9:00 Church 10:00 Workout Video—PLR 11:30 Walking Group <b>12:00 Chinese New Year documentary showing</b> 6:30 Movie—PLR <u>Birthday: Alice York</u> Chinese New Year (Year of the Rabbit)	<b>23</b> 1:30 \$1 Bingo—PDR 2:00 Fitness Fusion w/ Mary Ann—PLR <b>2:00 Celebration of life David Godsey—OLR. All welcome</b>  Activity Professionals Week	<b>24</b> 10:00 Communion—PCR 11:00 Balance w/ Misty 1:00 Bridge—PCR 1:30 Tai Chi w/ Colleen OLR <b>3-5 BIG JOINT BIRTHDAY Cocktail Party—PLR Entertainment: Three Martini Lunch 40s, 50s, jazz band</b> 5:30 Welcome New Residents Table ODR	<b>25</b> 8-12 Dr. Ziomek 9:30 Chair Exercise—PLR 10:30 Trader Joe's 11:00 Arthritis w/ Misty—PLR 12:30 Balance w/ Misty—PLR <b>1:30 Woods Humane Society Shelter Outing</b> 3:30 Once Upon A Short Story—PAR	<b>26</b> 9:30 Yoga w/ Mary Ann—PLR 10:00 Bible Study—PAR 1:00 Tai Chi w/ Colleen PCR 1:30 \$2 Bingo—PDR <b>3:00 Docuseries &amp; Wine</b> <u>Birthday: Antonia Bowden</u>  Australia Day (observed)	<b>27</b> 9:30 Chair Exercise—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR  <b>1:00 New Resident Orientation w/ Lupe—PCR</b> <b>2:30 Wellness Showing: Alive Inside: Music &amp; Memory</b> Oaks Theater  <u>Birthday: Kathy Peterson</u>	<b>28</b> 1:30 Watercolor w/Dixie - PAR <b>2:30 Special Wellness Showing: Happy: science of positive psychology</b> Oaks Theater
<b>29</b> 9:00 Church 10:00 Workout Video—PLR 11:30 Walking Group 12:00 Movie—PLR 3:30 Hymn Singing—PLR 6:30 Movie—PLR	<b>30</b> 9:30 Chair Exercise w/ Tonya—PLR 2:00 Fitness Fusion w/ Mary Ann—PLR <b>2:00 Mission San Luis Obispo de Tolosa tour</b>  <u>Birthday: Andrea Stewart &amp; Joanne Frantz</u>	<b>31</b> 10:00 Communion—PCR 11:00 Balance w/ Misty 1:00 Bridge—PCR 1:00 Tai Chi w/ Colleen OLR 5:00 Welcome New Residents Table PDR  <u>Birthday: Gaylene Elliot</u>	 <h1>January 2023</h1> <p>SEE BACK OF CALENDAR FOR OUTING LIST AND MOVIES</p>			

## January Movies

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

1. *Heart Beats Loud*
2. *Mack and Rita*
3. *Red Notice*
4. *The Princess: Princess Diana documentary*
5. *Benji*
6. *Father of the Bride*
7. *Shall We Dance?*
8. *The High and The Mighty (1954) Film Committee Pick*
9. *Willy Wonka & The Chocolate Factory (1971)*
10. *Mary Poppins (1964 version)*
11. *She's the Man*
12. *Forgotten Ellis Island*
13. *The Imitation Game*
14. *Jackie*
15. *Hatari (1962) Film Committee Pick*
16. *Wine Country*
17. *Bewitched (2005)*
18. *Wizard Of Oz (1939)*
19. *The Boy in the Striped Pajamas*
20. *Cleopatra (1963)*
21. *Just Mercy*
22. *The Wings of Eagles (1957) Film Committee Pick*
23. *Encanto*
24. *(No movie—birthday party)*
25. *The Hate You Give*
26. *Gravity*
27. **Wellness Showing pt 1 OT 2:30pm only** *Alive Inside: music and memory*
28. **Wellness Showing pt 2 OT 2:30pm only** *Happy: the science of positive psychology*
29. *The Quiet Man (1952) Film Committee Pick*
30. *Seeing Allred*
31. *Yours, Mine, & Ours (6:30 showing PLR only)*

## January Outings

**Here is a summary of this month's outings and bus trips. Details about each, including description and cost, are in the Activities Binder in the Palms Living Room.**

Ballot Outing: requires a ballot raffle **ticket submitted on Monday, Jan 2<sup>nd</sup>**

Sign-up trips: requires sign up on **own volition**, located in Palms Activity Binder

### **Balloted Outings:**

- **Charles Paddock Zoo** Wednesday 1/18 10:30  
bring your own wallet: entrance fee \$10 *estimated return to villages 1:45*
- **Woods Humane Society Animal Shelter** Wednesday 1/25 1:30  
\$10 donation charged to rent, *estimated return to villages 3:00*
- **Mission San Luis Obispo de Tolosa tour** Monday 1/30 2:00  
FREE! *estimated return to villages 3:30*

### **Sign-Up Trips:**

- **Me N' Ed's Pizzeria & Craft House lunch** Tuesday 1/3 12:30
- **Rite-Aid** Wednesday 1/4 10:30
- **Taste Craft Eatery lunch outing** Monday 1/9 12:30
- **Target** Thursday 1/12 2:00
- **House of Bread** lunch outing Monday 1/16 12:00
- **Trader Joes** Wednesday 1/25 10:30

### **NEW:**

- Docuseries & Wine: *Down to Earth* series presented weekly on Thursdays in the Palms Living Room (with wine!). Description of each episode in activity binders.
- Tai Chi exercise class with Colleen on Tuesdays and Thursdays. Description in activity binders. Sign up in Palms activity binder

