

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY 2024

Life Enrichment Assistants – activities@villagesofslo.com



<p>9:00 Church Rides 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly – OLR 2:00 Chemistry Magic Show-PLR 3:30 Hymn Singing - PLR 6:30 Movie- PLR</p>	<p>10:30 Palms Association Meeting- PLR 11:45 Sculpterra Winery and Sculpture Garden 1:30 \$1 Bingo- PDR 2:00 Stretch & Move -PLR 3:00-4:00 Medicare Update and Q&A by HICAP - PLR</p>	<p>9:30 Mobility Video - PLR 10:00 Communion- PCR 10-3pm- Chair Massage - PAR 11:00 National Frozen Yogurt Day & Milestone 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:15 Dinner Time- Welcome New Resident Table – ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Arts & Crafts- PAR 10 :30 Rite Aid Shopping 2:30 Oaks Association Meeting- OT 3:00 Scrabble - OLR</p>	<p>9:30 Yoga w/Mary Ann 10:00 Bible study- GC 1:00 Mahjong Game- OLR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:30 Balance Class w/ Amy 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:30 Water coloring- PAR 3:00 Les Beck Vocals & Keyboards – PLR</p> <p>Groundhog Day</p>	<p>9:30 Meditation w/Mary Ann 10:30 Gentle Yoga 12:00 Movie- PLR 1:30 Arts and Crafts 6:30 Movie- PLR</p>
<p>9:00 Church Rides 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly – OLR 2:00 Chemistry Magic Show-PLR 3:30 Hymn Singing - PLR 6:30 Movie- PLR</p>	<p>9:30 Chair exercise w/Tonya 10:30 Walmart/Marshalls 1:30 \$1 Bingo- PDR 2:00 Stretch & Move -PLR 3:00 Rick Jarrett - PLR</p>	<p>9:30 Mobility Video - PLR 10:00 Communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 2:00 DIP CHOCOLATE STRAWBERRIES-PLR 2:00 Build Flower Bouquets- PLR 4:45 Dinner Time- Welcome New Resident Table - PDR</p> <p>Mardi Gras</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Arts & Crafts- PAR 2 :00 Valentines Day Party – Central Coast Follies PLR 3:00 Scrabble – OLR</p> <p>Valentine's Day</p>	<p>9:30 Yoga w/Mary Ann 9:45 Cal Poly Preschool Reading Outing 10:00 Bible study- GC 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:30 Balance Class w/ Amy 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:30 Water coloring- PAR 1:00 Greeters Committee Meeting- PCR</p>	<p>9:30 Meditation w/Mary Ann 10:30 Gentle Yoga 12:00 Movie- PLR 1:30 Arts and Crafts 3:00 Tim Pacheco-Guitar & Vocals-PLR 6:30 Movie- PLR</p> <p>Chinese New Year (Year of the Dragon)</p>
<p>9:00 Church Rides 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly – OLR 3:00 Super Bowl Sunday – PLR (Nachos & Beer) 6:30 Movie - PLR</p>	<p>9:30 Chair exercise w/Tonya 11:30 Woodland Auto Display & Lunch at Odyssey 1:30 \$1 Bingo- PDR 2:00 Stretch & Move -PLR 3:00 'Pick Up Your Pen'-Writing Workshop - PAR</p> <p>Presidents' Day</p>	<p>9:30 Mobility Video - PLR 10:00 Communion- PCR 10-3pm- Chair Massage - PAR 11 :00 Thrift Store Outing & SLO BBQ Lunch 1:00 Bridge- PCR 1:30 Tai chi video- OLR 1 :30-3pm How We Got Hooked on Caffeine / Dick Miller 5:15 Dinner Time- Welcome New Resident Table - ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Arts & Crafts- PAR 10:30 Target 1:00 Memoir Workshop 2:00 Palms Kitchen Tour 3:00 Scrabble – OLR</p>	<p>9:30 Yoga w/Mary Ann 10:00 Bible study- GC 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:30 Balance Class w/ Amy 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:30 Water coloring- PAR 12:00-2:00 Android Smartphone Class- PLR 2:30 National Banana Bread Day Social- PLR 3:00 Jody Mulgrew - Guitar & Vocals- PLR</p>	<p>9:30 Meditation w/Mary Ann 10:30 Gentle Yoga 10:30 Book Club-PAR 12:00 Movie- PLR 1:30 Arts and Crafts 6:30 Movie- PLR 3:00 Villages Voices</p>
<p>9:00 Church Rides 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly - OLR 6:30 Movie- PLR</p>	<p>9:30 Chair exercise w/Tonya 11:30 Tin City Brewery</p>	<p>9:30 Mobility Video - PLR 10:00 Communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 4:45 Dinner Time- Welcome New Resident Table - PDR 3:00 Birthday Cocktail Party w/ Joy Bonner Singer - PLR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Arts & Crafts- PAR 1 :30-3pm How We Got Hooked on Caffeine / Dick Miller pt. 2 3:00 Scrabble – OLR 3:30 Once Upon a Short Story- PAR</p>	<p>9:30 Yoga w/Mary Ann 10:00 Bible study- GC 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>		
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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.

February Movies

Mon-Fri OAKS Theater @ 12N and PALMS Living Room @ 6:30PM
Sat & Sun PALMS Living Room @ 12N & 6:30PM

1. **The Blues Brothers** – Netflix, Prime / 2014
2. **Alice Doesn't Live Here Anymore** – Netflix / 1974
3. **Whiplash** – Netflix, Prime / 2014
4. **The Upside** – Hulu / 2017
5. **Topside** – Hulu, Prime / 2020
6. **Breakfast at Tiffany's** – Prime / 1961
7. **The Score** – Prime / 2001
8. **Society of the Snow** – Netflix / 2024
9. **Mandela** – Netflix / 2021
10. **Gone with the Wind** – Prime 1940
11. **A Dogs Purpose** – Prime / 2017
12. **Jules** – Prime, Paramount + / 2023
13. **Seabiscuit** – Prime, Paramount + 2003
14. **Eat, Pray, Love** – Netflix, Prime / 2010
15. **Flawless** – Hulu / 2008
16. **Emma** – Paramount + / 1996
17. **Titanic** – Prime, Paramount + / 1997
18. **Jack Reacher: Never go back** – Paramount+ / 2016
19. **Lincoln** – Prime / 2012
20. **Dark Shadows** – Netflix / 2012
21. **The Holiday** – Netflix / 2006
22. **Aquaman** – Netflix / 2018
23. **Murden on the Orient Express** – Netflix /1974
24. **The Sound of Music** – Hulu 1965
25. **Benediction** – Hulu / 2021
26. **National Treasure** – Hulu / 2004
27. **The Sting** – Netflix 1973
28. **Dirty Dancing** – Hulu / 1987
29. **Leap Year** – Prime / 2010

February Shopping

- **Rite Aid, Wednesday 2/7 @10:30**
- **Marshalls/ Walmart, 2/12 @ 10:30**
- **Thrift Store Outing, Tuesday 2/20 @11 :00**
- **Target, Wednesday 2/21 @ 10:30**
- **Trader Joes, Wednesday 2/28 @10:30**

February Bus Outings

- **Sculpterra Winery and Sculpture Garden, Monday 2/5 @11:45**
- **Frozen Yogurt Day Outing & Montana de Oro, Tuesday 2/6 @11:00**
- **Cal Poly Preschool Reading, Thursday 2/15 @9:45**
- **Woodland Auto Display & Lunch at Odyssey, Monday 2/19 @11:30**
- **Tin City Brewery, Monday 2/26 @11:30**

February Campus Events

- **Chemistry Magic Show, Sunday 2/4 @ 2:00**
- **Medicare Update Presentation, Monday 2/5 @ 3:00**
- **Chinese New Years Social w/ Moon Cakes, Friday 2/9 @ 2:00**
- **Superbowl! (nachos & beer) Sunday, 2/11 @ 3:00**
- **Chocolate Covered Strawberries, Card Making, & Bouquet Building, Tuesday 2/13 @2:00**
- **Valentines Day Party, Wednesday 2/14 @2:00**
- **Palms Kitchen Tour, Wednesday 2/21 @ 2:00**
- **Android Smartphone Help, Friday 2/23 @ 12:00-2:00**
- **National Banana Bread Day Social, Friday 2/23 @1:00**