


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 3:30 Hymn Singing—PLR 12:00 Movie - PLR 6:30 Movie - PLR <u>Birthday: Lois Dunaway &amp; Gerald Punches</u>	9:30 Chair Exercise w/ Tonya—PLR <b>10:30 Palms Association Mtg - PLR</b> 1:30 \$1 Bingo - PDR 2:00 Fitness Fusion w/ Mary Ann—PLR <b>3-4 Ent: Rick Jarrett - PLR</b> <u>Birthday: Mary Ruth Mach</u> <small>Purim Begins</small>	9:30 Mobility w/ Thomas PLR 10:00 Communion—PCR 10:30 Banking 11:00 Balance w/ Misty PLR <b>11:00 Pappy McGregor's Lunch Outing</b> 1:00 Bridge—PCR 1:30 Tai Chi video—OLR <b>5:30 Welcome New Resident Table - ODR</b> <u>Birthday: Rita De Pastina &amp; Donna</u>	9:30 Chair Exercise w/ Tonya—PLR 11:00 Arthritis w/ Misty PLR	9:30 Yoga w/ Mary Ann 10:00 Bible Study - PAR <b>1-4 John Frey presentation- PLR</b> 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 CANCELLED: Doc. & Wine	9:30 Chair Exercise w/ Tonya—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR <b>3-4 Entertainment: Ted Waterhouse</b>	9:30 Gentle Yoga & Meditation w/ Mary Ann—PLR <b>10:30 SLO Symphony Rehearsal at PAC</b> 1:30 Arts & crafts w/ Mary Ann—PAR 1:30 Watercolor w/Dixie - PCR
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 12:00 Movie - PLR 6:30 Movie - PLR <small>Daylight Saving Time Begins</small>	9:30 Chair Exercise w/ Tonya—PLR 11:00 Mindful Movement - PLR 1:30 \$1 Bingo - PDR 2:00 Fitness Fusion w/ Mary Ann—PLR 2:00 Greif & Loss Group PCR	9:30 Mobility w/ Thomas PLR 10:00 Communion—PCR 11:00 Balance w/ Misty PLR 1:00 Bridge—PCR 1:30 Tai Chi video—OLR <b>5:00 Welcome New Resident Table - PDR</b> <u>Birthday: Beverly Sessa</u>	<b>CANCELED: Dr. Ziomek</b> 9:30 Chair Exercise w/ Tonya—PLR 11:00 Arthritis w/ Misty PLR 3:00 Trivia w/Jack Hennessy PCR <u>Birthday: Lucille Yaffe</u>	9:30 Yoga w/ Mary Ann 10:00 Bible Study—PAR <b>10:30 Tour of KSBY TV Station &amp; lunch outing</b> 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Docuseries & Wine	9:30 CANCELLED Chair Exercise w/ Tonya 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR 1:00 Greeter's Committee-PCR <b>2:00 St. Patrick's Day Party - PLR</b> 3-4 Ent: <b>Les Beck duo</b>	9:30 Gentle Yoga & Meditation w/ Mary Ann—PLR 1:30 Arts & crafts w/ Mary Ann—PAR <u>Birthday: Sari Dworkin</u>
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 3:30 Hymn Singing—PLR 12:00 Movie - PLR 6:30 Movie - PLR <u>Birthday: Marvin Welzenhoffer</u>	9:30 CANCELLED Chair Exercise w/ Tonya 11:00 Mindful Movement - PLR 1:00 California Telephone Access Program - PLR 1:30 \$1 Bingo—PDR 2:00 Fitness Fusion--PLR <b>3-4 Ent: Brynn Albanese &amp; Jody Mulgrew</b> <small>Spring Begins</small>	9:30 Mobility w/ Thomas PLR 10:00 Communion—PCR 10:30 Banking 11:00 Balance w/ Misty PLR <b>11:00 - 12:30 Dick - History Need Not Be Boring—PCR</b> 1:00 Bridge—PCR 1:30 Tai Chi video—OLR <b>5:30 Welcome New Resident Table - ODR</b>	9:30 Chair Exercise w/ Tonya—PLR 10:30 Trader Joe's 11:00 Arthritis w/ Misty PLR <small>Ramadan Begins</small>	9:30 Yoga w/ Mary Ann 10:00 Bible Study—PAR 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 2:00 Tour of Palms Kitchen. 3:00 Docuseries & Wine	9:30 Chair Exercise w/ Tonya—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR <b>1:00 New Resident Orientation w/Lupe - PCR</b> <u>Birthday: Doris Halbig</u>	<b>10:00 Turtle and Tortoise Rescue Tour of Facility</b> 10:30 Book Club - PGR 1:30 Watercolor w/Dixie - PAR
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 12:00 Movie - PLR 6:30 Movie - PLR <u>Birthday: Bess Wilkinson</u>	9:30 Chair Exercise w/ Tonya—PLR 11:00 Mindful Movement - PLR <b>1:00 Coffee Tasting fundraiser and presentation! PLR</b> 1:30 \$1 Bingo - PDR 2:00 Fitness Fusion w/ Mary Ann—PLR	9:30 Mobility w/ Thomas PLR 10:00 Communion—PCR 11:00 Balance w/ Misty PLR <b>11:00 - 12:30 Dick—History Need Not Be Boring—PCR</b> 1:00 Bridge—PCR 1:30 Tai Chi video—OLR <b>3-5 Birthday Cocktail Party PLR - Tim Pacheco</b> <b>5:00 Welcome New Resident Table - PDR</b>	9:30 Chair Exercise w/ Tonya—PLR 11:00 Arthritis w/ Misty PLR <b>11:30 Fin's Lunch Outing</b> 3:30 Once Upon a Short Story - PAR <u>Birthday: Marian Rooney</u>	9:30 Yoga w/ Mary Ann 10:00 Bible Study—PAR 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Docuseries & Wine	9:30 Chair Exercise w/ Tonya—PLR 10:00 Bible Discussion—GC 11:00 Lip Reading—PGR <u>Birthday: Florence Lichtig</u>	<b>NO BALLOTS THIS MONTH; USE SIGN-UP SHEETS IN PALMS BINDER</b>

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

## March Movies

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

1. Everything Everywhere All at Once
2. Shutter Island
3. Leap Year
4. Don't Worry Darling-
5. Stalag 17(Film Committee pick)
6. Uncharted
7. Run
8. Penguin Bloom
9. Catch Me if You Can
10. His House
11. STUTS
12. Executive Suite (Film Committee pick)
13. Hustle
14. Dont Look Up
15. Guillermo de Toros Pinocchio
16. Stowaway
17. Won't You Be My Neighbor
18. Moneyball
19. The Bridges at Toko-Ri (Film Committee pick)
20. The Dirt
21. She Said
22. Till
23. 47 Meters Down
24. The Fallout
25. Passengers
26. Picnic (Film Committee pick)
27. The Good Nurse
28. Descendant
29. Hidden Figures
30. Ford v Ferrari
31. Selma

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## March Lunch Outings:

- PAPPY MCGREGORS IRISH PUB, Tues 3/7 11:00
- FIN'S SEAFOOD, Wed 3/29 11:30

## March Bus Outings:

- SLO SYMPHONY REHEARSAL, Sat 3/4 10:30 (free)
- KSBY TV STATION & TACO TEMPLE, Thurs 3/16 10:30 (free)
- TURTLE & TORTOISE RESCUE, Sat 3/25 10:00, \$10 charge

## March Shopping:

- **NEW:** WALMART, Thurs 3/9 2:00
- TRADER JOES, Wed 3/22 10:30