

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	CANCELLED: Chair Exercise w/ Tonya (out of town) 10:30 Palms Association Mtg - PLR 1:30 \$1 Bingo - PDR 2:00 Fitness Fusion w/ Mary Ann—PLR May Day	9:30 Mobility w/ 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 5:30 Welcome New Resident Table - ODR Happy Birthday Ann Orton and Lee LaFaille!	 9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics w/ Mary Ann—Oaks Pool 10:00 Rite-Aid shopping 11:30 Huckleberry's Cafe 2:30 Oaks Association Mtg - OT	9:30 Yoga w/ Mary Ann—PLR 10:00 Bible Study—PCR 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Target 3:00 Doc. & Wine—PLR Happy Birthday Joann Quaglin!	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion--GC 11:00 Lip Reading --PGR 1:30 Water coloring—PAR 3:00-4:00 Cinco De Mayo Party! ft. <i>The Conquistadors</i> in Palms Gazebo Happy Birthday Glenda Newman! Cinco de Mayo	9:30 Meditation-- PLR 10:30 Gentle Yoga-- PLR 10:30 SLO Symphony Rehearsal at PAC 1:30 Arts and Crafts – PAR 3:00 Aqua Aerobics w/ Mary Ann—Palms pool Happy Birthday Therese Hanlon!	
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	9:30 Chair Exercise w/ Tonya—PLR 11:00 Garden Activity w/ Simon in Palms courtyard gazebo! 1:30 \$1 Bingo – PDR 2:00 CANCELLED: Fitness Fusion 2:00 Grief & Loss Group PCR	9:30 Mobility w/ Thomas PLR 10:00 Communion—PCR 10:00 Leaning Pines Arboretum- Cal Poly 11:00 Balance w/ Misty PLR 1:00 Bridge-PCR 1:30 Tai Chi video—OLR 5:00 Welcome New Resident Table - PDR Happy Birthday Marie Ornelles and Barbara Davis!	CANCELLED: Dr. Ziomek 9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics w/ Mary Ann—Oaks Pool 3:00 Mothers Day Party! – PLR Happy Birthday Clea Hillygus!	9:30 Yoga w/ Mary Ann- PLR 10:00 Bible Study—PCR 11:00 Book Mobile – GC 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Doc. & Wine	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion--GC 11:00 Lip Reading –PGR 1:00 Meadow Park Trip w/ root beer floats 1:30 Water coloring-- PAR 3:00 Ent: Brian Black Music - PLR	9:30 Meditation-- PLR 10:30 Gentle Yoga-- PLR 1:30 Arts and Crafts – PAR 3:00 Aqua Aerobics w/ Mary Ann--Palms pool	
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 12:00 Movie - PLR 6:30 Movie - PLR Happy Birthday Carol Mackey! Mother's Day National Skilled Nursing Week	9:30 Chair Exercise w/ Tonya—PLR 11:00 Cal Phones FREE PLR 1:30 \$1 Bingo – PDR 2:00 Fitness Fusion w/ Mary Ann-PLR	9:30 Mobility w/ 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 5:30 Welcome New Resident Table - ODR	9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics w/ Mary Ann—Oaks Pool 11:00 Quarterdeck Seafood Bar & Grill 1:00 Slide Show and Video w/ Jack Hennessy-PCR 3:00 Trivia w/ Jack Hennessy-PCR Happy Birthday Red Cramer!	9:30 Yoga w/ Mary Ann-PLR 10:00 Bible Study—PCR 1:30 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Walmart 3:00 Doc. & Wine—PLR	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion--GC 11:00 Lip Reading –PGR 1:00 Greeter's Committee Meeting—PCR 1:30 Water coloring—PAR 3:00 Ent: Bellissima Handbells Happy Birthday Lily Percy!	9:30 Meditation-- PLR 10:30 Gentle Yoga-- PLR 1:30 Arts and Crafts – PAR CANCELLED: Aqua aerobics Armed Forces Day	
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	9:30 Chair Exercise w/ Tonya—PLR 1:30 \$1 Bingo – PDR 2:00 Fitness Fusion- PLR 2:00 Grief & Loss Group PCR 3:00 Ent: Rick Jarrett - PLR	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 3-5 Birthday Cocktail Party! with Joy Bonner PLR 5:00 Welcome New Resident Table - PDR	9:30 Chair Exercise—PLR 10:30 Aqua Aerobics w/ Mary Ann—Oaks Pool 5:00 La Esquina Taqueria Happy Birthday Betty Keever!	9:30 Yoga w/ Mary Ann-PLR 10:00 Bible Study—PCR BINGO TIME CHANGE: 1:00 \$2 Bingo—PDR 1:30 Tai Chi video—OLR 3:00 Doc. & Wine—PLR Happy Birthday Carol Fine! Shavuot Begins	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion—GC 11:00 Lip Reading –PGR 1:00 New Resident Orientation w/ Lupe—PCR 1:00 (2nd) Meadow Park Trip w/ root beer floats 1:30 Water coloring-- PAR 3:00 Ent: Daily Special Band - PLR	3:00 Ted Waterhouse Music - PLR	
9:00 Church 9:30 Workout Video—PLR 11:30 Walking Group 12:00 Movie - PLR 2:00 Live music: <i>Allegria Winds</i> woodwind quintet classical performance PLR 6:30 Movie - PLR	9:30 Chair exercise w/ Tonya 11:00 Flower walk w/ Simon! 1:30 \$1 Bingo – PDR 2:00 CANCELLED: Fitness Fusion	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 5:30 Welcome New Resident Table - ODR	9:30 Chair Exercise--PLR 10:30 Trader Joe's 10:30 Aqua Aerobics w/ Mary Ann—Oaks Pool 3:30 Once Upon A Short Story-PAR				

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

May Movies

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

1. Call Me By Your Name (Netflix)
2. Passing (Netflix)
3. Girl in the Picture (Netflix)
4. Wine Country (Netflix)
5. Lincoln (Hulu)
6. Call Jane (Hulu)
7. The King and Four Queens
8. Top Gun: Maverick (Amazon)
9. Mrs. Harris Goes to Paris (Amazon)
10. The Crying Game (HBO Max)
11. Stanford Prison Experiment (Amazon)
12. Bridesmaids (Hulu)
13. Look Both Ways (Netflix)
14. It Started in Naples
15. You People (Netflix)
16. Rango (Netflix)
17. The Founder (Netflix)
18. Bird Box (Netflix)
19. Fight Club (Hulu)
20. Rise of the Planet of the Apes (Hulu)
21. The Misfits
22. Black Swan (Hulu)
23. Pretty Woman (Hulu)
24. Big (Hulu)
25. Something's Gotta Give (Hulu)
26. There's Something About Mary (Hulu)
27. Marmaduke (Hulu)
28. The Tall Men
29. The Cable Guy (Hulu)
30. The Mandela Effect (Hulu)
31. Are We There Yet? (Hulu)

USE SIGN-UP SHEETS IN PALMS BINDER

May Lunch Outings:

- Huckleberry's Cafe, Wed 5/3 11:30
- Quarterdeck Seafood Bar & Grill, Wed 5/17 11:00
- La Esquina Taqueria, Wed 5/24 5:00

May Bus Outings:

- SLO SYMPHONY REHEARSAL, Sat 5/6 10:30 (free)
- Leaning Pines Arboretum- Cal Poly, Tues 5/9 10:00 (free)
- Meadow Park Trip w/ root beer floats, Fri 5/12 1:00, (free)
- (2nd) Meadow Park Trip w/ root beer floats, Fri 5/26 1:00, (free)

May Shopping:

- RITE-AID, Wed 5/3 10:00
- TARGET, Thurs 5/4 **3:00**
- WALMART, Thurs 5/18 **3:00**
- TRADER JOES, Wed 5/31 10:30