






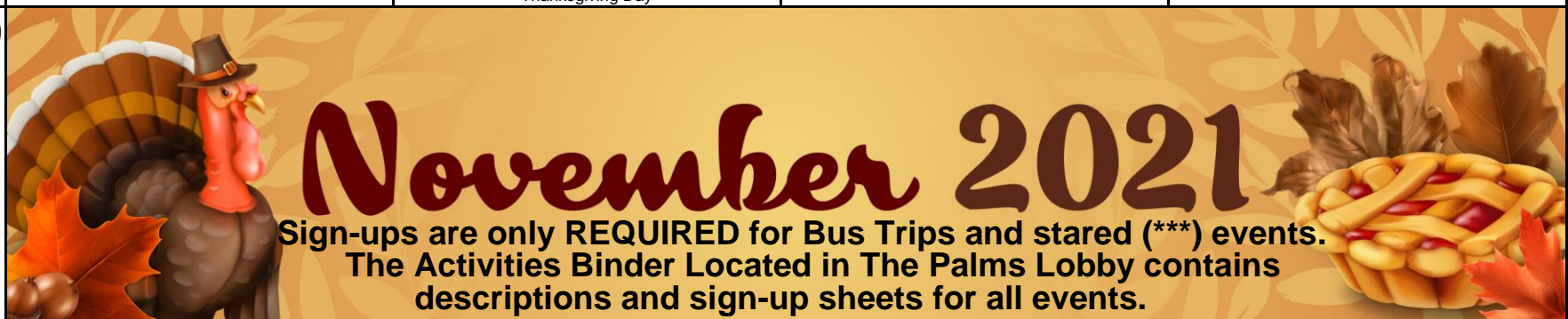


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Masks are REQUIRED for ALL residents even if you are vaccinated!	1 10:00 Weights w/ Mary- <u>canceled</u> 10:30 Palms Resident Association Meeting- <u>PLR</u> 12:00 Movie- <u>PLR</u> (Charlottes Web) 1:00 Bridge- <u>PCR***</u> 3:30 BUS TRIP SIGN UPS- <u>PLR</u>	2 10:00 Balance w/ Misty- <u>PLR</u> 10:00 Communion Service- <u>PCR</u> 10:30 Banking (sign up at front desk) 12:00 Movie - <u>OT</u> (Freedom Writers) 1:00 Bingo (\$1) - <u>PLR</u> 3:00 Comm. Connection - <u>PCR</u> 6:30 Movie- <u>PLR</u> (Charlottes web)	3 10:00 Water Aerobics w/ Sophie -Palms pool 10:00 Nosey for News – <u>PCR</u> 10:30 Rite Aid 20% off  Shopping Bus Trip*** 2:30 Oaks Resident Association Meeting- <u>OT</u> 6:30 Movie- <u>PLR</u> (Driving Miss Daisy)	4 10:00 Zumba w/ Mary - <u>PLR</u> 10:00 Bible Study- <u>PCR</u> 10:45 Caring for the Brain- <u>PLR**</u> 1:00 Two-Buck Bingo - <u>PLR</u> 2:00 Yoga w/ Mary Ann - <u>PLR</u> 3:00 TED talks- <u>PLR</u> 6:30 Movie- <u>PLR</u> (Driving Miss Daisy)	5 10:00 Weights w/ Mary - <u>PLR</u> 10:00 Bible In Discussion - <u>PCR</u> 10:45 Drawing/Art- Class by Cuesta- <u>PAR***</u> 11:00 Lip reading w/ Lou- PGR 2-3 Music performance by The Brendels - <u>PLR</u> 6:30 Movie- <u>PLR</u> (LA LA LAND)	6 10:00 Arthritis w/ Misty- <u>PLR</u> 10:30 Book Club- <u>PAR</u> 11:00 Brain Games- <u>PLR</u> 12:00 Movie- <u>PLR</u> (The Biggest Little Farm) 1:30 Craft with Mary Ann (winter wreath making)- <u>PAR***</u> 2:30 Movie- <u>PLR</u> (The Biggest Little Farm) 6:30 Movie- <u>PLR</u> (LA LA LAND)	
	7 11:30 Walking group 12:00 Movie- <u>PLR</u> (Paris Blues) 4:00 Hymn singing- <u>PLR</u> 6:30 Movie- <u>PLR</u> (Paris Blues)	8 10:00 Weights w/ Mary - <u>PLR</u> 12:00 Movie- <u>PLR</u> (Multiplicity) 1:00 Bridge- <u>PCR***</u> 2:00- 4:00 Music by Rick Jarrett- <u>PLR</u>	9 10:00 Balance w/ Misty- <u>PLR</u> 10:00 Communion Service- <u>PCR</u> 10:30 Banking (sign up at front desk) 12:00 Movie in <u>OT</u> (Inherit the Wind) 1:00 Bingo (\$1) - <u>PLR</u> 2:00 Laughter Wellness- <u>PCR**</u> 3:00 Comm. Connection - <u>PCR</u> 6:30 Movie <u>PLR</u> (Multiplicity)	10 10:00 Water Aerobics w/ Sophie -Palms pool 10:00 Nosey for News – <u>PCR</u> 10:30 Cal Poly Nutrition Presentation- <u>PLR***</u> 1:00 Rexall Pharmacy  Shopping Bus Trip*** 6:30 Movie- <u>PLR</u> (Howl's Moving Castle)	11 10:00 Veterans' Day  Ceremony- <u>PLR</u> 10:00 Zumba w/ Mary- <u>canceled</u> 10:00 Bible Study- <u>PCR</u> 12:00 Veterans' Day luncheon (by invitation)- <u>PDR</u> 1:00 Two-Buck Bingo - <u>PLR</u> 2:00 Yoga w/ Mary Ann - <u>PLR</u> 3:00 TED Talks - <u>PLR</u> (Remembrance Day (Canada))	12 10:00 Weights w/ Mary - <u>PLR</u> 10:00 Bible In Discussion - <u>PCR</u> 10:45 Drawing/Art- Class by Cuesta- <u>PAR***</u> 11:00 Lip reading w/ Lou- PGR 2-3 Music performance by We-R-Two- <u>PLR</u> 6:30 Movie- <u>PLR</u> (Water for Elephants)	13 10:00 Arthritis w/ Misty- <u>canceled</u> 11:00 Brain Games- <u>canceled</u> 12:00 Movie- <u>PLR</u> (Free Solo) 1:30 Watercolor w/ Dixie- <u>PAR***</u> 2:30 Movie- <u>PLR</u> (Free Solo) 6:30 Movie- <u>PLR</u> (Water for elephants)
	14 11:30 Walking group 12:00 Movie- <u>PLR</u> (Beat the Devil) 6:30 Movie- <u>PLR</u> (Beat the Devil)	15 10:00 Weights w/ Mary - <u>PLR</u> 11:00 Trader Joes Shopping Bus Trip***  12:00 Movie- <u>PLR</u> (Son in Law) 1:00 Bridge- <u>PCR***</u> 3:30 Once Upon a Short Story Club- <u>PLR***</u>	16 10:00 Balance w/ Misty- <u>PLR</u> 10:00 Communion Service- <u>PCR</u> 10:30 Banking (sign up at front desk) 11:00 History need not be boring w/ Dick Miller- <u>PLR</u> 12:00 Movie in <u>OT</u> (Into the Wild) 1:00 Bingo (\$1) - <u>PLR</u> 3:00 Comm. Connection - <u>PCR</u> 6:30 Movie <u>PLR</u> (Son in Law)	17 10:00 Water Aerobics w/ Sophie -Palms pool 10:00 Nosey for News – <u>PCR</u> 11:30 Tin City Bus Trip*** (visit Barrel House Brewery, various wineries or get some lunch!) 6:30 Movie- <u>PLR</u> (Out of Africa) 	18 10:00 Zumba w/ Mary - <u>PLR</u> 10:00 Bible Study- <u>PCR</u> 10:45 Caring for the Brain- <u>PLR**</u> 1:00 Two-Buck Bingo - <u>PLR</u> 2:00 Yoga w/ Mary Ann - <u>PLR</u> 3:00 Awakening from Alzheimer's DVD/ discussion - <u>PLR</u> 6:30 Movie- <u>PLR</u> (Out of Africa)	19 10:00 Weights w/ Mary - <u>PLR</u> 10:00 Bible In Discussion - <u>PCR</u> 10:45 Drawing/Art- Class by Cuesta- <u>PAR***</u> 11:00 Lip reading w/ Lou- PGR 2-3 Music performance by Talia Ortega- <u>PLR</u> 6:30 Movie- <u>PLR</u> (Goodwill Hunting)	20 10:00 Arthritis w/ Misty- <u>PLR</u> 11:00 Brain Games- <u>PLR</u> 12:00 Movie- <u>PLR</u> (Crip Camp) 1:30 Craft with Mary Ann (Jewelry making)- <u>PAR***</u> 2:30 Movie- <u>PLR</u> (Crip Camp) 6:30 Movie- <u>PLR</u> (Goodwill Hunting)
	21 11:30 Walking group 12:00 Movie- <u>PLR</u> (Third Man) 4:00 Hymn singing- <u>canceled</u> 6:30 Movie- <u>PLR</u> (Third Man)	22 10:00 Weights w/ Mary - <u>canceled</u> 12:00 Movie- <u>PLR</u> (Addams Family Values) 1:00 Bridge- <u>PCR***</u> 3:30 New Resident Orientation (by invitation)- <u>PLR</u>	23  B-Day party performer: Liz Douglas 10:00 Balance w/ Misty- <u>PLR</u> 10:00 Communion Service- <u>PCR</u> 10:30 Banking (sign up at front desk) 12:00 Movie - <u>OT</u> (When Harry Met Sally) 1:00 Bingo (\$1) - <u>PLR</u> 3:00 Comm. Connect- <u>canceled</u> 3:00 B-Day Cocktail party- <u>PLR</u> 4:30 B-Day Cocktail party- <u>OLR</u> 6:30 Movie- <u>PLR</u> (Adams Family Values)	24 8:00-1:30 Dr. Ziomek visit (appointment only)- <u>PCR***</u> 10:00 Water Aerobics w/ Sophie 10:00 Nosey for News <u>canceled</u> 1:00 What Are You Thankful For? (activity & craft) – <u>ODR</u> 2:30 What are You Thankful For? (activity & craft) - <u>PLR</u> 6:30 Movie- <u>PLR</u> (Chicken Run)	25 <i>Happy Thanksgiving!</i> All regularly scheduled activities are canceled 10:00 Exercise video- <u>PLR</u> 12:00 Movie- <u>PLR</u> (Chicken Run) 3:00 TED Talks - <u>PLR</u> 6:30 Movie- <u>PLR</u> (Chicken Run) (Thanksgiving Day)	26 10:00 Weights w/ Mary - <u>PLR</u> 10:00 Bible In Discussion - <u>PCR</u> 10:45 Drawing/Art- Class by Cuesta- <u>canceled</u> 11:00 Lip reading w/ Lou- PGR 2-3 Music performance by Les Beck- <u>PLR</u> 6:30 Movie- <u>PLR</u> (Grease)	27 10:00 Arthritis w/ Misty- <u>canceled</u> 11:00 Brain Games- <u>canceled</u> 12:00 Movie- <u>PLR</u> (This is It) 1:30 Watercolor w/ Dixie- <u>PAR***</u> 2:30 Movie- <u>PLR</u> (This is It) 6:30 Movie- <u>PLR</u> (Grease)
28 11:30 Walking group 12:00 Movie- <u>PLR</u> (Lillies of the Field) 6:30 Movie- <u>PLR</u> (Lillies of the Field)	29 9:30 Macy's Shopping Bus Trip***  10:00 Weights w/ Mary - <u>PLR</u> 12:00 Movie <u>PLR</u> (St. Ralph) 1:00 Bridge- <u>PCR***</u> 3:30 Greeters Committee Meeting- <u>PLR</u>	30 10:00 Balance w/ Misty- <u>PLR</u> 10:00 Communion Service- <u>PCR</u> 10:30 Banking (sign up at front desk) 11:00 BUS TRIP SIGN UPS FOR DECEMBER- <u>PLR</u> 12:00 Movie in <u>OT</u> (Mowgli) 1:00 Bingo (\$1) - <u>PLR</u> 3:00 Comm. Connection - <u>PCR</u> 6:30 Movie <u>PLR</u> (St. Ralph)	 <h1>November 2021</h1> <p>Sign-ups are only REQUIRED for Bus Trips and stated (***) events. The Activities Binder Located in The Palms Lobby contains descriptions and sign-up sheets for all events.</p>				

PLR= Palms Living Room PCR = Palms Community Room(cy 2) PAR= Palms Arts & Crafts Room(cy 3) OT= Oaks Movie Theater PDR= Palms Dining Room ODR= Oaks Dining Room PGR= Palms Garden Room