

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 48px; color: #e91e63;">July 2023</h1>						9:30 Meditation w Mary Ann 1 10:30 Gentle Yoga w Mary Ann
9:00 Church Rides 2 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 3:30 Hymn Singing- PLR 6:30 Movie- PLR Happy Birthday: Wanda Johnson	9:00 chair exercise w Tonya 3 10:30 Palms Association meeting 1:30 \$1 Bingo- PDR 2:00 Fitness fusion -PLR 3:00 Aqua Aerobics-Palms	10:00 Communion- PCR 4 10:30 No Banking 1:00 Bridge- PCR 3:00 ENT: Marsdales - PLR 5:00 Welcome New Resident Table- PDR <small>Independence Day (US)</small>	8-12 Dr. Ziomek PCR 5 9:30 Chair Exercise w/ Tonya—PLR 10:00 Rite Aid shopping 10:30 Aqua Aerobics- Oaks 10:30 Rite-Aid shopping 2:30 Oaks Association Mtg - OT	9:30 Yoga with Mary-Ann 6 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: Terry Cramer	9:30 chair exercise w Tonya 7 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 11:00 Blast 825 Brewery 1:00 Tai Chi w Michelle PLR 1:30 Water coloring- PAR	<small>Canada Day</small> 8 3:00 Village Voices Ent: Greg Riley-PLR
9:00 Church Rides 9 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR	9:30 Chair exercise w Tonya 10 1:30 \$1 Bingo-PDR CANCELLED: Fitness fusion CANCELLED: Aqua aerobics 3-4 Ent: Rick Jarrett	9:30 Mobility wThomas- PLR 11 10:00 communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:00 Welcome New Resident Table- ODR	9:30 Chair Exercise w/ Tonya—PLR 12 CANCELLED: Aqua 10:00 Solvang Day Trip 2:00 Grief & Loss group PCR	9:30 Yoga with Mary-Ann 13 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- PLR 4:00 A.J. Spurs (Dinner) Happy Birthday: Marion Tinglof & Leroy Mackey	9:30 chair exercise w Tonya 14 10-5 Massage therapist appointments PCR 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Tai Chi w Michelle PLR 1:30 Water coloring- PAR	15 9:30 Meditation w Mary Ann 10:30 Gentle Yoga 10:30 Book Club -PAR 1:30 Arts & Crafts 3:00 Aqua Aerobics-Palms
9:00 Church Rides 16 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 17 1:30 \$1 Bingo-PDR 2:00 Fitness fusion -PLR 3:00 Aqua aerobics-Palms 3:00 ICE CREAM PARTY! Palms Gazebo courtyard National Ice cream day! Happy Birthday: Patricia Ramsay	9:30 Mobility wThomas- PLR 18 10:00 Communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 1:30 Rite Aide Covid Vaccine PLR 5:00 Welcome New Resident Table- PDR	9:30 Chair Exercise w/ Tonya—PLR 19 10:30 Aqua Aerobics- Oaks 10:30 Tour at Veteran's Museum Outing 1:00 Slide Show and Video w/ Jack Hennessy-PCR 3:00 Trivia w/ Jack Hennessy	9:30 Yoga with Mary-Ann 20 10:00 Bible study CANCELLED 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Walmart 3:00 Doc. & Wine- PLR Happy Birthday: Ruth Grant	9:30 chair exercise w Tonya 21 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 11:00 Urban Café Outing 1:00 Tai Chi w Michelle PLR 1:00 Greeters Committee Meeting - PCR 1:30 Water coloring- PAR 3:00 Ent: Three Martini Lunch PLR	22 9:30 Meditation w Mary Ann 10:30 Gentle Yoga w Mary Ann 10:30 Book Club -PAR 1:30 Arts and Crafts w Mary Ann 3:00 Aqua Aerobics-Palms 3:00 Village Voices Ent: Greg Riley-PLR
9:00 Church Rides 23 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR	9:30 Chair exercise w Tonya 24 1:30 \$1 Bingo-PDR 2:00 Fitness fusion -PLR 3:00 Aqua aerobics-Palms 3:00 Ent: Brynn Albanese	9:30 Mobility wThomas- PLR 25 10:00 Communion- PCR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 3-5 Birthday Cocktail Party! w/Joy Bonner PLR 5:00 New Res. Table- ODR	9:30 Chair Exercise w/ Tonya 26 PLR 10:30 Aqua Aerobics- Oaks 10:30 Trader Joes 2:00 Grief & Loss group PCR 3:30 Once Upon A Short Story—PAR Happy Birthday: Simon Prins	9:30 Yoga with Mary-Ann 27 10:00 Bible study- PCR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR Happy Birthday: Elizabeth Salzgerber	9:30 chair exercise w Tonya 28 10:00 Bible Discussion- GC 10:00 Hearst Castle & picnic 11:00 Lip Reading- PGR 1:00 Tai Chi w Michelle PLR 1:30 Water coloring- PAR	29 10:30 Santa Maria Macy's Shopping Outing
9:00 Church Rides 30 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR	9:30 Chair exercise w Tonya 31 1:30 \$1 Bingo-PDR 2:00 Fitness fusion - PLR 3:00 Aqua aerobics-Palms Happy Birthday: Necia Apfei					

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

July Movies

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

1. Smokey and the Bandit - Netflix
2. The Birds - Netflix
3. Audrey - Netflix
4. Born on the Fourth of July - Netflix
5. Slap Shot - Netflix
6. Les Misérables - Netflix
7. Zookeeper - Netflix
8. Last Laugh - Netflix
9. What Would Sophia Loren Do? - Netflix
10. The Harder They Fall - Netflix
11. Toscana - Netflix
12. Roma - Netflix
13. The Beguiled - Netflix
14. Berlin Syndrome - Netflix
15. Dangerous Liaisons - Netflix
16. Spanglish - Netflix
17. Sandstorm - Netflix
18. Dance at the Forty-One - Netflix
19. My Wonderful Life - Netflix
20. Birth of a Dragon - Netflix
21. Legends of the Fall - Netflix
22. The Ballad of Buster Scruggs - Netflix
23. Forgive us our Trespasses. - Netflix
24. It Happened One Night – Prime
25. Life with Father – Prime
26. Crime of Passion – Prime
27. Return to Paradise – Prime
28. My Man Godfrey – Prime
29. Too Late for Tears – Prime
30. Man in the Attic – Prime
31. 1984 – Prime

USE SIGN-UP SHEETS IN PALMS BINDER

July Lunch Outings:

- Blast 825 Brewery, Fri 7/7 11:00am
- A. J. Spurs, Wed 7/13 4:00pm (Dinner)
- Urban Café Fri 7/21 11:00am

July Bus Outings:

- Day Trip to Solvang, Wed 7/12 10:00 (free)
- Tour of Veteran's Museum, Wed 7/19 (free)
- Hearst Castle Tour, Fri 7/28 10:00 (\$30.00)
- Picnic at Hearst Memorial Beach 7/28 (following after the tour)
- Santa Maria Macy's Shopping Outing Sat 7/29

July Shopping:

- TARGET, Thurs 7/6 **3:00**
- RITE-AID, Wed 7/5 10:00
- WALMART, Thurs 7/20 **3:00**
- TRADER JOES, Wed 7/26 10:30