

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023

Life Enrichment Director

Thomas Smith (805) 543-2300 Ext. 218 Thomas@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 3:30 Hymn Singing - PLR 6:30 Movie- PLR</p>	<p>9:00 Chair exercise w/Tonya 1:30 \$1 Bingo- PDR 2:00 Fitness fusion -PLR 3:00 Aqua Aerobics-Palms 3:00 Ent: Hal Sweesy</p> <p style="text-align: center;">Labor Day</p>	<p>9:30 Mobility w/Thomas- PLR 10:00 Communion- PCR 10:30 Banking 12:00 Bob Jones Trail 1:00 Bridge- PCR 1:00 PAC Documentary – Playing in Unison - PLR 1:30 Tai chi video- OLR 5:00 Welcome New Resident Table - ODR</p>	<p>8-12 Dr. Ziomek - PCR 9:30 Chair Exercise w/ Tonya— PLR 10:30 Aqua Aerobics- Oaks 10:30 Rite Aid Shopping 12:00 Taste Lunch 2:30 Oaks Association Mtg -OT Happy Birthday: Jack Hennessy</p>	<p>9:30 Yoga with Mary Ann 10:00 Bible study- GC 11:00 Golden Retriever Group - PLR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR Happy Birthday: Charleen Cowan & Ernest Crook</p>	<p>9:30 Chair exercise w Tonya 10:00 Bible Discussion- GC 10-5 Massage therapist appointments PCR 11:00 Lip Reading- PGR 11:00 Rite Aid Flu Clinic PLR 1:30 Water coloring- PAR Happy Birthday: Katherine Zaninovich</p>	<p>9:30 Meditation w Mary Ann 10:30 Gentle Yoga w/Mary Ann 12:00 Movie- PLR 1:30 Arts & Crafts 3:00 Aqua Aerobics- Palms 3:00 History Need Not Be Boring - PLR 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 6:30 Movie- PLR Happy Birthday: Jeanette Wolf</p> <p style="text-align: center;">Grandparents Day</p>	<p>9:00 Chair exercise w Tonya 10:30 Palms Association Meeting – PLR 1:30 \$1 Bingo-PDR 2:00 Fitness fusion - PLR 3:00 Aqua Aerobics-Palms 3:00 Ent: Ted Waterhouse - PLR</p>	<p>9:30 Mobility w/Thomas- PLR 10:00 Communion- PCR 10:30 Target 12:00 Dockside Lunch 1:00 Bridge- PCR 1:30 Tai chi video- OLR 3 :00 The Ultimate Michigan RV Trip PLR 5:00 Welcome New Resident Table – PDR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics- Oaks 11:00 Harmony Wine Cellars Tasting Outing! 2:00 Grief & Loss Group PCR</p>	<p>9:30 Yoga with Mary-Ann 10:00 Bible study- GC 10:00 Wallace: Walker Adjustments – P-court Yard 11:00 Book Mobile -GC 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:00 Bible Discussion- GC 10:30 – Dollar Tree 11:00 Lip Reading- PGR 1 :00 Greeters Committee Meeting - PCR 1:30 Water coloring- PAR 3-4 Octoberfest – Palms courtyard</p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>9:30 Meditation w Mary Ann 10:30 Gentle Yoga w/Mary Ann 12:00 Movie- PLR 1:30 Arts & Crafts 3:00 Aqua Aerobics – Palms 6:30 Movie- PLR</p> <p style="text-align: center;">Oktoberfest Begins</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 3:30 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 Fitness fusion - PLR 3:00 Aqua Aerobics-Palms 3:00 Ent: Gabe McGinley - PLR</p>	<p>9:30 Mobility w/Thomas- PLR 10:00 Communion- PCR 10:30 Banking 11:30 Laguna Lake Picnic 1:00 Bridge- PCR 1:30 Tai chi video- OLR 3:00 Travel to Germany PLR 5:00 Welcome New Resident Table - ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics- Oaks 3:00 Trivia w/Jack Hennessy PCR 4:30 Beda's Biergarten Happy Birthday: Sally Guagliano</p>	<p>9:30 Yoga with Mary-Ann 10:00 Bible study- GC 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:00 Resident Doggy Parade: Garden Creek 10-5 Massage therapist appointments PCR 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:30 Water coloring- PAR 3:00 Michigan Ginger Soda Floats – Palms Courtyard</p> <p style="text-align: center;">Autumn Begins</p>	<p>9:30 Meditation w Mary Ann 10:30 Book Club -PAR 10:30 Gentle Yoga w/Mary Ann 12:00 Movie- PLR 1:30 Arts & Crafts 3:00 Aqua Aerobics – Palms 3:00 Village Voices 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 3:00 Ent: Gabe Cedillo 6:30 Movie- PLR</p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>9:30 Chair exercise w Tonya 10:00 Chumash Casino 1:30 \$1 Bingo-PDR 2:00 Fitness fusion - PLR 3:00 Aqua Aerobics-Palms 3:00 Ent: Rick Jarrett - PLR Happy Birthday: Britt Lozano, Gerry Wallace, & Gretchen Diehl</p>	<p>8-12 Dr. Ziomek - PCR 9:30 Mobility w/Thomas- PLR 10:00 Communion- PCR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 3 :00 Birthday Cocktail Party ! w/Still Kickin OLR 5:00 Welcome New Resident Table - PDR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 10:30 Aqua Aerobics- Oaks 10:30 Trader Joes 12:00 Panera Bread Lunch 2:00 Grief & Loss Group PCR 3:30 Once Upon A Short Story—PAR Happy Birthday: Mary Lou</p>	<p>9:30 Yoga with Mary-Ann 10:00 Bible study- GC 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 New Resident Orientation - PCR 1:30 Water coloring- PAR Happy Birthday: Sheridan Cole & Lou Fogo</p> <p style="text-align: center;">Sukkot Begins</p>	<p>9:30 Meditation w Mary Ann 10:30 Gentle Yoga w/Mary Ann 12:00 Movie- PLR 1:30 Arts & Crafts 3:00 Aqua Aerobics – Palms 6:30 Movie- PLR Happy Birthday: Nancy Gothard & Marian Greory</p>

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

September Movies

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

1. 80 for Brady-Prime
2. The Second Time Around-Prime
3. Joseph and the Amazing Technicolor Dreamcoat ***Resident DVD***
4. Sully-Prime
5. The Bridges of Madison County-Prime
6. Laura-Prime
7. Sherlock Holmes-Prime
8. Arsenic & Old Lace-Max, Hulu, Prime
9. Moby Dick-Prime
10. Caveman ***Resident DVD***
11. Rebel Without a Cause-Prime
12. Hidden Figures-Hulu
13. The Babe-Prime
14. The Post-Hulu, Prime
15. Concussion-Prime
16. The Perfect Storm-Prime
17. Grumpy Old Men-Prime
18. The Straight Story-Prime
19. Once Upon a Time in The West-Prime
20. The Hero-Prime
21. The Irishman-Netflix
22. Apollo 13-Prime
23. The Laundromat-Netflix
24. Butch Cassidy & The Sundance Kid-Max, Hulu, Prime
25. Going in Style-Prime
26. Tombstone-Prime
27. Good Will Hunting-Max, Prime, Hulu
28. The Fablemans-Hulu, Prime
29. All Quiet on The Western Front-Netflix
30. Fire of Love-Hulu

USE SIGN-UP SHEETS IN PALMS BINDER

September Lunch Outings:

- Taste Lunch 9/6 12:00
- Dockside Lunch 9/12 12:00
- Olive Garden Dinner 9/20 4:30
- Panera Bread Lunch 9/27 12:00

September Bus Outings:

- Bob Jones Trail 9/5 12:00 Free
- Harmony Wine Cellars 9/13 11:00 - \$15.00
- Laguna Lake Picnic 9/19 11:30 Free
- Chumash Casino 9/25 10:00

September Shopping:

- RITE-AID, Wed 9/6 10:30
- TARGET, Tues 9/12 10:30
- WALMART/Marshalls, Mon 9/18 10:30
- TRADER JOES, Wed 9/27 10:30