



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: yellow;">AUGUST 2023</h1> 		9:30 Mobility w/Thomas- PLR 10:00 Communion – PCR 10:30 Banking 1:00 Bridge – PCR 1:30 Tai Chi Video – OLR <b>5:00 Welcome New Resident Table - PDR</b>	9:30 Chair Exercise w/ Tonya – PLR <b>10:30 Rite Aid Shopping</b> 10:30 Aqua Aerobics – Oaks  <b>2:30 Oaks Association Meeting</b>  <u>Happy Birthday: Moira Wunderlich</u>	9:30 Yoga with Mary Ann 10:00 Bible Study – PCR 1:30 \$2 Bingo – PDR 1:30 Tai Chi Video – OLR 3:00 Doc & Wine – PLR  <u>Happy Birthday: Vi Matlin</u>	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 1:30 Water Coloring – PAR <b>3:00 Ent: Mardales</b>	9:30 Meditation w/ Mary Ann 10:30 Book Club – PAR 10:30 Gentle Yoga 1:30 Arts and Crafts - PAR 3:00 Aqua Aerobics – Palms  <u>Happy Birthday: Kathryn Baird &amp; George Ziggler</u>
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 <u>Happy Birthday: William Smith</u>	9:00 Chair Exercise with Tonya <b>10:30 Palms Association Meeting</b> <b>12:00 Madonna Inn (Lunch)</b> 1:30 \$1 Bingo 2:00 Fitness Fusion - PLR 3:00 Aqua Aerobics - Palms	9:30 Mobility w/Thomas- PLR 10:00 Communion – PCR <b>10:30 Target</b> 1:00 Bridge – PCR 1:30 Tai Chi Video – OLR <b>5:00 Welcome New Resident Table - ODR</b>	9:30 Chair Exercise w/ Tonya – PLR 10:30 Aqua Aerobics – CANCELLED <b>11:00 Dinosaur Caves Park Picnic</b> 2:00 Grief & Loss Group – PCR	9:30 Yoga Video – 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 – PLR	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion – GC <b>10-5 Massage therapist appointments PCR</b> 11:00 Lip Reading – PGR 1:30 Water Coloring – PAR <b>3:00 Ent: Les Beck Duo</b> 5 – 8 Forget me not fundraiser – Oaks <u>Happy Birthday: Trudy Romanelli</u>	10:30 Yoga Video - PLR 10:30 Book Club – PAR 3:00 Aqua Aérobcics – CANCELLED 3:00 Village Voices
9:00 Church Rides 9:30 Workout Video-PLR 11:30 Walking Group 12:00 Movie-PLR 2:00 Prayer Meeting w/Melly -OLR 2:00 Frank Lloyd Wright - 2 Personalities w/ Jerry PLR 6:30 Movie-PLR	9:30 Chair Exercise with Tonya <b>10:30 Walmart/ Marshalls</b> 1:30 \$1 Bingo 2:00 Fitness Fusion - PLR 3:00 Aqua Aerobics - Palms	9:30 Mobility w/Thomas- PLR 10:00 Communion – PCR 10:30 Banking 1:00 Bridge – PCR 1:30 Tai Chi Video – OLR <b>5:00 Welcome New Resident Table - PDR</b>	9:30 Chair Exercise w/ Tonya – PLR 10:30 Aqua Aerobics – Oaks <b>11:00 Cuesta Canyon Park Picnic</b>	9:30 Yoga with Mary Ann 10:00 Bible Study – PCR 10:00 WALLACE – Walker Adjustments - PLR 1:30 \$2 Bingo – PDR 1:30 Tai Chi Video – OLR 3:00 Doc & Wine – PLR	9:30 Chair exercise w/ Tonya 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR <b>11:30 Celia's Garden Café/ Montana de Oro</b> <b>1:00 Greeters Committee Meeting - PCR</b> 1:30 Water Coloring – PAR <b>3:00 Ent: Robby-Neal Gordon</b> <u>Happy Birthday: Pat Harrison</u>	9:30 Meditation w/ Mary Ann 10:30 Book Club – PAR 10:30 Gentle Yoga 1:30 Arts and Crafts - PAR 3:00 Aqua Aérobcics – Palms 3:00 Village Voices
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	9:30 Chair Exercise with Tonya <b>11:00 Custom House (Lunch)</b> 1:30 \$1 Bingo 2:00 Fitness Fusion -PLR 3:00 Aqua Aerobics - Palms <b>3:00 Ent: Rick Jarrett PLR</b>	9:30 Mobility w/Thomas- PLR 10:00 Communion – PCR 1:00 Bridge – PCR 1:30 Tai Chi Video – OLR <b>5:00 Welcome New Resident Table - ODR</b>	9:30 Chair Exercise w/ Tonya – PLR 10:30 Aqua Aerobics – Oaks <b>10:30 Trader Joes</b> 2:00 Grief & Loss Group – PCR <b>3:30 Once Upon a Short Story – PAR</b> <b>4:30 The Spoon Trade - Dinner</b>	9:30 Yoga with Mary Ann 10:00 Bible Study – PCR 1:30 \$2 Bingo – PDR 1:30 Tai Chi Video – OLR 3:00 Doc & Wine – PLR	9:30 Chair exercise – CANCELLED 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 1:30 Water Coloring – PAR <u>Happy Birthday: Wilma Grise &amp; Mary Lafaille</u>	10:30 Yoga Video 10:30 Book Club – PAR 1:00 - 4:00 Resident Art PLR 3:00 Aqua Aerobics – CANCELLED
9:00 Church Rides 9:30 Workout Video-PLR 11:30 Walking Group 12:00 Movie-PLR 6:30 Movie-PLR  <u>Happy Birthday: Carol Holm &amp; Bonnie Rourke</u>	9:30 Chair Exercise with Tonya 1:30 \$1 Bingo 2:00 Fitness Fusion - PLR 3:00 Aqua Aerobics - Palms	9:30 Mobility w/Thomas- PLR 10:00 Communion – PCR <b>10:00 Resident Doggy Parade: Garden Creek</b> 1:00 Bridge – PCR 1:30 Tai Chi Video – OLR <b>3-4 Birthday Cocktail Party! W/ Oso Lindo - PLR</b> 5:00 Welcome New Resident Table - ODR	9:30 Chair Exercise w/ Tonya – PLR 10:30 Aqua Aerobics – Oaks <b>10:30 Historic Jack House and Gardens</b>	9:30 Yoga with Mary Ann 10:00 Bible Study – PCR 1:30 \$2 Bingo – PDR 1:30 Tai Chi Video – OLR 3:00 Doc & Wine – PLR		

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

## August Movies

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

1. Glass Onion – Netflix
2. A League of their Own – Netflix
3. The Wedding Date – Netflix
4. This is Where I leave You – Netflix
5. American Hustle – Netflix
6. Passing– Netflix
7. Bob Ross Happy Accidents, Betrayal, and Greed – Netflix
8. A Fortunate Man– Netflix
9. Burnt – Netflix
10. St. Vincent – Netflix
11. Mirage – Netflix
12. The Meyerowitz Stories – Netflix
13. Begin Again – Netflix
14. A Knights Tale – Netflix
15. Crazy Rich Asians – Prime
16. Titanic – Prime
17. Top Gun Maverick – Prime
18. She Said – Prime
19. Dog – Prime
20. A Jazzman's Blues – Netflix
21. The Audrey Hepburn Story – Prime
22. Moonrise Kingdom – Prime
23. Little Women 1949 – Prime
24. Allied – Prime
25. The Pink Panther 1963 – Prime
26. School Ties – Prime
27. The Dressmaker – Prime
28. Sylvie's Love – Prime
29. Funny Girl – Prime
30. Charade – Prime
31. Peanut Butter Falcon – Prime

## USE SIGN-UP SHEETS IN PALMS BINDER

### August Lunch Outings:

- **Madonna Inn 8/7 11:00 (Lunch)**
- **Celia's Garden Café 8/18 11:30 (Lunch)**
- **Custom House 8/21 11:00(Lunch)**
- **The Spoon Trade 8/23 4:30 (Dinner)**

### August Bus Outings:

- **Dinosaur Caves Park Picnic 8/9 11:00 (Free)**
- **Cuesta Canyon Park Picnic Wed 8/16 11:00 (Free)**
- **Montaña de Oro State Park 8/18 (After Lunch)**
- **Historic Jack House and Gardens, Wed 8/30 10:30 (Free)**

### August Shopping:

- **RITE AID, Wed 8/2 10:00**
- **TARGET, Tues 8/8 10:30**
- **MARSHALLS, Mon 8/14 10:30**
- **WALMART, Mon 8/14 10:30**
- **TRADER JOES, Wed 8/23 10:30**