

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2023

Palms and Oaks



<p>9:00 Church Rides 5 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/Tonya6 10:30 Palms Association Meeting – PLR 12:00 Bob Jones Trail 1:30 \$1 Bingo- PDR 3:00 Rick Jarrett PLR</p>	<p>9:30 Mobility w/Thomas- PLR 7 10:00 Communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 4:45 Welcome New Resident Table - PDR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 1 10:30 Rite Aid Shopping 1:00 Ride Aide Covid, Flu, Pneumonia Vaccines PLR 2:30 Oaks Association Mtg - OT</p>	<p>10:00 Bible study- GC 2 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR</p>	<p>9:30 Chair exercise w Tonya3 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 3:00 Hal Sweesy on piano PLR Happy Birthday: Jeanne Syvertsen</p>	<p>10:00 SLO Symphony Rehearsal at PAC*** 4 12:00 Movie- PLR 6:30 Movie- PLR</p>
<p>9:00 Church Rides 12 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly - OLR 6:30 Movie- PLR</p> <p>Diwali (Hindi)</p>	<p>9:30 Chair exercise w/Tonya13 11:30 Pismo Beach Outlet Mall*** 1:30 \$1 Bingo- PDR 2:00 Fitness fusion -PLR 3:00 Peru Tesoro Escondido</p>	<p>9:30 Mobility w/Thomas- PLR 14 10:00 Communion- PCR 10:30 Target*** 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:15 Welcome New Resident Table – ODR Happy Birthday: Bruce Blackerby</p>	<p>8-12 Dr. Ziomek - PCR 15 9:30 Chair Exercise w/ Tonya—PLR 3:00 Trivia w/Jack Hennessy PCR 2:30-3:45 Cal Poly LWL Photos PLR</p>	<p>9:30 Yoga w/Mary Ann 9 10:00 Bible study- GC 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 Tonya10 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 11:00 Veterans Honoring PDR 11:30 Elisa Sings Patriotic Songs PDR 1:30 Water coloring- PAR 1:40- 5 Massage Therapy PCR</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>9:30 Meditation w/Mary Ann11 10:30 Gentle Yoga 12:00 Movie- PLR 1:30 Arts and Crafts 3:00 Village Voices PLR 6:30 Movie- PLR</p>
<p>9:00 Church Rides 19 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>10:30 Walmart/Marshalls*** 20 1:30 \$1 Bingo- PDR 2:00 Fitness fusion -PLR 3:00 Mardales PLR</p>	<p>9:30 Mobility w/Thomas- PLR 21 10:00 Communion- PCR 10:30 Banking 1:00 Bridge- PCR 1:30 Tai chi video- OLR 3:00 Birthday Cocktail Party – W/ Les Beck Duo OLR 4:45 Welcome New Resident Table - PDR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 22 11:00 Ice Cream Social PCR 2:00 Grief & Loss Group PCR Happy Birthday: Charlotte Gravlee</p>	<p>THANKSGIVING DAY LUNCHEON 23 Happy Birthday: Teresa Plucinski</p> <p>Thanksgiving Day (US)</p>	<p>9:30 Chair exercise w Tonya24 10:00-3:30 Massage Therapy PCR 10:00 Bible Discussion- GC 130 Water coloring PAR</p>	<p>9:30 Meditation w/Mary Ann25 10:30 Gentle Yoga 10:30 Book Club PAR 12:00 Movie- PLR 1:30 Arts and Crafts 3:00 Village Voices PLR 6:30 Movie- PLR</p>
<p>9:00 Church Rides 26 9:30 Workout Video- PLR 11:30 Walking group 12:00 Movie- PLR 2:00 Prayer Meeting w/Melly - OLR 6:30 Movie- PLR</p>	<p>9:30 Chair exercise w/Tonya27 11:00 Woods Humane Society*** 1:30 \$1 Bingo- PDR 2:00 Fitness fusion -PLR 3:00 10 Best Places to Visit In Montana PLR</p>	<p>9:30 Mobility w/Thomas- PLR 28 10:00 Communion- PCR 1:00 Bridge- PCR 1:30 Tai chi video- OLR 5:15 Welcome New Resident Table – ODR</p>	<p>9:30 Chair Exercise w/ Tonya—PLR 29 10:30 Trader Joes*** 2:15-3:45 LWL Wrap up Party PLR 3:30p Once Upon a Time Short Story PAR Happy Birthday: Richard Stewart</p>	<p>9:30 Yoga w/Mary Ann 30 10:00 Bible study- GC 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- PLR 4:00 Montana S'mores PLR</p>	<p>Life Enrichment Director Thomas Smith (805) 543-2300 Ext. 218 Thomas@villagesofslo.com</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

November Movies

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

1. Rocky- Prime
2. One True Thing- Prime
3. The Iron Lady- Max, Prime, Hulu
4. Curly Sue- Prime
5. 42- Max, Prime, Hulu
6. Eight Men Out- Prime
7. The Lady From Shanghai- Prime
8. My Big Fat Greek Wedding 2- Netflix
9. My Life In Ruins- Hulu, Prime
10. Runaway Bride- Netflix
11. The Brother's Bloom- Prime
12. The Good Nurse- Netflix
13. The Glass Castle- Netflix
14. Going My Way- ***STAFF DVD***
15. Blue Skies- ***STAFF DVD***
16. The Mule- Netflix
17. The Soloist- Max, Prime, Hulu
18. Fargo- Hulu, Max, Prime
19. Unforgiven- Prime
20. The Duchess- Prime
21. King Arthur- Prime
22. Holmes & Watson- Prime
23. Emily Bronte's Wuthering Heights- Prime
24. Judy- Prime
25. Same Kind Of Different As Me- Prime
26. Down & Out In Beverly Hills- Prime
27. 5 Flights Up- *** GR DVD***
28. Suffragette- Prime
29. North By Northwest- Prime
30. Gone Fishin- Prime

USE SIGN-UP SHEETS IN PALMS BINDER

November Lunch Outings:

- Bob Jones Trail 11/6 12:00
- Coya Peruvian Food 11/8 11:00

November Bus Outings:

- SLO Symphony 11/4 10:00
- Bob Jones Trail 11/6 12:00
- Pismo Beach Outlet Mall 11/13 11:30
- Woods Humane Society 11/27 11:00

November Shopping:

- RITE-AID, Wed 11/1 10:30
- TARGET, Tues 11/14 10:30
- WALMART/Marshalls, Mon 11/20 10:30
- TRADER JOES, Wed 11/29 10:30