

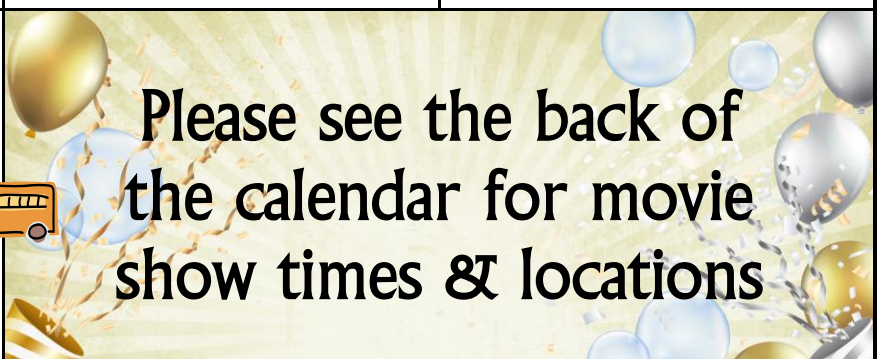


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="text-align: center;">  <h1 style="font-family: cursive;">January 2019</h1> <h2>The Palms &amp; The Oaks Life Enrichment Calendar</h2> </div>						
		<b>No Exercise or Transportation Today</b>  New Year's Day				
<b>6</b> Rides to Church (Sign up at Front Desk) 10:30 St. Stephen's Church PCR 12:30 Quiddler PGR <b>1:30 Scenic Ride (Sign up in Activity Book)</b>	<b>7</b> No Exercise Today <b>10:30 Palms Association Meeting PLR</b> 1:30 Bingo (\$1) PDR <b>3:00 Passport to Culture PLR Norway</b> Join Natalie for an educational experience of Vikings, glaciers, and cuisine.	<b>8</b> 9:30 Balance Class PLR 10:00 Communion Service PGR 10:30 Banking (Sign up at Front Desk) 12:30 Bridge PDR <b>3:00 Elvis Lives Day PLR</b> Join us for a celebration in honor of the King's birthday w/ food & drinks Dance Floor will be Down!	<b>9</b> 9:30 Sit & Be Fit PLR <b>10:30 Lunch at Firestone Walker Brewery in Paso Robles (Sign up in Activity Book)</b> 11:00 Speech/Lip Reading Class PGR 1:30 Bingo (\$1) PDR <b>3:00 Strange History PLR</b>	<b>10</b> 9:30 Strength Training w/ Weights PLR 10:30 Bible Study PCR <b>11:00 Meadow Park Easy Walk Dogs Welcome! (Sign up in Activity Book)</b> <b>1:30 Art Class with Greg from Art Central (Sign up in Activity Book)</b> <b>3:00 TED Talks PLR</b> <b>Topic: Top 10 Talks from 2018</b>	<b>11</b> 9:30 Balance Class PLR <b>11:00 Uncover Wisdom Through Writing w/ Resident, Nancy Inman (Sign up in Activity Book)</b> 1:30 Two-Buck Bingo (\$2) PDR <b>3:00 Live Performance PLR Presenting: Black Market Trio</b> <b>4:30 Cocktail Party OLR</b> Serving Full Bar + <b>Special: Moscow Mules</b>	<b>12</b> 9:30 Strength Training w/ Weights PLR 11:00 Brain Games PLR Let's work out our minds together with these fun and challenging word games! <b>1:00 The Piedras Blancas Elephant Seal Rookery</b> With our own private docent, Dale Moody <b>(Sign up in Activity Book)</b>
<b>13</b> Rides to Church (Sign up at Front Desk) 10:30 St. Stephen's Church PCR 12:30 Quiddler PGR	<b>14</b> 9:30 Tai Chi/Yoga PLR <b>12:00 Men's Luncheon PDR Serving: Fish Tacos &amp; Beer (Sign up in Activity Book)</b> 1:30 Bingo (\$1) PDR <b>3:00 Special Presentation PLR</b> Join Michael Hughes, founder of Gymnazo to learn more about sustainable training, restorative movement and how to reduce back pain.	<b>15</b> 9:30 Balance Class PLR 10:00 Communion Service PGR 10:30 Banking (Sign up at Front Desk) 12:30 Bridge PDR <b>3:00 Walker Repairs &amp; Tune-Ups with Wallace Home Medical Supplies</b> Additional items will be available for purchase PLR	<b>16</b> 9:30 Sit & Be Fit PLR <b>10:30 Rite Aid (Sign up in Activity Book)</b> 11:00 Speech/Lip Reading Class PGR 1:30 Bingo (\$1) PDR <b>3:00 Current Events Discussion Group PLR</b> <b>Topic: Nuclear Negotiations: Back to the Future?</b>	<b>17</b> 9:30 Strength Training w/ Weights PLR 9:30 Food Committee OTR 10:30 Bible Study PCR 11:30 Greeters Committee PCR <b>1:30 San Luis Obispo Historical Scenic Tour w/ Docent Natalie (Sign up in Activity Book)</b> <b>6:30 Trivia Night PLR</b>	<b>18</b> 9:30 Balance Class PLR <b>11:00 Uncover Wisdom Through Writing PAR w/ Resident, Nancy Inman (Sign up in Activity Book)</b> 1:30 Two-Buck Bingo (\$2) PDR <b>3:00 Live Performance GC</b> <b>Presenting: The Liz Douglas Band</b> <b>Performing your Favorite Standards</b>	<b>19</b> No Exercise Today <b>10:00 Hearing Loss Association of America Free Chapter Meeting PLR</b> Topic: Technology <b>1:30 Madonna Shopping Center \$ Store, Bed Bath &amp; Beyond, Kohl's, and More! (Sign up in Activity Book)</b> <b>3:00 Brain Games, Puzzles, &amp; Trivia PLR</b>
<b>20</b> Rides to Church (Sign up at Front Desk) 10:30 St. Stephen's Church PCR 12:30 Quiddler PGR <b>1:30 Scenic Ride (Sign up in Activity Book)</b>	<b>21</b> 9:30 Tai Chi/Yoga PLR <b>11:00 Village Voices PLR First Rehearsal for the New Season</b> <b>New members Welcome!</b> 1:30 Bingo (\$1) PDR <b>3:00 "I Have a Dream" Ceremony PLR</b> In honor of Dr. Martin Luther King Jr. inspiration to countless people around the world Martin Luther King Day Tu B'Shevat	<b>22</b> 9:30 Balance Class PLR <b>10:00 Nativity Mass with Father Matt PCR</b> 10:30 Banking (Sign up at Front Desk) 12:30 Bridge PDR <b>Birthday Celebrations With Live Music by Rick Jarrett</b> <b>3:00-4:00 PLR</b> <b>4:30-5:30 OLR</b>	<b>23</b> 9:30 Sit & Be Fit PLR <b>11:00 Lunch at The Quarterdeck Seafood Restaurant in Arroyo Grande (Sign up in Activity Book)</b> 11:00 Speech/Lip Reading Class PGR 1:30 Bingo (\$1) PDR <b>2:30 Film Appreciation PLR</b>	<b>24</b> 9:30 Strength Training w/ Weights PLR 10:30 Bible Study PCR <b>11:00 Parkinson's Support PLR</b> Anyone is Welcome! <b>3:00 90 + Club Celebration PLR</b> Join us for a very special celebration and tribute to our residents in the elite 90 + Club!	<b>25</b> 9:30 Balance Class PLR <b>11:00 Uncover Wisdom Through Writing PAR w/ Resident, Nancy Inman (Sign up in Activity Book)</b> 1:30 Two-Buck Bingo (\$2) PDR <b>3:00 Live Performance GC</b> <b>Presenting: Youth Symphony Piano &amp; Violin Duet</b>	<b>26</b> 9:30 Strength Training w/ Weights PLR <b>10:30 Wine Tasting &amp; Picnic at Rideau Vineyard &amp; end with visit to the Quicksilver Miniature Horse Ranch - \$23.00 pay on bus (Sign up in Activity Book)</b> <b>1:30 Watercolor Class with Dixi PAR</b>
<b>27</b> Rides to Church (Sign up at Front Desk) 10:30 St. Stephen's Church PCR 12:30 Quiddler PGR	<b>28</b> 9:30 Tai Chi/Yoga PLR <b>11:00 Village Voices PLR</b> 1:00 Library Committee PL 1:30 Bingo (\$1) PDR <b>2:00-4:00 PLR Rite Aid Clinic</b> <b>Get the New Shingles Vaccine</b> This is a two part series vaccine, get your first or your second round today! Australia Day (observed)	<b>29</b> 9:30 Balance Class PLR 10:00 Communion Service PGR 10:30 Banking (Sign up at Front Desk) 12:30 Bridge PDR <b>12:00 New Resident Luncheon (Invitation Only) PDR</b> <b>2:00 Music Appreciation PLR</b>	<b>30</b> 9:30 Sit & Be Fit PLR <b>10:30 Rite Aid (Sign up in Activity Book)</b> 11:00 Speech/Lip Reading Class PGR <b>12:00 Women's Luncheon PDR</b> <b>Serving: Fish Tacos &amp; Beer (Sign up in Activity Book)</b> 1:30 Bingo (\$1) PDR <b>2:30 Film Appreciation PLR</b>	<b>31</b> 9:30 Strength Training w/ Weights PLR 10:30 Bible Study PCR <b>11:00 Sign up for February Outings &amp; Activities PLR &amp; OLR</b> <b>3:00 Releasing Your Pain Through Meditation</b> Taught by Art Khuns PCR	<div style="text-align: center;">  <p style="font-size: 2em; font-weight: bold;">Please see the back of the calendar for movie show times &amp; locations</p> </div>	