

| Sunday                                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                        | Saturday                                                                                                                                                                                               |
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| <div>  <h1>SEPTEMBER 2023</h1> <p>Life Enrichment Director<br/>Thomas Smith (805) 543-2300 Ext. 218 Thomas@villagesofslo.com</p> </div>               |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                         |                                                                                                                                                                                                               |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                        |
| 9:00 Church Rides<br>9:30 Workout Video- PLR<br>11:30 Walking group<br>12:00 Movie- PLR<br>2:00 Prayer Meeting w/Melly - OLR<br>3:00 Hymn Singing - PLR<br>6:30 Movie- PLR                                                              | 9:00 Chair exercise w/Tonya<br>1:30 \$1 Bingo- PDR<br>2:00 Fitness fusion -PLR<br>3:00 Aqua Aerobics-Palms<br>3:00 Ent: Hal Sweesy                                                                                                  | 9:30 Mobility w/Thomas- PLR<br>10:00 Communion- PCR<br>10:30 Banking<br>12:00 Bob Jones Trail<br>1:00 Bridge- PCR<br>1:00 PAC Documentary – Playing in Unison - PLR<br>1:30 Tai chi video- OLR<br>5:00 Welcome New Resident Table - ODR | 8-12 Dr. Ziomek - PCR<br>9:30 Chair Exercise w/ Tonya—PLR<br>10:30 Aqua Aerobics- Oaks<br>10:30 Rite Aid Shopping<br>12:00 Taste Lunch<br>2:30 Oaks Association Mtg -OT<br>Happy Birthday: Jack Hennessy      | 9:30 Yoga with Mary Ann<br>10:00 Bible study- GC<br>11:00 Book Mobile – GC<br>11:00 Golden Retriever Group - PLR<br>1:30 \$2 Bingo- PDR<br>1:30 Tai Chi video- OLR<br>3:00 Doc. & Wine- PLR<br>Happy Birthday: Charleen Cowan & Ernest Crook | 9:30 Chair exercise w Tonya<br>10:00 Bible Discussion- GC<br>10-5 Massage therapist appointments PCR<br>11:00 Lip Reading- PGR<br>11:00 Rite Aid Flu Clinic PLR<br>1:30 Water coloring- PAR<br>Happy Birthday: Katherine Zaninovich                           | 9:30 Meditation w Mary Ann<br>10:30 Gentle Yoga w/Mary Ann<br>12:00 Movie- PLR<br>3:00 Village Voices<br>6:30 Movie- PLR<br>Happy Birthday: Marianne Brown                                             |
| 9:00 Church Rides<br>9:30 Workout Video- PLR<br>11:30 Walking group<br>12:00 Movie- PLR<br>1:00 History Need Not Be Boring – Dick Miller - PLR<br>2:00 Prayer Meeting w/Melly - OLR<br>6:30 Movie- PLR<br>Happy Birthday: Jeanette Wolf | 9:00 Chair exercise w Tonya<br>10:30 Palms Association Meeting – PLR<br>1:30 \$1 Bingo-PDR<br>2:00 Fitness fusion - PLR<br>3:00 Aqua Aerobics-Palms<br>3:00 Ent: Ted Waterhouse - PLR                                               | 9:30 Mobility w/Thomas- PLR<br>10:00 Communion- PCR<br>10:30 Target<br>12:00 Dockside Lunch<br>1:00 Bridge- PCR<br>1:30 Tai chi video- OLR<br>3 :00 The Ultimate Michigan RV Trip PLR<br>5:00 Welcome New Resident Table – PDR          | 9:30 Chair Exercise w/ Tonya—PLR<br>10:30 Aqua Aerobics- Oaks<br>11:00 Harmony Wine Cellars Tasting Outing!<br>2:00 Grief & Loss Group PCR                                                                    | 9:30 Yoga with Mary-Ann<br>10:00 Bible study- GC<br>10:00 Wallace: Walker Adjustments – P-court Yard<br>1:30 \$2 Bingo- PDR<br>1:30 Tai Chi video- OLR<br>3:00 Doc. & Wine- PLR                                                              | 9:30 Chair exercise w Tonya<br>10:00 Bible Discussion- GC<br>10:30 – Dollar Tree<br>11:00 Lip Reading- PGR<br>1 :00 Greeters Committee Meeting - PCR<br>1:30 Water coloring- PAR<br>3-4 Octoberfest – Palms courtyard                                         | 9:30 Meditation w Mary Ann<br>10:30 Gentle Yoga w/Mary Ann<br>12:00 Movie- PLR<br>1:30 Arts & Crafts<br>3:00 Aqua Aerobics – Palms<br>6:30 Movie- PLR                                                  |
| 9:00 Church Rides<br>9:30 Workout Video- PLR<br>11:30 Walking group<br>12:00 Movie- PLR<br>2:00 Prayer Meeting w/Melly - OLR<br>3:00 Hymn Singing - PLR<br>6:30 Movie- PLR                                                              | 9:30 Chair exercise w Tonya<br>10:30 Walmart/Marshalls<br>1:30 \$1 Bingo-PDR<br>2:00 Fitness fusion - PLR<br>3:00 Aqua Aerobics-Palms<br>3:00 Ent: Gabe McGinley - PLR                                                              | 9:30 Mobility w/Thomas- PLR<br>10:00 Communion- PCR<br>10:30 Banking<br>11:30 Laguna Lake Picnic<br>1:00 Bridge- PCR<br>1:30 Tai chi video- OLR<br>3:00 Travel to Germany PLR<br>5:00 Welcome New Resident Table - ODR                  | 9:30 Chair Exercise w/ Tonya—PLR<br>10:30 Aqua Aerobics- Oaks<br>3:00 Trivia w/Jack Hennessy PCR<br>4:30 Beda's Biergarten<br>Happy Birthday: Sally Guagliano                                                 | 9:30 Yoga with Mary-Ann<br>10:00 Bible study- GC<br>1:30 \$2 Bingo- PDR<br>1:30 Tai Chi video- OLR<br>3:00 Doc. & Wine- PLR                                                                                                                  | 9:30 Chair exercise w Tonya<br>10:00 Resident Doggy Parade: Garden Creek<br>10-5 Massage therapist appointments PCR<br>10:00 Bible Discussion- GC<br>11:00 Lip Reading- PGR<br>1:30 Water coloring- PAR<br>3:00 Michigan Ginger Soda Floats – Palms Courtyard | 9:30 Meditation w Mary Ann<br>10:30 Book Club -PAR<br>10:30 Gentle Yoga w/Mary Ann<br>12:00 Movie- PLR<br>1:30 Arts & Crafts<br>3:00 Aqua Aérobcics – Palms<br>3:00 Village Voices<br>6:30 Movie- PLR  |
| 9:00 Church Rides<br>9:30 Workout Video- PLR<br>11:30 Walking group<br>12:00 Movie- PLR<br>2:00 Prayer Meeting w/Melly - OLR<br>3:00 Ent: Gabe Cedillo<br>6:30 Movie- PLR                                                               | 9:30 Chair exercise w Tonya<br>10:00 Chumash Casino<br>1:30 \$1 Bingo-PDR<br>2:00 Fitness fusion - PLR<br>3:00 Aqua Aerobics-Palms<br>3:00 Ent: Rick Jarrett - PLR<br>Happy Birthday: Britt Lozano, Gerry Wallace, & Gretchen Diehl | 8-12 Dr. Ziomek - PCR<br>9:30 Mobility w/Thomas- PLR<br>10:00 Communion- PCR<br>1:00 Bridge- PCR<br>1:30 Tai chi video- OLR<br>3 :00 Birthday Cocktail Party ! w/Still Kickin OLR<br>5:00 Welcome New Resident Table - PDR              | 9:30 Chair Exercise w/ Tonya—PLR<br>10:30 Aqua Aerobics- Oaks<br>10:30 Trader Joes<br>12:00 Panera Bread Lunch<br>2:00 Grief & Loss Group PCR<br>3:30 Once Upon A Short Story—PAR<br>Happy Birthday: Mary Lou | 9:30 Yoga with Mary-Ann<br>10:00 Bible study- GC<br>1:30 \$2 Bingo- PDR<br>1:30 Tai Chi video- OLR<br>3:00 Doc. & Wine- PLR                                                                                                                  | 9:30 Chair exercise w Tonya<br>10:00 Bible Discussion- GC<br>11:00 Lip Reading- PGR<br>1:00 New Resident Orientation - PCR<br>1:30 Water coloring- PAR<br>Happy Birthday: Sheridan Cole & Lou Fogo                                                            | 9:30 Meditation w Mary Ann<br>10:30 Gentle Yoga w/Mary Ann<br>12:00 Movie- PLR<br>1:30 Arts & Crafts<br>3:00 Aqua Aerobics – Palms<br>6:30 Movie- PLR<br>Happy Birthday: Nancy Gothard & Marian Greory |

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