

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Mobility Video – PCR 1 10:00 Communion- PGR 10:30 Banking w/ Brian 1:00 Bridge- PDR 1:30 Tai chi video- OLR 5:00 Welcome New Residents Table - PDR	9:30 Chair Exercise w/ Tonya-PCR 2 10:30 Rite Aid 10:30 Gentle Yoga – PCR 2:30 Oaks Association Meeting 3:00 Scrabble – PAR 6:30 Mexican Train - PDR <small>Rosh Hashanah Begins</small>	9:30 Card Making - PAR 3 10:00 Bible study- GC 10:30 Stretch & Move 11:30 Aqua Exercise – Oaks 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- OT	9:30 Chair Exercise w/ Tonya- PCR 4 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Jan Marx SLO City Council - PLR 1:30 Water coloring- PAR 3:00 Will White (Guitarist) - PLR	9:30 Workout Video- PCR 5 12:00 Movie- PLR 2:00 Coastline Arts - PLR 6:30 Movie- PLR 6:30 Mexican Train
9:00 Church Rides 6 9:30 Mindful Meditation 10:30 Gentle Yoga 11:30 Aqua Exercise – Palms 11:30 Walking group 12:00 Movie- PLR 3:30 Hymn Singing - PLR 6:30 Movie- PLR	9:30 Chair Exercise w/ Tonya-PCR 7 10:30 Palms Association Meeting 1:30 \$1 Bingo- PDR 1:30 Stretch & Move - PCR 2:30 Arts & Crafts - PAR	9:30 Mobility Video – PCR 8 10:00 Communion- PGR 10-3 Chair Massage - PAR 1:00 Bridge- PDR 1:30 Tai chi video- OLR 2:00 Palms Kitchen Tour - PDR	9:30 Chair Exercise w/ Tonya-PCR 9 10:30 Gentle Yoga – PCR 2:00 Cycling Without Age PLR 3:00 Scrabble – PAR 6:30 Mexican Train - PDR	9:30 Craft & Chat - PAR 10 10:00 Bible study- GC 10:30 Stretch & Move 11:00 Book Mobile – GC 11:30 Aqua Exercise – Oaks 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- OT	9:30 Chair Exercise w/ Tonya-PCR 11 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 11:30 Holiday Boutique 1:30 Water coloring- PAR 3:00 Louise King (Pianist) – PLR <small>Yom Kippur Begins</small>	9:30 Workout Video- PCR 12 10:30 Memoir Workshop - PGR 12:00 Movie- PLR 3:00 Village Voices 6:30 Movie- PLR 6:30 Mexican Train
9:00 Church Rides 13 9:30 Mindful Meditation 10:30 Gentle Yoga 11:30 Aqua Exercise – Palms 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR	9:30 Chair Exercise w/ Tonya- PCR 14 10:30 Walmart & Marshalls (limited seats) 1:30 \$1 Bingo- PDR 1:30 Stretch & Move - PCR 2:30 Arts & Crafts – PAR 3:00 Thira Ager (Pianist)- PLR <small>Thanksgiving Day (Canada)</small>	9:30 Mobility Video – PCR 15 10:00 Communion- PGR 10:30 Banking w/ Brian 1:00 Bridge- PDR 1:30 Tai chi video- OLR 3:00 Spooky Tree Craft 5 :00 Welcome New Residents Table - PDR	9:30 Chair Exercise w/ Tonya-PCR 16 10:30 Target 10:30 Gentle Yoga – PCR 1:30 Drumming for Wellness - PCY 3:00 Scrabble – PAR 6:30 Mexican Train - PDR <small>Sukkot Begins</small>	9:30 Card Making - PAR 17 10:00 Bible study- GC 10:30 Stretch & Move 11:30 Aqua Exercise – Oaks 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- OT	9:30 Chair Exercise w/ Tonya- PCR 18 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:00 Greeters Committee Meeting - PGR 1:30 Water coloring- PAR 3:00 Let's Visit Alaska w/ Denny & Sybil - PLR	9:30 Workout Video- PCR 19 12:00 Movie- PLR 6:30 Movie- PLR 6:30 Mexican Train
9:00 Church Rides 20 9:30 Mindful Meditation 10:30 Gentle Yoga 11:30 Aqua Exercise – Palms 11:30 Walking group 12:00 Movie- PLR 3:30 Hymn Singing - PLR 6:30 Movie- PLR	9:30 Chair Exercise w/ Tonya- PCR 21 10:30 Trader Joes 1:30 \$1 Bingo- PDR 1:30 Stretch & Move - PCR 2:30 Arts & Crafts – PAR 3:00 Rick Jarrett - PLR	9:30 Mobility Video – PCR 22 10:00 Communion- PGR 10-3 Chair Massage - PAR 1:00 Bridge- PDR 1:30 Tai chi video- OLR 3 :00 Birthday Cocktail Party w/ Liz Douglas - PLR	9:30 Chair Exercise w/ Tonya-PCR 23 10:30 Gentle Yoga – PCR 11:30 Avila Barn Pumpkin Patch! 3:00 Scrabble – PAR 6:30 Mexican Train - PDR	9:30 Craft & Chat - PAR 24 10:00 Bible study- GC 10:30 Stretch & Move 11:30 Aqua Exercise – Oaks 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- OT <small>Simchat Torah Begins</small>	9:30 Chair Exercise w/ Tonya- PCR 25 10:00 Bible Discussion- GC 11:00 Lip Reading- PGR 1:30 Water coloring- PAR 3:00 Matt Barber (Singer) - PLR	9:30 Workout Video- PCR 26 10:30 Memoir Workshop - PGR 12:00 Movie- PLR 3:00 Village Voices 6:30 Movie- PLR 6:30 Mexican Train
9:00 Church Rides 27 9:30 Mindful Meditation 10:30 Gentle Yoga 11:30 Aqua Exercise – Palms 11:30 Walking group 12:00 Movie- PLR 6:30 Movie- PLR	9:30 Chair Exercise w/ Tonya- PCR 28 1:30 \$1 Bingo- PDR 1:30 Stretch & Move – PCR 2:30 Arts & Crafts – PAR	9:30 Mobility Video – PCR 29 10:00 Communion- PGR 1:00 Bridge- PDR 1:30 Tai chi video- OLR 2:30 Elections – Dick Miller	9:30 Chair Exercise w/ Tonya-PCR 30 10:30 Gentle Yoga – PCR 3:00 Scrabble – PAR 5 :00 Once Upon A Short Story - PDR 6:30 Mexican Train - PDR	9:30 Craft & Chat - PAR 31 10:00 Bible study- GC 10:30 Stretch & Move 11:30 Aqua Exercise – Oaks 1:00 Mahjong Game- PGR 1:30 \$2 Bingo- PDR 1:30 Tai Chi video- OLR 3:00 Doc. & Wine- OT 2:00 Wacky Walkers! - PLR <small>Halloween</small>	<div style="background-color: #800080; color: white; padding: 10px; text-align: center;"> MANY THINGS HAVE BEEN MOVED, PLEASE BE AWARE.  </div>	

PLR= Palms Living Room PCR= Palms Community Room PAR= Palms Art & Crafts Room OT= Oaks Movie Theater PDR= Palms Dining Room ODR= Oaks Dining Room PGR= Palms Garden Room PCY= Palms Courtyard

October Movie List

Movies will play in The Oaks Theater M-F @ 12pm and in The Palms Living Room @ 6:30pm.

Weekends in The Palms Living Room @ 12pm and 6:30pm.

1. The Secret Dare to Dream – Netflix / 2020
2. Field of Dreams – Netflix / 1989
3. Dead Poets Society – Netflix / 1989
4. The Woman in Red – Prime / 1984
5. The Long Game – Netflix / 2023
6. Mothering Sunday – Hulu / 2024
7. Fiddler on the Rood – Prime, Apple Tv, DVD / 1971
8. The World's Fastest Indian – Netflix, Prime / 2005 *
9. Stand by Me – Netflix / 1986
10. The Four Feathers – Amazon / 2002
11. McFarland, USA – Prime / 2015
12. Palm's Desk Choice!
13. My Octopus Teacher – Netflix / 2020
14. The Man Who Shot Liberty Valance – Prime, Apple Tv / 1962
15. BURIED (The 1982 Alpine Meadows Avalanche) – Netflix / 2022
16. Driving Miss Daisy – Prime / 1989
17. Molly's Game – Netflix / 2017
18. Boy in The Walls – Hulu / 2023
19. The Short Game – Netflix / 2013
20. The Magnificent Seven – Prime, Apple Tv / 1960
21. Maid in Manhattan – Hulu / 2002
22. Cold Mountain – Prime, Apple Tv / 2003
23. The English Patient – Apple Tv, Prime / 1996
24. Dracula – Prime / 1931
25. The Shining – Hulu, Prime / 1980
26. Corpse Bride – Prime / 2005
27. Beetlejuice – Prime, Hulu / 1988
28. Edward Scissor Hands – Prime / 1990
29. Hocus Pocus – Prime / 1993
30. Sleepy Hollow – Prime / 1999
31. Ghostbusters – Hulu, Prime / 1984

October Campus Events

- *Jan Marx SLO City Council 10/4 @1:00pm*
- *Palms Kitchen Tour 10/8 @2:00pm*
- *Cycling Without Age 10/9 @2:00pm*
- *Spooky Tree Craft 10/15 @2:00pm*
- *Drumming for Wellness 10/16 @1:30*
- *(BY POPULAR DEMAND)*
Let's Visit Alaska with Denny & Sybil 10/18 @3:00pm
- *Elections – Dick Miller 10/29 @2:30pm*
- *Wacky Walkers! 10/31 @2:00pm*

October Shopping

- *Rite Aid 10/2 @10:30am*
- *Walmart / Marshalls 10/14 @10:30am (LIMITED SEATS)*
- *Target 10/16 @10:30am*
- *Trader Joes 10/21 @10:30am*

October Outings

- *Holiday Boutique 10/11 @11:30am*
- *Avila Barn Pumpkin Patch 10/23 @11:00*

October Birthdays

- *Dennis Wheeler 10/3 Anne Miller 10/22 Jan Peterson 10/29*
- *Lynn MacQuoid 10/9 Louise King 10/23 Helen Punches 10/30*
- *Kathryn Bumpass 10/10 Melly Javier 10/24*
- *John Leeder 10/13 James Crawford 10/28*
- *Donna Jones 10/14 John Peterson 10/29*

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