

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Church Rides 5 9:30 Gentle Yoga – PLR 10:30 Stretch & Move – PLR 11:30 Fall Color Craft- PAR 1-3 Open Studio Time-PAR 2:00 Matinee, Thursday Murder Club - OT 3:30 Hymn Singing- PLR 6:30 Movie – PLR	9:30 Exercise w/Melbra 6 10:30 Palms Association Meeting – PLR 1:30 Memoir Workshop- PGR 1:30 \$1 Bingo-PDR 3:00 Aqua w/Cindy - Oaks 3:00 Wedding Party for Ben Eleanor - PLR 6:30 Movie – PLR Sukkot Begins	9:30 Exercise w/Tonya-PLR 7 10:00 Communion – PGR 10:30 Banking w/ Brian 1-3 CWA Trishaw Rides 1:00 Bridge – PDR 2:00 Scrabble -PGR 3:00 Wild Shirt Social - PCY 6:30 TV Tuesday - PLR	9:30 Exercise w/Tonya-PLR 8 10:30-2:30 Bob Jones Trail, Lunch & Avila Barn 3:00 Aqua Exercise - Palms 6:30 Mexican Train – PDR 6:30 Movie – PLR Yom Kippur Begins	9:30 Yoga w/Lesley-PLR 2 10:00 Bible Study – GC 10:30 Acrylic Painting - PAR 10:30 HM Health Check-Oaks 12:30 Ukelele Class - PLR 1:30 \$2 Bingo – PDR 3:00 Doc & Wine – OT 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 3 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 2:30 Bible Study – PGR 6:30 Foreign Film Friday: Cinema Paradiso, Italy	9:30 Mindful Matters–PLR 4 10:30 Gentle Yoga – PLR 10:15 SLO Symphony Dress Rehearsal 11:30 Pumpkin Craft -PAR 1:30 Art w/ Flo(w) – PAR 6:30 Mexican Train – PDR 6:30 Movie – PLR
9:30 Church Rides 12 9:30 Gentle Yoga – PLR 10:30 Stretch & Move – PLR 11:30 Card Making - PAR 1-3 Open Studio Time-PAR 2-4 Tech w/ Nancy- PLR 6:30 Movie – PLR	9:30 Exercise w/Melbra-PLR 13 10-3 Mobile Nail Salon – Palms parking lot 10:30 Grief Support Group-PCR 1:30 \$1 Bingo – PDR 3:00 Aqua Exercise – Oaks 6:30 Movie – PLR Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30 Exercise w/Cindy-PLR 14 10:00 Communion – PGR 10-3 Chair Massage - PAR 1:00 Bridge – PDR 2:00 Scrabble – PGR 3-4 SLO Strummers, Ukelele Ensemble -PLR 5:00 New Resident Table-PDR 6:30 TV Tuesday– PLR Simchat Torah Begins	9:30 Exercise w/Tonya- 15 9:30 Mobility Video 1:30 Drumming - PCY 3:00 Aqua Exercise – Palms 6:30 Mexican Train – PDR 1-4 Flu & COVID Vaccine Clinic – PCR	9:30 Yoga w/Lesley-PLR 16 10:00 Bible Study – GC 10:30 Acrylic Painting - PAR 0:30 HM Health Check-Oaks 12:30 Ukelele Class - PLR 1:30 \$2 Bingo – PDR 3:00 Doc & Wine – OT 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 17 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 2:30 Bible Study – PGR 3:00 Decorating for The Seasons - PLR 6:30 Foreign Film Friday: Shoplifters, Japan	9:30 Mindful Matters-PLR 18 9:30-11:30 Mini Alzheimer's Walk + Party - Palms Roundabout 10:30 Gentle Yoga – PLR 11:30 Candy Dish Craft- PAR 1:30 Art w/ Flo(w) - PAR 6:30 Mexican Train – PDR 6:30 Movie – PLR
9:30 Church Rides 19 9:30 Gentle Yoga – PLR 10:30 Stretch & Move – PLR 11:30 Halloween Jewelry Making -PAR 1-3 Open Studio Time -PAR 3:30 Hymn Singing- PLR 6:30 Movie - PLR	9:30 Exercise w/Melbra-PLR 20 10:30 Walmart / Marshalls 1:30 Memoir Workshop- PGR 1:30 \$1 Bingo – PDR 3:00 Rick Jarrett - PLR 3:00 Aqua Exercise - Oaks 6:30 Movie – PLR	9:30 Exercise w/Tonya-PLR 21 10:00 Communion – PGR 10:30 Banking w/ Brian 1-3 CWA Trishaw Rides 1:00 Bridge – PDR 2:00 Scrabble – PGR 2:30-4:00 End of Life Conversations #2 - PLR 6:30 TV Tuesday – PLR	9:30 Exercise w/Tonya-PLR 22 10:30-4:00 Cambria & Robin's Lunch 3:00 Aqua Exercise – Palms 5:30 Once Upon a Short Story- PPDR 6:30 Mexican Train – PDR 6:30 Movie – PLR	9:30 Yoga w/Lesley-PLR 23 10:00 Bible Study – GC 10:30 Acrylic Painting - PAR 10:30 HM Health Check-Oaks 12:30 Ukelele Class - PLR 1:30 \$2 Bingo – PDR 3:00 Doc & Wine – PLR 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 24 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 2:30 Bible Study – PGR 3:00 Tim Pacheco 6:30 Foreign Film Friday: The Chorus, France	9:30 Mobility Video 25 9:30 Mindful Matters–PLR 10:30 Gentle Yoga–PLR 11:30 Craft–PAR 10:30 Book Club: Remarkably Bright Creatures, S.Van Pelt 2:00 Film + Talk w/ Prof. Paul, Gran Torino - OT 3:00 Village Voices – PLR 6:30 Mexican Train – PDR
9:30 Church Rides 26 9:30 Exercise Video 9:30 Gentle Yoga – PLR 10:30 Stretch & Move – PLR 11:30 Craft – PAR 1-3 Open Studio Time-PAR 6:30 Movie – PLR	9:30 Exercise w/Melbra-PLR 27 10:30 Trader Joe's 10:30 Grief & Loss Support Group – PCR 1:30 \$1 Bingo – PDR 3:00 Aqua Exercise – Oaks 3:00 Employee "Guess the Resident" Trivia - PLR 6:30 Movie – PLR	9:30 Exercise w/Tonya-PLR 28 10:00 Communion – PGR 10-3 Chair Massage – PAR 1:00 Bridge – PDR 2:00 Scrabble – PGR 3:00 Birthday Party w/Joy Bonner, vocals - OLR 5:00 New Resident Table-PDR 6:30 TV Tuesday -PLR	9:30 Exercise w/Tonya-PLR 29 3:00 Aqua Exercise – Palms 6:30 Mexican Train – PDR 6:30 Movie – PLR	9:30 Yoga w/Lesley-PLR 30 10:00 Bible Study – GC 11:00 Employee Pumpkin Display - vote all day - PLR 10:30 HM Health Check-Oaks 12:30 Ukelele Class - PLR 1:30 \$2 Bingo – PDR 3:00 Doc & Wine – OT 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 31 10:00 Bible Discussion – GC 11:00 Lip Reading – PGR 2:30 Bible Study – PGR 2:30 Halloween Costume Parade, Party & Contest-PCY 6:30 Foreign Film Friday: Bombardment, Denmark Halloween	

October Movies

Movies are playing in The Palms Living Room at 6:30pm, except on T.V. Tuesdays and Foreign Film Fridays.

1. The Remains of The Day – 1993 / Prime, Apple Tv
2. Amour – 2012 / Prime
3. **Cinema Paradiso (Italy) – 1988 / Prime, YouTube**
4. As Good as It Gets – 1997 / Prime
5. Funny Girl – 1968 / Prime
6. Secondhand Lions – 2003 / Apple Tv, Prime
7. **TV TUESDAY – The Golden Girls S1, E 16, 17, 18**
8. Harvey – 1950 / Prime, Apple Tv
9. Singing' in the Rain – 1952 / Hulu
10. **The Hundred Foot Journey (France) – 2014 / Prime**
11. Fried Green Tomatoes – 1991 / YouTube, Prime
12. West Side Story – 2021 / Disney +, Hulu
13. A Beautiful Day in the Neighborhood – 2019 / Hulu, Prime
14. **TV TUESDAY – The Golden Girls S1, E 19, 20, 21**
15. The Bridges of Madison County – 1995 / Prime
16. The Bucket List – 2007 / Prime
17. **Shoplifters (Japanese) – 2018 / Prime, YouTube**
18. It's a Mad, Mad, Mad, Mad World – 1963 / Prime, YouTube
19. The Notebook – 2004 / Prime, Apple Tv, YouTube
20. The Sound of Music – 1965 / Disney +
21. **TV TUESDAY – The Golden Girls S1, E 22, 23, 24**
22. To Kill a Mockingbird – 1962 / Prime
23. Pay It Forward – 2000 / Apple Tv, Prime
24. **The Chorus (France) – 2004 / Prime**
25. Julie & Julia – 2009 / Prime, YouTube
26. South Pacific – 1958 / Prime, YouTube
27. 84 Charing Cross Road – 1987 / Prime
28. **TV TUESDAY – The Golden Girls S1, E 25, S2, E 1, 2**
29. Now, Voyager – 1942 / Hulu
30. The Happiest Millionaire – 1967 / Disney +
31. **A Man Called Ove (Sweden) – 2015 / Prime, Apple Tv**

October Campus Events

- Drumming for Wellness 10/1, 10,15 @ 1:30pm – PCY
- Art w Flo(w) 10/4, 10/18 @ 1:00pm - PAR
- Matinee, Thursday Murder Club 10/5 @ 2:00pm – OT
- Wedding Shower for Ben Bradbury 10/6 @ 3:00pm – PLR
- Cycling Without Age Trishaw Rides 10/7, 10/21 @ 1-3pm
- Wild Shirt Social w/ Pricey Diggs 10/7 @ 2:30 – PCY
- 10-Minute University 10/9 @ 3:00pm – PLR
- Clayworks Show 10/10, 10/11 @ 11-3pm – OLR
- **Podiatrist 10/11 @ 1:30pm – PCR**
- Tech w/ Nancy 10/12 @ 2-4pm – PLR
- Mobil Nail Salon 10/13 @ 10-3pm – Palms Parking Lot
- Chair Massage 10/14, 10/28 @ 10-3pm – PAR
- SLO Strummers Ukelele Ensemble 10/14 @ 3pm – PLR
- **Flu & Covid Vaccine Clinic 10/15 @ 1-4pm – PCR**
- Decorating for The Seasons 10/17 @ 3:00pm – PLR
- Villages Mini Alzheimer's Walk + Party 10/18 @ 9:30-11:30am
- End of Life Conversations #2 10/21 @ 2:30pm – PLR
- Film + Talk w/ Prof. Paul, Gran Torino 10/25 @ 2:00pm – OT
- Employee "Guess the Resident" Trivia 10/27 @ 3:00pm - PLR
- Birthday Party w/ Joy Bonner, Vocals 10/28 @ 3:00pm – OLR
- Employee Pumpkin Display (Vote all day) 10/30 – PLR
- Halloween Costume Parade, Party & Contest 10/31 @ 2:30 – PCY

October Outings

- SLO Symphony Dress Rehearsal 10/4 @ 11:00am
- Bob Jones Trail & Avila Barn 10/8 @ 10:30 – 2:30pm
- Cambria & Robins Lunch 10/22 @ 10:30 – 4:00pm

October Shopping

- CVS 10/1 @ 10:30am
- Walmart/ Marshalls 10/20 @ 10:30am
- NO TARGET/ Please Schedule Ride with The Front Desk
- Trader Joes 10/27 @ 10:30am

