

| Sunday                                                                                                                                                                                                                                                 | Monday                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                               | Saturday                                                                                                                                                                                                                                                               |
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|                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                        | 9:30 Yoga w/Lesley-PLR <b>1</b><br>10:00 Bible Study – GC<br><b>10:30 Acrylic Painting- PAR</b><br><b>12:30 Ukelele Class – PLR</b><br>1:30 \$2 Bingo – PDR<br><b>3:00 Doc &amp; Wine – OT</b><br><br>Happy New Year!<br><br>New Year's Day | 9:30 Exercise w/ Cindy-PLR <b>2</b><br>10:00 Bible Discussion – GC<br>11:00 Lip Reading – PGR<br>2:00 Bible Study – PGR<br><b>6:30 Foreign Film Friday</b><br><b>The Red Balloon - PLR</b>                                                                                           | 9:30 Chair Yoga - PLR <b>3</b><br>10:30 Cardmaking - PAR<br><b>1:30 Art w/ Flo(w) – PAR</b><br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                                                                            |
| 9:30 Church Rides <b>4</b><br>9:30 Gentle Yoga – PLR<br>10:30 Stretch & Move – PLR<br>11:30 Bookmark Craft - PAR<br>1-3 Open Studio Time – PAR<br>3:30 Hymn Singing- PLR<br>6:30 Movie – PLR                                                           | 9:30 Exercise w/Melbra-PLR <b>5</b><br><b>10:30 Palms Association Meeting – PLR</b><br>1:30 Memoir Workshop- PGR<br>1:30 \$1 Bingo-PDR<br>2:30 Aqua Exercise - Oaks<br>6:30 Movie – PLR                                                                                                               | 9:30 Exercise w/ Cindy-PLR <b>6</b><br>10:00 Communion – PGR<br>10:30 Banking w/ Brian<br><b>1-3 CWA Trishaw Rides</b><br>1:00 Bridge – PD<br>1:30 Scrabble -PGR<br><b>3-4 Acoustic Lavender Trio, Americana - PLR</b><br>6:30 TV Tuesday - PLR                                               | 9:30 Mobility Video-PLR <b>7</b><br>10:30 HM Health Check-Oaks<br><b>10:30 CVS</b><br><b>10:30-12:30 Ceramics-PAR</b><br><b>1:30 Drumming - PLR</b><br><b>2:30 Oaks Assoc. Mtg. – OT</b><br>2:30 Aqua Exercise – Palms<br>6:30 Mexican Train – PDR<br>6:30 Movie - PLR | 9:30 Yoga w/Lesley-PLR <b>8</b><br>10:00 Bible Study – GC<br><b>10:30 Acrylic Painting- PAR</b><br>11:00 Mobile Library - GC<br><b>12:30 Ukelele Class -PLR</b><br>1:30 \$2 Bingo – PDR<br><b>3:00 Doc &amp; Wine – PLR</b>                 | 9:30 Exercise w/Tonya-PLR <b>9</b><br>10:00 Bible Discussion – GC<br>11:00 Lip Reading – PGR<br>2:00 Bible Study – PGR<br><b>2:45 Flo Bartell's Opening at Art Central</b><br><b>6:30 Foreign Film Friday: Queen of Katwe - PLR</b>                                                  | 9:30 Chair Yoga - PLR <b>10</b><br>10:30 Jewelry Making -PAR<br>3:00 Village Voices – PLR<br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                                                                              |
| 9:30 Church Rides <b>11</b><br>9:30 Gentle Yoga – PLR<br>10:30 Stretch & Move – PLR<br>11:30 Beads Craft -PAR<br>1-3 Open Studio Time -PAR<br><b>2-4 Tech w/ Nancy- PLR</b><br><b>3:30 Discussion: Energy: sources-pro &amp; con - OLR</b>             | 9:30 Exercise w/Melbra-PLR <b>12</b><br><b>10:30 Walmart/Marshalls</b><br>10:30 Loss & Change Support Group – <b>PGR</b><br><b>12:30 Move to Music- PLR</b><br>1:30 \$1 Bingo - PDR<br>2:30 Aqua Exercise - Oaks<br>6:30 Movie – PLR                                                                  | 9:30 Exercise w/Tonya - PLR <b>13</b><br>10:00 Communion – PGR<br><b>10-3 Chair Massage – PAR</b><br><b>10:30 Grandfriends Music Class - PLR</b><br>1:00 Bridge – PDR<br>1:30 Scrabble – PGR<br><b>2:30 Dick Miller Presents: "What the F!#k?"- PLR</b><br><b>5:00 New Resident Table-PDR</b> | 9:30 Exercise w/Tonya- <b>14</b><br><b>10:45-2:15 KSBY Radio Station Tour &amp; Lunch</b><br>10:30 HM Health Check-Oaks<br>2:30 Aqua Exercise - Palms<br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                  | 9:30 Yoga w/Lesley-PLR <b>15</b><br>10:00 Bible Study – GC<br><b>10:30 Acrylic Painting- PAR</b><br><b>12:30 Ukelele Class - PLR</b><br>1:30 \$2 Bingo – PDR<br><b>3:00 Doc &amp; Wine – OT</b>                                             | 9:30 Exercise w/Tonya-PLR <b>16</b><br>10:00 Bible Discussion – GC<br><b>10:30 Acrylic Painting Mimosa Opening - PDR</b><br>11:00 Lip Reading – PGR<br>2:00 Bible Study – PGR<br><b>3:00 Health Talk w/Ryan-PLR</b><br><b>6:30 Foreign Film Friday: Kiki's Delivery Service -PLR</b> | 9:30 Chair Yoga – PLR <b>17</b><br>10:30 Welcome Signs – PAR<br><b>1:30 Art w/ Flo(w) – PAR</b><br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                                                                        |
| 9:30 Church Rides <b>18</b><br>9:30 Gentle Yoga – PLR<br>10:30 Stretch & Move – PLR<br>11:30 Pop Out Cards – PAR<br>1-3 Open Studio Time -PAR<br><b>2-4 Sunday Matinee: Life of Pi - OT</b><br>3:30 Hymn Singing- PLR<br>6:30 Movie – PLR              | 9:30 Exercise w/Melbra-PLR <b>19</b><br><b>10-4 Mobile Nail Salon – Lot</b><br><b>10:30 End of Life Discussion Group – PDR</b><br><b>12:30 Move to Music- PLR</b><br>1:30 Memoir Workshop- PGR<br>1:30 \$1 Bingo – PDR<br>2:30 Aqua Exercise - Oaks<br>6:30 Movie - PLR<br>Martin Luther King Jr. Day | 9:30 Exercise w/Tonya-PLR <b>20</b><br>10:00 Communion – PGR<br>10:30 Banking w/ Brian<br><b>10:30 Grandfriends Music Class – PLR</b><br><b>1-3 CWA Trishaw Rides</b><br>1:00 Bridge – PDR<br>1:30 Scrabble – PGR<br><b>3-4 Tim Pacheco – PLR</b><br>6:30 TV Tuesday – PLR                    | 9:30 Exercise w/Tonya-PLR <b>21</b><br>10:30 HM Health Check-Oaks<br><b>10:30 Target</b><br>2:30 Aqua Exercise – Palms<br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                                                 | 9:30 Yoga w/Lesley-PLR <b>22</b><br>10:00 Bible Study – GC<br><b>10:30 Acrylic Painting- PAR</b><br><b>12:30 Ukelele Class – PLR</b><br>1:30 \$2 Bingo – PDR<br><b>3:00 Doc &amp; Wine – PLR</b>                                            | 9:30 Exercise w/Tonya-PLR <b>23</b><br>10:00 Bible Discussion – GC<br>11:00 Lip Reading – PGR<br>2:00 Bible Study – PGR<br><b>3:00 Lets Dance – OLR</b><br><b>6:30 Foreign Film Friday: Fanny and Alexander - PLR</b>                                                                | 9:30 Chair Yoga - PLR <b>24</b><br>10:30 Mixed Media Art - PAR<br><b>10:30 Book Club: The Mighty Red - PGR</b><br><b>2:00 Movie w/Prof. Paul: Captain America, The First Avenger - OT</b><br>3:00 Village Voices – PLR<br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR |
| 9:30 Church Rides <b>25</b><br>9:30 Gentle Yoga – PLR<br>10:30 Stretch & Move – PLR<br>11:30 Collage Art - PAR<br>1-3 Open Studio Time -PAR<br>3:30 Hymn Singing- PLR<br><b>3:30 Discussion: Energy: Demands now &amp;...- OLR</b><br>6:30 Movie - PLR | 9:30 Exercise w/Melbra-PLR <b>26</b><br><b>10:30 Trader Joe's</b><br>10:30 Loss & Change Support Group - <b>PGR</b><br><b>12:30 Move to Music- PLR</b><br>1:30 \$1 Bingo - PDR<br>30 Aqua Exercise - Oaks<br><b>3:00 Rick Jarrett - PLR</b><br>6:30 Movie - PLR<br>Australia Day (Observed)           | 9:30 Exercise w/Tonya-PLR <b>27</b><br>10:00 Communion-PGR<br><b>10:30 Grandfriends Music Class -PLR</b><br><b>10-3 Chair Massage – PAR</b><br>1:00 Bridge – PDR<br>1:30 Scrabble – PGR<br><b>3:00 Bday Party w/ Pricey Diggs - PLR</b><br><b>5:00 New Resident Table-PDR</b>                 | 9:30 Exercise w/Tonya-PLR <b>28</b><br>10:30 HM Health Check-Oaks<br><b>11-3:30 Cambria Lunch &amp; Elephant Seals</b><br>2:30 Aqua Exercise – Palms<br>5:30 Once Upon a Short Story - PDR<br>6:30 Mexican Train - PDR<br>6:30 Movie – PLR                             | 9:30 Yoga w/Lesley-PLR <b>29</b><br>10:00 Bible Study – GC<br><b>10:30 Acrylic Painting- PAR</b><br><b>12:30 Ukelele Class - PLR</b><br>1:30 \$2 Bingo – PDR<br><b>3:00 Doc &amp; Wine – OT</b>                                             | 9:30 Exercise w/Tonya-PLR <b>30</b><br>10:00 Bible Discussion – GC<br>11:00 Lip Reading – PGR<br>2:00 Bible Study – PGR<br><b>2:30 Successful Ageing w/Sara Bartlett - PLR</b><br><b>6:30 Foreign Film Friday: The Book Thief - PLR</b>                                              | 9:30 Chair Yoga - PLR <b>31</b><br>10:30 Valentine Cards - PAR<br>6:30 Mexican Train – PDR<br>6:30 Movie – PLR                                                                                                                                                         |

PLR=Palms Living Room PCR=Palms Community Room PAR=Palms Arts Room PCY=Palms Courtyard PDR=Palms Dining Room PPDR=Palms Private Dining Room PGR=Palms Garden Room OLR=Oaks Living Room OT=Oaks Theater

# January Movies

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

1. The Lost Husband – 2020 / Netflix
- 2. FF Friday: The Red Ballon – 1956 / Hulu**
3. Romio and Juliet – 1968 / Prime
4. We'll Take Manhattan – 2012 / Prime
5. American Graffiti – 1973 / Prime
- 6. TV Tuesdays: Shrinking**
7. Casablanca – 1942 / Hulu
8. Driving Miss Daisy – 1989 / Prime
- 9. FF Friday: Queen of Katwe – 2016 / Disney +**
10. On Golden Pond – 1981 / Disney +
11. DOG – 2022 / Netflix
12. I am Sam – 2001 / Prime
- 13. TV Tuesdays: Shrinking**
14. The Bridges of Madison County – 1995 / Prime
15. Not Easily Broken – 2009 / Netflix
- 16. FF Friday: Kiki Delivery Service – 1989 / Hulu**
17. Downtown Abbey – 2022 / Netflix
18. Hamilton – 2020 / Disney +
19. Miracles from Heaven – 2016 / Netflix
- 20. TV Tuesdays: Shrinking**
21. The Good, The Bad, and the Ugly – 1966 / Prime
22. On the Waterfront – 1954 / Prime
- 23. FF Friday: Fanny and Alexander – 1982 / Hulu**
24. The Philadelphia Story – 1940 / Prime
25. Love is a Many-Splendored Thing – 1955 / Prime
26. The Third Man – 1949 / Prime
- 27. TV Tuesdays: Shrinking**
28. Sabrina – 1954 / Prime
29. Forest Gump – 1994 / Netflix
- 30. FF Friday: The Book Thief – 2013 / Prime**
31. The Starling – 2021 / Netflix

## January Campus Events

- Art w/ Flo(w) 1/3, 1/17 @ 1:30pm – PAR
- CWA Trishaw Rides 1/6, 1/20 @ 1-3pm
- Acoustic Lavender Trio, Americana 1/6 @ 3-4pm – PLR
- Ceramics 1/7 @ 10:30-12:30pm – PAR
- Drumming for Wellness 1/7 @ 1:30 – PLR
- Tech w/ Nancy 1/11 @ 2-4pm – PLR
- Move to Music 1/12, 1/19, 1/26 @ 12:30pm – PLR
- Chair Massage 1/13, 1/27 @ 10-3:00pm
- Dick Miller Presents “What the F!#k?” 1/13 @ 2:30pm – PLR
- Acrylic Painting Mimosa Opening 1/16 @ 10:30am – PDR
- Health Talk w/ Ryan 1/16 @ 3:00pm – PLR
- Sunday Matinee: Life of Pi 1/18 @ 2-4pm – OT
- Mobil Nail Salon 1/19 @ 10-4pm – Lobby Parking Lot
- End of Life Discussion Group 1/19 @ 10:30am - PDR
- Grandfriends Music Class 1/20, 1/27 @ 10:30am – PLR
- Tim Pacheco 1/20 @ 3-4pm – PLR
- Let's Dance 1/23 @ 3:00pm – OLR
- Movie w/ Prof. Paul: Captain America, The First Avenger 1/24 @ 2:00pm
- Rick Jarrett 1/26 @ 3:00pm – PLR
- Bday Party w/ Pricey Diggs 1/27 @ 3:00pm – PLR
- Successful Ageing Workshop w/ Sara Bartlett 1/30 @ 2:30pm - PLR

## January Outings

- Flo Bartell's Opening at Art Central 1/9 @ 2:45pm
- KSBY Radio Station Tour & Lunch 1/14 @ 10:45 - 2:25pm
- Cambria Lunch & Elephant Seals 1/28 @ 11 – 3:30pm

## January Shopping

- CVS 1/7 @ 10:30am
- Walmart/ Marshalls 1/12 @10:30am
- Target 1/21 @ 10:30am
- Trader Joes 1/26 @10:30am