

SUN	MON	TUE	WED	THU	FRI	SAT
Wellness is the Integration of Body, Mind, Spirit - Greg Anderson 		9:30 Exercise w/Tonya-PLR 1 10:00 Communion - PGR 10:30 Banking w/ Brian 11:00 Meditation w/ Tara - PLR 12:30 Bridge - PDR 1-3 CWA Trishaw Rides 1:30 Scrabble - PGR 6:30 TV Tuesday - PLR	9:30 Exercise w/Tonya-PLR 2 10:30 CVS/Dollar Tree 1:30 Drumming - PLR 2:00 Oaks Assoc. Mtg - OT 2:30 Aqua Exercise - Palms 6:30 Mexican Train - PDR 6:30 Movie - PLR	9:30 Yoga w/Lesley-PLR 3 10:00 Bible Study - GC 10:30 Acrylic Paint - PAR 1:30 \$2 Bingo - PDR 2:30 Aqua Exercise - Oaks 3:00 Doc & Wine - PLR 6:30 Movie - PLR	9:30 Exercise w/Astrid-PLR 4 1:00 Bible Discussion - GC 2:00 Bible Study - PGR 2:30 Tidepools on Tour - GC 6:30 Foreign Film Friday: <i>I'll Be There</i> (UK) - PLR	9:30 Chair Yoga - PLR 5 10:30 Fall Floral - PAR 1:00 Smoothie Social - PCY 1:30 Art w/ Flo(w) - PAR 6:30 Mexican Train - PDR 6:30 Movie - PLR
9:30 Church Rides 6 9:30 Gentle Yoga - PLR 10:30 Stretch & Move - PLR 11:30 Crafts - PAR 1-3 Open Studio Time - PAR 3:30 Hymn Singing - PLR 6:30 Movie - PLR	9:30 Move w/Melbra-PLR 7 12:30 Move to Music - PLR 1:30 \$1 Bingo - PDR 2:30 Aqua Exercise - Oaks 6:30 Movie - PLR Labor Day	9:30 Exercise w/Tonya-PLR 8 10:00 Communion - PGR 10-3 Chair Massage - PAR 11:00 Meditation w/ Tara - PLR 12-2 Vaccine Clinic - OLR 12:30 Bridge - PDR 1:30 Scrabble - PGR 4:30 New Resident Table - PDR	9:30 Exercise w/Tonya-PLR 9 11:00 Avila: Aquarium, Stroll & Custom House Lunch 2:30 Aqua Exercise - Palms 6:30 Mexican Train - PDR 6:30 Movie - PLR	9:30 Yoga w/Lesley-PLR 10 10:00 Bible Study - GC 10:30 Acrylic Paint - PAR 11:00 Mobile Library - Lot 12:30 Ukulele - PLR 1:30 \$2 Bingo - PDR 2:30 Aqua Exercise - Oaks 3:00 Doc & Wine - OT	9:30 Exercise w/Astrid-PLR 11 1:00 Bible Discussion - GC 2:00 Bible Study - PGR 3:00 Sound Journey w/ Dee DiGioia - PLR 6:30 Foreign Film Friday: <i>In the Mood for Love</i> (CN) - PLR	9:30 Chair Yoga - PLR 12 10:30 Card Making - PAR 1:30-4:30 Podiatrist - PCR 3:00 Village Voices - PLR 6:30 Mexican Train - PDR 6:30 Movie - PLR
9:30 Church Rides 13 9:30 Gentle Yoga - PLR 10:30 Stretch & Move - PLR 11:30 Crafts - PAR 1-3 Open Studio Time - PAR 2-4 Tech w/ Nancy - PLR 3:30 Discussion: Fire & Fire Insurance - OTV	10:30 Palms Assoc. Mtg-PLR 14 10:30 Loss and Change - PGR 12:30 Move to Music - PLR 1:30 \$1 Bingo - PDR 2:30 Aqua Exercise - Oaks 3:00 Rick Jarrett - PLR 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 15 10:00 Communion - PGR 10:30 Banking w/ Brian 11:00 Meditation w/ Tara - PLR 12:30 Bridge - PDR 1-3 CWA Trishaw Rides 1:30 Scrabble - PGR 6:30 TV Tuesday - PLR	9:30 Exercise w/Tonya-PLR 16 10:30 Target 12:00 Mens Lunch - PDR 2:30 Aqua Exercise - Palms 6:30 Mexican Train - PDR 6:30 Movie & Talk w/Prof Paul: Women Talking - PLR	9:30 Yoga w/Lesley-PLR 17 10:00 Bible Study - GC 10:30 Acrylic Paint - PAR 11:30 Nurses Lunch - PDR 1:30 \$2 Bingo - PDR 2:30 Aqua Exercise - Oaks 3:00 Doc & Wine - PLR 6:30 Movie - PLR	9:30 Exercise w/Astrid-PLR 18 11:00 Ballot Propositions Explained - PLR 1:00 Bible Discussion - GC 2:00 Bible Study - PGR 3:00 Health Talk w/Ryan-PLR 6:30 Foreign Film Friday: <i>Like Water for Chocolate</i> (MX)-PLR	9:30 Chair Yoga - PLR 19 10:30 Book Club: The Backyard Bird Chron. - PCR 10:30 Collage Journals - PAR 1:30 Art w/ Flo(w) - PAR 3:00 Big Rock Balalaikas, Ukrainian Folk Band- PLR 6:30 Mexican Train - PDR
9:30 Church Rides 20 9:30 Gentle Yoga - PLR 10:30 Stretch & Move - PLR 11:30 Crafts - PAR 1-3 Open Studio Time - PAR 3:30 Hymn Singing - PLR 6:30 Movie - PLR	9:30 Move w/Melbra-PLR 21 10-4 Mobile Nail Salon - Lot 10:30 End of Life Disc. -PDR 10:30 Walmart/Marshalls 12:30 Move to Music - PLR 1:30 \$1 Bingo - PDR 2:30 Aqua Exercise - Oaks 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 22 10:00 Communion - PGR 10-3 Chair Massage - PAR 11:00 Meditation w/ Tara - PLR 12:30 Bridge - PDR 1:30 Scrabble - PGR 3:00 Bday Party W/ DJ - PCY 4:30 New Resident Table - PDR	9:30 Exercise w/Tonya-PLR 23 10:30 Cambria: Fiscalini Bluff Trail & Park Picnic 2:30 Aqua Exercise - Palms 6:30 Mexican Train - PDR 6:30 Movie - PLR	9:30 Yoga w/Lesley-PLR 24 10:00 Bible Study - GC 10:30 Acrylic Paint - PAR 12:30 Ukulele - PLR 1:30 \$2 Bingo - PDR 2:30 Aqua Exercise - Oaks 3:00 Doc & Wine - OT 6:30 Movie - PLR	9:30 Exercise w/Astrid-PLR 25 1:00 Bible Discussion - GC 1:00 Greeter Committee - PGR 2:00 Bible Study - PGR 2-4 Life/Art Check In w/ Lesley - PLR 6:30 Foreign Film Friday: <i>Hunt for Wilderpeople</i> (NZ)-PLR	9:30 Chair Yoga - PLR 26 10:30 Jewelry Making- PAR 3:00 Village Voices - PLR 6:30 Mexican Train - PDR 6:30 Movie - PLR
9:30 Church Rides 27 9:30 Gentle Yoga - PLR 10:30 Stretch & Move - PLR 11:30 Crafts - PAR 1-3 Collage w/ Allee - PAR 3:30 Discussion: Medicare for All - OTV 6:30 Movie - PLR	9:30 Move w/Melbra-PLR 28 10:30 Loss and Change - PGR 10:30 Trader Joe's 12:30 Move to Music - PLR 1:30 \$1 Bingo - PDR 2:30 Aqua Exercise - Oaks 6:30 Movie - PLR	9:30 Exercise w/Tonya-PLR 29 10:00 Communion - PGR 10-12 Hearing Aid Cleaning Clinic - PAR 11:00 Meditation w/ Tara - PLR 12:30 Bridge - PDR 1:30 Scrabble - PGR 6:30 TV Tuesday - PLR	9:30 Exercise w/Tonya-PLR 30 2:30 Aqua Exercise - Palms 3:00 Name that Tune w/ Delta Gamma Sorority - PLR 5:30 Once Upon a Story - PDR 6:30 Mexican Train - PDR 6:30 Movie - PLR	September 2026 Palms & Oaks Please see calendar legend on reverse.		

September Movies

Movies are playing in The Palms Living Room at 6:30pm.

1. **TV Tuesday:** The Good Place - 2016 / Hulu
2. Springsteen: Deliver Me from Nowhere - 2025 / Hulu
3. Sweet November - 2001 / Prime
4. **Foreign Film Friday:** I'll Be There (United Kingdom) - 2003 / Prime
5. Invincible - 2006 / Disney+
6. A Few Good Men - 1992 / Prime
7. Riding in Cars with Boys - 2001 / Hulu
8. **TV Tuesday:** The Good Place - 2016 / Hulu
9. Kingpin - 1996 / Prime
10. Hellfighters - 1968 / Prime
11. **Foreign Film Friday:** In The Mood for Love (China) - 2000 / Prime
12. She's the Man - 2006 / Hulu
13. The Zookeeper's Wife - 2017 / Prime
14. Groundhog Day - 1993 / Prime
15. **TV Tuesday:** The Good Place - 2016 / Hulu
16. **Movie & Talk w/ Professor Paul:** Women Talking - 2022 / Prime
17. High Crimes - 2002 / Prime
18. **Foreign Film Friday:** Like Water for Chocolate (Mexico) - 1992 / Prime
19. Romy and Michele's High School Reunion - 1997 / Hulu
20. Wuthering Heights - 2025 / Prime
21. What Women Want - 2000 / Prime
22. **TV Tuesday:** The Good Place - 2016 / Hulu
23. The Great Escaper - 2023 / Prime
24. Where the Wind Blows - 2025 / Prime
25. **Foreign Film Friday:** Hunt for Wilderpeople (New Zealand) - 2016 / Prime
26. About My Father - 2023 / Prime
27. Flash of Genius - 2008 / Prime
28. The Getaway - 1972 / Prime
29. **TV Tuesday:** The Good Place - 2016 / Hulu
30. Overboard - 1987 / Prime

September Campus Events

- CWA Trishaw Rides 9/1, 9/15 @ 1-3
- Drumming for Wellness 9/2 @ 1:30 - PLR
- Oaks Association Meeting 9/2 @ 2:00 - OT
- Tidepools on Tour 9/4 @ 2:30 - GC
- Smoothie Social 9/5 @ 1:00 - PCY
- Vaccine Clinic 9/8 @ 12-2 - OLR
- Mobile Library 9/10 @ 11:00 - Lot
- Sound Journey w/ Dee DiGioia 9/11 @ 3:00 - PLR
- Podiatrist 9/12 @ 1:30-4:30 - PCR
- Tech w/ Nancy 9/13 @ 2-4 - PLR
- Resident Discussion Group 9/13, 9/27 @ 3:30 - OTV
- Palms Association Meeting 9/14 @ 10:30 - PLR
- Rick Jarrett 9/14 @ 3:00 - PLR
- Mens Lunch 9/16 @ 12:00 - PDR
- Movie & Talk w/ Prof. Paul: *Women Talking* 9/16 @ 6:30 - PLR
- Ballot Propositions Explained 9/18 @ 11:00 - PLR
- Health Talk w/ Ryan 9/18 @ 3:00 - PLR
- Book Club: *The Backyard Bird Chronicles* 9/19 @ 10:30 - PCR
- Big Rock Balalaikas, Ukrainian Folk Band 9/19 @ 3:00 - PLR
- Mobile Nail Salon 9/21 @ 10-4 - Lot
- End of Life Discussion 9/21 @ 10:30 - PDR
- Bday Party w/ DJ 9/22 @ 3:00 - PCY
- Life/Art Check In w/ Lesley 9/25 @ 2-4 - PLR
- Hearing Aid Cleaning Clinic 9/29 @ 10-12 - PAR
- Name that Tune w/ Delta Gamma Sorority 9/30 @ 3:00 - PLR

September Outings

- Avila: Aquarium, Stroll, and Custom House Lunch 9/9 @ 11:00-3:00
- Cambria: Fiscalini Bluff Trail and Shamel Park Picnic 9/23 @ 10:30-3:30

September Shopping

- CVS/Dollar Tree 9/2 @ 10:30
- Target 9/16 @ 10:30
- Walmart/Marshalls 9/21 @ 10:30
- Trader Joe's 9/28 @ 10:30