

OCTOBER 2017

Palmilla Senior Living: **Assisted Living**

Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Church Shuttle - NL* 9:30 SpectraFit Exercise - CR 11:00 Christian Worship Service - CR 11:30 Lunch - SDR 1:00 Billiards - SL 1:30 Scenic Ride - SL* 2:00 Catholic Eucharist Service - TH 3:00 Matinee Movie - TH 4:30 Dinner - SDR 7:00 Evening Movie - TH	2 9:30 SpectraFit Exercise - CR 10:00 Bocce Ball Outing - NL* 10:30 Book Club - LIB 10:30 Smith's Grocery Store - NL* 11:30 Lunch - SDR 1:00 Palmilla Doodlers - NB 2:30 See You At The Movies Committee! - CR 3:00 Matinee Movie - TH 3:30 Mexican Train Domino's - CR	3 9:30 SpectraFit Exercise - CR 10:30 Celebrate The Color - CR 11:30 Lunch - SDR 1:30 The Haunted House Trivia Game - SB 2:00 Chair Yoga w/ Elizabeth Ybarra - WC 3:00 50 Cent Bingo - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	4 9:30 SpectraFit Exercise - CR 10:30 Spectrum Picasso's - CR 11:00 Casino Outing (Sandia) - NL* 11:30 Lunch - SDR 1:30 Palmilla Putt Putt - SB 3:00 Bingo in - MC 3:00 **Hugs Meeting** - CR 3:00 Matinee Movie - TH 3:30 Lets Craft - SB 4:30 Dinner - SDR 7:00 Evening Movie - TH	5 9:30 SpectraFit Exercise - CR 10:30 Bell Choir - CR 11:30 Lunch - SDR 1:00 Fright Night Thrillers - TH 2:00 50 Cent Bingo - CR 3:00 Matinee Movie - TH 3:15 Food Forum Meeting - CR 3:30 Diary Of An Incredible Person! - SB 4:30 Dinner - SDR 7:00 Evening Movie - TH	6 9:30 SpectraFit Exercise - CR 10:30 Walmart/Walgreens - NL* 10:30 Non-Denominational Bible Study - TH 11:30 Lunch - SDR 12:00 Matinee Movie - TH 2:00 Birthday Bash Happy Hour w/ Tom Maley - SDR 3:00 Social Hour - SDR 4:30 Dinner - SDR 7:00 Evening Movie - TH	7 9:30 SpectraFit Exercise - CR 10:30 50 Cent Family Bingo - CR 11:30 Lunch - SDR 2:30 What's Cooking Palmilla!? - CR 3:00 Matinee Movie - TH 3:30 Diary of An Incredible Person - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH
8 8:30 Church Shuttle - NL* 9:30 SpectraFit Exercise - CR 11:00 Christian Worship Service - CR 11:30 Lunch - SDR 1:00 Billiards - SL 1:30 Scenic Ride - SL* 2:00 Catholic Eucharist Service - TH 3:00 Matinee Movie - TH 4:30 Dinner - SDR 7:00 Evening Movie - TH	9 Columbus Day 9:30 SpectraFit Exercise - CR 10:00 Bocce Ball Outing - NL* 10:30 Smith's Grocery Store - NL* 11:30 Lunch - SDR 1:00 Palmilla Doodlers - NB 3:00 Matinee Movie - TH 3:30 Mexican Train Domino's - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	10 9:30 SpectraFit Exercise - CR 10:30 Celebrate The Color - CR 11:30 Lunch - SDR 1:30 The Haunted House Trivia Game - SB 2:00 Chair Yoga w/ Elizabeth Ybarra - WC 3:00 50 Cent Bingo - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	11 9:30 SpectraFit Exercise - CR 10:30 Monthly Resident Meeting - CR 10:30 Spectrum Picasso's - CR 11:30 Lunch - SDR 1:00 Body Mechanics with Anthony - WC 1:30 Palmilla Putt Putt - SB 3:00 Explore ABQ/ Walking Tour - NL* 3:00 Bingo in - MC 3:00 Matinee Movie - TH	12 9:30 SpectraFit Exercise - CR 10:00 Painting with Suki - CR 10:30 Bell Choir - CR 11:30 Lunch - SDR 1:00 Laughter Yoga - CR 1:00 Fright Night Thrillers - TH 2:00 50 Cent Bingo - CR 3:00 Speaker Series - CR 3:30 Diary Of An Incredible Person! - SB 4:00 Balloon Fiesta Outing - NL*	13 9:30 SpectraFit Exercise - CR 10:00 New Resident Orientation - CR 10:30 Target Shopping - NL* 10:30 Non-Denominational Bible Study - TH 11:30 Lunch - SDR 12:00 Matinee Movie - TH 2:00 Happy Hour w/ SugarTime Gals - SDR 3:00 Social Hour - SDR 4:00 The Addams Family(ABQ Little	14 9:30 SpectraFit Exercise - CR 10:30 50 Cent Family Bingo - CR 11:30 Lunch - SDR 11:45 Out For Lunch Bunch - NL* 2:30 What's Cooking Palmilla!? - CR 3:00 Matinee Movie - TH 3:30 Diary of An Incredible Person - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH
15 8:30 Church Shuttle - NL* 9:30 SpectraFit Exercise - CR 11:00 Christian Worship Service - CR 11:30 Lunch - SDR 1:00 Billiards - SL 1:30 Scenic Ride - SL* 2:00 Catholic Eucharist Service - TH 3:00 Matinee Movie - TH 4:30 Dinner - SDR 7:00 Evening Movie - TH	16 9:30 SpectraFit Exercise - CR 10:00 Bocce Ball Outing - NL* 10:30 Smith's Grocery Store - NL* 11:30 Lunch - SDR 1:00 Palmilla Doodlers - NB 3:00 Matinee Movie - TH 3:30 Mexican Train Domino's - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	17 9:30 SpectraFit Exercise - CR 10:30 Celebrate The Color - CR 11:30 Lunch - SDR 1:30 The Haunted House Trivia Game - SB 2:00 Chair Yoga w/ Elizabeth Ybarra - WC 3:00 50 Cent Bingo - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	18 9:30 SpectraFit Exercise - CR 10:30 Spectrum Picasso's - CR 11:30 R.O.M.E.O Luncheon - CR 11:30 Lunch - SDR 2:00 Museum Outing - NL* 3:00 Bingo in - MC 3:00 Matinee Movie - TH 3:30 Lets Craft - SB 4:30 Dinner - SDR 7:00 Evening Movie - TH	19 9:30 SpectraFit Exercise - CR 10:30 Bell Choir - CR 11:30 Lunch - SDR 1:00 Fright Night Thrillers - TH 2:00 50 Cent Bingo - CR 3:00 Town Hall Meeting - NDR 3:30 Diary Of An Incredible Person! - SB 4:30 Dinner - SDR 5:30 ST. Olaf Orchestra - NL*	20 9:30 SpectraFit Exercise - CR 10:30 Dollar Store Shopping - NL* 10:30 Non-Denominational Bible Study - TH 11:30 Lunch - SDR 12:00 Matinee Movie - TH 2:00 Happy Hour w/ Spanky - SDR 2:00 Happy Hour featuring The Sugartime Gals 3:00 Social Hour - SDR 4:30 Dinner - SDR	21 9:30 SpectraFit Exercise - CR 10:30 50 Cent Family Bingo - CR 11:30 Lunch - SDR 2:30 What's Cooking Palmilla!? - CR 3:00 Matinee Movie - TH 3:30 Diary of An Incredible Person - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH

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22 8:30 Church Shuttle - NL* 9:30 SpectraFit Exercise - CR 11:00 Christian Worship Service - CR 11:30 Lunch - SDR 1:00 Billiards - SL 1:30 Scenic Ride - SL* 2:00 Catholic Eucharist Service - TH 3:00 Matinee Movie - TH 4:30 Dinner - SDR 7:00 Evening Movie - TH	23 9:30 SpectraFit Exercise - CR 10:00 Bocce Ball Outing - NL* 10:30 Smith's Grocery Store - NL* 11:30 Lunch - SDR 1:00 Needle Crafters - P 1:00 Palmilla Doodlers - NB 3:00 Matinee Movie - TH 3:30 Mexican Train Domino's - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	24 9:30 SpectraFit Exercise - CR 10:30 Celebrate The Color - CR 11:30 Spooky J.U.L.I.E.T.S LUNCHEON! - CR 11:30 Lunch - SDR 1:30 The Haunted House Trivia Game - SB 2:00 Chair Yoga w/ Elizabeth Ybarra - WC 3:00 50 Cent Bingo - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	25 9:30 SpectraFit Exercise - CR 10:30 Activities Meeting - CR 10:30 Spectrum Picasso's - CR 11:30 Lunch - SDR 1:00 Body Mechanics with Anthony - WC 1:30 Palmilla Putt Putt - SB 2:00 Out To The Library - NL* 3:00 Bingo in - MC 3:00 Matinee Movie - TH 3:30 Lets Craft - SB	26 9:30 SpectraFit Exercise - CR 10:30 Bell Choir - CR 11:30 Lunch - SDR 1:00 Masquerade Social - CR 3:00 50 Cent Bingo - CR 3:00 Matinee Movie - TH 3:30 Diary Of An Incredible Person! - SB 4:30 Dinner - SDR 7:00 Evening Movie - TH	27 9:30 SpectraFit Exercise - CR 10:30 Cottonwood Mall Outing - NL* 10:30 Non-Denominational Bible Study - TH 11:30 Lunch - SDR 12:00 Matinee Movie - TH 2:00 Happy Hour w/ Karaoke - SDR 3:00 Social Hour - SDR 4:30 Dinner - SDR 7:00 Evening Movie - TH	28 9:30 SpectraFit Exercise - CR 10:30 50 Cent Family Bingo - CR 11:30 Lunch - SDR 2:30 What's Cooking Palmilla!? - CR 3:00 Matinee Movie - TH 3:30 Diary of An Incredible Person - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH
29 8:30 Church Shuttle - NL* 9:30 SpectraFit Exercise - CR 11:00 Christian Worship Service - CR 11:30 Lunch - SDR 1:00 Billiards - SL 1:30 Scenic Ride - SL* 2:00 Catholic Eucharist Service - TH 3:00 Matinee Movie - TH 4:30 Dinner - SDR 7:00 Evening Movie - TH	30 9:30 SpectraFit Exercise - CR 10:00 Bocce Ball Outing - NL* 10:30 Smith's Grocery Store - NL* 11:30 Lunch - SDR 1:00 Palmilla Doodlers - NB 3:00 Matinee Movie - TH 3:30 Mexican Train Domino's - CR 4:30 Dinner - SDR 7:00 Evening Movie - TH	31 Halloween 9:30 SpectraFit Exercise - CR 10:30 Celebrate The Color - CR 11:30 Lunch - SDR 1:30 The Haunted House Trivia Game - SB 2:00 Chair Yoga w/ Elizabeth Ybarra - WC 3:00 50 Cent Bingo - CR 4:30 Dinner - SDR 5:00 The Halloween Dinner! w/ Larry Freedman - NDR	Room Key: CR: Community Room NB: North Bistro NDR: North Dining room SDR: South Dining room P: Parlor LIB: Library BP: Back Patio NL: North Lobby ALL: South Lobby RC: Resident's Club MC: Memory Care SL: Sky Lounge TH: Theater SB: South Bistro			