

SUN

MON

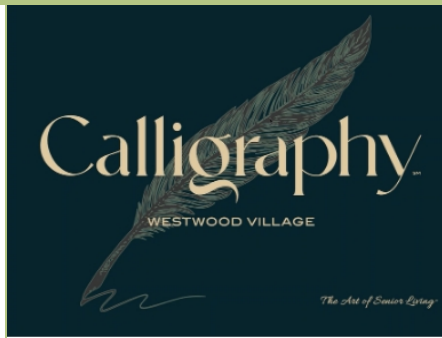
TUE

WED

THUR

FRI

SAT



9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Calling All Card Players! Meet & Greet (CR)
1:00 PM One Day University & Follow up Discussion -Rock and Roll Lens: Documenting Music's Biggest Stars 26m (CR)
2:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
2:00 PM Poker Time- Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
7:00 PM Evening Movie - Purple Hearts - 2022 - TV-14 - Drama/Music - 2h 2m (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Strength - Chair Exercise (CR)
10:00 AM Dance Movement (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
11:00 AM Canasta - Connect with Other Players (P)
12:30 PM Outing: Mama Mia Theater Play (2PM SHOW) (Meet in Lobby 12:30PM)
1:00 PM Films that speak to us with Sharon Boorstin- American in Paris 113m (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: David Gab (DL)
3:00 PM Mahjong Club- Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Core & Balance Exercise (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
1:00 PM Musical Theater Lecture Series with Lauren (CR)
2:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Painting on Canvas with Randall - All Levels (P)
4:00 PM Shabbat Service with Rabbi Bieber (CR)

Independence Day
9:30 AM Chair Yoga Practice (20m)
Streaming Fitness Video (CR)
10:00 AM Get Up & Dance (20m) Streaming Fitness Video (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM One Day University & Follow up Discussion-Declaring Independence: The Difficult Decision That Created America 49m (CR)
11:30 AM Celebration: 4th of July Luncheon Buffet (C)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Saturday Movie Matinee - Pretty Women-1990 - R - Comedy/Romance - 1h 59m (CR)
3:30 PM BINGO! Bring Your Lucky Dimes & Charms! (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Meditation & Breathwork for Wellness (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM Qigong with Edward Ormandy (CR)
2:00 PM Afternoon Tea (The Quill - Dining Room)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Sunday Matinee Movie! The Godfather - 1972 - R - Crime/Drama - 2h 55m (CR)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:00 AM Full Body Chair Yoga (CR)
9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
11:00 AM "Bridge" The Gap - Connect w/ Other Players (The Quill - Dining Room)
11:00 AM Resident Book Club - Resident Led (P)
1:00 PM Curiosity Stream & Discussion-The Real Wild West E1 55m Into the Wild (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Mahjong Club- Resident Led (P)
3:00 PM Music & Lyrics With Lawrie Chiaro (CR)
4:30 PM Tech Savvy (Conf-R)

9:30 AM Core & Balance Exercise (CR)
10:00 AM Thai Chi Exercise - All Levels (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM One Day University-The Psychedelic Revolution: Polished Brass or Silver Bullet? (NEW RELEASE!) 25m (CR)
11:00 AM Tech Help Corner - Open For All Questions (Conf-R)
1:30 PM Nail Art (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: Nocy (DL)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Rummikub Game - Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
10:30 AM Wellness Wednesday (MMR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
1:00 PM One Day University & Follow up Discussion-A Child at Heart: Unlocking Curiosity at Any Age 24m (CR)
2:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
2:00 PM Poker Time- Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Mahjong Club- Resident Led (P)
3:30 PM Yappy Hour: Join our furry friends (Dog Park)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
7:00 PM Evening Movie - 12 Angry Men- 1957 - TV-PG - Crime/Drama - 1h 36m (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Strength - Chair Exercise (CR)
10:00 AM Dance Movement (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
1:00 PM Films that speak to us with Sharon Boorstin- Lillies of the Field 94m (CR)
1:30 PM Scrabble- connect with other players (P)
2:00 PM Cooking With Our Culinary Team! (DL)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: Cory Dixon (DL)
3:00 PM Mahjong Club- Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Core & Balance Exercise (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Sound Healing with Melissa Nadel (CR)
1:00 PM Body Work (CR)
2:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Painting on Canvas with Randall - All Levels (P)
4:00 PM Shabbat Service with Rabbi Bieber (CR)

9:30 AM Chair Yoga Practice (20m)
Streaming Fitness Video (CR)
10:00 AM Get Up & Dance (20m) Streaming Fitness Video (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM One Day University & Follow up Discussion-Jackie Collins: "Drop Dead Beautiful" and the World of Lucky Santangelo 24m (CR)
11:00 AM Outing: Shopping Century City (Meet in Lobby at 11:00 AM)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Saturday Movie Matinee -On Golden Pond-1981 - PG - Drama - 1h 49m (CR)
3:30 PM Singfit- Sing and Dance (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Meditation & Breathwork for Wellness (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM Neuro Art - Workshop with Anne (P)
12:30 PM Outing: Academy Museum (Meet in Lobby 12:30 PM, Leave 12:45PM)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Sunday Matinee Movie! Man on the swing - 1974 - PG - Crime/Mystery - 1h 50m (CR)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:00 AM Full Body Chair Yoga (CR)
9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
11:00 AM "Bridge" The Gap - Connect w/ Other Players (The Quill - Dining Room)
1:00 PM Curiosity Stream & Discussion-The Real Wild West E2 57m Wars for the West (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Mahjong Club- Resident Led (P)
3:30 PM Lecture Series with Dr Louie UCLA - Artist with Arthritis (CR)
4:30 PM Tech Savvy (Conf-R)

9:30 AM Core & Balance Exercise (CR)
10:00 AM Thai Chi Exercise - All Levels (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM One Day University-The Five Thieves of Happiness: How to Recover Your Joy 26m (CR)
11:00 AM Tech Help Corner - Open For All Questions (Conf-R)
1:30 PM Sip & Make with Sahar (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: Rich Cohen (DL)
3:00 PM Mahjong Club- Resident Led (P)
3:00 PM Writer's Club w/Brenda Mutchnick - Resident Led (CR)
4:00 PM Rummikub Game - Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
1:00 PM One Day University & Follow up Discussion-The New World: Before and After 149230m (CR)
1:30 PM Life's Experiences with Joan (CR)
2:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
2:00 PM Poker Time- Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Resident Council Meeting (Q)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
7:00 PM Evening Movie -Remarkably bright creatures - 2026 - PG-13 - Comedy/Drama - 1h 51m (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Strength - Chair Exercise (CR)
10:00 AM Dance Movement (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
11:30 AM Jewelry Making with Sahar (P)
1:00 PM Films that speak to us with Sharon Boorstin- Seven Days in May 118m (CR)
1:30 PM Canasta - Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: David Gab (DL)
3:00 PM Mahjong Club- Resident Led (P)
5:00 PM Outing: UCLA Twilight in the Garden (5:30PM Show) (Meet in Lobby at 5PM, Leave 5:15PM)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Core & Balance Exercise (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
1:00 PM Body Work (CR)
2:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Painting on Canvas with Randall - All Levels (P)
3:30 PM Origami with Ethan (P)
4:00 PM Shabbat Service with Rabbi Bieber (CR)

9:30 AM Chair Yoga Practice (20m)
Streaming Fitness Video (CR)
10:00 AM Get Up & Dance (20m) Streaming Fitness Video (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM One Day University & Follow up Discussion-Oppenheimer and the Birth of the Atomic Age (NEW RELEASE!) 39m (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Saturday Movie Matinee -Lawrence of Arabia - 1962 - PG - Adventure/Biography - 3h 47m (CR)
3:30 PM BINGO! Bring Your Lucky Dimes & Charms! (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Meditation & Breathwork for Wellness (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM Chess Club - Resident Led (FC)
11:00 AM Neuro Art - Workshop with Anne (P)
2:00 PM Afternoon Tea (The Quill - Dining Room)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Sunday Matinee Movie! 19, sun- Buffalo Bill & the Indians 1976 - PG - Comedy/Drama - 2h 3m (CR)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:00 AM Full Body Chair Yoga (CR)
9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
11:00 AM "Bridge" The Gap - Connect w/ Other Players (The Quill - Dining Room)
1:00 PM Curiosity Stream & Discussion-The Real Wild West E3 51m Boom and Bust (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Mahjong Club- Resident Led (P)
3:00 PM Special Celebration Event: Rosemarie Schulman (CR)
4:30 PM Tech Savvy (Conf-R)

9:30 AM Core & Balance Exercise (CR)
10:00 AM Thai Chi Exercise - All Levels (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM One Day University- Tricks of the Trade: The Art and Philosophy of Magic 26m (CR)
11:00 AM Tech Help Corner - Open For All Questions (Conf-R)
1:30 PM Nail Art (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: Nocy (DL)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Rummikub Game - Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
1:00 PM One Day University & Follow up Discussion-The Personal Presidency: Are We Too Close to the White House? (NEW RELEASE!) 38m (CR)
2:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
2:00 PM Poker Time- Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
7:00 PM Evening Movie - Calendar Girls- 1993 comedy / Drama - 90m (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Strength - Chair Exercise (CR)
10:00 AM Dance Movement (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
1:00 PM Films that speak to us with Sharon Boorstin- The Treasure of the Sierra Madre 126m (CR)
1:30 PM Scrabble- connect with other players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Happy Hour & Live Music: Scott Detweiler (DL)
3:00 PM Mahjong Club- Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Core & Balance Exercise (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
1:00 PM Body Work (CR)
2:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Painting on Canvas with Randall - All Levels (P)
4:00 PM Shabbat Service with Rabbi Bieber (CR)

9:30 AM Chair Yoga Practice (20m)
Streaming Fitness Video (CR)
10:00 AM Get Up & Dance (20m) Streaming Fitness Video (CR)
10:00 AM Ping Pong - Open Court (FC)
10:30 AM Sharing The Dementia Journey - Support Series with Vic (CR)
1:00 PM Navigating Life's Changes - Support Series with Vic (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Staff Support Group w/Vic (CR)
3:30 PM Singfit- Sing and Dance (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Meditation & Breathwork for Wellness (CR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM Neuro Art - Workshop with Anne (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:00 PM Sunday Matinee Movie!The Irish man - 2019 - R - Biopic/Crime - 3h 29m (CR)
3:00 PM Mahjong Club- Resident Led (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)
4:00 PM Happy Hour Concert: Grove String Quartet (DL)

9:00 AM Full Body Chair Yoga (CR)
9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
11:00 AM "Bridge" The Gap - Connect w/ Other Players (The Quill - Dining Room)
1:00 PM Curiosity Stream & Discussion-The Real Wild West E4 49m Mayhem and Myth (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Drumming with Melana (CR)
3:00 PM Mahjong Club- Resident Led (P)
4:30 PM Tech Savvy (Conf-R)

9:30 AM Core & Balance Exercise (CR)
10:00 AM Thai Chi Exercise - All Levels (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM One Day University- Sam Esmail: Creating the World of "Mr. Robot" 26m (CR)
11:00 AM Tech Help Corner - Open For All Questions (Conf-R)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Associate All Staff Meeting - Staff Only (CR)
3:00 PM Happy Hour & Live Music: Cory Dixon (DL)
3:00 PM Mahjong Club- Resident Led (P)
3:00 PM Writer's Club w/Brenda Mutchnick - Resident Led (CR)
4:00 PM Rummikub Game - Resident Led (P)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Upper Body Strength Workout (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
12:30 PM New Residents Luncheon - Celebrating new move ins (DR)
1:00 PM One Day University & Follow up Discussion-The Trial of Socrates: Fact, Fiction, Reality, Myth (NEW, recorded live) 52m (CR)
2:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
2:00 PM Poker Time- Connect with Other Players (P)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
2:30 PM Town Hall Meeting: Residents & Directors (DR)
3:00 PM Mahjong Club- Resident Led (P)
3:30 PM Effective Communication Workshop with Merle (CR)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
7:00 PM Evening Movie - Grumpy old man - 1993 - PG-13 - Comedy/Drama - 1h 43m (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Strength - Chair Exercise (CR)
10:00 AM Dance Movement (CR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Body Work (CR)
11:30 AM Resident Community Life Meeting & Raffle! (CR)
1:00 PM The Gold Key Club Members Event (Discovery room)
1:00 PM Films that speak to us with Sharon Boorstin- A Man for All Seasons 120m (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
3:00 PM Mahjong Club- Resident Led (P)
3:00 PM Special Happy Hour Event: Get Your Kicks on Route 66 (CR)
8:00 PM Evening Event: SCHMOOZ (AP)

9:30 AM Full Body Chair Yoga (CR)
10:00 AM Core & Balance Exercise (CR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Lecture: Norman Cousins: He learns to Laugh with Arnold Weiss (CR)
2:00 PM BINGO! Bring Your Lucky Dimes & Charms! (CR)
2:00 PM Resident Snack Hour - Pick Up A Snack To Go (DL)
4:00 PM Shabbat Service with Rabbi Bieber (CR)



July 2026

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