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HAPPY BIRTHDAY!
 July 14: Norman Silverstein
 July 17: Dr. Sammy
 July 19: Judy Brunk
 July 21: Ben Bernstein
 July 28: Stephen Gianoli

9:30 AM Core & Balance Exercise (WR) **1**
 10:00 AM Meditation & Breathwork for Wellness (WR)
 10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
 11:00 AM Ted Talk Tuesdays! - Why Does Uncertainty Bother Us So Much? (WR)
 3:00 PM Happy Hour & Live Music: Teddy Bang Jazz Trio (C)
 3:00 PM Summer Courtyard Concert Series: Adam's Quartet (C)
 4:00 PM Rummikub Game - Resident Led (DR)

9:30 AM Upper Body Strength Workout (WR) **2**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
 1:00 PM One Day University - Luxury on the Water: The History (and Future) of Cruising (WR)
 2:00 PM Chef Talk w/ Culinary Director & Executive Chef (DL)
 3:00 PM Knitting, Crocheting, & Needlework Club - Intro Session (P)
 4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
 7:00 PM Evening Movie - How To Be Single (R) (WR)

9:30 AM Full Body Strength - Chair Exercise (WR) **3**
 10:00 AM Tai Chi Exercise - All Levels (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Oprah - Deepak Meditation & Discussion w/ Spencer (WR)
 1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
 1:30 PM Mahjong Club - Resident Led (P)
 2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)
 3:00 PM Happy Hour & Performance: Tatjana's One Woman Show! (DL)

Independence Day
 9:30 AM Core & Balance Exercise (WR) **4**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Curiosity Stream - Cyborgs: Human Machines (WR)
 11:30 AM Independence Day Luncheon - Special Celebration - (C)
 11:30 AM Live Music with Nocy!
 2:30 PM Painting on Canvas with Randall - All Levels (P)
 4:00 PM Shabbat Service with Rabbi Bieber (WR)

10:00 AM Get Up & Move Your Body - With Spencer! (WR) **5**
 10:00 AM Ping Pong - Open Court (FC)
 11:00 AM Botanical Garden Walk With Spencer (ML 10:50am)
 2:00 PM Bingo & Bubbles with Spencer! (WR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Full Body Chair Yoga (WR) **6**
 10:00 AM Meditation & Breathwork for Wellness (WR)
 10:00 AM Ping Pong - Open Court (FC)
 11:00 AM One Day University - Frida Kahlo - Love, Pain & Painting (WR)
 2:00 PM Sunday Matinee Movie! - The Intern (WR)
 3:00 PM Afternoon Tea (DR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Upper Body Strength Workout (WR) **7**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Resident Book Club - Resident Led (P)
 1:00 PM Curiosity Stream - JFK's love for Europe (WR)
 2:00 PM Mahjong Club - Resident Led (DL)
 2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
 3:00 PM Music & Lyrics With Laurie Chiaro (WR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Core & Balance Exercise (WR) **8**
 10:00 AM Meditation & Breathwork for Wellness (WR)
 11:00 AM Ted Talk Tuesdays! - You Are The Bridge To The Next Generation (WR)
 1:00 PM UCLA OLLI Lecture - Current Events w/ Dr. Hant (WR)
 1:30 PM Jewelry Making with Sahar (P)
 2:00 PM Resident Social Mixer with Refreshments & Light Music (C)
 3:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
 4:00 PM Rummikub Game - Resident Led (DR)

9:30 AM Upper Body Strength Workout (WR) **9**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
 1:00 PM One Day University - Ernest Hemingway: One True Sentence (WR)
 2:30 PM Town Hall Meeting: Residents & Directors (DL)
 4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
 7:00 PM Evening Movie - Hitchcock (WR)

9:30 AM Full Body Strength - Chair Exercise (WR) **10**
 10:00 AM Tai Chi Exercise - All Levels (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Oprah - Deepak Meditation & Discussion w/ Spencer (WR)
 1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
 1:30 PM Mahjong Club - Resident Led (P)
 2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)
 3:00 PM Happy Hour & Live Music: Rich Cohen (DL)

9:30 AM Core & Balance Exercise (WR) **11**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Curiosity Stream - The Last Persian Shah (WR)
 1:00 PM Musical Theater Lecture Series - Sunday in the Park With George (WR)
 2:30 PM Painting on Canvas with Randall - All Levels (P)
 4:00 PM Shabbat Service with Rabbi Bieber (WR)

10:00 AM Get Up & Move Your Body - With Spencer! (WR) **12**
 10:00 AM Ping Pong - Open Court (FC)
 11:00 AM Botanical Garden Walk With Spencer (ML 10:50am)
 11:00 AM Century City Mall Drop Off (ML 10:50am)
 2:30 PM Century City Mall Pick Up 230pm (Pick Up Spot)
 4:00 PM Karaoke With Spencer! (WR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)
 4:00 PM Happy Hour & Live Music: Nocy (C)

9:30 AM Full Body Chair Yoga (WR) **13**
 10:00 AM Meditation & Breathwork for Wellness (WR)
 10:00 AM Ping Pong - Open Court (FC)
 11:00 AM One Day University - Over My Dead Body: Unearthing the Hidden History of America's Cemeteries (WR)
 11:00 AM Mobile Zoo of Southern California (C)
 1:30 PM Intergenerational Afternoon with the Girl Scouts (C)
 2:00 PM Sunday Matinee Movie! - The Theory of Everything (WR)
 3:00 PM Afternoon Tea (DR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

NATIONAL MAC&CHEESE DAY
 9:30 AM Upper Body Strength Workout (WR) **14**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM The Art of Juicing - Sip, Learn, Refresh! (WR)
 1:00 PM Curiosity Stream - Kalanag - Hitler's Magician (WR)
 2:00 PM Mahjong Club - Resident Led (DL)
 2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
 3:00 PM Music & Lyrics With Laurie Chiaro (WR)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

9:30 AM Core & Balance Exercise (WR) **15**
 10:00 AM Meditation & Breathwork for Wellness (WR)
 10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
 11:00 AM Ted Talk Tuesdays! - A Guide To Self-Love For Skeptics (WR)
 3:00 PM Happy Hour & Live Music: Danny Meyer (C)
 3:00 PM Writer's Club w/Brenda Mutchnick - Resident Led (WR)
 4:00 PM Rummikub Game - Resident Led (DR)

9:30 AM Upper Body Strength Workout (WR) **16**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
 1:00 PM One Day University - Victor Hugo: The Man Behind 'Les Miserables' (WR)
 2:30 PM Resident Council Meeting (WR)
 4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
 7:00 PM Evening Movie - Sleepless in Seattle (WR)

9:30 AM Full Body Strength - Chair Exercise (WR) **17**
 10:00 AM Tai Chi Exercise - All Levels (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Oprah - Deepak Meditation & Discussion w/ Spencer (WR)
 1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
 1:30 PM Mahjong Club - Resident Led (P)
 2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)
 4:00 PM Happy Hour with Live Music - TBD (DL)

9:30 AM Core & Balance Exercise (WR) **18**
 10:00 AM Full Body Chair Yoga (WR)
 10:40 AM Guided Moves with a Personal Trainer (MZ)
 11:00 AM Curiosity Stream - A Day on the Reef Sipadan (WR)
 1:00 PM Musical Theater Lecture Series: Parade (WR)
 2:30 PM Painting on Canvas with Randall - All Levels (P)
 4:00 PM Shabbat Service with Rabbi Bieber (WR)

10:00 AM Get Up & Move Your Body - With Spencer! (WR) **19**
 10:00 AM Ping Pong - Open Court (FC)
 11:00 AM Botanical Garden Walk With Spencer (ML 10:50am)
 11:00 AM Drumming with Melena! (WR)
 11:00 AM Rodeo Drive - Drop Off (ML 10:50am)
 2:00 PM Bingo & Bubbles with Spencer! (WR)
 2:30 PM Rodeo Drive - Pick Up 230pm (Pick Up Spot)
 3:00 PM UCLA Alumni Get Together (Non-UCLA Alum Welcome!) (P)
 4:00 PM Walking Club - Resident Led (ML 3:50pm)

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11:00 AM Mobile Zoo of Southern California (C)
1:30 PM Intergenerational Afternoon with the Girl Scouts (C)
2:00 PM Sunday Matinee Movie! - The Theory of Everything (WR)
3:00 PM Afternoon Tea (DR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

13

NATIONAL MAC&CHEESE DAY
9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM The Art of Juicing - Sip, Learn, Refresh! (WR)
1:00 PM Curiosity Stream - Kalanag - Hitler's Magician (WR)
2:00 PM Mahjong Club - Resident Led (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Music & Lyrics With Laurie Chiaro (WR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

14

9:30 AM Core & Balance Exercise (WR)
10:00 AM Meditation & Breathwork for Wellness (WR)
10:30 AM "Bridge" The Gap - Connect w/ Other Players (P)
11:00 AM Ted Talk Tuesdays! - A Guide To Self-Love For Skeptics (WR)
3:00 PM Happy Hour & Live Music: Danny Meyer (C)
3:00 PM Writer's Club w/Brenda Mutchnick - Resident Led (WR)
4:00 PM Rummikub Game - Resident Led (DR)

15

9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
1:00 PM One Day University - Victor Hugo: The Man Behind 'Les Miserables' (WR)
2:30 PM Resident Council Meeting (WR)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
7:00 PM Evening Movie - Sleepless in Seattle (WR)

16

9:30 AM Full Body Strength - Chair Exercise (WR)
10:00 AM Tai Chi Exercise - All Levels (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Oprah - Deepak Meditation & Discussion w/ Spencer (WR)
1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
1:30 PM Mahjong Club - Resident Led (P)
2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)
4:00 PM Happy Hour with Live Music - TBD (DL)

17

9:30 AM Core & Balance Exercise (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Curiosity Stream - A Day on the Reef Sipadan (WR)
1:00 PM Musical Theater Lecture Series: Parade (WR)
2:30 PM Painting on Canvas with Randall - All Levels (P)
4:00 PM Shabbat Service with Rabbi Bieber (WR)

18

10:00 AM Get Up & Move Your Body - With Spencer! (WR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM Botanical Garden Walk With Spencer (ML 10:50am)
11:00 AM Drumming with Melena! (WR)
11:00 AM Rodeo Drive - Drop Off (ML 10:50am)
2:00 PM Bingo & Bubbles with Spencer! (WR)
2:30 PM Rodeo Drive - Pick Up 230pm (Pick Up Spot)
3:00 PM UCLA Alumni Get Together (Non-UCLA Alum Welcome!) (P)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

19

9:30 AM Full Body Chair Yoga (WR)
10:00 AM Meditation & Breathwork for Wellness (WR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM One Day University - Great Wines of Napa Valley (WR)
2:00 PM Sunday Matinee Movie! - Nonnas (WR)
3:00 PM Afternoon Tea (DR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

20

9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Art Therapy - Try Something New Every Session! (P)
1:00 PM Curiosity Stream - A World Without Water (WR)
2:00 PM Mahjong Club - Resident Led (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Music & Lyrics With Laurie Chiaro (WR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

21

9:30 AM Core & Balance Exercise (WR)
10:00 AM Meditation & Breathwork for Wellness (WR)
11:00 AM Ted Talk Tuesdays! - Would You Sell Your Kidney for \$100k? (WR)
1:00 PM UCLA OLLI Lecture - Current Events w/ Dr. Hant (WR)
3:00 PM "Bridge" The Gap - Connect w/ Other Players (P)
3:00 PM Happy Hour & Live Music: Carla D! (DL)
4:00 PM Rummikub Game - Resident Led (DR)

22

9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
1:00 PM One Day University - Eight Flavors: How They Changed the Way Americans Eat (WR)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
7:00 PM Evening Movie - Eat Pray Love (WR)

23

9:30 AM Full Body Strength - Chair Exercise (WR)
10:00 AM Tai Chi Exercise - All Levels (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Oprah - Deepak Meditation & Discussion w/ Spencer (WR)
1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
1:30 PM Mahjong Club - Resident Led (P)
2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)

24

9:30 AM Core & Balance Exercise (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Lecture with Karie Bible - Classic Hollywood (WR)
1:00 PM Curiosity Stream - Never Home Alone The Wildlife of Kitchens, Bathrooms (WR)
2:30 PM Painting on Canvas with Randall - All Levels (P)
4:00 PM Shabbat Service with Rabbi Bieber (WR)

25

CALLIGRAPHY OPEN HOUSE PARTY!
10:00 AM Get Up & Move Your Body - With Spencer! (WR)
11:00 AM Botanical Garden Walk With Spencer (ML 10:50am)
4:00 PM Walking Club - Resident Led (ML 3:50pm)
4:00 PM Live Music for Calligraphy Grand Reopening - Teddy Bang Jazz Trio (C)

26

9:30 AM Full Body Chair Yoga (WR)
10:00 AM Meditation & Breathwork for Wellness (WR)
10:00 AM Ping Pong - Open Court (FC)
11:00 AM One Day University - Franz Kafka and Metamorphosis: The Absurdity of Everyday Life (WR)
2:00 PM Sunday Matinee Movie! - Everest (WR)
3:00 PM Afternoon Tea (DR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

27

9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM The Art of Juicing - Sip, Learn, Refresh! (WR)
1:00 PM Curiosity Stream - Little Cats (WR)
2:00 PM Drumming with Melena! (WR)
2:00 PM Mahjong Club - Resident Led (DL)
2:30 PM The Virginia Field Gardening Club - Resident Led (FC)
3:00 PM Music & Lyrics With Laurie Chiaro (WR)
4:00 PM Walking Club - Resident Led (ML 3:50pm)

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CALLIGRAPHY PROFESSIONAL PARTY DAY!
9:30 AM Core & Balance Exercise (WR)
10:00 AM Meditation & Breathwork for Wellness (WR)
11:00 AM Writer's Club w/Brenda Mutchnick - Resident Led (WR)
2:00 PM Calligraphy Launch Party For Industry Professionals (DR)
2:00 PM Happy Hour & Live Music: Teddy Bang Jazz Trio (DR)
4:00 PM Rummikub Game - Resident Led (DR)

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TISHA B'AV
9:30 AM Upper Body Strength Workout (WR)
10:00 AM Full Body Chair Yoga (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
10:45 AM BOOM Exercise w/ Loriston in Memory Care - Open To All (MC)
1:00 PM One Day University - Who Wore What When (and Why?): The History of Fashion (WR)
2:30 PM Associate All Staff Meeting - Staff Only (WR)
4:00 PM BINGO! Bring Your Lucky Dimes & Charms! (WR)
7:00 PM Evening Movie - La La Land (WR)

30

9:30 AM Full Body Strength - Chair Exercise (WR)
10:00 AM Tai Chi Exercise - All Levels (WR)
10:40 AM Guided Moves with a Personal Trainer (MZ)
11:00 AM Oprah - Deepak Meditation & Discussion w/Spencer (WR)
1:00 PM UCLA OLLI Lecture - Films That Speak To Us - Sharon Boorstin (WR)
1:30 PM Mahjong Club - Resident Led (P)
2:00 PM Westwood Farmer's Market Walk w/ MC (ML 1:45pm)
2:30 PM Resident Community Life Meeting & Raffle! (WR)
4:00 PM Happy Hour & Live Music: Rich Cohen (C)

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Join 7 Activities Each Week To Be Entered Into The Monthly Raffle!



LOCATION KEY
C - Courtyard
DL - Dining Lounge
DR - Dining Room
MZ - Fitness Center - Mezzanine
FC - Front Courtyard
FC - Front Courtyard - Resident Garden
DR - Main Dining Room
ML 1:45pm - Meet in Lobby at 1:45pm
ML 10:50am - Meet in Lobby at 10:50am
ML 3:50pm - Meet in Lobby at 3:50pm
MC - Memory Care - 3rd Floor
P - Pavillion
WR - Watermark Room