THUR FRI 9:30 AM Core & Balance 9:30 AM Upper Body 9:30 AM Full Body Strength **Independence Day** 10:00 AM Get Up & HAPPY BIRTHDAY! 5 Strength Workout (WR) - Chair Exercise (WR) 9:30 ÅM Core & Balance Exercise (WR) Move Your Body -10:00 AM Full Body Chair 10:00 AM Tai Chi Exercise Exercise (WR) 10:00 AM Meditation & With Spencer! Yoga (WR) All Levels (WR) 10:00 AM Full Body Chair Breathwork for Wellness (WR) 10:40 AM Guided Moves with a 10:40 AM Guided Moves with a (WR) Yoga (WR) 10:30 AM "Bridge" The Gap -Personal Trainer (MZ) July 14: Norman Silverstein Personal Trainer (MZ) 10:40 AM Guided Moves with a 10:00 AM Ping Pong - Open Connect w/ Other Players (P) 10:45 AM BOOM Exercise w/ Loriston 11:00 AM Oprah - Deepak Personal Trainer (MZ) 11:00 AM Ted Talk Tuesdays! -Court (FC) in Memory Care - Open To All (MC) Meditation & Discussion w/ July 17: Dr. Sammy 11:00 AM Curiosity Stream -Why Does Uncertainty Bother 1:00 PM One Day University - Luxury Spencer (WR) 11:00 AM Botanical Garden Cyborgs: Human Machines (WR) Us So Much? (WR) on the Water: The History (and 1:00 PM UCLA OLLI Lecture - Films July 19: Judy Brunk 11:30 AM Independence Day Walk With Spencer (ML Future) of Cruising (WR) 3:00 PM Happy Hour & Live That Speak To Us - Sharon Luncheon - Special Celebration -2:00 PM Chef Talk w/ Culinary 10:50am) Music: Teddy Bang Jazz Trio Boorstin (WR) July 21: Ben Bernstein Director & Executive Chef (DL) 2:00 PM Bingo & Bubbles 1:30 PM Mahjong Club - Resident 11:30 AM Live Music with Nocy! 3:00 PM Knitting, Crocheting, & Led (P) 3:00 PM Summer Courtyard with Spencer! (WR) Needlework Club - Intro Session (P) 2:30 PM Painting on Canvas with July 28: Stephen Gianoli 2:00 PM Westwood Farmer's Market Concert Series: Adam's Quartet 4:00 PM BINGO! Bring Your Lucky 4:00 PM Walking Club -Randall - All Levels (P) Walk w/ MC (ML 1:45pm) Dimes & Charms! (WR) 4:00 PM Shabbat Service with 3:00 PM Happy Hour & Resident Led (ML 4:00 PM Rummikub Game -7:00 PM Evening Movie - How To Be Rabbi Bieber (WR) Performance: Tatjana's One 3:50pm) Single (R) (WR) Resident Led (DR) Woman Show! (DL) 9:30 AM Full Body 9:30 AM Upper Body 9:30 AM Core & Balance 9:30 AM Upper Body 9:30 AM Full Body Strength 10:00 AM Get Up & 9:30 AM Core & Move Your Body -Strength Workout (WR) Strength Workout (WR) - Chair Exercise (WR) Exercise (WR) Chair Yoga (WR) Balance Exercise 10:00 AM Full Body Chair 10:00 AM Full Body Chair 10:00 AM Tai Chi Exercise 10:00 AM Meditation & With Spencer! (WR) 10:00 AM Meditation (WR) Yoga (WR) All Levels (WR) Breathwork for Wellness Yoga (WR) 10:00 AM Ping Pong - Open 10:00 AM Full Body Chair Yoga & Breathwork for Wellness 10:40 AM Guided Moves with a 10:40 AM Guided Moves with a 10:40 AM Guided Moves with a (WR) Court (FC) (WR) Personal Trainer (MZ) Personal Trainer (MZ) (WR) 11:00 AM Ted Talk Tuesdays! -Personal Trainer (MZ) 11:00 AM Botanical Garden Walk 10:40 AM Guided Moves with a 11:00 AM Resident Book Club -11:00 AM Oprah - Deepak 10:00 AM Ping Pong - Open You Are The Bridge To The Next 10:45 AM BOOM Exercise w/ With Spencer (ML 10:50am) Resident Led (P) Meditation & Discussion w/ Personal Trainer (MZ) Loriston in Memory Care - Open Generation (WR) Court (FC) 11:00 AM Century City Mall 1:00 PM Curiosity Stream - JFK's love Spencer (WR) 11:00 AM Curiosity Stream -1:00 PM UCLA OLLI Lecture -To All (MC) Drop Off (ML 10:50am) 11:00 AM One Day for Europe (WR) 1:00 PM UCLA OLLI Lecture - Films 1:00 PM One Day University -Current Events w/ Dr. Hant (WR) The Last Persian Shah (WR) 2:30 PM Century City Mall Pick University - Frida Kahlo -2:00 PM Mahjong Club - Resident That Speak To Us - Sharon :30 PM Jewelry Making with Ernest Hemingway: One True 1:00 PM Musical Theater Boorstin (WR) Up 230pm (Pick Up Spot) Led (DL) Love, Pain & Painting (WR) Sentence (WR) Lecture Series - Sunday in the 4:00 PM Karaoke With Spencer! Sahar (P) 1:30 PM Mahjong Club - Resident 2:30 PM The Virginia Field 2:00 PM Sunday Matinee 2:30 PM Town Hall Meeting: 2:00 PM Resident Social Mixer with Gardening Club - Resident Led Park With George (WR) Led (P) (WR) Refreshments & Light Music (C) Residents & Directors (DL) Movie! - The Intern (WR) 2:00 PM Westwood Farmer's Market 2:30 PM Painting on Canvas 4:00 PM Walking Club - Resident 3:00 PM "Bridge" The Gap -4:00 PM BINGO! Bring Your Lucky 3:00 PM Music & Lyrics With Laurie Walk w/ MC (ML 1:45pm) 3:00 PM Afternoon Tea (DR) with Randall - All Levels (P) Led (ML 3:50pm) Connect w/ Other Players (P) Dimes & Charms! (WR) 3:00 PM Happy Hour & Live Music: Chiaro (WR) 4:00 PM Walking Club -4:00 PM Shabbat Service with 4:00 PM Happy Hour & Live 4:00 PM Rummikub Game -7:00 PM Evening Movie -4:00 PM Walking Club - Resident Rich Cohen (DL) Resident Led (ML 3:50pm) Music: Nocy (C) Hitchcock (WR) Rabbi Bieber (WR) Resident Led (DR) Led (ML 3:50pm) 9:30 AM Full Body Chair NATIONAL 9:30 AM Upper Body 9:30 AM Full Body Strength 9:30 AM Core & 10:00 AM Get Up & Move 9:30 AM Core & Balance MAC&CHEESE DAY Yoga (WR) Strength Workout (WR) - Chair Exercise (WR) Your Body - With Exercise (WR) Balance Exercise 10:00 AM Meditation & 9:30 AM Upper Body Spencer! (WR) 10:00 AM Full Body Chair 10:00 AM Tai Chi Exercise 10:00 AM Meditation & (WR) Breathwork for Wellness Strength Workout (WR) All Levels (WR) 10:00 AM Ping Pong - Open Yoga (WR) Breathwork for Wellness (WR) 10:00 AM Full Body Chair Yoga 10:00 AM Full Body Chair Yoga (WR) 10:40 AM Guided Moves with a Court (FC) 10:40 AM Guided Moves with a 10:30 AM "Bridge" The Gap -10:00 AM Ping Pong - Open Court (FC) 10:40 AM Guided Moves with a (WR) 11:00 AM Botanical Garden Walk Personal Trainer (MZ) Personal Trainer (MZ) 11:00 AM One Day University - Over Connect w/ Other Players (P) Personal Trainer (MZ) 10:40 AM Guided Moves with a 11:00 AM Oprah - Deepak With Spencer (ML 10:50am) 10:45 AM BOOM Exercise w/ My Dead Body: Unearthing the 11:00 AM The Art of Juicing - Sip, 11:00 AM Ted Talk Tuesdays! -Meditation & Discussion w/ 11:00 AM Drumming with Melena! Personal Trainer (MZ) Loriston in Memory Care - Open Hidden History of America's Learn, Refresh! (WR) A Guide To Self-Love For Spencer (WR) 11:00 AM Curiosity Stream - A Cemeteries (WR) To All (MC) 1:00 PM Curiosity Stream - Kalanag -1:00 PM UCLA OLLI Lecture - Films 11:00 ÁM Rodeo Drive - Drop Off Skeptics (WR) 11:00 AM Mobile Zoo of Southern 1:00 PM One Day University -Day on the Reef Sipadan Hitler's Magician (WR) That Speak To Us - Sharon (ML 10:50am) 3:00 PM Happy Hour & Live California (C) Victor Hugo: The Man Behind 2:00 PM Mahjong Club - Resident Led (WR) 2:00 PM Bingo & Bubbles with Boorstin (WR) Music: Danny Meyer (C) 1:30 PM Intergenerational Afternoon 'Les Miserables' (WR) 1:00 PM Musical Theater 1:30 PM Mahjong Club - Resident Spencer! (WR) with the Girl Scouts (C) 3:00 PM Writer's Club w/Brenda 2:30 PM The Virginia Field Gardening 2:30 PM Resident Council Meeting Lecture Series: Parade (WR) Led (P) 2:30 PM Rodeo Drive - Pick Up 2:00 PM Sunday Matinee Movie! - The Club - Resident Led (FC) Mutchnick - Resident Led 2:00 PM Westwood Farmer's Market Theory of Everything (WR) 2:30 PM Painting on Canvas 230pm (Pick Up Spot) 3:00 PM Music & Lyrics With Laurie 4:00 PM BINGO! Bring Your Lucky (WR) Walk w/ MC (ML 1:45pm) 3:00 PM Afternoon Tea (DR) 3:00 PM UCLA Alumni Get Together with Randall - All Levels (P) Chiaro (WR) :00 PM Rummikub Game -Dimes & Charms! (WR) 4:00 PM Walking Club - Resident Led 4:00 PM Happy Hour with Live (Non-UCLA Alum Welcome!) (P) 4:00 PM Walking Club - Resident Led 4:00 PM Shabbat Service with 7:00 PM Evening Movie - Sleepless (ML 3:50pm) Resident Led (DR) Music - TBD (DL) 4:00 PM Walking Club - Resident (ML 3:50pm)

in Seattle (WR)

Rabbi Bieber (WR)

Led (ML 3:50pm)

## July 2025

MON THUR WED **FRI** 10:00 AM Get Up & Move Your Body - With 9:30 AM Full Body Chair **NATIONAL** 9:30 AM Core & Balance 9:30 AM Upper Body 9:30 AM Full Body Strength 9:30 AM Core & MAC&CHEESE DAY Yoga (WR) Strength Workout (WR) - Chair Exercise (WR) Exercise (WR) Balance Exercise 10:00 AM Meditation & 9:30 AM Upper Body 10:00 AM Tai Chi Exercise Spencer! (WR) 10:00 AM Full Body Chair 10:00 AM Meditation & (WR) Breathwork for Wellness Strength Workout (WR) All Levels (WR) 10:00 AM Ping Pong - Open Yoga (WR) Breathwork for Wellness (WR) 10:00 AM Full Body Chair Yoga 10:00 AM Full Body Chair Yoga (WR) 10:40 AM Guided Moves with a Court (FC) 10:40 AM Guided Moves with a 10:30 AM "Bridge" The Gap -0:00 AM Ping Pong - Open Court (FC) 10:40 AM Guided Moves with a (WR) Personal Trainer (MZ) 11:00 AM Botanical Garden Walk Personal Trainer (MZ) 11:00 AM One Day University - Over Connect w/ Other Players (P) Personal Trainer (MZ) 11:00 AM Oprah - Deepak 10:40 AM Guided Moves with a With Spencer (ML 10:50am) 10:45 AM BOOM Exercise w/ My Dead Body: Unearthing the 11:00 AM The Art of Juicing - Sip, 11:00 AM Ted Talk Tuesdays! -Meditation & Discussion w/ Personal Trainer (MZ) 11:00 AM Drumming with Melena! Loriston in Memory Care - Open Hidden History of America's Learn, Refresh! (WR) A Guide To Self-Love For Spencer (WR) 11:00 AM Curiosity Stream - A To All (MC) Cemeteries (WR) 1:00 PM Curiosity Stream - Kalanag -11:00 AM Rodeo Drive - Drop Off Skeptics (WR) 1:00 PM UCLA OLLI Lecture - Films 11:00 AM Mobile Zoo of Southern 1:00 PM One Day University -Day on the Reef Sipadan Hitler's Magician (WR) That Speak To Us - Sharon (ML 10:50am) 8:00 PM Happy Hour & Live California (C) Victor Hugo: The Man Behind 2:00 PM Mahjong Club - Resident Led (WR) 2:00 PM Bingo & Bubbles with Boorstin (WR) Music: Danny Meyer (C) 1:30 PM Intergenerational Afternoon 'Les Miserables' (WR) 1:00 PM Musical Theater 1:30 PM Mahjong Club - Resident Spencer! (WR) with the Girl Scouts (C) 3:00 PM Writer's Club w/Brenda 2:30 PM The Virginia Field Gardening 2:30 PM Resident Council Meeting Lecture Series: Parade (WR) 2:30 PM Rodeo Drive - Pick Up Led (P) 2:00 PM Sunday Matinee Movie! - The Club - Resident Led (FC) Mutchnick - Resident Led (WR) 230pm (Pick Up Spot) 2:00 PM Westwood Farmer's Market Theory of Everything (WR) 2:30 PM Painting on Canvas 3:00 PM Music & Lyrics With Laurie (WR) 4:00 PM BINGO! Bring Your Lucky 3:00 PM UCLA Alumni Get Together Walk w/ MC (ML 1:45pm) 3:00 PM Afternoon Tea (DR) with Randall - All Levels (P) Chiaro (WR) 1:00 PM Rummikub Game -Dimes & Charms! (WR) 4:00 PM Happy Hour with Live 4:00 PM Walking Club - Resident Led (Non-UCLA Alum Welcome!) (P) 4:00 PM Walking Club - Resident Led 4:00 PM Shabbat Service with 7:00 PM Evening Movie - Sleepless Resident Led (DR) 4:00 PM Walking Club - Resident (ML 3:50pm) Music - TBD (DL) (ML 3:50pm) Rabbi Bieber (WR) in Seattle (WR) Led (ML 3:50pm) 9:30 AM Upper Body 9:30 AM Upper Body 9:30 AM Full Body 9:30 AM Core & Balance **CALLIGRAPHY** 9:30 AM Full Body 9:30 AM Core & Balance 24 26 Strength Workout (WR) Strength Workout (WR) Strength - Chair Exercise Exercise (WR) **OPEN HOUSE** Chair Yoga (WR) Exercise (WR) 10:00 AM Full Body Chair 10:00 AM Full Body Chair (WR) 10:00 AM Full Body 10:00 AM Meditation & 10:00 AM Meditation PARTY! Yoga (WR) 10:00 AM Tai Chi Exercise Yoga (WR) Breathwork for Wellness (WR) Chair Yoga (WR) & Breathwork for Wellness 10:00 AM Get Up & Move 10:40 AM Guided Moves with a - All Levels (WR) 10:40 AM Guided Moves with a 10:40 AM Guided Moves with a 11:00 AM Ted Talk Tuesdays! -Your Body - With Spencer! Personal Trainer (MZ) (WR) 10:40 AM Guided Moves with a Personal Trainer (MZ) Personal Trainer (MZ) Would You Sell Your Kidney 11:00 AM Art Therapy - Try 10:00 AM Ping Pong - Open (WR) Personal Trainer (MZ) 10:45 AM BOOM Exercise w/ 11:00 AM Lecture with Karie for \$100k? (WR) Something New Every Session! (P) 11:00 AM Oprah - Deepak Court (FC) Loriston in Memory Care - Open 11:00 AM Botanical Garden Bible - Classic Hollywood (WR) 1:00 PM Curiosity Stream - A World 1:00 PM UCLA OLLI Lecture -Meditation & Discussion w/ To All (MC) 11:00 AM One Day 1:00 PM Curiosity Stream -Walk With Spencer (ML Without Water (WR) Current Events w/ Dr. Hant Spencer (WR) 1:00 PM One Day University -Never Home Alone The University - Great Wines of 2:00 PM Mahjong Club - Resident 10:50am) (WR) 1:00 PM UCLA OLLI Lecture -Eight Flavors: How They Wildlife of Kitchens, Bathrooms Led (DL) 4:00 PM Walking Club -Napa Valley (WR) 3:00 PM "Bridge" The Gap -Films That Speak To Us - Sharon Changed the Way Americans 2:30 PM The Virginia Field (WR) Connect w/ Other Players (P) 2:00 PM Sunday Matinee Boorstin (WR) Resident Led (ML 3:50pm) Eat (WR) Gardening Club - Resident Led 2:30 PM Painting on Canvas with 3:00 PM Happy Hour & Live 1:30 PM Mahjong Club - Resident 4:00 PM Live Music for Movie! - Nonnas (WR) 4:00 PM BINGO! Bring Your Randall - All Levels (P) Music: Carla D! (DL) Led (P) 3:00 PM Afternoon Tea (DR) 3:00 PM Music & Lyrics With Laurie Lucky Dimes & Charms! (WR) Calligraphy Grand 4:00 PM Shabbat Service with 2:00 PM Westwood Farmer's 4:00 PM Rummikub Game -Chiaro (WR) 7:00 PM Evening Movie - Eat Pray 4:00 PM Walking Club -Reopening - Teddy Bang Rabbi Bieber (WR) Market Walk w/ MC (ML 4:00 PM Walking Club - Resident Resident Led (DR) Love (WR) Resident Led (ML 3:50pm) Jazz Trio (C) 1:45pm) Led (ML 3:50pm) 9:30 AM Full Body Strength LOCATION KEY 9:30 AM Full Body Chair 9:30 AM Upper Body CALLIGRAPHY TISHA B'AV 31 30 Strength Workout (WR) - Chair Exercise (WR) 9:30 AM Upper Body **PROFESSIONAL** C - Courtyard Yoga (WR) Join 7 Activities Each Week To Be 10:00 AM Full Body Chair 10:00 AM Tai Chi Èxercise -Strength Workout (WR) PARTY DAY! 10:00 AM Meditation & DL - Dining Lounge Yoga (WR) All Levels (WR) Entered Into The Monthly Raffle! 10:00 AM Full Body Chair Breathwork for Wellness (WR) 9:30 AM Core & Balance Exercise DR - Dining Room 10:40 AM Guided Moves with a 10:40 AM Guided Moves with a Yoga (WR) 10:00 AM Ping Pong - Open (WR) MZ - Fitness Center - Mezzanine Personal Trainer (MZ) Personal Trainer (MZ) 10:40 AM Guided Moves with a 10:00 AM Meditation & 11:00 AM The Art of Juicing - Sip, Court (FC) 11:00 AM Oprah - Deepak Meditation FC - Front Courtyard Personal Trainer (MZ) Learn, Refresh! (WR) Breathwork for Wellness (WR) & Discussion w/Spencer (WR) 11:00 AM One Day University -FC - Front Courtyard - Resident 10:45 AM BOOM Exercise w/ 1:00 PM Curiosity Stream - Little Cats 11:00 AM Writer's Club w/Brenda 1:00 PM UCLA OLLI Lecture - Films Garden Franz Kafka and Loriston in Memory Care - Open (WR) Mutchnick - Resident Led (WR) That Speak To Us - Sharon Boorstin DR - Main Dining Room To All (MC) Metamorphosis: The 2:00 PM Drumming with Melena! (WR) :00 PM Calligraphy Launch 1:00 PM One Day University - Who ML 1:45pm - Meet in Lobby at 1:45pm Absurdity of Everyday Life 2:00 PM Mahjong Člub - Resident Led 1:30 PM Mahjong Club - Resident Led Party For Industry Wore What When (and Why?): The ML 10:50am - Meet in Lobby at (WR) History of Fashion (WR) Professionals (DR) 2:30 PM The Virginia Field Gardening 2:00 PM Sunday Matinee Movie! 2:00 PM Westwood Farmer's Market 2:30 PM Associate All Staff Meeting Club - Resident Led (FC) 2:00 PM Happy Hour & Live ML 3:50pm - Meet in Lobby at 3:50pm Walk w/ MC (ML 1:45pm) - Everest (WR) Staff Only (WR) 3:00 PM Music & Lyrics With Laurie Music: Teddy Bang Jazz Trio MC - Memory Care - 3rd Floor 3:00 PM Afternoon Tea (DR) 2:30 PM Resident Community Life 4:00 PM BINGO! Bring Your Lucky Chiaro (WR) (DR) P - Pavillion Meeting & Raffle! (WR) 4:00 PM Walking Club - Resident 4:00 PM Walking Club - Resident Led Dimes & Charms! (WR) :00 PM Rummikub Game -4:00 PM Happy Hour & Live Music: WR - Watermark Room Led (ML 3:50pm) (ML 3:50pm) 7:00 PM Evening Movie - La La Land Rich Cohen (C) Resident Led (DR) (WR)

July 2025