

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 Walk - LO</p> <p>10:00 Current Events &amp; Hot Topics - 3A</p> <p>11:00 Movement Through Dance - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Music by the Bay -Chris Pucci: Phantom of the Opera - LO</p> <p>4:00 <b>WU: Science Times with Linda &amp; Marlene -3A</b></p> <p>5:00 Dinner</p> <p>6:30 Sunday at the Movies - 3M</p> <p style="text-align: right;"><b>1</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Get Fit with Jason - 3A</p> <p>11:00 Brain Fitness Games - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Where in the World Is.... - 3M</p> <p>3:00 <b>WU: TED Talks with Marlene - 3M</b></p> <p>4:00 Literature - 3A</p> <p>5:00 Dinner</p> <p>6:30 Jeopardy / Game Shows- 3M</p> <p style="text-align: right;"><b>2</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Balance Through Dance - 3A</p> <p>11:00 <b>WU: Poetry with Linda - CR</b></p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Games...Games...Games - 3A</p> <p>3:30 Entertainment: Johnny Blair - LO</p> <p>4:30 Let's Whet Our Appetites - L</p> <p>5:00 Dinner</p> <p>6:30 Tuesday Movie - 3M</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Smile &amp; Sway - 3M</p> <p>11:00 Music Exploration w/Lior - 2A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>1:30 Outing: Lindsay Wildlife Expo</p> <p>2:00 Brain Fitness - CR</p> <p>3:00 Remember When? - CR</p> <p>4:00 Happy Hour - Wine &amp; Cheese - LO</p> <p>5:00 Dinner</p> <p>6:30 Wednesday Night Documentary 3M</p> <p style="text-align: right;"><b>4</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Qi Gong - 3A</p> <p>11:00 Today's Good News - CR</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Straight Talk - 3A</p> <p>3:00 Sudoku- 3A</p> <p>4:00 I've Always Wondered - 3A</p> <p>5:00 Dinner</p> <p>6:30 <b>WU Opera Appreciation - 3M</b></p> <p style="text-align: right;"><b>5</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Expressions Thru Fine Arts - CR</p> <p>11:00 Balance Thru Dance w/ Marika - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>WU: Concerts with Krasaundra: Sarah Vaughn &amp; other Divas - 3M</b></p> <p>3:00 Sing-A-Long - 3A</p> <p>4:00 Bingo - C</p> <p>5:00 Dinner</p> <p>6:30 Friday Night Movie - 3M</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30 Walk</p> <p>10:00 Scribble &amp; Nibble - A</p> <p>11:15 Women's Group -3A</p> <p>12:15 Lunch</p> <p>1:30 <b>WU: Spanish for Beginners with Murray - 3A</b></p> <p>2:30 Matching Games - 3M</p> <p>3:00 Scenic Drive</p> <p>3:30 Reminiscing - 3M</p> <p>5:00 Dinner</p> <p>6:30 Saturday Night Movie - 3M</p> <p style="text-align: right;"><b>7</b></p>
<p>9:30 Walk - LO</p> <p>10:00 Current Events &amp; Hot Topics - 3A</p> <p>11:00 Movement Through Dance - 3A</p> <p>11:00 Champagne Brunch</p> <p>1:30 Walk - LO</p> <p>2:00 Music by the Bay - Moonglow: - LO</p> <p>4:00 <b>WU: Science Times with Linda &amp; Marlene -3A</b></p> <p>5:00 Dinner</p> <p>6:30 Sunday at the Movies - 3M</p> <p style="text-align: right;"><b>8</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Get Fit with Jason - 3A</p> <p>11:00 Brain Fitness Games - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>Resident Art Show - LO</b></p> <p>4:00 Literature - 3A</p> <p>5:00 Dinner</p> <p>6:30 Jeopardy / Game Shows- 3M</p> <p style="text-align: right;"><b>9</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Balance Through Dance - 3A</p> <p>11:00 <b>WU: Poetry with Linda - CR</b></p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Games...Games...Games - 3A</p> <p>3:00 Entertainment: Chuck &amp; Sylvia - LO</p> <p>4:30 Let's Whet Our Appetites - L</p> <p>5:00 Dinner</p> <p>6:30 Tuesday Movie - 3M</p> <p style="text-align: right;"><b>10</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Smile &amp; Sway - 3M</p> <p>11:00 Music Exploration w/Lior - 2A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>1:30 Outing: Emeryville Art Celebration</p> <p>2:00 Brain Fitness - CR</p> <p>3:00 Remember When? - CR</p> <p>4:00 Happy Hour - Wine &amp; Cheese - LO</p> <p>5:00 Dinner</p> <p>6:30 Wednesday Night Documentary 3M</p> <p style="text-align: right;"><b>11</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Qi Gong - 3A</p> <p>11:00 Today's Good News - CR</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Straight Talk - 3A</p> <p>3:00 Sudoku- 3A</p> <p>4:00 I've Always Wondered - 3A</p> <p>5:00 Dinner</p> <p>6:30 <b>WU Opera Appreciation - 3M</b></p> <p style="text-align: right;"><b>12</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Donuts with Nancy - C</p> <p>11:00 Balance Thru Dance - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>WU: Concerts with Krasaundra: Four Freshmen: Easy Street - 3M</b></p> <p>3:00 Sing-A-Long - 3A</p> <p>4:00 Bingo - C</p> <p>5:00 Dinner</p> <p>6:30 Friday Night Movie - 3M</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30 Walk</p> <p>10:00 Scribble &amp; Nibble - A</p> <p>11:15 Women's Group - 3A</p> <p>12:15 Lunch</p> <p>1:30 <b>WU: Spanish for Beginners with Murray - 3A</b></p> <p>2:30 Matching Games - 3M</p> <p>3:00 Scenic Drive</p> <p>3:30 Reminiscing - 3M</p> <p>5:00 Dinner</p> <p>6:30 Saturday Night Movie - 3M</p> <p style="text-align: right;"><b>14</b></p>
<p>9:30 Walk - LO</p> <p>10:00 Current Events &amp; Hot Topics - 3A</p> <p>11:00 Movement Through Dance - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Music by the Bay - Larry Stefl - LO</p> <p>4:00 <b>WU: Science Times with Linda &amp; Marlene -3A</b></p> <p>5:00 Dinner</p> <p>6:30 Sunday at the Movies - 3M</p> <p style="text-align: right;"><b>15</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Get Fit with Jason - 3A</p> <p>11:00 Brain Fitness Games - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Where in the World Is.... - 3M</p> <p>3:00 <b>WU: TED Talks with Marlene - 3M</b></p> <p>4:00 Literature - 3A</p> <p>5:00 Dinner</p> <p>6:30 Jeopardy / Game Shows- 3M</p> <p style="text-align: right;"><b>16</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Balance Through Dance - 3A</p> <p>11:00 <b>WU: Poetry with Linda - CR</b></p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Games...Games...Games - 3A</p> <p>3:30 Entertainment: Danny Allen - LO</p> <p>4:30 Let's Whet Our Appetites - L</p> <p>5:00 Dinner</p> <p>6:30 Tuesday Movie - 3M</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Smile &amp; Sway - 3M</p> <p>11:00 Music Exploration w/Lior - 2A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>1:30 Outing: Alameda Pumpkin Patch</p> <p>2:00 Brain Fitness - CR</p> <p>3:00 Remember When? - CR</p> <p>4:00 Happy Hour - Wine &amp; Cheese - LO</p> <p>5:00 Dinner</p> <p>6:30 Wednesday Night Documentary 3M</p> <p style="text-align: right;"><b>18</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Qi Gong - 3A</p> <p>11:00 Today's Good News - CR</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>WU: Halloween Treats w/Dallas Doris Day Special - 3M</b></p> <p>3:00 Sudoku- 3A</p> <p>4:00 I've Always Wondered - 3A</p> <p>5:00 Dinner</p> <p>6:30 <b>WU Opera Appreciation - 3M</b></p> <p style="text-align: right;"><b>19</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Expressions Thru Fine Arts - CR</p> <p>11:00 Balance Thru Dance w/ Marika - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>WU: Concerts with Krasaundra: Doris Day Special - 3M</b></p> <p>3:00 Sing-A-Long - CR</p> <p>4:00 Bingo - C</p> <p>5:00 Dinner</p> <p>6:30 Friday Night Movie - 3M</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30 Walk</p> <p>10:00 Scribble &amp; Nibble - A</p> <p>11:15 Women's Group -3A</p> <p>12:15 Lunch</p> <p>1:30 <b>WU: Spanish for Beginners with Murray - 3A</b></p> <p>2:30 Matching Games - 3M</p> <p>3:00 Scenic Drive</p> <p>3:30 Reminiscing - 3M</p> <p>5:00 Dinner</p> <p>6:30 Saturday Night Movie - 3M</p> <p style="text-align: right;"><b>21</b></p>
<p>9:30 Walk - LO</p> <p>10:00 Current Events &amp; Hot Topics - 3A</p> <p>11:00 Movement Through Dance - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Music by the Bay: Bob Schoen Trio -LO</p> <p>4:00 <b>WU: Science Times with Linda &amp; Marlene -3A</b></p> <p>5:00 Dinner</p> <p>6:30 Sunday at the Movies - 3M</p> <p style="text-align: right;"><b>22</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Get Fit with Jason - 3A</p> <p>11:00 Brain Fitness Games - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Where in the World Is.... - 3M</p> <p>2:00 Dining Services/Resident Council - C</p> <p>3:00 <b>WU: TED Talks with Marlene - 3M</b></p> <p>4:00 Literature - 3A</p> <p>5:00 Dinner</p> <p>6:30 Jeopardy / Game Shows- 3M</p> <p style="text-align: right;"><b>23</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Balance Through Dance - 3A</p> <p>11:00 <b>WU: Poetry with Linda - CR</b></p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Games...Games...Games - 3A</p> <p>3:30 Entertainment: Barbara Alexander - LO</p> <p>4:30 Let's Whet Our Appetites - L</p> <p>5:00 Dinner</p> <p>6:30 Tuesday Movie - 3M</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Smile &amp; Sway - 3M</p> <p>11:00 Music Exploration w/Lior - 2A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>1:30 Outing: CA Academy of Sciences</p> <p>2:00 Brain Fitness - CR</p> <p>3:00 Remember When? - CR</p> <p>4:00 Town Hall/Happy Hour - LO</p> <p>5:00 Dinner</p> <p>6:30 Wednesday Night Documentary 3M</p> <p style="text-align: right;"><b>25</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Qi Gong - 3A</p> <p>11:00 Today's Good News - CR</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Straight Talk - 3A</p> <p>3:00 Sudoku- 3A</p> <p>4:00 I've Always Wondered - 3A</p> <p>5:00 Dinner</p> <p>6:30 <b>WU Opera Appreciation - 3M</b></p> <p style="text-align: right;"><b>26</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Expressions Thru Fine Arts - CR</p> <p>11:00 Balance Thru Dance w/ Marika - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>WU: Concerts with Krasaundra: Mel Torme: Standing Room Only -3M</b></p> <p>3:00 Sing-A-Long - 3A</p> <p>4:00 Bingo - C</p> <p>5:00 Dinner</p> <p>6:30 Friday Night Movie - 3M</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Walk</p> <p>10:00 Scribble &amp; Nibble - A</p> <p>11:15 Women's Group - 3A</p> <p>12:15 Lunch</p> <p>1:30 <b>WU: Spanish for Beginners with Murray - 3A</b></p> <p>2:30 <b>Halloween Parade - LO</b></p> <p>3:00 Scenic Drive</p> <p>3:30 Reminiscing - 3M</p> <p>5:00 Dinner</p> <p>6:30 Saturday Night Movie - 3M</p> <p style="text-align: right;"><b>28</b></p>
<p>9:30 Walk - LO</p> <p>10:00 Current Events &amp; Hot Topics - 3A</p> <p>11:00 Movement Through Dance - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Music by the Bay - Bobby Weinapple &amp; Friends - LO</p> <p>4:00 <b>WU: Science Times with Linda &amp; Marlene -3A</b></p> <p>5:00 Dinner</p> <p>6:30 Sunday at the Movies - 3M</p> <p style="text-align: right;"><b>29</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Get Fit with Jason - 3A</p> <p>11:00 Brain Fitness Games - 3A</p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 Where in the World Is.... - 3M</p> <p>3:00 <b>WU: TED Talks with Marlene - 3M</b></p> <p>4:00 Literature - 3A</p> <p>6:30 Jeopardy / Game Shows- 3M</p> <p style="text-align: right;"><b>30</b></p>	<p>9:30 Walk - LO</p> <p>10:00 Balance Through Dance - 3A</p> <p>11:00 <b>WU: Poetry with Linda - CR</b></p> <p>12:15 Lunch</p> <p>1:30 Walk - LO</p> <p>2:00 <b>Halloween Party</b></p> <p>4:00 <b>WU: The History of Halloween with Tim - L</b></p> <p>5:00 Dinner</p> <p>6:30 Tuesday Movie - 3M</p> <p style="text-align: right;"><b>31</b></p>				

**We strive to follow our calendar, but sometimes activities will change. Please check "Today's Happenings" posted around the community for any changes that have been made.**

**Thank you.**

**WU: Watermark University**

**OCTOBER 2017**

*Carpe Diem Club*

**ACTIVITY LOCATOR KEY**

CR - Club Room - 3rd Floor  
A - Art Room  
C - Cafe  
L - Library  
LO - Lobby  
2 Atrium - 2nd Floor Atrium  
2A - 2nd Floor Activity Room

M - Meditation Room  
W - Wellness Center  
3A - 3rd Floor Activity Room  
3M - 3rd Floor Movie Room