

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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

9:30 Walk - LO
 10:00 Balance Through Dance - 3A
 11:00 **WU: Poetry Corner with Linda** - 3A
 11:00 Art Studio Time - A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Games...Games...Games - CD
 3:30 Entertainment: Ben Jones - LO
 4:30 Let's Whet Our Appetites - L
 5:00 Dinner
 6:30 Tuesday Movie - 3M

9:30 Walk - LO
 10:00 Music and Movement - 3M
 11:00 Music Exploration w/Lior - 2A
 12:00 Lunch
 1:30 Walk - LO
 1:30 Outing: Abrams Claghorn Gallery
 2:00 Easy Does it Trivia - 3M
 3:00 Pearls of Wisdom - 3M
 4:00 Happy Hour - Wine & Cheese - LO
 5:00 Dinner
 6:30 Wednesday Night Documentary 3M

9:30 Walk - LO
 10:00 Qi Gong Class - 3A
 11:00 Current Events & Hot Topics - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Expressions thru Fine Arts - 3M
 3:00 ABC Game - 3A
 4:00 Finishing the Lines - 3A
 5:00 Dinner
 6:30 **WU Opera Appreciation - 3M**

9:30 Walk - LO
 10:00 Balance Thru Dance with Marika - 3A
 11:00 Mandalas & Music- CR
 12:00 Lunch
 1:30 Walk - LO
 2:00 **WU: At The Ballet w/ Krasaundra: Les Ballets Trocadero (Part 1)** - 3M
 3:00 Sing-A-Long - 3M
 4:00 Bingo - C
 5:00 Dinner
 6:30 Friday Night Movie - 3M

9:30 Walk
 10:00 Scribble & Nibble - 3A
 11:00 Classical Performances - 3M
 12:00 Lunch
 1:30 Walk - LO
 1:30 **WU: Archeology w/Resa** - 3A
 2:30 Scenic Drive
 3:00 Words...Words...Words - 2A
 4:00 Matching Games - 2A
 6:30 Saturday Night Movie - 3M

9:30 Walk - LO
 10:00 Current Events & Hot Topics - CD
 11:00 Finishing the Lyrics - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Music by the Bay: Rivka Amado - LO
 4:00 Easy Does It Trivia - 2A
 5:00 Dinner
 6:00 Sunday at the Movies - 3M

9:30 Walk - LO
 10:00 Get Fit with Jason - 3A
 11:00 Brain Boosters - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Brain Fitness - 3A
 3:00 Where in the World Is.. - 3M
 4:00 Literature - 3A
 5:00 Dinner
 6:30 Jeopardy / Game Shows- 3M

9:30 Walk - LO
 10:00 Balance Through Dance - 3A
 11:00 **WU: Poetry Corner with Linda** - 3A
 11:00 Art Studio Time - A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Games...Games...Games - CD
 3:30 Entertainment: Danny Allen - LO
 4:30 Let's Whet Our Appetites - L
 5:00 Dinner
 6:30 Tuesday Movie - 3M

9:30 Walk - LO
 10:00 Music and Movement - 3M
 11:00 Music Exploration w/Lior - 2A
 12:00 Lunch
 1:30 Walk - LO
 1:30 Outing: Benicia Historical Museum
 2:00 Total Brain Health: Social Power- 3M
 3:00 Pearls of Wisdom - 3M
 4:00 Town Hall Happy Hour - LO
 5:00 Dinner
 6:30 Wednesday Night Documentary 3M

9:30 Walk - LO
 10:00 Qi Gong Class - 3A
 11:00 Current Events & Hot Topics - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Expressions thru Fine Arts - 3M
 3:00 ABC Game - 3A
 4:00 Finishing the Lines - 3A
 5:00 Dinner
 6:30 **WU Opera Appreciation - 3M**

9:30 Walk - LO
 10:00 Smile & Sway - 3M
 11:00 Mandalas & Music- CR
 12:00 Lunch
 1:30 Walk - LO
 2:00 **Concerts with Krasaundra: Les Ballets Trocadero (Part 2)** - 3M
 3:00 Bingo - C
 4:00 **WU: Shabbat Celebration with Resa** - L
 5:00 Dinner
 6:30 Friday Night Movie - 3M

9:30 Walk
 10:00 Scribble & Nibble - 3A
 11:00 Classical Performances - 3M
 12:00 Lunch
 1:30 Walk - LO
 1:30 **WU: Archeology w/Resa** - 3A
 2:30 Scenic Drive
 3:00 Words...Words...Words - 2A
 4:00 Matching Games - 2A
 5:00 Dinner
 6:30 Saturday Night Movie - 3M

9:30 Walk - LO
 10:00 Current Events & Hot Topics - CD
 11:00 Finishing the Lyrics - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Music by the Bay: Moonglow Duo- LO
 4:00 Easy Does It Trivia - 2A
 5:00 Dinner
 6:30 Sunday at the Movies - 3M

9:30 Walk - LO
 10:00 Get Fit with Jason - 3A
 11:00 Brain Boosters - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 **WU: Musicals...Musicals with Tim: Carol Channing** - 3M
 3:00 Where in the World Is.. - 3M
 4:00 Literature - 3A
 5:00 Dinner
 6:30 Martin Luther King, Jr. Celebration

9:30 Walk - LO
 10:00 Balance Through Dance - 3A
 11:00 **WU: Poetry Corner with Linda** - 3A
 11:00 Art Studio Time - A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Games...Games...Games - CD
 3:30 Entertainment: Thea Becker - LO
 4:30 Let's Whet Our Appetites - L
 5:00 Dinner
 6:30 Tuesday Movie - 3M

9:30 Walk - LO
 10:00 Music and Movement - 3M
 11:00 Music Exploration w/Lior - 2A
 1:30 Walk - LO
 1:30 Outing: Legion of Honor - SF
 2:00 Total Brain Health: You Should Be Dancing - 3M
 3:00 Pearls of Wisdom - 3M
 4:00 Happy Hour - Wine & Cheese - LO
 5:00 Dinner
 6:30 Wednesday Night Documentary 3M

9:30 Walk - LO
 10:00 Seated Yoga - 3M
 11:00 Current Events & Hot Topics - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Expressions thru Fine Arts - 3M
 3:00 ABC Game - 3A
 4:00 Finishing the Lines - 3A
 5:00 Dinner
 6:30 **WU Opera Appreciation - 3M**

9:30 Walk - LO
 10:00 Balance Thru Dance with Marika - 3A
 11:00 Mandalas & Music- CR
 12:00 Lunch
 1:30 Walk - LO
 2:00 **Concerts with Krasaundra: George Shearing: Lullaby of Birdland** - 3M
 3:00 Sing-A-Long - 3M
 4:00 Bingo - C
 5:00 Dinner
 6:30 Friday Night Movie - 3M

9:30 Walk
 10:00 Scribble & Nibble - 3A
 11:00 Classical Performances - 3M
 12:00 Lunch
 1:30 Walk - LO
 1:30 **WU: Archeology w/Resa** - 3A
 2:30 Scenic Drive
 3:00 Words...Words...Words - 2A
 4:00 Matching Games - 2A
 5:00 Dinner
 6:30 Saturday Night Movie - 3M

9:30 Walk - LO
 10:00 Current Events & Hot Topics - CD
 11:00 Finishing the Lyrics - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Music by the Bay: Good Intentions - LO
 4:00 Easy Does It Trivia - 2A
 5:00 Dinner
 6:30 Sunday at the Movies - 3M

9:30 Walk - LO
 10:00 Get Fit with Jason - 3A
 11:00 Brain Boosters - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Dining Services/Resident Council - C
 3:00 Where in the World Is.. - 3M
 4:00 Literature - 3A
 5:00 Dinner
 6:30 Jeopardy / Game Shows- 3M

9:30 Walk - LO
 10:00 Balance Through Dance - 3A
 11:00 **WU: Poetry Corner with Linda** - 3A
 11:00 Art Studio Time - A
 12:00 Lunch
 2:00 Games...Games...Games - CD
 3:00 Entertainment: The Therapists - LO
 4:30 Let's Whet Our Appetites - L
 5:00 Dinner
 6:30 Tuesday Movie - 3M

9:30 Walk - LO
 10:00 Music and Movement - 3M
 11:00 Music Exploration w/Lior - 2A
 12:00 Lunch
 1:30 Walk - LO
 1:30 Outing: Maritime Museum - SF
 2:00 Total Brain Health: Now Hear This - 3M
 3:00 Pearls of Wisdom - 3M
 4:00 Happy Hour - Wine & Cheese - LO
 5:00 Dinner
 6:30 Wednesday Night Documentary 3M

9:30 Walk - LO
 10:00 Qi Gong Class - 3A
 11:00 Current Events & Hot Topics - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 **Resident Art Show** - LO
 3:00 ABC Game - 3A
 4:00 Finishing the Lines - 3A
 5:00 Dinner
 6:30 **WU Opera Appreciation - 3M**

9:30 Walk - LO
 10:00 Mandalas & Music- CR
 11:00 Balance Thru Dance - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 **Concerts with Krasaundra: The Jazz Channel: Jeffrey Osborne** - 3M
 3:00 Sing-A-Long - 3M
 4:00 Bingo - C
 5:00 Dinner
 6:30 Friday Night Movie - 3M

9:30 Walk
 10:00 Scribble & Nibble - 3A
 11:00 Classical Performances - 3M
 12:00 Lunch
 1:30 Walk - LO
 1:30 **WU: Archeology w/Resa** - 3A
 2:30 Scenic Drive
 3:00 Words...Words...Words - 2A
 4:00 Matching Games - 2A
 5:00 Dinner
 6:30 Saturday Night Movie - 3M

9:30 Walk - LO
 10:00 Current Events & Hot Topics - CD
 11:00 Finishing the Lyrics - CD
 12:00 Lunch
 1:30 Walk - LO
 2:00 Music by the Bay: Michael Zilber - LO
 4:00 Easy Does It Trivia - 2A
 5:00 Dinner
 6:30 Sunday at the Movies - 3M

9:30 Walk - LO
 10:00 Get Fit with Jason - 3A
 11:00 Music with Catherine and Bob - L
 12:00 Lunch
 1:30 Walk - LO
 2:00 Brain Fitness - 3A
 3:00 Where in the World Is.. - 3M
 4:00 Literature - 3A
 5:00 Dinner
 6:30 Jeopardy / Game Shows- 3M

9:30 Walk - LO
 10:00 Balance Through Dance - 3A
 11:00 **WU: Poetry with Corner Linda** - 3A
 11:00 Art Studio Time - A
 12:00 Lunch
 1:30 Walk - LO
 2:00 Games...Games...Games - 3A
 3:30 Entertainment: Hilary Harris- LO
 5:00 Dinner
 6:30 Tuesday Movie - 3M

9:30 Walk - LO
 10:00 Music and Movement - 3M
 11:00 Music Exploration w/Lior - 2A
 12:00 Lunch
 1:30 Walk - LO
 1:30 Outing: ACCI Gallery
 2:00 Total Brain Health: Scent-A-Mental - 3M
 3:00 Pearls of Wisdom - 3M
 4:00 Happy Hour - Wine & Cheese - LO
 5:00 Dinner
 6:30 Wednesday Night Documentary 3M

9:30 Walk - LO
 10:00 Seated Yoga - 3M
 11:00 Current Events & Hot Topics - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 **WU: Gays in The Military with Micki** - 3A
 3:00 ABC Game - 3A
 4:00 Finishing the Lines - 3A
 5:00 Dinner
 6:30 **WU Opera Appreciation - 3M**

9:30 Walk - LO
 10:00 Mandalas & Music- CR
 11:00 Balance Thru Dance - 3A
 12:00 Lunch
 1:30 Walk - LO
 2:00 **Concerts with Krasaundra: The Jazz Channel: Jeffrey Osborne** - 3M
 3:00 Sing-A-Long - 3M
 4:00 Bingo - C
 5:00 Dinner
 6:30 Friday Night Movie - 3M

9:30 Walk
 10:00 Scribble & Nibble - 3A
 11:00 Classical Performances - 3M
 12:00 Lunch
 1:30 Walk - LO
 1:30 **WU: Archeology w/Resa** - 3A
 2:30 Scenic Drive
 3:00 Words...Words...Words - 2A
 4:00 Matching Games - 2A
 5:00 Dinner
 6:30 Saturday Night Movie - 3M

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

JANUARY 2019

Carpe Diem Club