

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● Body ● Community ● Entertainment ● Mind ● Outing ● Spirit</p> <p><b>MARCH 2025</b></p>						<ul style="list-style-type: none"> <li>● 10:00 W.U. Chair Exercise (WR) 1</li> <li>● 2:30 Saturday Matinee &amp; Popcorn - "Past Lives" (2023) (WR)</li> <li>● 4:00 Tech Savvy with Levi (P)</li> </ul>
<ul style="list-style-type: none"> <li>● 9:30 Bagel and Lox Brunch with Norman Silverstein and Bernie Cohen! (DR) 2</li> <li>● 10:00 W.U. Chair Exercise (WR)</li> <li>● 1:00 One Day University (Resident Choice) (WR)</li> <li>● 2:30 Sunday Matinee &amp; Popcorn - "The Founder" (2016) (WR)</li> <li>● 4:00 Special Oscars Watch Party and Themed Dinner! (DR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 3</li> <li>● 10:00 W.U. Upper Body Workout (WR)</li> <li>● 11:00 One Day University "Poetry 101: Great, Good, Bad and Terrible" with Fiona Sampson (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 Special Guest Lecture with Dr. Jennifer Noble, Senior Librarian of the Westwood Library (WR)</li> <li>● 2:30 W.U. Afternoon Stretch Class (WR)</li> <li>● 3:00 W.U. Music and Lyrics with Lawrie (WR)</li> <li>● 4:30 Tech Savvy with Luke (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Core Balance (WR) 4</li> <li>● 10:00 W.U. Guided Meditation (P)</li> <li>● 10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>● 11:00 Curiosity Stream "Digits: Connecting to the Future" (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 W.U. UCLA Lecture - "American Museums and Collectors" with Katherine Zoraster (WR)</li> <li>● 2:30 W.U. Afternoon Yoga (FC)</li> <li>● 3:00 Special Mardi Gras Themed Happy Hour! (WL)</li> <li>● 3:00 W.U. Pickleball Game with David and Patrick (C)</li> <li>● 4:00 92nd Street Live Program "Why Nothing Works. Matthew Yglesias and Marc Dunkelman" (WR)</li> <li>● 4:00 Rummikub Game - Learn and Play! (DR)</li> <li>● 4:30 Special Mardi Gras Themed Dinner (DR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 5</li> <li>● 10:00 W.U. Upper Body Workout (WR)</li> <li>● 10:30 BOOM Exercise (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 One Day University "Ancient Egypt: Drama, Spectacle, and Remarkable Characters" with Kara Cooney (WR)</li> <li>● 2:30 Acrylic on Canvas Painting with Randall (P)</li> <li>● 2:30 W.U. Advanced Strength and Stability (FC)</li> <li>● 4:00 BINGO! (bring your dimes!) (WR)</li> <li>● 7:00 Movie Evening - "50 First Dates" (2004) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 6</li> <li>● 10:00 W.U. Tai Chi (WR)</li> <li>● 10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 Curiosity Stream "Digits: Man vs. Machine" (WR)</li> <li>● 2:30 W.U. Afternoon Energy Boost (FC)</li> <li>● 3:00 Happy Hour with Live Entertainment - David Kaufman (WL)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Core Balance (WR) 7</li> <li>● 10:00 W.U. Chair Exercise (WR)</li> <li>● 11:00 One Day University "Free Speech Revisited: Provocative Views of the First Amendment" with Robert Post (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 W.U. Musical Theatre History Lecture with Lauren Curet - "Phantom of the Opera" (WR)</li> <li>● 2:30 W.U. Afternoon Meditation (WR)</li> <li>● 4:00 Shabbat Service with Rabbi Bieber (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 W.U. Chair Exercise (WR) 8</li> <li>● 11:00 92nd Street Live Program "Remembering Dr. Ruth: The Joy of Connections" (WR)</li> <li>● 2:30 Saturday Matinee &amp; Popcorn - "A Complete Unknown" (2024) (WR)</li> <li>● 4:00 Tech Savvy with Levi (P)</li> </ul>
<ul style="list-style-type: none"> <li>● 10:00 W.U. Chair Exercise (WR) 9</li> <li>● 11:00 One Day University (Resident Choice) (WR)</li> <li>● 1:00 Special UCLA BEAM Lecture: Learn about Brain Health and Q+A! (WR)</li> <li>● 2:30 Concert Series at the Westwood Library: The Fiato Quartet (ML)</li> <li>● 2:30 Sunday Matinee &amp; Popcorn - "Noises Off" (1992) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 10</li> <li>● 10:00 W.U. Upper Body Workout (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 One Day University "Four Novels Every Book Lover Should Read" with Seth Lerer (WR)</li> <li>● 2:30 W.U. Afternoon Stretch Class (WR)</li> <li>● 3:00 W.U. Music and Lyrics with Lawrie (WR)</li> <li>● 4:30 Tech Savvy with Luke (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Core Balance (WR) 11</li> <li>● 10:00 W.U. Guided Meditation (P)</li> <li>● 10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>● 11:00 Curiosity Stream "Digits: Guardians of the Web" (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 W.U. UCLA Lecture - "American Museums and Collectors" with Katherine Zoraster (WR)</li> <li>● 2:30 W.U. Afternoon Yoga (FC)</li> <li>● 3:00 W.U. Pickleball Game with David and Patrick (C)</li> <li>● 3:00 Writing Group with Brenda Mutchnick (P)</li> <li>● 4:00 92nd Street Live Program "Karen Slack, soprano &amp; Kevin Miller, piano: African Queens" (WR)</li> <li>● 4:00 Rummikub Game - Learn and Play! (DR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 12</li> <li>● 10:00 W.U. Upper Body Workout (WR)</li> <li>● 10:30 BOOM Exercise (WR)</li> <li>● 11:00 One Day University "The Rosetta Stone: What It Is and Why It Matters" with Gary Rendsburg (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 Rhythm Drumming Therapy with Melena (WR)</li> <li>● 2:30 W.U. Advanced Strength and Stability (FC)</li> <li>● 2:30 Westwood Village Town Hall Meeting (WR)</li> <li>● 4:00 BINGO! (bring your dimes!) (WR)</li> <li>● 7:00 Movie Evening - "The Devil Wears Prada" (2006) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Chair Yoga (WR) 13</li> <li>● 10:00 W.U. Tai Chi (WR)</li> <li>● 10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 1:00 Curiosity Stream "Besieged Fortresses: The Daunting Fortress of Richard the Lionheart" (WR)</li> <li>● 2:30 W.U. Afternoon Energy Boost (FC)</li> <li>● 3:00 Happy Hour with Live Entertainment - Teddy Bang Quartet! (WL)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 W.U. Core Balance (WR) 14</li> <li>● 10:00 W.U. Chair Exercise (WR)</li> <li>● 11:00 One Day University "How America Went Haywire" with Kurt Andersen (WR)</li> <li>● 11:00 Open Gym with Kimberly (FC)</li> <li>● 2:30 W.U. Afternoon Meditation (WR)</li> <li>● 4:00 Shabbat Service with Rabbi Bieber (WR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 W.U. Chair Exercise (WR) 15</li> <li>● 11:00 92nd Street Live Program "June Squibb in Conversation with Scarlett Johansson" (WR)</li> <li>● 2:30 Saturday Matinee &amp; Popcorn - "A Real Pain" (2024) (WR)</li> <li>● 4:00 Tech Savvy with Levi (P)</li> </ul>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> <li>10:00 W.U. Chair Exercise (WR)</li> <li>1:00 One Day University (Resident Choice) (WR)</li> <li>2:30 Sunday Matinee &amp; Popcorn - "Lion" (2016) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Upper Body Workout (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Curiosity Stream "St. Patrick: Pilgrimage to Peace" (WR)</li> <li>2:30 W.U. Afternoon Stretch Class (WR)</li> <li>3:00 W.U. Music and Lyrics with Lawrie (WR)</li> <li>4:30 St. Patrick's Day - Luck of the Irish Dinner! (DR)</li> <li>4:30 Tech Savvy with Luke (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Core Balance (WR)</li> <li>10:00 W.U. Guided Meditation (P)</li> <li>10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Curiosity Stream Besieged Fortresses: The Siege of La Rochelle, the Battle of the Megastructures" (WR)</li> <li>1:00 W.U. UCLA Lecture - "American Museums and Collectors" with Katherine Zoraster (WR)</li> <li>2:30 W.U. Afternoon Yoga (FC)</li> <li>3:00 Live Entertainment with Rich Cohen (WL)</li> <li>3:00 W.U. Pickleball Game with David and Patrick (C)</li> <li>4:00 Rummikub Game - Learn and Play! (DR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Upper Body Workout (WR)</li> <li>10:30 BOOM Exercise (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 One Day University "The Italian Renaissance: How and Why it Began and Ended" with Kenneth Bartlett (WR)</li> <li>2:30 Resident Council Meeting (WR)</li> <li>2:30 W.U. Advanced Strength and Stability (FC)</li> <li>4:00 BINGO! (bring your dimes!) (WR)</li> <li>7:00 Movie Evening - "The Bridges of Madison County" (1995) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Tai Chi (WR)</li> <li>10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Curiosity Stream Besieged Fortresses: The Siege of Orleans, Joan's Fortress" (WR)</li> <li>2:30 W.U. Afternoon Energy Boost (FC)</li> <li>3:00 Happy Hour with Live Entertainment - David and the Cara Cara Jazz Collective! (WL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Core Balance (WR)</li> <li>10:00 W.U. Chair Exercise (WR)</li> <li>11:00 One Day University "Free Speech: The First Amendment in Crisis" with Andrew Porwancher (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>2:30 W.U. Afternoon Meditation (WR)</li> <li>4:00 Shabbat Service with Rabbi Bieber (WR)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 W.U. Chair Exercise (WR)</li> <li>11:00 92nd Street Live Program "An Evening with Kate McKinnon: The Millicent Quibb School of Etiquette for Young Ladies of Mad Science" (WR)</li> <li>2:30 Saturday Matinee &amp; Popcorn - "Cabaret" (1972) (WR)</li> <li>4:00 Tech Savvy with Levi (P)</li> </ul>	
<ul style="list-style-type: none"> <li>10:00 W.U. Chair Exercise (WR)</li> <li>1:00 One Day University (Resident Choice) (WR)</li> <li>2:30 Sunday Matinee &amp; Popcorn - "Wicked" (2024) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Upper Body Workout (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 One Day University "Who Wrote the Bible?" with Gary Rendsburg (WR)</li> <li>2:30 W.U. Afternoon Stretch Class (WR)</li> <li>3:00 W.U. Music and Lyrics with Lawrie (WR)</li> <li>4:30 Tech Savvy with Luke (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Core Balance (WR)</li> <li>10:00 W.U. Guided Meditation (P)</li> <li>10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Curiosity Stream "Mystery of the Giant Birds" (WR)</li> <li>2:30 W.U. Afternoon Yoga (FC)</li> <li>3:00 W.U. Pickleball Game with David and Patrick (C)</li> <li>3:00 Writing Group with Brenda Mutchnick (P)</li> <li>4:00 Rummikub Game - Learn and Play! (DR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Upper Body Workout (WR)</li> <li>10:30 BOOM Exercise (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 One Day University "The Women Who Ruled the World (3500 Years Ago)" with Kara Cooney (WR)</li> <li>2:30 Acrylic on Canvas Painting with Randall (P)</li> <li>2:30 W.U. Advanced Strength and Stability (FC)</li> <li>4:00 BINGO! (bring your dimes!) (WR)</li> <li>7:00 Movie Evening - "The Sting" (1973) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Tai Chi (WR)</li> <li>10:30 "Bridge" The Gap - connect with other bridge players! (P)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Curiosity Stream "FAST: The Celestial Eye" (WR)</li> <li>2:30 W.U. Afternoon Energy Boost (FC)</li> <li>3:00 Happy Hour with Live Entertainment - Jordan Bush Returns! (WL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Core Balance (WR)</li> <li>10:00 W.U. Chair Exercise (WR)</li> <li>11:00 One Day University "The Constitution: Enduring Myths and Hidden Truths" with Andrew Porwancher (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 Guest Lecture with Karie Bible - "Women in Hollywood" (WR)</li> <li>2:30 W.U. Afternoon Meditation (WR)</li> <li>4:00 Shabbat Service with Rabbi Bieber (WR)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 W.U. Chair Exercise (WR)</li> <li>11:00 92nd Street Live Program "A Celebration of Jane Austen: Jennifer Egan, Kevin Kwan, Helen Fielding, Vivian Gornick, and Alexandra Schwartz" (WR)</li> <li>2:30 Saturday Matinee &amp; Popcorn - "Arbitrage" (2012) (WR)</li> <li>4:00 Tech Savvy with Levi (P)</li> </ul>	
<ul style="list-style-type: none"> <li>10:00 W.U. Chair Exercise (WR)</li> <li>1:00 One Day University (Resident Choice) (WR)</li> <li>2:30 Sunday Matinee &amp; Popcorn - "September 5" (2024) (WR)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 W.U. Chair Yoga (WR)</li> <li>10:00 W.U. Upper Body Workout (WR)</li> <li>11:00 Open Gym with Kimberly (FC)</li> <li>1:00 One Day University "Beethoven's Ninth: The Story Behind The Masterpiece" with Thomas Kelly (WR)</li> <li>2:30 W.U. Afternoon Stretch Class (WR)</li> <li>3:00 W.U. Music and Lyrics with Lawrie (WR)</li> <li>4:30 Tech Savvy with Luke (WR)</li> </ul>					<ul style="list-style-type: none"> <li>Body</li> <li>Community</li> <li>Entertainment</li> <li>Mind</li> <li>Outing</li> <li>Spirit</li> </ul>	

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