


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> Body Community Entertainment Mind Outing Spirit 	<p>Florence Pomerantz – 10/14</p> <p>Halloween 10/31</p>	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Guided Meditation (WR) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "The Desert Sea: Going to Extremes" (WR) 2:30 W.U. Afternoon Yoga (WR) 3:00 Live Entertainment with Rich Cohen (WL) 3:00 W.U. Pickleball Game with David and Patrick (C) 4:00 Rummikub Game – Learn and Play! (DR) 5:00 92nd Street Live Program "Malcolm Gladwell in Conversation with David Remnick: Revenge of the Tipping Point" (WR) 5:00 Vice Presidential Debate Viewing (Debate starts at 6 PM) (P) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 10:30 BOOM Exercise (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Futuring: The Art and Science of What Comes Next" with Bryan Alexander (WR) 2:30 Acrylic on Canvas Painting with Randall (P) 2:30 W.U. Advanced Strength and Stability (FC) 3:00 Writing Group with Brenda Mutchnick (LIB) 4:00 BINGO! (bring your dimes!) (WR) 4:30 Rosh Hashanah Special Dinner (DR) 7:00 Movie Evening – "In The Heights" (2021) (WR) 	<ul style="list-style-type: none"> 9:30 Vaccine Clinic (WR) 9:30 W.U. Chair Yoga (P) 10:00 W.U. Tai Chi (P) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "The Desert Sea: Land of the Giants" (WR) 2:30 W.U. Afternoon Energy Boost (WR) 3:00 Happy Hour with Live Entertainment – Mark Cole (WL) 4:00 Connect and Canasta – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Chair Exercise (WR) 11:00 One Day University "Why Did They Call It "The Underground Railroad?" with Richard Bell (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. Musical Theatre History Lecture with Lauren Curet – "Flower Drum Song" (WR) 2:30 W.U. Afternoon Meditation (WR) 4:00 Rosh Hashanah Service with Rabbi Bieber (WR) 	<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 92nd Street Live Program "Danish String Quartet Plays Haydn and Beethoven" (WR) 1:00 Tech Savvy with Levi (P) 2:30 Saturday Matinee & Popcorn – "Gifted" (2017) (WR)
<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 W.U. Play with Ping Pong Parkinson! (P) 1:00 Day at the Hammer Museum! (ML) 1:00 One Day University (Resident Choice) (WR) 4:00 Gilligan's Musical Treasure Island (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 11:00 Book Club (P) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Democracy and the Rule of Law" with Austin Sarat (WR) 2:30 W.U. Afternoon Stretch Class (WR) 3:00 W.U. Music and Lyrics with Lawrie (WR) 4:30 Tech Savvy with Luke (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Guided Meditation (P) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "In the Grip of Gazprom: Early Days in the Wild East" (WR) 2:30 W.U. Afternoon Yoga (WR) 3:00 W.U. Pickleball Game with David and Patrick (C) 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 10:30 BOOM Exercise (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "To China and Back Again: The Travels of Marco Polo" with Dr. Craig Benjamin (WR) 2:30 W.U. Advanced Strength and Stability (FC) 2:30 Watermark Westwood Town Hall Meeting (WR) 3:00 Writing Group with Brenda Mutchnick (LIB) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening – "Take Me Home" (2011) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Tai Chi (WR) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Curiosity Stream "In the Grip of Gazprom: Greed of the West" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. UCLA Lecture – "Films that Speak to Us" with Sharon Boorstin – "Mountain Queen: The Summits of Lhakpa Sherpa" (2023) (WR) 2:30 W.U. Afternoon Energy Boost (WR) 3:00 Happy Hour with Live Entertainment (WL) 4:00 Connect and Canasta – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Chair Exercise (WR) 11:00 One Day University "The Great Migration: Recreating America" with Marcia Chatelain (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. Guest Lecture with Karie Bible – "The Life and Films of Costume Designer Edith Head" (WR) 2:30 W.U. Afternoon Meditation (WR) 4:00 Yom Kippur Service with Rabbi Bieber (WR) 	<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 92nd Street Live Program "Ben Platt in Conversation and Performance: Honey Mind" (WR) 1:00 Tech Savvy with Levi (P) 2:30 Saturday Matinee & Popcorn – "The Upside" (2019) (WR)
<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 One Day University (Resident Choice) (WR) 1:00 92nd Street Live Program "Marlene Strauss: Art's Bad Boys!" (WR) 2:30 Sunday Matinee & Popcorn – "One Night in Miami" (2020) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 11:00 Dominique's Shopping Boutique (P) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "One Hundred Years Ago: How American Women Won the Right to Vote" with Jennifer Keene (WR) 2:30 W.U. Afternoon Stretch Class (WR) 3:00 W.U. Music and Lyrics with Lawrie (WR) 4:30 Tech Savvy with Luke (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Guided Meditation (P) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "Wild Korea: Voices of Nature" (WR) 2:30 W.U. Afternoon Yoga (WR) 3:00 Live Entertainment with Rich Cohen (WL) 3:00 W.U. Pickleball Game with David and Patrick (C) 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 10:30 BOOM Exercise (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Margaret Thatcher: England's Iron Lady" with Patrick Allitt (WR) 2:30 Resident Council Meeting (WR) 2:30 W.U. Advanced Strength and Stability (FC) 3:00 Writing Group with Brenda Mutchnick (LIB) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening – "The Green Knight" (2021) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Tai Chi (WR) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "Wild Korea: Beyond Borders" (WR) 2:30 W.U. Afternoon Energy Boost (WR) 3:00 Happy Hour with Live Entertainment – David and his Band! (WL) 4:00 Connect and Canasta – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Chair Exercise (WR) 11:00 One Day University "Violence, Protest, and Social Change from the 60's Through Today" with Ashley Howard (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. Musical Theatre History Lecture with Lauren Curet – "Wonderland" (WR) 2:00 Chef Talk with Dining Services Director Jonathan (P) 2:30 W.U. Afternoon Meditation (WR) 4:00 Sukkot Service with Rabbi Bieber (WR) 	<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 1:00 Tech Savvy with Levi (P) 2:30 Saturday Matinee & Popcorn – "Sense and Sensibility" (1995) (WR) 3:00 Concert Series at the Westwood Library: Grace Chen (ML)
<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 W.U. Play with Ping Pong Parkinson! (P) 1:00 One Day University (Resident Choice) (WR) 2:30 Sunday Matinee & Popcorn – "Legally Blonde" (2001) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. 360Well Lecture with Kimberly: Arthritis Management and Joint Health (WR) 11:00 92nd Street Live Program "David Brooks: How to Know a Person" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Voting in America: Where We've Been, Where We Are, Where We're Headed" with Austin Sarat (WR) 2:30 W.U. Afternoon Stretch Class (WR) 3:00 W.U. Music and Lyrics with Lawrie (WR) 4:30 Tech Savvy with Luke (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Guided Meditation (P) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Community Life and Resident Meeting (WR) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "Scribes of Ancient Egypt" (WR) 2:00 W.U. Current Events with Dr. Bernstein (WR) 2:30 W.U. Afternoon Yoga (FC) 3:00 W.U. Pickleball Game with David and Patrick (C) 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:30 BOOM Exercise (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "The Exceptional Life of Mahatma Gandhi" with Vinay Lal (WR) 2:30 Acrylic on Canvas Painting with Randall (P) 2:30 W.U. Advanced Strength and Stability (FC) 3:00 Writing Group with Brenda Mutchnick (LIB) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening – "The Fundamentals of Caring" (2016) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Tai Chi (WR) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Curiosity Stream "Peru: Sacrifices in the Kingdom of Chimor" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. UCLA Lecture – "Films that Speak to Us" with Sharon Boorstin – "The African Queen" (1951) (WR) 2:00 Pumpkin Painting with David and Patrick! (P) 2:30 W.U. Afternoon Energy Boost (WR) 3:00 Happy Hour with Live Entertainment – David Kaufman (WL) 4:00 Connect and Canasta – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Chair Exercise (WR) 11:00 One Day University "Civil Rights and Protest in America: The Shifting Lens of History" with Marcia Chatelain (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. Guest Lecture with Karie Bible – "Universal Horror Films of the 1920s – 50s" (WR) 2:30 W.U. Afternoon Meditation (WR) 4:00 Shabbat Service with Rabbi Bieber (WR) 	<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 1:00 Day at the Fowler Museum! (ML) 1:00 Tech Savvy with Levi (P) 2:30 Saturday Matinee & Popcorn – "Bombshell" (2019) (WR)
<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 1:00 One Day University (Resident Choice) (WR) 2:30 Sunday Matinee & Popcorn – "See How They Run" (2022) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 11:00 92nd Street Live Program "John Mulaney, Alex Timbers and David Byrne in Conversation with Fred Armisen" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "The Impossible Presidency: Rethinking Our Nation's Highest Office" with Jeremi Suri (WR) 2:30 W.U. Afternoon Stretch Class (WR) 3:00 W.U. Music and Lyrics with Lawrie (WR) 4:30 Tech Savvy with Luke (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Core Balance (WR) 10:00 W.U. Guided Meditation (P) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 Open Gym with Kimberly (FC) 1:00 Curiosity Stream "Pan Am: Rise and Fall of an Aviation Icon" (WR) 2:00 W.U. Current Events with Dr. Bernstein (WR) 2:30 W.U. Afternoon Yoga (FC) 3:00 Live Entertainment with Rich Cohen (WL) 3:00 W.U. Pickleball Game with David and Patrick (C) 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Upper Body Workout (WR) 10:30 BOOM Exercise (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Arthur Ashe: A Hard Road to Glory" with Raymond Arsenault (WR) 2:30 W.U. Advanced Strength and Stability (FC) 3:00 Writing Group with Brenda Mutchnick (LIB) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening – "The Birds" (1963) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. Tai Chi (WR) 10:30 "Bridge" The Gap – connect with other bridge players! (P) 11:00 One Day University "Spooky Scary Cinema: Celebrating Halloween Movies" with Marc Lapadula (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. UCLA Lecture – "Films that Speak to Us" with Sharon Boorstin – "Downwind" (2023) (WR) 2:30 W.U. Afternoon Energy Boost (WR) 2:30 Westwood Village Halloween Party and Happy Hour with Akshay Dakhane (WL) 4:00 Connect and Canasta – Learn and Play! (DR) 	 <p>OCTOBER 2024</p>	