


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ● Body ● Community ● Entertainment ● Mind ● Outing ● Spirit <p style="text-align: center; font-size: 2em; font-weight: bold;">NOVEMBER 2024</p>	<p>Edward Cooper – 11/6 Carol Solton – 11/8 Jacqueline Williams – 11/8 Ishwar Jhamb – 11/15 Joyce Hameetman – 11/22 Diane Morton – 11/27</p>	<p>Veteran's Day – 11/11 Thanksgiving – 11/28</p> 			<ul style="list-style-type: none"> ● 9:30 W.U. Core Balance (WR) ¹ ● 10:00 W.U. Chair Exercise (WR) ● 11:00 One Day University "The Irish Experience in the American Revolution" with Richard Bell (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. Musical Theatre History Lecture with Lauren Curet – "Hello, Dolly!" (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) ² ● 1:00 Tech Savvy with Levi (P) ● 2:30 Saturday Matinee & Popcorn – "Spaceballs" (1987) (WR)
<ul style="list-style-type: none"> ● 10:00 W.U. Chair Exercise (WR) ³ ● 1:00 One Day University (Resident Choice) (WR) ● 2:30 Sunday Matinee & Popcorn – "The Help" (2011) (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ⁴ ● 10:00 W.U. Upper Body Workout (WR) ● 11:00 92nd Street Live Program "Junction Trio– Stefan Jackiw, violin; Jay Campbell, cello; Conrad Tao, piano" (WR) ● 11:00 Book Club (P) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 One Day University "The 1920 Presidential Race: The Important Election Most Americans Know Nothing About" with Richard Newman (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) ⁵ ● 10:00 W.U. Guided Meditation (WR) ● 10:30 "Bridge" The Gap – connect with other bridge players! (P) ● 11:00 Curiosity Stream "Wales: Spirit of the Dragon" (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. UCLA Lecture – "The Isms of Early Twentieth-Century Art" with Katherine Zoraster – "The Start of the 20th century—Fauvism, Matisse and Picasso" (WR) ● 2:30 W.U. Afternoon Yoga (WR) ● 3:00 W.U. Pickleball Game with David and Patrick (C) ● 3:00 Writing Group with Brenda Mutchnick (LIB) ● 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ⁶ ● 10:00 W.U. Upper Body Workout (WR) ● 10:30 BOOM Exercise (WR) ● 11:00 92nd Street Live Program "Law of the Land: The Supreme Court Year in Review" (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 One Day University "The Roman Colosseum: The Building and The Grand Spectacles" with Andrew Kranis (WR) ● 2:30 Acrylic on Canvas Painting with Randall (P) ● 2:30 W.U. Advanced Strength and Stability (FC) ● 4:00 BINGO! (bring your dimes!) (WR) ● 7:00 Movie Evening – "The Best Exotic Marigold Hotel" (2011) (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ⁷ ● 10:00 W.U. Tai Chi (WR) ● 10:30 "Bridge" The Gap – connect with other bridge players! (P) ● 11:00 Curiosity Stream "The Moon: Our Gateway to the Universe" (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. UCLA Lecture – "Films that Speak to Us" with Sharon Boorstin – "The Visitor" (2008) (WR) ● 2:30 W.U. Afternoon Energy Boost (WR) ● 3:00 Happy Hour with Live Entertainment – Jordan Bush! (WL) ● 4:00 Connect and Canasta – Learn and Play! (DR) ● 5:00 Thursday Night Football (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Core Balance (WR) ⁸ ● 10:00 W.U. Chair Exercise (WR) ● 11:00 One Day University "Prohibition and American Life: A Social History of Alcohol" with Allen Pietrobon (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. Guest Lecture with Karie Bible – "The Rat Pack" (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) ⁹ ● 1:00 Tech Savvy with Levi (P) ● 2:30 Saturday Matinee & Popcorn – "Indiana Jones and the Raiders of the Lost Ark" (1981) (WR) ● 3:00 Second Saturdays: Viva Classic Broadway! at the Westwood Library (ML)
<ul style="list-style-type: none"> ● 10:00 W.U. Chair Exercise (WR) ¹⁰ ● 11:00 W.U. Ping Pong Play with David! (P) ● 12:00 Westwood Village Lunch Outing: Sor Tino Restaurant (ML) ● 1:00 One Day University (Resident Choice) (WR) ● 2:30 Sunday Matinee & Popcorn – "Goldfinger" (1965) (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ¹¹ ● 10:00 W.U. Upper Body Workout (WR) ● 11:00 Open Gym with Kimberly (FC) ● 12:00 Veteran's Day BBQ (DR) ● 1:00 One Day University "Why Isn't Washington, D.C. A State? (And Should It Be?)" 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) ¹² ● 10:00 W.U. Guided Meditation (P) ● 10:30 "Bridge" The Gap – connect with other bridge players! (P) ● 11:00 Curiosity Stream "Luther vs. Rome" (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. UCLA Lecture – "The Isms of Early Twentieth-Century Art" with Katherine Zoraster – "German Expressionism—Die Brücke and Der Blaue Reiter" (WR) ● 2:30 W.U. Afternoon Yoga (WR) ● 3:00 Live Entertainment with Rich Cohen (WL) ● 3:00 W.U. Current Events with Dr. Bernstein (WR) ● 3:00 W.U. Pickleball Game with David and Patrick (C) ● 3:00 Writing Group with Brenda Mutchnick (LIB) ● 4:00 Rummikub Game – Learn and Play! (DR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ¹³ ● 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 "The Great Pyramids: Solving the Ancient Mysteries" with Jennifer Tobin (WR) ● 2:30 W.U. Advanced Strength and Stability (FC) ● 2:30 Westwood Village Town Hall Meeting (WR) ● 4:00 BINGO! (bring your dimes!) (WR) ● 7:00 Movie Evening – "Lost in Translation" (2003) (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Chair Yoga (WR) ¹⁴ ● 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 "Stalin's Daughter" (WR) ● 2:30 W.U. Afternoon Energy Boost (WR) ● 3:00 Happy Hour with Live Entertainment – The Luke Carlsen Trio Returns! (WL) ● 4:00 Connect and Canasta – Learn and Play! (DR) ● 5:00 Thursday Night Football (WR) 	<ul style="list-style-type: none"> ● 9:30 W.U. Core Balance (WR) ¹⁵ ● 10:00 W.U. Chair Exercise (WR) ● 11:00 One Day University "The Blitz of 1940: Germany's Attacks on London" with Don Brown (WR) ● 11:00 Open Gym with Kimberly (FC) ● 1:00 W.U. Musical Theatre History Lecture with Lauren Curet – "Mame" (WR) ● 2:00 Chef Talk with Dining Services Director Jonathan (P) ● 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) ¹⁶ ● 11:00 92nd Street Live Program "Dr. Donald Johanson in Conversation with Carl Zimmer: Discovering Lucy" (WR) ● 1:00 Tech Savvy with Levi (P) ● 2:30 Saturday Matinee & Popcorn – "Theater Camp" (2023) (WR)

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<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 92nd Street Live Program "Ana Vidovic, guitar" (WR) 1:00 One Day University (Resident Choice) (WR) 2:30 Sunday Matinee & Popcorn - "Death on the Nile" (1978) (WR) 	<ul style="list-style-type: none"> 9:30 W.U. Chair Yoga (WR) 10:00 W.U. 360Well Lecture with Kimberly: Heart Health (WR) 11:00 Informational Medicare Seminar with Adam Cardon (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "The Extraordinary History and Legacy of the White House" with Lindsay Chervinsky (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 Curiosity Stream "Expedition Antarctica: Living on the Edge" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. UCLA Lecture - "The Isms of Early Twentieth-Century Art" with Katherine Zoraster - "Futurism, Suprematism and Fantasy" (WR) 2:30 W.U. Afternoon Yoga (WR) 3:00 W.U. Pickleball Game with David and Patrick (C) 3:00 Writing Group with Brenda Mutchnick (LIB) 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 "China's Silk Roads: Ancient and Modern" with Dr. Craig Benjamin (WR) 2:30 Resident Council Meeting (WR) 2:30 W.U. Advanced Strength and Stability (FC) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening - "Searching for Bobby Fischer" (1993) (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 "Expedition Antarctica: Antarctica's Secrets" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 "Sleep for the Senior Citizen" - A Talk and Q&A with UCLA's Dr. Fisher! (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) 5:00 Thursday Night Football (WR) 	<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 "Ronald Reagan and the End of the Cold War" with Jeremi Suri (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. Resident Lecture with Sidney Kibrick and Karie Bible - Sidney's Acting Career (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 - "Mission Impossible: Rogue Nation" (2015) (WR)
<ul style="list-style-type: none"> 10:00 W.U. Chair Exercise (WR) 11:00 W.U. Ping Pong Play with David! (P) 12:00 Westwood Village Picnic Outing - Veteran's Park (ML) 1:00 One Day University (Resident Choice) (WR) 2:30 Sunday Matinee & Popcorn - "Mrs. Doubtfire" (1993) (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 "Giuseppe's Easy Bakes: Giuseppe Dell'Anno in Conversation with Domenica Marchetti" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "Three Days That Shocked America" with Edward O'Donnell (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 (WR) 10:30 "Bridge" The Gap - connect with other bridge players! (P) 11:00 Curiosity Stream "Cuba, Paradise on the Brink: The Green Island" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 W.U. UCLA Lecture - "The Isms of Early Twentieth-Century Art" with Katherine Zoraster - "Art in America and the Armory Show" (WR) 2:30 W.U. Afternoon Yoga (WR) 3:00 Live Entertainment with Rich Cohen (WL) 3:00 W.U. Current Events with Dr. Bernstein (WR) 3:00 W.U. Pickleball Game with David and Patrick (C) 3:00 Writing Group with Brenda Mutchnick (LIB) 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 "Mount Rushmore: Fact, Fiction, Reality & Myth" with Robert Allison (WR) 2:30 Acrylic on Canvas Painting with Randall (P) 2:30 W.U. Advanced Strength and Stability (FC) 3:00 UCLA High Note Foundation Returns to Westwood Village! (WL) 4:00 BINGO! (bring your dimes!) (WR) 7:00 Movie Evening - "The Wizard of Oz" (1939) (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) 12:00 Thanksgiving Day Lunch (DR) 1:00 Curiosity Stream "Cuba, Paradise on the Brink: The Blue Island" (WR) 2:30 W.U. Afternoon Energy Boost (WR) 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 92nd Street Live Program "Dr. Theodore Schwartz in Conversation with Dr. Sanjay Gupta: Gray Matters" (WR) 11:00 Open Gym with Kimberly (FC) 1:00 One Day University "George H. W. Bush: What We Know Now (That We Didn't Know Then)" with Jeffrey Engel (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 Tech Savvy with Levi (P) 2:30 Saturday Matinee & Popcorn - "To Kill a Mockingbird" (1963) (WR)
						<ul style="list-style-type: none"> Body Community Entertainment Mind Outing Spirit

NOVEMBER 2024