

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Church Services</p> <p>9:00 Sacred Heart Catholic Outing - ML</p> <p>10:00 Catholic Communion - KL</p> <p>10:45 Nondenominational Service - A</p>	<p>9:30 Tidbits (KL)</p> <p>10:00 Quirkle Game (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>1:00 Shopping to Ralph's & Albertsons (ML)</p> <p>2:00 "Trip" to Canada (LS)</p> <p>3:00 Famous Canadians Trivia (ILR)</p> <p>4:00 Family Feud Social (ILR)</p> <p>6:30 Chess Game (ILR)</p>	<p>9:30 Walk Around the Community (KL)</p> <p>10:00 Coffee & News (KL)</p> <p>10:30 WU Torah Talks with Rabbi Krieman (JR)</p> <p>11:00 Poker Game (KL)</p> <p>2:00 Truth Behind UFOs (LS)</p> <p>3:00 Island in the Sky: Galaxies (LS)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Pet Therapy with Toby (KL)</p> <p>10:10 Exercise with Renee (KL)</p> <p>11:00 Writing Group: The Story of Your Life (KL)</p> <p>2:00 WU The Carlotta Wellness Series: What is the Wellness Program (KL)</p> <p>2:30 Decorating Sun Hats (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Stand and Stretch (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 History of the 4th of July (KL)</p> <p>10:00 4th of July Trivia (KL)</p> <p>11:00 Patriotic Sing Along (KL)</p> <p>2:00 Crafts: American Flags (KL)</p> <p>3:00 4th of July Indoor Fireworks Theme Social (ILR)</p> <p>4:00 Stand and Balance Class (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Math Memo (LS)</p> <p>10:00 Morning News (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>2:00 Clay Sculpting Class (KL)</p> <p>3:00 Biography of Venus de Milo (KL)</p> <p>4:00 Sing-A-Long to Country Music (KL)</p> <p>6:30 Dominoes Game (T)</p>	<p>10:00-12:00 Shopping at Westfield Mall (ML)</p> <p>10:00 Morning Walking Group (KL)</p> <p>11:00 Flower Arranging (KL)</p> <p>2:00 Indoor Walking Group (KL)</p> <p>3:00 Designing Wooden Pallets (KL)</p> <p>3:30-5:00 Music Social with Bob (A)</p> <p>4:00 Stepping to the Oldies (ILR)</p> <p>6:30 Movie (T)</p>
<p>9:30 Weight Lifting Exercise (ILR)</p> <p>10:00 Diverse Religions Discussion (ILR)</p> <p>11:00 Wellness: Healthy Chocolate (KL)</p> <p>1:15 Joslyn Center Concert: Micheal Shapiro (ML) \$15 Admission</p> <p>2:00 Name the Chocolate Trivia (KL)</p> <p>3:30 Bingo Social (KL)</p> <p>4:30 Balance to the Oldies Music (ILR)</p> <p>6:30 Classic Movie (ILR)</p>	<p>9:30 News Updates (KL)</p> <p>10:00 Name 5 Game (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>1:00 Shopping to Ralph's & Albertsons (ML)</p> <p>2:00 Indoor Stroll (KL)</p> <p>3:00 Biography of Frida Kahlo (KL)</p> <p>4:00 Painting Class (ILR)</p> <p>6:30 Spades (ILR)</p>	<p>9:30 Upper Body Exercise (KL)</p> <p>10:00 Day "Trip" to Alaska (LS)</p> <p>11:00 History of Alaska (KL)</p> <p>2:00 Sight Seeing Tour (KL)</p> <p>3:00 Name That Song (ILR)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Pet Therapy with Toby (KL)</p> <p>10:10 Exercise with Renee (KL)</p> <p>11:00 Painting the Scenery (KL)</p> <p>2:00 Hymn Sing (KL)</p> <p>2:30 Scripture Reading (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Blackjack Card Game (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Today in News (KL)</p> <p>10:00 Creating Greeting Cards (KL)</p> <p>10:10 Fitness Class (A)</p> <p>10:30 WU Art Class with Joan (JR)</p> <p>11:00 Exercise Class with Zina (KL)</p> <p>2:00 Room Visits: Delivering Cards (S)</p> <p>3:00 Dominoes Game (KL)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Desert Sun Updates & Coffee (KL)</p> <p>10:00 Spa Day: Nails (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>2:00 Why Do We Have Colored Eyes? (KL)</p> <p>2:00 History of Hereditary Genes (LS)</p> <p>3:00 Sketch Class (KL)</p> <p>4:00 Music and Hors' Oeuvres (ILR)</p> <p>6:30 Badminton Game (ILR)</p>	<p>10:00-12:00 Shopping at Wal-Mart (ML)</p> <p>10:00 Community Walk Around (KL)</p> <p>11:00 Crafts: Designing Earrings (KL)</p> <p>2:00 Spa Day: Hair Do's (KL)</p> <p>3:00 Rock and Roll Theme Social (KL)</p> <p>3:30-5:00 Music Social with Bob (A)</p> <p>4:00 Qwirkle Game (ILR)</p> <p>6:30 Movie (T)</p>
<p>9:30 Stand and Stretch Class (ILR)</p> <p>10:00 Unique Religions (ILR)</p> <p>11:00 Day "Trip" to France (LS)</p> <p>2:30 Celebrate Bastille Day (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Frank Sinatra Music (KL)</p> <p>6:30 Classic Movie (ILR)</p>	<p>9:30 Morning Stretch (ILR)</p> <p>10:00 Who Am I? (ILR)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>1:00 Shopping to Ralph's & Albertsons (ML)</p> <p>2:00 Making Bracelets (KL)</p> <p>3:00 Badminton Challenge (ILR)</p> <p>4:00 Poker Social (ILR)</p> <p>6:30 Dart Game (ILR)</p>	<p>9:30 Balance Class (KL)</p> <p>10:00 Learning about Snakes (KL)</p> <p>11:00 Snake Trivia (KL)</p> <p>2:00 Craft Hour (KL)</p> <p>3:00 Spades Card Game (KL)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Pet Therapy with Toby (KL)</p> <p>10:10 Exercise with Renee (KL)</p> <p>11:00 What are Emoji's? (KL)</p> <p>2:30 Social Media Controversy (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Record Music Social (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Headline News and Coffee (KL)</p> <p>10:10 Fitness Class (A)</p> <p>10:00 Chair Yoga Class (KL)</p> <p>11:00 Lunch Bunch: Yard House (KL)</p> <p>2:00 Minute Mysteries (KL)</p> <p>3:00 Tea and Bible Study (KL)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Express News (KL)</p> <p>10:00 Hand Massages (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>2:00 Strange but True Facts (KL)</p> <p>3:00 Bunco Dice Game (KL)</p> <p>4:30 Dean Martin Social (ILR)</p> <p>6:30 Volleyball Game (ILR)</p>	<p>10:00-12:00 Shopping at Target (ML)</p> <p>10:00 Day "Trip" to the Moon (LS)</p> <p>11:00 Study New Planets (LS)</p> <p>2:00 Paint and Sip Social (KL)</p> <p>3:30 Trivial Pursuit (KL)</p> <p>3:30-5:00 Music Social with Jackie (A)</p> <p>4:30 30 Minute Meditation (ILR)</p> <p>6:30 Movie (T)</p>
<p>9:30 Boxing Class (ILR)</p> <p>10:00 Judaism Study (ILR)</p> <p>11:00 Current Events (ILR)</p> <p>2:00 Wellness: Proper Eating Habits (KL)</p> <p>2:30 Today's Fast Food Industry (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Afternoon Yoga (ILR)</p> <p>6:30 Classic Movie (ILR)</p>	<p>9:30 KESQ Updates (KL)</p> <p>10:00 Memory Madness (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>1:00 Shopping to Ralph's & Albertsons (ML)</p> <p>2:00 Reminiscing Summer Vacations (KL)</p> <p>3:00 Weather History (KL)</p> <p>4:00 Dancing to Malt Shop Music (ILR)</p> <p>6:30 Sudoku (ILR)</p>	<p>9:30 Exercise Class (KL)</p> <p>10:00 Seven Wonders of the World (LS)</p> <p>10:00-2:00 Women's Fashion Apparel (A)</p> <p>11:00 Word Power (KL)</p> <p>2:00 Afternoon Stretch (KL)</p> <p>3:00 Bunco Dice Game (KL)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Pet Therapy with Toby (KL)</p> <p>10:10 Exercise with Renee (KL)</p> <p>11:00 Aviation Trivia (KL)</p> <p>2:30 Day "Trip" Around the World (LS)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Who Dunit? Game (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Upper Body Stretch Class (KL)</p> <p>10:00 Sewing Class (KL)</p> <p>10:10 Fitness Class (A)</p> <p>11:00 Arts & Crafts (KL)</p> <p>2:00 Indoor Walking Group (KL)</p> <p>3:00 Finish the Puzzle Game (KL)</p> <p>4:00 Happy Hour (KL)</p> <p>4:15 Carlotta Castaways Dinner & a Show (A)</p> <p>6:30 Movie (T)</p>	<p>9:30 Current Events (KL)</p> <p>10:00 Deal or No Deal Game (LS)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>2:00 Spin and Solve Game (KL)</p> <p>3:00 Familiar Faces Trivia (KL)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Putters Golf Game (ILR)</p>	<p>10:00-12:00 Shopping at Costco (ML)</p> <p>10:00 Walk Around Exercise (KL)</p> <p>11:00 Cookies, Coffee & Conversation (ML)</p> <p>2:00 Famous Cowboys and Indians (KL)</p> <p>3:00 Painting The Desert Scenery (KL)</p> <p>3:30-5:00 Music Social with Jackie (A)</p> <p>4:00 Country Music Line Dancing (ILR)</p> <p>6:30 Movie (T)</p>
<p>9:30 Leg Stretches (ILR)</p> <p>10:00 What is Religion? (ILR)</p> <p>11:00 Comparing Careers: Then and Now (KL)</p> <p>2:30 Secrets to a Happy Life (KL)</p> <p>3:30 Monthly Resident Birthday Party (S)</p> <p>4:30 Minute Mysteries (ILR)</p> <p>6:30 Classic Movie (ILR)</p>	<p>9:30 Yoga (ILR)</p> <p>10:00 Carlotta News Updates (KL)</p> <p>10:10 Pool Class with Renee (TCP)</p> <p>11:00 Exercise with Renee (KL)</p> <p>1:00 Shopping to Ralph's & Albertsons (ML)</p> <p>2:00 "Trip" to Tiger Sanctuaries (LS)</p> <p>3:00 Strange but True Facts (KL)</p> <p>4:00 Stuffed Animals for Children (KL)</p> <p>6:30 Word Search Puzzle (ILR)</p>	<p>9:30 Lower Body Exercise (KL)</p> <p>10:00 Getting to know Your Neighbor (KL)</p> <p>11:00 Arts and Crafts (KL)</p> <p>2:00 Glamour Hour (KL)</p> <p>3:00 Beauty Trends Throughout the Years (LS)</p> <p>4:00 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Pet Therapy with Toby (KL)</p> <p>10:10 Exercise with Renee (KL)</p> <p>11:00 Breeds of Dogs Trivia (KL)</p> <p>2:30 Baking Club: Dog Treats (KL)</p> <p>3:30 Bingo (KL)</p> <p>4:30 Stand and Balance (ILR)</p> <p>6:30 Bingo (A)</p>	<p>Medical Transportation</p> <p>Monday - Friday 8:00 a.m. - 4:00 p.m.</p> <p>Saturday and Sunday No Medical Transportation</p>	<p>Carlotta Movie Theater</p> <p>Daily Showings 2:00 p.m. 6:30 p.m.</p> <p>If you have any request for a movie please contact Zina ext. 7723.</p>	<p>Saturday Music Social</p> <p>Come down every Saturday to the TC Auditorium for some wine, lite snacks and entertainment. Each Saturday there will be a different performer from 3:30 p.m. - 5:00 p.m.. This is a great way to spend an afternoon.</p>
<p>Watermark University</p> <p>Watermark University or WU provides meaningful opportunities to learn, teach, and grow, resulting in a life of overall wellbeing. For more information please contact Vanessa at ext. 7789.</p>	<p>Wellness Clinics</p> <p>Tuesday and Thursday 10:00 a.m. - 12:00 p.m.</p> <p>Shuttle service available by scheduling a pickup time with Laura at ext. 7723.</p>	<p>JULY 2019</p> <p><i>The Inn</i></p>		<p>ACTIVITY LOCATOR KEY</p>		<p>Color Code</p> <p>Blue = Watermark University</p> <p>Green = Outings outside the Community</p> <p>Red = Live Entertainment</p>
						<p>A- TC Auditorium CC's- CC's Activity Room KL- Koerner Lounge Room LS- Linked Senior Kiosk ML- Main Lobby S- Springs T- Theater WU- Watermark University Class</p>
<p>Calendar subject to change without notice</p>						