

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>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 Rowena at ext. 7717.</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>9:30 Lower Body Exercise (S)</p> <p>10:00 Jewelry Creations (S)</p> <p>11:00 Headlines (S)</p> <p>2:30 Wine & Cheese Social (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Timeless Trivia (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">1</p>	<p>9:30 Low Impact Cardio (S)</p> <p>10:00 Life of Louis Armstrong (S)</p> <p>11:00 Jazz Music Reminisce (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Spiritual Poetry (S)</p> <p>4:00 Hawaiian Trivia (S)</p> <p>6:00 Scripture Reading (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">2</p>	<p>9:30 Upper Body Workout (S)</p> <p>10:00 History of the Circus (S)</p> <p>11:00 "Trip" to the Circus (S)</p> <p>2:30 Circus Social (S)</p> <p>3:30-5:00 Music Social with Johnny (A)</p> <p>3:30 Bingo (S)</p> <p>4:30 Meditation (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">3</p>	
<p>9:30 Lower Body Exercise (S)</p> <p>10:00 Carlotta News (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Math Memo (S)</p> <p>2:00 Sight Seeing Outing (KL)</p> <p>3:00 Writing Letters to the Coast Guards (S)</p> <p>4:00 Badminton Social (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">4</p>	<p>9:30 Stretch Exercise (S)</p> <p>10:00 Coffee & News (S)</p> <p>11:00 Trivia Challenge (S)</p> <p>1:00 WU Apple & Mac Class (JR)</p> <p>2:00 Room Visits (S)</p> <p>3:30 Rummy Card Game Social (S)</p> <p>4:30 Writers Corner: Memorable Moments (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">5</p>	<p>9:30 Morning Hike (S)</p> <p>10:00 Biography of Patsy Cline (S)</p> <p>10:30 WU Torah Talks with Rabbi Krieman (JR)</p> <p>11:00 Patsy Cline Greatest Hits (S)</p> <p>2:00 Classic Movie (S)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Daily Humor (S)</p> <p>6:30 Scrabble (S)</p> <p style="text-align: right;">6</p>	<p>9:30 Exercise Class (S)</p> <p>10:00 Lectures: The Fashion of the 80's (LS)</p> <p>11:00 Poetry Reading (LS)</p> <p>2:00 Room Visits (S)</p> <p>3:30 1980's Music Social (S)</p> <p>4:30 Adult Coloring Group (S)</p> <p>6:30 Bingo (A)</p> <p style="text-align: right;">7</p>	<p>9:30 Balance Class (S)</p> <p>10:00 Glamour Hour (S)</p> <p>11:00 The Meaning of Birthstones (S)</p> <p>2:30 Gem Craft (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Checkers Game (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">8</p>	<p>9:30 Breathing Exercise (S)</p> <p>10:00 News & Views (S)</p> <p>11:00 Torah Scriptures (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Polynesian Music Social (S)</p> <p>4:00 Fun Facts about Hawaii (S)</p> <p>6:00 Cross Word Puzzles (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">9</p>	<p>9:30 Boxing Exercise (S)</p> <p>10:00 Science & Faith Discussion (S)</p> <p>11:00 Understanding the Catholic Church (S)</p> <p>2:30 Making Rosaries (S)</p> <p>3:30-5:00 Music Social with Bob (A)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Thought of the Day (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">10</p>	
<p>9:30 Chair Aerobics (S)</p> <p>10:00 Group Puzzle (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Name 5 Game (S)</p> <p>2:30 Opera Group: Puccini Tosca (S)</p> <p>4:00 Writing Short Stories (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">11</p>	<p>9:30 Musical Chair Dancing (S)</p> <p>10:00 Daily Chronicle (S)</p> <p>11:00 Drama Skits (S)</p> <p>1:00 WU Apple & Mac Class (JR)</p> <p>2:30 Room Visits (S)</p> <p>3:30 Crafts & Social Hour (S)</p> <p>4:30 Golf Card Game (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">12</p>	<p>9:30 Group Exercise (S)</p> <p>10:00 Good News Stories (S)</p> <p>11:00 History of the Cahuilla Indians (S)</p> <p>2:30 Sculpting Vases for the Community (S)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Hand Massages (S)</p> <p>6:30 Poetry Reading (S)</p> <p style="text-align: right;">13</p>	<p>9:30 Upper Body Exercise (S)</p> <p>10:00 Painting: Flowers (S)</p> <p>11:00 Daily Devotions (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Record Music Social (S)</p> <p>4:00 Minute Mysteries (S)</p> <p>6:30 Bingo (A)</p> <p style="text-align: right;">14</p>	<p>9:30 Yoga Class (S)</p> <p>10:00 Morning News (S)</p> <p>11:00 Reminiscing Camp Days (S)</p> <p>2:30 Camp Crafts (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Word Power Game (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">15</p>	<p>9:30 Jazzercise (S)</p> <p>10:00 Memory Madness (S)</p> <p>11:00 Current Events (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Happy Hour Social (S)</p> <p>4:00 Pineapple Crafts (S)</p> <p>6:00 Evening Walk (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">16</p>	<p>9:30 Light Weight Lifting (S)</p> <p>10:00 Honey Bee Facts (S)</p> <p>11:00 How Honey is Made (S)</p> <p>2:30 Trivial Pursuit (S)</p> <p>3:30-5:00 Music Social with Johnny (A)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Dancing to Oldies (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">17</p>	
<p>9:30 Stand & Balance Exercise (S)</p> <p>10:00 Dear Abby Discussion (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Putting Game (S)</p> <p>2:00 Trip to Downtown Palm Springs (KL)</p> <p>3:00 Poetry Reading Social (S)</p> <p>4:00 Easy Record Music Listening (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">18</p>	<p>9:30 Morning Workout (S)</p> <p>10:00 Therapeutic Massage (S)</p> <p>11:00 World Affairs (S)</p> <p>1:00 WU Apple & Mac Class (JR)</p> <p>2:30 Room Visits (S)</p> <p>3:30 Sing Along to Classic Tunes (S)</p> <p>4:30 Jenga Game (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">19</p>	<p>9:30 Polka Dance Exercise (S)</p> <p>10:00 Music Trivia (S)</p> <p>11:00 Current Events (S)</p> <p>1:00 Resident Council Meeting (S)</p> <p>2:30 Writing Cards for Your Neighbor (S)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Monopoly Game (S)</p> <p>6:30 Name 5 Game (S)</p> <p style="text-align: right;">20</p>	<p>9:30 Cardio Class (S)</p> <p>10:00 Tidbits (S)</p> <p>11:00 News & Views (S)</p> <p>2:00 Room Visits (S)</p> <p>3:30 Poker Social (S)</p> <p>4:30 Afternoon Hike (S)</p> <p>6:30 Bingo (T)</p> <p style="text-align: right;">21</p>	<p>9:30 Dance Exercise (S)</p> <p>10:00 Wellness: The Importance of Eating Healthy (S)</p> <p>11:00 Food Trivia (S)</p> <p>2:30 Arts & Crafts (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Who Am I? (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">22</p>	<p>9:30 Aerobics Class (S)</p> <p>10:00 Glamour Hour (S)</p> <p>11:00 Famous Hawaiians (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Senior Moments (S)</p> <p>4:00 Finish the Lyrics (S)</p> <p>6:00 Word Search (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">23</p>	<p>9:30 Yoga (S)</p> <p>10:00 Learning about Hinduism (S)</p> <p>11:00 "Trip" to India (S)</p> <p>2:30 Memory Madness (S)</p> <p>3:30-5:00 Music Social with Jeff (A)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Spades (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">24</p>	
<p>9:30 Stretch Class (S)</p> <p>10:00 News Update (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Horseshoe Toss (S)</p> <p>2:00 Craft Hour (S)</p> <p>3:30 Monthly Resident Birthday Social with Jeff (S)</p> <p>4:30 Gin Rummy (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">25</p>	<p>9:30 Easy Cardio (S)</p> <p>10:00 Reading Bible Verses (S)</p> <p>11:00 Music Therapy (S)</p> <p>1:00 WU Apple & Mac Class (JR)</p> <p>2:30 Room Visits (S)</p> <p>3:30 Famous Wines of the World (S)</p> <p>4:00 Wine and Cheese Social (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">26</p>	<p>9:30 Balance Class (S)</p> <p>10:00 Table Tennis Game (S)</p> <p>11:00 August Trivia Challenge (S)</p> <p>2:30 No Sew Pillows for Carlotta Pets (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Brain Teasers (S)</p> <p>6:30 Group Puzzle (S)</p> <p style="text-align: right;">27</p>	<p>9:30 Line Dancing (S)</p> <p>10:00 Tabletop Tennis Game (S)</p> <p>11:00 Bible Study Club (S)</p> <p>2:00 Room Visits (S)</p> <p>3:30 Record Music Social (S)</p> <p>4:30 Minute Mysteries (S)</p> <p>6:30 Bingo (T)</p> <p style="text-align: right;">28</p>	<p>9:30 Chair Boxing Class (S)</p> <p>10:00 Name 5 Game (S)</p> <p>11:00 Hand Massage Therapy (S)</p> <p>2:30 Science & Faith Discussion (S)</p> <p>3:30 Bingo (S)</p> <p>4:30 Music Therapy (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">29</p>	<p>9:30 Tap Dance Exercise (S)</p> <p>10:00 Morning Crafts (S)</p> <p>11:00 Dice Game (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Hawaiian Luau (S)</p> <p>4:00 Rosary Prayer Group (S)</p> <p>6:00 Dominoes (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">30</p>	<p>9:30 Walk Around the Community (S)</p> <p>10:00 News & Views (S)</p> <p>11:00 Tabletop Tennis Challenge (S)</p> <p>2:30 Clay Sculpting (S)</p> <p>3:30-5:00 Music Social with Jackie (A)</p> <p>3:30 Bingo (S)</p> <p>4:30 Yoga (S)</p> <p>6:30 Movie (T)</p> <p style="text-align: right;">31</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>Calendar subject to change without notice</p>	<h1>AUGUST 2019</h1> <p><i>The Springs</i></p>			<p>ACTIVITY LOCATOR KEY</p> <p>A- Auditorium KL- Koerner Lounge Room LS- Linked Senior Kiosk ML- Main Lobby P- Springs Patio S- Springs T- Theater WU- Watermark University</p>		<p>Color Code</p> <p>Blue = Watermark University</p> <p>Green = Outings outside the Community</p> <p>Red = Live Entertainment</p>