

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 call Vanessa at ext. 7789.</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>9:30 Stretch Class (KL) 10:00 History of Coffee (LS) 11:00 Coffee Flights (KL) 2:00 Carlotta Games Events (ILR) 3:00 Creative Crafting (KL) 4:00 Upward Game (KL) 6:30 Movie (T)</p>	<p>9:00 Toby's Visit from Paws and Hearts (KL) 9:30 Morning Prayer and Coffee (KL) 10:10 Exercise with Renee (KL) 11:00 WU Understanding the Stock Market with Fern (KL) 2:00 Carlotta Games Events (A) 3:00 Bingo Social (KL) 4:00 Standing and Dance Stretch (ILR) 4:30 Sing Along with Bob Eberly (ILR) 6:30 Bingo (A)</p>	<p>9:30 Breathe Awareness Meditation (KL) 10:00 Chair Yoga (KL) 11:00 News Around the World (KL) 2:00 Carlotta Games Events (A) 3:30 Scrapbooking (KL) 4:30 Afternoon "Hike" (KL) 6:30 Movie (T)</p>	<p>9:30 Gospel and Coffee (KL) 10:00 Breaking Local News (KL) 11:00 Exercise with Renee (ILR) 2:00 Carlotta Games Events (ILR) 3:00 Tea and Conversations (KL) 4:00 Trivial Pursuit (ILR) 6:30 Guess the Word Game (T)</p>	<p>9:30 Carlotta Chronicle Updates (KL) 10:00 Writing My Biography (KL) 11:00 Arm Strengthening Class (KL) 2:00 Arts & Crafts (ILR) 3:00 Bible and Tea Time (KL) 3:30-5:00 Music Social with Jeff (A) 4:00 Stepping to Music (ILR) 6:30 Movie (T)</p>
<p>9:30 High Knees Exercise (ILR) 10:00 Different Religions with Same Meaning Discussions (ILR) 11:00 Couponing for Soldiers (ILR) 2:00 Outdoor Stroll (KL) 2:30 Oktoberfest Social (KL) 3:30 Bingo (KL) 4:30 History of Oktoberfest (ILR) 6:30 Carol Burnett Matinee (ILR)</p>	<p>9:30 News Updates (KL) 10:00 Build A Word Game (KL) 10:10 Pool Class with Renee (TCP) 11:00 Exercise with Renee (ILR) 2:00 Minute Mysteries (KL) 3:00 Writing a Short Story (ILR) 4:00 Happy Hour (ILR) 6:30 Movie (T)</p>	<p>9:30 Balance Class (KL) 10:00 Sketch Class (KL) 11:00 Matching Game (KL) 2:00 Walking Group (KL) 3:00 Understanding Jewish Holidays (KL) 4:00 History of Yom Kippur (ILR) 6:30 Movie (T)</p>	<p>9:00 Toby's Visit from Paws and Hearts (KL) 9:30 Morning News Updates (KL) 10:10 Exercise with Renee (KL) 11:00 Rubikubs Strategy Game (KL) 1:00 Scenery Painting Outing (KL) 2:00 WU Discovery Series with Kasia (JR) 3:30 Bingo Social (KL) 4:00 Groving to the Oldies (ILR) 6:30 Bingo (A)</p>	<p>9:30 Gospel Sing Along (KL) 10:00 Leg Strengthening Class (KL) 11:00 Crafts: Halloween Masks (KL) 2:00 Book Club (KL) 3:00 Repurposing Personal Picture Frames (KL) 4:00 Community Walk (KL) 6:30 Movie (T)</p>	<p>9:30 Today in History (KL) 10:00 Dominoes Game (KL) 11:00 Exercise with Renee (ILR) 1:00 Trader Joes Outing (ML) 2:00 Concentration Strategy (KL) 3:00 Strange but True Facts (KL) 4:00 Get Up and Dance (ILR) 6:30 Fun Trivia Night (T)</p>	<p>9:30 Remembering My World Travels (KL) 10:00 Deal or No Deal (LS) 11:00 Indoor "Hike" (KL) 2:00 Theater Script Rehearsal (KL) 3:00 Splash Painting Class (KL) 3:30-5:00 Oktoberfest Social with Bob (A) 4:00 Upper Body Strengthening (ILR) 6:30 Movie (T)</p>
<p>9:30 Twist and Turn Exercise (ILR) 10:00 Desert Sun News (ILR) 11:00 The Effects of Salt and Your Health (KL) 2:00 Age on Stage Live Theatre Show: The College Reunion (ILR) 3:30 Bingo (KL) 4:30 Chair Yoga (ILR) 6:30 Carol Burnett Matinee (ILR)</p>	<p>9:30 Cookie, Coffee & Conversation (KL) 10:00 Breaking Local News (KL) 10:10 Pool Class with Renee (TCP) 11:00 Exercise with Renee (ILR) 2:00 Biography of Christopher Columbus (KL) 3:00 Woodworking Class (ILR) 4:00 Happy Hour (ILR) 6:30 Movie (T)</p>	<p>9:30 LA Times News Updates (KL) 10:00 Diary of Anne Franks (KL) 11:00 Painting a Masterpiece (KL) 2:00 Walking Group (KL) 3:00 Budget and Spending Class (KL) 4:00 Jenga Game (KL) 6:30 Movie (T)</p>	<p>9:00 Toby's Visit from Paws and Hearts (KL) 9:30 History of McDonald's (LS) 10:10 Exercise with Renee (KL) 11:00 McDonald's Lunch Outing (KL) 2:00 Crafts: Pumpkin Artwork (KL) 3:00 Bingo Social (KL) 4:00 Easy Yoga ILR 6:30 Bingo (A)</p>	<p>9:30 Zen Meditation (KL) 10:17 California Shake Out Earthquake Preparedness and Rehearsal (KL) 2:00 History of California Earthquakes (LS) 3:00 Shake Rattle Roll Music Social (KL) 4:00 Leg Lifts (ILR) 6:30 Movie (T)</p>	<p>9:30 White House News (KL) 10:00 Designing Halloween Jewlery (KL) 11:00 Exercise with Renee (ILR) 2:00 Tabletop Ping Pong Game (KL) 3:00 Wine and Cheese Social (KL) 4:00 Story of My Life (ILR) 6:30 Price is Right Game (ILR)</p>	<p>9:30 Breaking News (KL) 10:00 Outdoor Hiking (KL) 11:00 Upper Body Exercise (KL) 2:00 Today in History (LS) 3:00 Pumpkin Designing Contest (KL) 3:30-5:00 Music Social with Jeff (A) 4:00 Campfire Spooky Stories (ILR) 6:30 Movie (T)</p>
<p>9:30 Strong Back Exercise (ILR) 10:00 Different Bibles in Religion (ILR) 11:00 Good Morning America News (ILR) 1:00 Art of El Paseo Outing (KL) 2:30 Baking Group (KL) 3:30 Bingo (KL) 4:30 Arm Stretches (ILR) 6:30 Carol Burnett Matinee (ILR)</p>	<p>9:30 Morning Prayer (KL) 10:00 Spades Card Game (KL) 10:10 Pool Class with Renee (TCP) 11:00 Exercise with Renee (ILR) 2:00 Craft Hour: Button Trees (KL) 3:00 Hike to the Rose Garden (KL) 4:00 Happy Hour (ILR) 6:30 Movie (T)</p>	<p>9:30 Upper Body Exercise (KL) 10:00 Desert Sun Updates (KL) 11:00 Group Puzzle (KL) 2:00 Walking Group (KL) 3:00 WU Understanding a Bacteriologist's Job Discussion with Lillian (KL) 4:00 Record Music Social (KL) 6:30 Movie (T)</p>	<p>9:00 Toby's Visit from Paws and Hearts (KL) 9:30 Today in News (KL) 10:10 Exercise with Renee (KL) 11:00 Mindful Meditation (KL) 2:00 Opera Appreciation Discussion (KL) 3:00 Bingo Social (KL) 4:00 Community Walk (KL) 6:30 Bingo (A)</p>	<p>9:30 Bible Scripture Readings (KL) 10:30 Resident Council Meeting (KL) 2:00 Halloween Crafts (KL) 3:00 Express Yourself through Writing (KL) 4:00 Piano Music Social (ILR) 6:30 Movie (T)</p>	<p>9:30 Hymn Music (KL) 10:00 Prayer Memorial For Our Loved Ones (KL) 11:00 Exercise with Renee (ILR) 2:00 World News Update (KL) 3:00 Film Appreciation: Birds (KL) 4:30 The Life & Times of Alfred Hitchcock (ILR) 6:30 21 Gard Game (ILR)</p>	<p>9:30 Where I Grew Up Discussion (KL) 10:00 Rock Decorating (KL) 11:00 Stand and Balance Class (KL) 2:30 Halloween Canvass Painting (KL) 3:30 Spooktacular Theme Social (KL) 3:30-5:00 Music Social with Jackie (A) 4:30 Thought of the Day (KL) 6:30 Movie (T)</p>
<p>9:30 Weight Lifting Exercise (ILR) 10:00 Good Morning America News Updates (ILR) 11:00 DIY Cards for Thrift Shop (ILR) 2:00 Bingo (KL) 3:30 Monthly Resident Birthday Social with Jeff (S) 4:30 I Love Lucy Comedy Show (ILR) 6:30 Carol Burnett Matinee (ILR)</p>	<p>9:30 Who Am I? (KL) 10:00 My First Job Discussion (KL) 10:10 Pool Class with Renee (TCP) 11:00 Exercise with Renee (ILR) 2:00 Community Outdoor Walk (KL) 3:00 Pictionary Game (KL) 4:00 Happy Hour (ILR) 6:30 Movie (T)</p>	<p>9:30 Lower Body Exercise (KL) 10:00 Memory Madness (KL) 11:00 Act Out the Word Game (KL) 2:00 Walking Group (KL) 3:00 Re purpose Old T shirts (KL) 4:00 Sing Along to Your Favorite Tunes (ILR) 6:30 Movie (T)</p>	<p>9:30 Moods and Your Health (KL) 10:10 Exercise with Renee (KL) 11:00 The Science Behind Mood Rings (KL) 2:00 Hike to the Rose Garden (KL) 3:00 Bingo in the Rose Garden (RG) 4:00 Painting a Rose (RG) 6:30 Bingo (A)</p>	<p>9:30 Stand and Stretch Exercise (KL) 10:00 Valley News Updates (KL) 11:00 Crafts: Trick or Treat Bags (KL) 2:00 Halloween Bingo Social (KL) 3:00 History of Halloween (ILR) 4:30 Trunk-or-Treat Festival (ML) 6:30 Movie (T)</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>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>Church Services</p> <p>8:45 Sacret Heart Catholic Outing - ML</p> <p>10:00 Catholic Communion - KL</p> <p>10:45 Nondenominational Service (A)</p>				ACTIVITY LOCATOR KEY		<p>Color Code</p> <p>Blue - Watermark University</p> <p>Green - Outings outside the Community</p> <p>Red - Live Entertainment</p>
<h1>OCTOBER 2019</h1> <p>The Inn</p>						