



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro: 1st Floor CL - Center for Learning Library: 6th Floor CR - Club Room: 1st Floor GR - Great Room: 1st Floor JK - Josephine's Kitchen: 1st Floor LB - Lobby PP - Pool Patio: 1st Floor SR - Screen Room: 1st Floor TH - Town Hall Lobby Level</p>		<p>1</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Balance and Mobility TH 10:15 Circuit Training CL 11:00 What's the Verdict? SR 1:00 Adventures with Doug GR 1:30 Beading with Lyn B 2:00 Chef's Chat GR 2:30 Beading with Lyn GR 3:30 Beading with Lyn SR 4:00 At the Movies: Chef (2014) A head chef (Jon</p>	<p>2</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout CR 11:00 Texas Hold 'Em Poker SR 1:00 Afternoon Movie: The Age of Adaline (2015) Blake Lively and Harrison Ford star in</p>	<p>3</p> <p>6:30 Pound Rockout Workout Session-Zone 1 9:00 Podiatrist Visit with Dr. Weill TH 9:15 Balance and Mobility LB 9:30 Walking Club at Holmby Park TH 10:15 Circuit Training CR 11:00 Blackjack SR 11:00 Documentary Film: The College Admission Scandal (2021)Reenactments</p>	<p>4</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout SR 11:00 Matinee Movie: Love Sarah (2020) A young woman wishes to fulfil her mother's dream of opening her own bakery in Notting Hill,</p>	<p>5</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Sit and Be Fit TH 10:00 Weekend Workout with Nichole CR 11:00 Writing Workshop CR 1:00 Bridge for Beginners LB 1:00 Shopping at Trader Joe's and CVS SR 1:30 Opera Club Screening: Verdi's Macbeth (2 Hours 31 Minutes.) CR 3:00 Boost Your Bridge</p>
<p>6</p> <p>6:30 Pound Rockout Workout Session-Zone 1 LB 9:00 Shopping at Ralph's and Target TH 9:15 Sit and Be Fit TH 10:00 Chair Hatha Yoga CL 11:00 Aphorism Discussion SR 1:30 TED Talks and Discussion SR 2:30 Armchair Astronomy PP 2:30 Horticulture GR 3:30 Happy Hour Musical Entertainment with</p>	<p>7</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout CR 11:00 Mental Fitness CR 1:00 Belmont Bridge Club SR 1:30 Documentary Series: Life In Color With David Attenborough (2021) Episode 3 (44 Minutes.)</p>	<p>8</p> <p>6:30 Pound Rockout Workout Session-Zone 1 GR 9:15 Balance and Mobility CR 9:30 Hearing Aid Cleaning with Sharp Hearing GR 10:15 Circuit Training CL 11:00 What's the Verdict? SR 1:30 Resident Council Meeting GR 3:00 Classical Painting Techniques with Daniella SR 4:00 TV Series: Victoria</p>	<p>9</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout GR 11:00 Art Technique Instruction: Twentieth Century Masters Art LB 11:30 Lunch outing to The Rooftop by JG</p>	<p>10</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Balance and Mobility LB 9:30 Walking Club at Holmby Park TH 10:15 Circuit Training CR 11:00 Blackjack SR 11:00 Documentary Film: Charles & Diana: 1983 (2021) A closer look back on this royal tour reveals a much more foreboding and</p>	<p>11</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout SR 11:00 Matinee Movie: Monster-in-Law (2005) The love life of Charlotte is reduced to an endless string of disastrous blind dates,</p>	<p>12</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Sit and Be Fit TH 10:00 Weekend Workout with Nichole TH 11:00 Silk Scarf Painting CR 11:00 Writing Workshop CR 1:00 Bridge for Beginners LB 1:00 Shopping at Trader Joe's and CVS SR 1:30 TED Talks and Discussion CR 3:00 Boost Your Bridge</p>
<p>13</p> <p>6:30 Pound Rockout Workout Session-Zone 1 LB 9:00 Shopping at Ralph's and Target TH 10:00 Stretch and Tone Exercise Class GR 11:00 Watercolor Painting Class SR 1:30 Opera Club Screening: Berlioz: La Damnation de Faust (2 Hours 22 Mintues) GR 3:30 Happy Hour Musical</p>	<p>14 Flag Day</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout CR 11:00 Mental Fitness CR 1:00 Belmont Bridge Club SR 1:30 Documentary Series: Blending in-depth interviews, rare archival</p>	<p>15</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Balance and Mobility TH 10:15 Circuit Training CL 11:00 What's the Verdict? SR 1:00 Adventures with Doug GR 1:30 Beading with Lyn GR 2:30 Beading with Lyn CL 3:00 Book Club Discussion GR 3:30 Beading with Lyn SR 4:00 TV Series: Victoria</p>	<p>16</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout CR 11:00 Texas Hold 'Em Poker LB 11:30 Lunch Outing at Wabi on Rose Sushi SR 1:00 Afternoon Movie: Burlesque (2010) A</p>	<p>17</p> <p>6:30 Pound Rockout Workout Session-Zone 1 9:00 Podiatrist Visit with Dr Weill TH 9:15 Balance and Mobility LB 9:30 Walking Club at Holmby Park TH 10:15 Circuit Training CR 11:00 Blackjack SR 1:30 Music History with Dr. Jazz: Benny Goodman GR 3:30 Happy Hour Musical</p>	<p>18</p> <p>6:30 Pound Rockout Workout Session-Zone 1 7:15 Bountiful Breathing Bliss- Meditation -Zone 3 Downshift TH 9:15 Boot Camp TH 10:15 Tabata Workout SR 11:00 Acting Basics with Chris CR 11:00 Think Tank Current Event Discussion TH 1:30 Bingo for Bucks SR 1:30 Sandbrook History Sessions: Prelude to</p>	<p>19 Juneteenth</p> <p>6:30 Pound Rockout Workout Session-Zone 1 TH 9:15 Sit and Be Fit TH 10:00 Weekend Workout with Nichole CR 11:00 Writing Workshop CR 1:00 Bridge for Beginners LB 1:00 Shopping at Treader Joe's and CVS SR 1:30 TED Talks and Discussion featuring African American History & Presenters</p>

