

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Watermark Committee Meetings</u>  <b>Community Life Committee Meeting</b>            First Thursday of Every Month  <b>Resident Council Meeting</b>            Last Tuesday of Every Month  <b>Food Committee Meeting</b>            Third Thursday of Every Month</p>	<p><b>*Activities are subject to change with or without notice. Please check the Dailies for an updated list of activities!</b></p>	<p><b>Active Aging Week</b>            9:30 Jeopardy and Trivia Competition            9:45 Walking Warrior Team            10:45 Nichole's Balance Boot-camp  <b>11:00 Mini Marathon and Picnic</b>  <b>1:00 California Health and Longevity Institute</b>  <b>1:15 Art History</b>  <b>2:00 Canasta Club</b>            3:30 Witchy Woman Art            6:30 Timeless Tuesday Classics</p>	<p><b>Active Aging Week</b>            9:30 Watermark Walking Club            10:00 What Washington Isn't Telling Us  <b>11:00 Bergamot Station</b>  <b>1:00 B'nai Mitzvah Lessons</b>            2:00 Intergenerational Zumba            3:15 Bingo            6:30 Contemporary Classic Films            6:30 Bridge Team</p>	<p><b>National Poetry Day   Active Aging Week</b>            9:30 Clark Street Walking Club            9:45 Group Crossword Challenge  <b>10:30 Wellness Walkathon</b>  <b>11:30 Gracias Madre Lunch Outing</b>            1:00 Relax and Restore Yoga Studio            1:45 Community Life Meeting  <b>2:30 Talmudic Law: Oral and Written</b>  <b>3:30 Poets Corner</b>            6:30 Thursday Award Winning Series            6:30 Watermark Bridge Club</p>	<p><b>Accentz Boutique   Active Aging Week</b>            9:30 Step It Up Walking Club            10:30 Getting Physical: Fitness Challenge            1:00 Creative Writing Workshop  <b>2:00 LGBTQA+ Figures Throughout History: Buttigieg</b>  <b>3:00 Casino Royale   Blackjack</b>  <b>3:45 Aroma Therapy</b>  <b>4:30 Shabbat</b>  <b>7:30 Opera DVD Series</b></p>	<p><b>National Do Something Nice Day   Active Aging Week</b>  <b>Stock and Shop Outings</b>            9:15 Walk and Reward            9:30 Will Sports and Fitness            10:30 The Great Trials of World History  <b>1:15 Fit Happens</b>  <b>2:30 Skintight Play</b>  <b>3:15 Bingo</b>            6:30 Saturday Night at the Movies</p>
<p><b>Active Aging Week</b>            9:30 Step It Up Walking Club            10:00 Group Crossword Challenge            11:00 Therapeutic Movement            1:00 Movie Matinee: Selena            1:30 Learn to Play American Mahjong  <b>2:00 Hydration for Active Adults</b>            3:30 TED Talks: Ideas Worth Spreading            6:30 Sunday Documentaries</p>	<p><b>Active Aging Week</b>            9:30 We've Got Sole Walking Club  <b>10:15 Meditation and Guided Imagery</b>            10:45 Monday Trivia Team            1:00 Relax and Restore Yoga Studio  <b>2:00 Famous Composers and their Works</b>            3:00 Watermark Theater Matinee            3:15 Bingo            6:30 Musical Monday Movies</p>	<p><b>Yom Kippur</b>            9:30 High Holiday Brain HQ            9:45 Walking Warrior Team            10:45 Nichole's Balance Boot-camp  <b>11:30 Star Eco Station</b>  <b>1:15 Art History</b>  <b>2:00 Canasta Club</b>  <b>3:30 MEXploration</b>  <b>6:15 Kol Nidre</b></p>	<p><b>Yom Kippur</b>            9:30 Watermark Walking Club            10:00 What Washington Isn't Telling Us  <b>12:00 Yom Kippur and Yizkor Streaming Services</b>            2:00 Forgiveness Mindful Meditation  <b>3:30 Talmudic Law   Yom Kippur</b>  <b>4:30 Getting Good at Getting Older</b>  <b>5:00 Break The Fast</b></p>	<p>9:30 Clark Street Walking Club            9:45 Group Crossword Challenge  <b>10:00 Culinary Lab   Challah</b>            1:00 Relax and Restore Yoga Studio            1:15 Casino Royale: Blackjack  <b>2:00 Reminisce with our Executive Director</b>  <b>3:30 Live Entertainment</b>            6:30 Thursday Award Winning Series            6:30 Watermark Bridge Club</p>	<p>9:30 Step It Up Walking Club            10:30 Getting Physical: Fitness Challenge  <b>1:00 Creative Writing Workshop</b>  <b>2:00 Understanding Witch Trials</b>            3:30 Movie Club: The Crucible  <b>4:30 Shabbat</b>            6:30 Fun Friday Features</p>	<p><b>Stock and Shop Outings</b>            9:15 Walk and Reward            9:30 Wii Sports &amp; Virtual Fitness  <b>10:30 Cultural Art through Creative Mediums</b>            1:15 Poetic Voices  <b>2:15 Recipes and Relations</b>            3:15 Bingo            6:30 Saturday Night at the Movies</p>
<p><b>Sukkot</b>            9:30 Step It Up Walking Club            10:00 Group Crossword Challenge  <b>11:00 Moving Meditation: Qi'Gong</b>  <b>1:30 Learn to Play American Mahjong</b>            2:00 Introduction to the Wiccan Religion and Contemporary Paganism  <b>3:30 Decorating the Sukkah</b>            6:30 Sunday Documentaries</p>	<p><b>Sukkot</b>            9:30 We've Got Sole Walking Club  <b>10:15 Meditation and Guided Imagery</b>            10:45 Monday Trivia Team            1:00 Relax and Restore Yoga Studio  <b>2:00 Feminism in History: Witch Trials to Riot Grrrls</b>  <b>3:00 Watermark Theater Matinee</b>            3:15 Bingo            6:30 Musical Monday Movies</p>	<p><b>Sukkot</b>            9:30 Sukkot Themed Brain HQ            9:45 Walking Warrior Team            10:45 Nichole's Balance Boot-camp  <b>1:00 Landmark Movie Outing</b>  <b>1:15 Art History</b>  <b>2:00 Canasta Club</b>            6:30 Timeless Tuesday Classics</p>	<p><b>Sukkot</b>            9:30 Watermark Walking Club            10:00 What Washington Isn't Telling Us  <b>1:00 B'nai Mitzvah Lessons</b>            2:00 Stretch Fusion  <b>3:00 Letterpress Chocolate Tour</b>            3:15 Bingo            6:30 Contemporary Classic Films            6:30 Bridge Team</p>	<p><b>Sukkot</b>            9:30 Clark Street Walking Club            9:45 Group Crossword Challenge  <b>11:00 The Great American Shakeout</b>            1:00 Relax and Restore Yoga Studio            1:15 Casino Royale: Blackjack  <b>2:30 Talmudic Law: Oral and Written</b>  <b>3:30 Live Entertainment</b>            6:30 Thursday Award Winning Series            6:30 Watermark Bridge Club</p>	<p><b>Sukkot</b>            9:30 Step It Up Walking Club            10:30 Getting Physical: Fitness Challenge            1:00 Creative Writing Workshop  <b>2:00 LGBTQA+ Figures Throughout History: Freddy Mercury</b>            3:30 Movie Club: The Crucible  <b>4:30 Shabbat</b>            6:30 Fun Friday Features</p>	<p><b>Sukkot   Stock and Shop Outings</b>            9:15 Walk and Reward            9:30 Wii Sports &amp; Virtual Fitness  <b>10:30 Cultural Art through Creative Mediums</b>            1:00 Casino Royale: Blackjack  <b>2:00 Fit Happens</b>  <b>3:15 Bingo</b>            6:30 Saturday Night at the Movies</p>
<p><b>Sukkot</b>            9:30 Step It Up Walking Club            10:00 Group Crossword Challenge            11:00 Therapeutic Movement  <b>1:30 Learn to Play American Mahjong</b>  <b>2:00 Opera DVD Series</b>            3:30 Rummikub            4:00 Evening Stroll            6:30 Sunday Documentaries</p>	<p>9:30 We've Got Sole Walking Club  <b>10:15 Meditation and Guided Imagery</b>            10:45 Spooky Themed Brain HQ: "Think Faster, Focus Better"            1:00 Relax and Restore Yoga Studio  <b>2:00 Famous Composers and their Works</b>  <b>3:00 Watermark Theater Matinee</b>            3:15 Bingo            6:30 Musical Monday Movies</p>	<p>9:30 Salem Themed Brain HQ            9:45 Walking Warrior Team            10:45 Nichole's Balance Boot-camp  <b>11:00 Jeffrey Deitch Gallery</b>  <b>1:15 Art History</b>  <b>2:00 Canasta Club</b>  <b>3:30 Haunted Gingerbread Houses</b>            6:30 Timeless Tuesday Classics</p>	<p>9:30 Watermark Walking Club            10:00 What Washington Isn't Telling Us  <b>11:00 Tapia Brothers Pumpkin Patch</b>  <b>1:00 Moving Meditation</b>  <b>2:00 Wellness Corner: Bullying</b>            3:15 Bingo            6:30 Contemporary Classic Films            6:30 Bridge Team~ moved to Second Floor</p>	<p>9:30 Clark Street Walking Club            9:45 Group Crossword Challenge  <b>11:00 Culinary Lab   Challah</b>            1:00 Relax and Restore Yoga Studio  <b>1:15 Casino Royale: Blackjack</b>  <b>2:30 Food Committee Meeting</b>  <b>3:30 Coven Happy Hour</b>            6:30 Thursday Award Winning Series</p>	<p>9:30 Step It Up Walking Club            10:30 Getting Physical: Fitness Challenge            1:00 Creative Writing Workshop  <b>2:00 LGBTQA+ Figures Throughout History: Boy George</b>            3:30 Movie Club: The Crucible  <b>4:30 Shabbat</b>            6:30 Fun Friday Features</p>	<p><b>Stock and Shop Outings</b>            9:15 Walk and Reward            9:30 Wii Sports &amp; Virtual Fitness  <b>10:30 TED Talks   Ideas worth Spreading</b>            1:00 Casino Royale: Blackjack  <b>2:00 Fit Happens</b>  <b>3:15 Bingo</b>            6:30 Saturday Night at the Movies</p>
<p>9:30 Step It Up Walking Club            10:00 Group Crossword Challenge  <b>11:00 Moving Meditation: Qi'Gong</b>            1:00 Movie Matinee: Hocus Pocus  <b>1:30 Learn to Play American Mahjong</b>  <b>2:00 Derby   The Pioneer of Russian Trades</b>  <b>3:30 Improv</b>  <b>4:00 Evening Stroll</b>            6:30 Sunday Documentaries</p>	<p>9:30 We've Got Sole Walking Club  <b>10:15 Meditation and Guided Imagery</b>            10:45 Halloween Themed Brain HQ: "Think Faster, Focus Better"            1:00 Relax and Restore Yoga Studio  <b>2:00 Hot Rods of History</b>            3:00 Watermark Theater Matinee            3:15 Bingo            6:30 Musical Monday Movies</p>	<p>9:30 Intergenerational Connections: Tots to Seniors            9:45 Walking Warrior Team            10:45 Nichole's Balance Boot-camp  <b>1:15 Art History w/ Jessica</b>  <b>2:00 Resident Council Meeting</b>  <b>3:00 Canasta Club</b>            6:30 Timeless Tuesday Classics</p>	<p>9:30 Watermark Walking Club            10:00 What Washington Isn't Telling Us  <b>1:00 B'nai Mitzvah Lessons</b>  <b>2:00 Pumpkin Carving</b>  <b>3:15 Bingo</b>            6:30 Contemporary Classic Films            6:30 Bridge Team</p>	<p><b>Happy Halloween!</b>            9:30 Wicked Walking Club            9:45 Group Crossword Challenge  <b>10:30 The Origin of Witches</b>  <b>1:15 The Salem Witch Trials</b>  <b>2:30 The Haunted Cottage   Witch Edition</b>  <b>3:30 Costume Contest</b>  <b>4:30 Salem Chefs Table Eat if you dare...</b>            6:30 Contemporary Classic Films  <b>6:30 Watermark Poker League</b></p>	<p><b>October Resident Birthdays!</b>            10/2 Betty D.            10/6 Al H.</p>	<p><b>October Staff Birthdays!</b>            10/1 Catherine C.            10/2 Alexandria A.            10/5 Michael T.            10/10 Walter M.            10/11 Sara C.            10/10 Monique C.            10/14 Garry G.            10/30 Cynthia S.            10/31 Kevin M.</p>
<p>If you are looking for ways to get involved inside or outside of the community, please reach out to Benny at <a href="mailto:anmedina@watermarkcommunities.com">anmedina@watermarkcommunities.com</a>. Volunteer opportunities are available at Temple Emanuel, Vista Del Mar, and various schools and hospitals.</p>	<p><b>Technology 101</b>            This is a one-on-one half hour class where any educational issues with your phone or computer can be taught by Community Life. Make an appointment with them on the Activities Board.</p>	<p><b>OCTOBER 2019</b>  <i>Beverly Hills</i></p>		<p><b>ACTIVITY LOCATOR KEY</b>            MPR - Multipurpose Room            DR - Dining Room            LR - Living Room            PDR - Private Dining Room            2FL - 2nd Floor Fitness Room            4th - 4th Floor Theatre</p>	<p>"The moon has awoken with the sleep of the sun, the light has been broken; the spell has begun."            - <i>Midgard Morningstar</i></p>	