

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Location Keys
 Courtyard C
 Game Room GR
 Great Room G
 Theater Room TR
 Vibrant Life Room VLR

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

Activities are subject to change.

Doctor's Appointments and Transportations Requests are to be made **72** hours prior to appointment date.

Errand Days are Sunday and Monday

- 1**
- 9:10 Morning Walk! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Activity Chat, Donuts and Coffee Social [TR]
 - 11:00 Bingo Madness! [VLR]
 - 1:30 Rummikub [GR]
 - 2:30 Large Crossword [GR]
 - 3:30 Happy Hour [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 2**
- Nightly Puzzle Social**
- 10:15 Morning Matinee [TR]
 - 11:00 Color by Numbers [VLR]
 - 1:30 Rummikub [GR]
 - 2:00 Afternoon Classic: Breakfast at Tiffany's with "Bubbly" Apple Cider [TR]
 - 3:30 Word Search Craze! [GR]
 - 6:00 Puzzle Social [GR]
 - 6:30 Evening Movie: The Royal House of Windsor [TR]

- 3**
- 9:10 Walking Club [G]
 - 9:50 Stretch and Be Fit [VLR]
 - 10:00 Transportation to South Bay Presbyterian Church [G]
 - 10:15 JoAnn's Arts and Crafts Errand [G]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:30 Blackjack [GR]
 - 1:30 Traveling the City: Scenic Drive [G]
 - 2:00 First Lutheran Church Service [VLR]
 - 2:30 Documentary Hour: Planet Earth [TR]
 - 3:30 Rummikub [GR]
 - 6:30 Evening Movie: The King's Speech [TR]

- 4**
- Errand Day!**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Tai Chi [VLR]
 - 10:15 Let's Play Old Maids [VLR]
 - 10:30 Post Office/DMV [VLR]
 - 11:00 Candy Bingo! [VLR]
 - 1:15 Kohls Shopping Drop Off [G]
 - 1:30 Large Crossword [GR]
 - 2:00 Target/Ralphs [G]
 - 2:30 Rummikub [GR]
 - 2:30 Blackjack [GR]
 - 3:30 Stress Free Pencil Art [VLR]
 - 3:30 Errands/Shopping: CVS/Walgreens [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 5**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:30 Watercolors Flowers [VLR]
 - 2:30 Endless Words [VLR]
 - 3:30 The Environment: What can we do to save it? [VLR]
 - 6:30 Classic Movie Night: Breakfast at Tiffany's [TR]

- 6**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Let's try and Yo-Yo! [VLR]
 - 11:00 Bingo [VLR]
 - 12:00 Denny's Lunch Outing [VLR]
 - 1:30 Gardening Word Search Challenge [VLR]
 - 2:30 Cooking Club: Fruit Skewers! [VLR]
 - 3:30 Rummikub [GR]
 - 6:00 300pc Puzzle Challenge [GR]
 - 6:30 Turner Classic Movies- TV [TR]

- 7**
- National Chocolate Ice Cream Day!**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:30 Age Fit Exercises [VLR]
 - 10:00 Beading with Brigitte [VLR]
 - 11:00 Independent Word Search [G]
 - 1:30 Bingo with Chocolate Ice Cream! [VLR]
 - 2:30 Putting in the Green [C]
 - 3:30 Bible Study [GR]
 - 6:00 Rummikub [GR]
 - 6:30 Late Night Movie: Resident's Choice [TR]

- 8**
- Sign Up for Brio Lunch Outing**
- 9:50 Age Fit Exercises [VLR]
 - 10:15 Discover and Learn: World Oceans [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo Madness! [VLR]
 - 12:10 Brio Lunch Outing [G]
 - 1:30 Rummikub [GR]
 - 2:30 Word Search Challenge [GR]
 - 3:30 Happy Hour: "Name Your Poison" [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 9**
- Father's Day Lunch**
- Nightly Puzzle Social**
- 9:50 Morning Word Search [G]
 - 10:15 Saturday Morning Walk! [G]
 - 12:00 Father's Day Lunch [VLR]
 - 2:30 Movie Matinee: Jaws [TR]
 - 3:30 Rummikub [GR]
 - 6:00 Puzzle Social [GR]
 - 6:30 Evening Movie: Mama Mia [TR]

- 10**
- 9:10 Walking Club [G]
 - 9:50 Stretch and Be Fit [VLR]
 - 10:00 Transportation to South Bay Presbyterian Church [G]
 - 10:15 Early Bird Matinee [TR]
 - 10:15 Target Errand [G]
 - 11:00 Bingo [VLR]
 - 1:30 Blackjack [GR]
 - 1:30 Traveling the City: Scenic Drive [G]
 - 2:00 First Lutheran Church Service [VLR]
 - 2:30 Documentary Hour: Planet Earth [TR]
 - 3:30 Ice Tea Social in the Courtyard [C]
 - 3:30 Rummikub [GR]
 - 6:30 Evening Movie: Pele [TR]

- 11**
- Errand Day!**
- 9:00 J Ross Dry Cleaners Drop Off [G]
 - 9:10 Welbrook Morning Walk [G]
 - 9:50 Tai Chi [VLR]
 - 10:15 Cranium Crunchers [VLR]
 - 10:15 Banking Transportation [G]
 - 11:00 Candy Bingo! [VLR]
 - 1:30 Large Crossword [GR]
 - 1:30 Target/Ralphs [G]
 - 2:30 Tokyo Central/Rite Aid [G]
 - 2:30 Rummikub [GR]
 - 2:30 Blackjack [GR]
 - 3:30 Stress Free Pencil Art [VLR]
 - 3:30 Errands/Shopping: CVS/Walgreens [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 12**
- Red Rose Day!**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:15 Try Different Types of Jerky! [VLR]
 - 2:00 Resident Council [VLR]
 - 3:00 Endless Words [VLR]
 - 6:00 Rummikub [GR]
 - 6:30 Classic Movie Night: The Great Gatsby [TR]

- 13**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Did You Know... Social [VLR]
 - 10:30 Music Bingo with Pacific Crest [GR]
 - 1:15 Foster Freeze Ice Cream Outing [G]
 - 1:30 Bingo [VLR]
 - 1:30 Turner Classic Movies: Scene It [VLR]
 - 2:30 Cooking Club: Rainbow Veggie Pinwheels [VLR]
 - 3:30 Environmental Club: Madrona Marsh [GR]
 - 3:30 Rummikub [GR]
 - 6:00 300pc Puzzle Challenge [GR]
 - 6:30 Turner Classic Movies- TV [TR]

- 14**
- Flag Day**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Independent Word Search [G]
 - 10:30 Welbrook's Library Club: Organization [VLR]
 - 11:00 Computer Class: Technology Help [GR]
 - 1:30 Bingo with Caremore [VLR]
 - 2:30 Bocce Ball [C]
 - 3:00 History of US Flags, Trivia and More! [GR]
 - 3:30 Bible Study [GR]
 - 6:00 Rummikub [GR]
 - 6:30 Late Night Movie: Resident's Choice [TR]

- 15**
- Sign Up for STACKED Lunch Outing**
- 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo Madness! [VLR]
 - 12:10 STACKED Lunch Outing [G]
 - 1:30 Rummikub [GR]
 - 2:30 Nature Photography in the Courtyard [C]
 - 3:30 Happy Hour [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 16**
- Nightly Puzzle Social**
- 9:50 Morning Matinee [TR]
 - 9:50 Stretch and Flex [VLR]
 - 10:15 Saturday Morning Walk! [G]
 - 11:00 Entertainment with George Rossi! [VLR]
 - 1:30 Rummikub [GR]
 - 2:30 Bingo [VLR]
 - 3:30 Turkey and Veggie Snack Wrap [GR]
 - 6:00 Puzzle Social [GR]
 - 6:30 Evening Movie: Jumanji [TR]

- 17**
- Father's Day**
- 9:10 Walking Club [G]
 - 9:50 Stretch and Be Fit [VLR]
 - 10:00 Transportation to South Bay Presbyterian Church [G]
 - 10:15 Trader Joes! Errand [G]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:30 Blackjack with Root Beer! [GR]
 - 1:30 Traveling the City: Scenic Drive [G]
 - 2:00 First Lutheran Church Service [VLR]
 - 2:30 Documentary Hour: Planet Earth [TR]
 - 3:30 Rummikub [GR]
 - 6:30 Evening Movie: The Finest Hour [TR]

- 18**
- Errand Day!**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Tai Chi [VLR]
 - 10:05 Del Amo Mall Errand Drop-Off [G]
 - 10:15 Wacky Wordies [VLR]
 - 10:30 Post Office/DMV [VLR]
 - 11:00 Candy Bingo! [VLR]
 - 1:30 Picnic Social in the Courtyard [GR]
 - 1:30 Tokyo Central/Rite Aid [G]
 - 2:30 Target/Ralphs [G]
 - 2:30 Rummikub [GR]
 - 2:30 Blackjack [GR]
 - 3:30 Stress Free Pencil Art [VLR]
 - 3:30 Errands/Shopping: CVS/Walgreens [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 19**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:30 Chef Chat [VLR]
 - 2:30 Endless Words [VLR]
 - 3:30 Go "Fishing"! [VLR]
 - 6:00 Rummikub [GR]
 - 6:30 Classic Movie Night: [TR]

- 20**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Did You Know... Social [VLR]
 - 10:15 Men's Social Hour [GR]
 - 11:00 Bingo [VLR]
 - 1:10 AMC Movie Outing [G]
 - 1:30 Whiskers and Tails [GR]
 - 2:30 Cooking Club: Ice Cream Soda [VLR]
 - 3:00 D.I.Y. Creative Crafts: Card-stock Paper Flowers [VLR]
 - 3:30 Rummikub [GR]
 - 6:00 300pc Puzzle Challenge [GR]
 - 6:30 Turner Classic Movies- TV [TR]

- 21**
- National Selfie Day!**
- First Day of Summer**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:30 Age Fit Exercises [VLR]
 - 10:00 Beading with Brigitte [VLR]
 - 10:15 Independent Word Search [G]
 - 11:00 Computer Class: iPad Training [GR]
 - 1:30 Take a Selfie! [VLR]
 - 2:30 Bingo [VLR]
 - 2:30 Putting in the Green [C]
 - 3:30 Bible Study [GR]
 - 6:00 Rummikub [GR]
 - 6:30 Late Night Movie: Resident's Choice [TR]

- 22**
- Sign Up for Souplantation!**
- 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo Madness! [VLR]
 - 12:10 Souplantation Lunch Outing [G]
 - 1:30 Rummikub [GR]
 - 2:30 Wheel of Fortune [GR]
 - 3:30 Happy Hour [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 23**
- Nightly Puzzle Social**
- 9:50 Morning Matinee [TR]
 - 9:50 Stretch and Flex [VLR]
 - 10:00 IPC Hebron Church [VLR]
 - 10:15 Saturday Morning Walk! [G]
 - 1:30 Rummikub [GR]
 - 2:30 Bingo [VLR]
 - 3:30 Jeopardy! [TR]
 - 6:00 Puzzle Social [GR]
 - 6:30 Evening Movie: The Founder [TR]

- 24**
- 9:10 Walking Club [G]
 - 9:50 Stretch and Be Fit [VLR]
 - 10:00 Transportation to South Bay Presbyterian Church [G]
 - 10:15 WalMart Errand [G]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:30 Blackjack [GR]
 - 1:30 Traveling the City: Scenic Drive [G]
 - 2:00 First Lutheran Church Service [VLR]
 - 2:30 Documentary Hour: Planet Earth [TR]
 - 3:30 Rummikub [GR]
 - 6:30 Evening Movie: Big Eyes [TR]

- 25**
- Errand Day!**
- 9:00 J Ross Dry Cleaners Drop Off [G]
 - 9:10 Welbrook Morning Walk [G]
 - 9:50 Tai Chi [VLR]
 - 10:15 Banking Transportation [G]
 - 10:15 Logic Puzzles [VLR]
 - 11:00 Candy Bingo! [VLR]
 - 1:30 Large Crossword [GR]
 - 1:30 Target/Ralphs [G]
 - 2:30 Errands/Shopping: CVS/Walgreens [G]
 - 2:30 Rummikub [GR]
 - 2:30 Blackjack [GR]
 - 3:30 Stress Free Pencil Art [VLR]
 - 6:30 Turner Classic Movies- TV [TR]

- 26**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo [VLR]
 - 1:15 Make Chocolate Pudding! [VLR]
 - 2:00 Endless Words [VLR]
 - 3:00 Wheel of Fortune [TR]
 - 6:00 Rummikub [GR]
 - 6:30 Classic Movie Night: The Young Victoria [TR]

- 27**
- National Sunglasses Day!**
- 9:10 Welbrook Morning Walk [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Did You Know... Social [VLR]
 - 11:00 Bingo [VLR]
 - 1:15 Redondo Beach Pier Walk [G]
 - 1:30 Decorate Your Own Sunglasses [VLR]
 - 2:30 Cooking Club: Delicious Fruit Smoothies [VLR]
 - 3:30 Environmental Club: Madrona Marsh [GR]
 - 3:30 Rummikub [GR]
 - 6:00 300pc Puzzle Challenge [GR]
 - 6:30 Turner Classic Movies- TV [TR]

- 28**
- Doctor Appointments**
- 9:10 Morning Walk and Chitchat! [G]
 - 9:50 Age Fit Exercises [VLR]
 - 10:15 Independent Word Search [G]
 - 10:30 Welbrook's Library Club: Organization [VLR]
 - 11:00 Bingo [VLR]
 - 1:30 Bocce Ball [C]
 - 2:30 Wine and Words [VLR]
 - 3:30 Computer Class: Beginners [GR]
 - 3:30 Bible Study [GR]
 - 6:00 Rummikub [GR]
 - 6:30 Late Night Movie: Resident's Choice [TR]

- 29**
- Sign Up for Elephant Bar Lunch Outing**
- 9:50 Age Fit Exercises [VLR]
 - 10:15 Early Bird Matinee [TR]
 - 11:00 Bingo Madness! [VLR]
 - 12:10 Elephant Bar Lunch Outing [G]
 - 1:30 Rummikub [GR]
 - 2:30 Large Crossword [GR]
 - 3:30 New Resident Welcome Gathering [G]
 - 6:30 Turner Classic Movies- TV [TR]

- 30**
- Nightly Puzzle Social**
- 9:50 Morning Matinee [TR]
 - 9:50 Stretch and Flex [VLR]
 - 10:15 Saturday Morning Walk! [G]
 - 11:00 Bingo [VLR]
 - 1:30 Rummikub [GR]
 - 2:30 Birthday Entertainment! [VLR]
 - 3:30 Trivia Pursuit [VLR]
 - 3:30 Color by Numbers [VLR]
 - 6:00 Puzzle Social [GR]
 - 6:30 Evening Movie: The Duchess [TR]