


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Location Keys</p> <p>Courtyard C Game Room GR Great Room G Theater Room TR Vibrant Life Room VLR</p>	<p>Be Adventurous</p> <p>Be Challenged</p> <p>Be Connected</p> <p>Be Family</p> <p>Be Inspired</p> <p>Be Social</p> <p>Be Well</p>	<p>1</p> <p>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] 1:00 🦋 AMC Movie Outing [G] 1:30 🦋 Walk to End Alzheimer's Group Meeting [GR] 2:30 🦋 Cooking Club: Peanut Butter Cheerio Bars [VLR] 3:00 🦋 Music Club [VLR] 3:30 🦋 Rummikub [GR] 6:00 🦋 300pc Puzzle Challenge [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>2</p> <p>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 with Ice Cream Sandwiches [G] 1:30 🦋 Craft n' Creations: Pencil Art [VLR] 2:30 🦋 Bingo [VLR] 2:30 🦋 Putting in the Green [C] 2:30 🦋 Computer Class: Technology Help [GR] 3:30 🦋 Who, What, When [VLR] 3:30 🦋 Bible Study [GR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Late Night Movie: Resident's Choice [TR]</p>	<p>3</p> <p>Sign Up for Hometown Buffet 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo Madness! [VLR] 12:00 🦋 Hometown Buffet Lunch Outing [G] 1:30 🦋 Rummikub [GR] 2:30 ♥ Edible Arrangements with Watermelon! [GR] 3:30 🦋 Happy Hour [G] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>4</p> <p>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 🦋 Baking Creations: Chocolate Chip Cookies! [GR] 3:30 🦋 Learn Sign Language Together [VLR] 6:00 🦋 Evening Social [GR] 6:30 🦋 Evening Movie: Jurassic Park (1993) [TR]</p>
<p>5</p> <p>National Friendship Day! 9:10 🦋 Kohl's Errand [G] 9:10 ♥ Walking Club [G] 9:50 ♥ Stretch and Be Fit [VLR] 10:15 🦋 Write a Card to your Friend! [VLR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Blackjack [GR] 1:30 🦋 Afternoon Scenic Tour [G] 2:00 🦋 First Lutheran Church Service [VLR] 2:30 🦋 The Crown Season Two [TR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Evening Movie: Coco (2017) [TR]</p>	<p>6</p> <p>Errand Day! 9:05 🦋 Banking Transportation [G] 9:10 ♥ Welbrook Morning Walk [G] 9:50 ♥ Tai Chi [VLR] 10:15 🦋 Logic Puzzles [VLR] 10:30 🦋 Target/Ralphs [G] 11:00 🦋 Candy Bingo! [VLR] 1:30 🦋 Make your own Root Beer Float! [VLR] 2:30 🦋 Coloring Creations [GR] 2:30 🦋 Blackjack [GR] 3:30 🦋 Errands/Shopping: CVS/Walgreens [G] 3:30 🦋 Rummikub [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>7</p> <p>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 🦋 Activity Chat [VLR] 2:30 🦋 Endless Words [VLR] 3:30 🦋 Do you know your Lighthouses? [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Classic Movie Night: Mamma Mia (2008) [TR]</p>	<p>8</p> <p>9:10 ♥ Welbrook Morning Walk [G] 9:50 ♥ Age Fit Exercises [VLR] 10:30 🦋 Music Bingo with Pacific Crest [GR] 12:30 🦋 Costco Hot Dog and Pizza Lunch Outing [G] 1:30 🦋 Welbrook Store [VLR] 2:30 🦋 Bingo [VLR] 2:30 🦋 Cooking Club: Oreo S'mores Trifle [VLR] 3:00 🦋 Music Club [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]</p>	<p>9</p> <p>National Book Lovers 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: Book Swap [VLR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Creative Creations: Stand-Up Peacock [VLR] 2:30 🦋 Bocce Ball [C] 2:30 🦋 Computer Class: Beginners [GR] 3:30 🦋 Who, What, When [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Late Night Movie: Resident's Choice [TR]</p>	<p>10</p> <p>Sign Up for Sizzler's 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo Madness! [VLR] 12:00 🦋 Sizzler's Lunch Outing [G] 1:30 🦋 Rummikub [GR] 2:30 🦋 Endless Words [GR] 3:30 🦋 Happy Hour: Chips and Dip [G] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>11</p> <p>Nightly Puzzle Social 9:10 ♥ Saturday Morning Walk! [G] 9:50 🦋 Morning Matinee [TR] 9:50 ♥ Stretch and Flex [VLR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Presidential Jokes and Much More! [GR] 2:30 🦋 Chair Bowling [VLR] 3:30 🦋 Learn Sign Language Together [VLR] 6:00 🦋 Puzzle Social [GR] 6:30 🦋 Evening Movie: 101 Dalmatians (1996) [TR]</p>
<p>12</p> <p>Spirit of '45 9:10 ♥ Walking Club [G] 9:50 🦋 Trader Joes Errand [G] 9:50 ♥ Stretch and Be Fit [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Blackjack [GR] 1:30 🦋 Afternoon Scenic Tour [G] 2:00 🦋 First Lutheran Church Service [VLR] 2:30 🦋 The Crown Season Two [TR] 3:00 🦋 Spirit of '45: Honoring our Veterans [GR] 6:30 🦋 Evening Movie: Honey We Shrunk Ourselves (1997) [TR]</p>	<p>13</p> <p>Errand Day! 9:00 🦋 J Ross Dry Cleaners Drop Off [G] 9:10 ♥ Welbrook Morning Walk [G] 9:50 ♥ Tai Chi [VLR] 10:05 🦋 Del Amo Mall Errand Drop-Off [G] 10:15 🦋 Logic Puzzles [VLR] 10:30 🦋 Target/Ralphs [G] 11:00 🦋 Candy Bingo! [VLR] 1:30 🦋 Errands/Shopping: CVS/Walgreens [G] 1:30 🦋 Large Crossword [GR] 2:30 🦋 Tokyo Central Outing [G] 2:30 🦋 Coloring Creations [GR] 2:30 🦋 Blackjack [GR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>14</p> <p>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 🦋 Facts about Water Quality [VLR] 2:00 🦋 Resident Council [VLR] 3:00 🦋 Endless Words [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Classic Movie Night: The Little Rascals (1994) [TR]</p>	<p>15</p> <p>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 with the Community [VLR] 1:30 🦋 Torrance Art Museum [G] 1:30 🦋 Walk to End Alzheimer's Group Meeting [GR] 2:30 🦋 Cooking Club: Strawberry Cheesecake Bites [VLR] 3:00 🦋 Music Club [VLR] 3:30 🦋 Rummikub [GR] 6:00 🦋 300pc Puzzle Challenge [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>16</p> <p>Doctor Appointments 9:10 🦋 Morning Walk and Chitchat! [G] 9:50 ♥ Age Fit Exercises [VLR] 10:00 🦋 Beading with Brigitte [VLR] 11:00 🦋 Independent Word Search [G] 1:30 🦋 Bingo [VLR] 2:30 🦋 Putting in the Green [C] 2:30 🦋 Computer Class: Technology Help [GR] 3:30 🦋 Jokes and Riddles! [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Late Night Movie: Resident's Choice [TR]</p>	<p>17</p> <p>Sign Up for Brio Lunch 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo Madness! [VLR] 12:00 🦋 Brio Lunch Outing [G] 1:30 🦋 Rummikub [GR] 2:30 🦋 Endless Words [GR] 3:30 🦋 Happy Hour: Popsicles [G] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>18</p> <p>Nightly Puzzle Social 9:10 ♥ Saturday Morning Walk! [G] 9:50 ♥ Stretch and Flex [VLR] 9:50 🦋 Morning Matinee [TR] 10:30 🦋 Piano Recital with Randy Apsel [VLR] 1:30 🦋 Rummikub [GR] 2:30 🦋 Entertainment with George Rossi! [GR] 3:30 🦋 Facts about Honey Bees! [VLR] 6:00 🦋 Puzzle Social [GR] 6:30 🦋 Evening Movie: Hotel for Dogs (2009) [TR]</p>
<p>19</p> <p>9:10 ♥ Walking Club [G] 9:50 🦋 Walmart Errand [G] 9:50 ♥ Stretch and Be Fit [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Blackjack [GR] 1:30 🦋 Afternoon Scenic Tour [G] 2:00 🦋 First Lutheran Church Service [VLR] 2:30 🦋 The Crown Season Two [TR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Evening Movie: Miracle (2004) [TR]</p>	<p>20</p> <p>Errand Day! 9:05 🦋 Banking Transportation [G] 9:10 ♥ Welbrook Morning Walk [G] 9:50 ♥ Tai Chi [VLR] 10:15 🦋 Logic Puzzles [VLR] 10:30 🦋 Target/Ralphs [G] 11:00 🦋 Candy Bingo! [VLR] 1:30 🦋 Errands/Shopping: CVS/Walgreens [G] 1:30 🦋 Large Crossword [GR] 2:30 🦋 Post Office/DMV [G] 2:30 🦋 Coloring Creations [GR] 2:30 🦋 Blackjack [GR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>21</p> <p>National Senior Citizens 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] 1:30 🦋 Chef Chat [VLR] 2:30 🦋 Welbrook Seniors Appreciation Gathering [VLR] 3:30 🦋 Endless Words [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Classic Movie Night: [TR]</p>	<p>22</p> <p>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] 1:30 🦋 Afternoon Walk at Wilson Park [VLR] 1:30 🦋 Table Tennis [VLR] 2:30 🦋 Cooking Club: Refreshing Watermelon Juice [VLR] 3:00 🦋 Music Club [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]</p>	<p>23</p> <p>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 🦋 Creative Creations: Movie Props [VLR] 2:30 🦋 Seniors Get Tech-Savvy: SnapChat [GR] 2:30 🦋 Putting in the Green [C] 3:30 🦋 This Day in History [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Late Night Movie: Resident's Choice [TR]</p>	<p>24</p> <p>Sign Up for King's Hawaiian 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo Madness! [VLR] 12:00 🦋 King's Hawaiian Lunch Outing [G] 1:30 🦋 Rummikub [GR] 2:30 🦋 Endless Words [GR] 3:30 🦋 Happy Hour: Fruit Smoothies [G] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>25</p> <p>Welbrook's Outdoor Movie Night 3:30 🦋 Word Search Craze! [VLR] 9:50 🦋 Morning Matinee [TR] 10:15 ♥ Saturday Morning Walk! [G] 11:00 🦋 Rummikub [GR] 1:30 🦋 Movie Matinee: Armageddon (1998) [TR] 2:30 🦋 Bingo [VLR] 5:00 🦋 Evening Entertainment [C] 5:30 🦋 Facepainting [C] 6:00 🦋 Welbrook's Outdoor Movie Night [C] 6:00 🦋 Puzzle Social [GR]</p>
<p>26</p> <p>9:10 ♥ Walking Club [G] 9:50 ♥ Stretch and Be Fit [VLR] 9:50 🦋 Errand [G] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo [VLR] 1:30 🦋 Blackjack [GR] 1:30 🦋 Afternoon Scenic Tour [G] 2:00 🦋 First Lutheran Church Service [VLR] 2:30 🦋 The Crown Season Two [TR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Evening Movie: Beauty and the Beast (2017) [TR]</p>	<p>27</p> <p>Errand Day! 9:00 🦋 J Ross Dry Cleaners Drop Off [G] 9:10 ♥ Welbrook Morning Walk [G] 9:50 ♥ Tai Chi [VLR] 10:05 🦋 Del Amo Mall Errand Drop-Off [G] 10:15 🦋 Logic Puzzles [VLR] 10:30 🦋 Target/Ralphs [G] 10:30 🦋 Post Office/DMV [VLR] 11:00 🦋 Candy Bingo! [VLR] 1:30 🦋 Errands/Shopping: CVS/Walgreens [G] 1:30 🦋 Large Crossword [GR] 2:30 🦋 Tokyo Central Outing [G] 2:30 🦋 Coloring Creations [GR] 2:30 🦋 Blackjack [GR] 3:30 🦋 Rummikub [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>28</p> <p>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 🦋 History of Clowns [VLR] 2:30 🦋 Endless Words [VLR] 3:30 🦋 Drama Club [VLR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Classic Movie Night: High Noon [TR]</p>	<p>29</p> <p>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] 1:15 🦋 Mulligan Golf Fun! [VLR] 1:30 🦋 Walk to End Alzheimer's Group Meeting [GR] 2:30 🦋 August Birthday Entertainment [VLR] 3:00 🦋 Music Club [VLR] 3:30 🦋 Rummikub [GR] 6:00 🦋 300pc Puzzle Challenge [GR] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>30</p> <p>Doctor Appointments 9:10 🦋 Morning Walk and Chitchat! [G] 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Independent Word Search [G] 11:00 🦋 Bingo [VLR] 1:30 🦋 Creative Crafts and Creations: Paint Like Picasso (RSVP Canvas) [VLR] 2:30 🦋 Bocce Ball [C] 2:30 🦋 Computer Class: Beginners [GR] 3:30 🦋 Who, What, When [VLR] 3:30 🦋 Bible Study [GR] 6:00 🦋 Rummikub [GR] 6:30 🦋 Late Night Movie: Resident's Choice [TR]</p>	<p>31</p> <p>Sign Up for Lazy Dog Cafe Wear Your Favorite College Colors! 9:50 ♥ Age Fit Exercises [VLR] 10:15 🦋 Early Bird Matinee [TR] 11:00 🦋 Bingo Madness! [VLR] 12:00 🦋 Lazy Dog Cafe Lunch Outing [G] 1:30 🦋 Rummikub [GR] 2:30 🦋 Endless Words [GR] 3:30 🦋 Happy Hour [G] 6:30 🦋 Turner Classic Movies- TV [TR]</p>	<p>Activities are subject to change.</p>