

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Location Keys

Courtyard C
Great Room G
Theater Room TR
Transitions Courtyard TC
Transitions Vibrant Life Room TVLR
Vibrant Life Room VLR

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

Activities are subject to change.

“The things we truly love stay with us always, locked in our hearts as long as life remains.”
– Josephine Baker

9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Courtyard Stroll and Conversation [TVLR]
10:15 Name 10 [TVLR]
11:00 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
1:30 Watering the Garden [TC]
2:00 Finish the Phrase Trivia! [TVLR]
3:00 Nail Care
3:30 Word Search and Puzzle Challenge [TVLR]
6:00 Current News [TVLR]

9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Early Bird Matinee [TR]
11:00 Word Search Craze! [TVLR]
1:30 Enjoy some "Bubbly" Social [TVLR]
2:30 Pencil Art [TVLR]
3:30 Watching Nature on the Porch [TC]
6:00 Late Night Movie [TVLR]

9:10 Coupons Club! Clip, Sort and Save! [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Early Bird Matinee [TVLR]
11:00 Finishing Lines [TVLR]
1:30 Tune and listen to our Jukebox! [VLR]
2:00 First Lutheran Church Service [VLR]
2:30 Scenic Drives Along the Coast [TVLR]
2:30 Courtyard Walking Club [G]
3:30 Bingo [TVLR]
6:00 Current News [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Walking Club [TVLR]
10:30 Sing Along to the Oldies But Goodies! [TVLR]
11:00 Color by Numbers [VLR]
1:30 Let's Play Old Maids [TVLR]
1:30 Snacks Social [TVLR]
2:30 Finishing Lines [TVLR]
2:30 Bocce Ball [TVLR]
3:00 Bible Study [TVLR]
6:00 Current News [TVLR]

Doctors Appointments
9:10 Current News [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Solitaire Card Game [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 Bingo! [VLR]
1:30 Cooking Your Heart Out [TVLR]
2:30 Hangman [TVLR]
3:00 FaceTime Neighbors [TVLR]
3:30 Name 10 [TVLR]
4:00 Hand Massages [TVLR]
6:00 Late Night Movie [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Stroll [G]
10:30 Deep Breathing Meditation [TVLR]
11:00 Welbrook Poets [TVLR]
11:15 Solitaire Card Game [TVLR]
12:00 Denny's Lunch Outing [G]
1:30 Courtyard Chitchat [VLR]
1:30 Snacks Social [TVLR]
1:30 Water the Garden [TVLR]
2:30 Cooking Club: Edible Arrangements [TVLR]
3:30 Nostalgic Trivia [TVLR]
3:30 Chapter Chat with Staff [TVLR]
6:00 Late Night Movie [TVLR]

Doctors Appointments
9:10 Current News [TVLR]
9:30 Let's Get Fit! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 A to Z Word Game [TVLR]
1:30 Creative Crafts and Creations [TVLR]
2:30 Afternoon Class with Snacks! [TVLR]
2:30 Putting in the Green [C]
3:00 Walking Club [TVLR]
3:30 Happy Hour [TVLR]
6:00 Late Night Movie [TVLR]

9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Courtyard Stroll and Conversation [TVLR]
10:15 Name 10 [TVLR]
11:00 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
1:30 Watering the Garden [TC]
2:00 Finish the Phrase Trivia! [TVLR]
3:00 Nail Care
3:30 Word Search and Puzzle Challenge [TVLR]
6:00 Current News [TVLR]

Father's Day Lunch
10:05 Daily Horoscope Readings! [TVLR]
10:15 Early Bird Matinee [TR]
11:00 Word Search Craze! [TVLR]
12:00 Father's Day Lunch [VLR]
1:30 Card Games with Friends [TVLR]
2:30 Pencil Art [TVLR]
3:30 Watching Nature on the Porch [TC]
6:00 Late Night Movie [TVLR]

9:10 Coupons Club! Clip, Sort and Save! [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Early Bird Matinee [TVLR]
11:00 Finishing Lines [TVLR]
1:30 Tune and listen to our Jukebox! [VLR]
2:00 First Lutheran Church Service [VLR]
2:30 Scenic Drives Along the Coast [TVLR]
2:30 Courtyard Walking Club [G]
3:30 Ice Tea Social in the Courtyard [C]
3:30 Bingo [TVLR]
6:00 Current News [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Walking Club [TVLR]
10:30 Sing Along to the Oldies But Goodies! [TVLR]
11:00 Color by Numbers [VLR]
1:30 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
2:30 Finishing Lines [TVLR]
2:30 Bocce Ball [TVLR]
3:00 Bible Study [TVLR]
6:00 Current News [TVLR]

Red Rose Day!
Doctors Appointments
9:10 Current News [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 Bingo! [VLR]
11:15 Solitaire Card Game [TVLR]
1:30 Cooking Your Heart Out [TVLR]
2:30 Hangman [TVLR]
3:00 FaceTime Neighbors [TVLR]
3:30 Name 10 [TVLR]
4:00 Hand Massages [TVLR]
6:00 Late Night Movie [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Stroll [G]
10:30 Deep Breathing Meditation [TVLR]
11:00 Welbrook Poets [TVLR]
11:15 Solitaire Card Game [TVLR]
1:15 Foster Freeze Ice Cream Outing [G]
1:30 Courtyard Chitchat [VLR]
1:30 Water the Garden [TVLR]
2:30 Creative Crafts to Music! [TVLR]
3:30 Nostalgic Trivia [TVLR]
6:00 Late Night Movie [TVLR]

Flag Day
Doctors Appointments
9:10 Current News [TVLR]
9:30 Let's Get Fit! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 A to Z Word Game [TVLR]
1:30 Creative Crafts and Creations [TVLR]
2:30 Afternoon Class with Snacks! [TVLR]
3:00 Walking Club [TVLR]
3:30 Happy Hour [TVLR]
6:00 Late Night Movie [TVLR]

9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Smile and Say Cheese Photo shoot! [TVLR]
10:15 Name 10 [TVLR]
11:00 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
1:30 Watering the Garden [TC]
2:00 Finish the Phrase Trivia! [TVLR]
3:00 Nail Care
3:30 Word Search and Puzzle Challenge [TVLR]
6:00 Current News [TVLR]

9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Early Bird Matinee [TR]
11:00 Word Search Craze! [TVLR]
1:30 Card Games with Friends [TVLR]
2:30 Pencil Art [TVLR]
3:30 Watching Nature on the Porch [TC]
6:00 Late Night Movie [TVLR]

Father's Day
9:10 Coupons Club! Clip, Sort and Save! [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Early Bird Matinee [TVLR]
11:00 Finishing Lines [TVLR]
1:30 Tune and listen to our Jukebox! [VLR]
2:00 First Lutheran Church Service [VLR]
2:30 Scenic Drives Along the Coast [TVLR]
2:30 Courtyard Walking Club [G]
3:30 Bingo [TVLR]
6:00 Current News [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Walking Club [TVLR]
10:30 Sing Along to the Oldies But Goodies! [TVLR]
11:00 Color by Numbers [VLR]
1:30 Picnic Social in the Courtyard [TVLR]
1:30 Cranium Crunchers [TVLR]
2:30 Finishing Lines [TVLR]
2:30 Bocce Ball [TVLR]
3:00 Bible Study [TVLR]
6:00 Current News [TVLR]

Doctors Appointments
9:10 Current News [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 Bingo! [VLR]
11:15 Solitaire Card Game [TVLR]
1:30 Cooking Your Heart Out [TVLR]
2:30 Hangman [TVLR]
3:00 FaceTime Neighbors [TVLR]
3:30 Go "Fishing"! [VLR]
3:30 Name 10 [TVLR]
4:00 Hand Massages [TVLR]
6:00 Late Night Movie [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Stroll [G]
10:30 Deep Breathing Meditation [TVLR]
11:00 Welbrook Poets [TVLR]
11:15 Solitaire Card Game [TVLR]
1:10 AMC Movie Outing [G]
1:30 Courtyard Chitchat [VLR]
1:30 Snacks Social [TVLR]
1:30 Water the Garden [TVLR]
2:30 Creative Crafts to Music! [TVLR]
3:30 Nostalgic Trivia [TVLR]
3:30 Chapter Chat with Staff [TVLR]
6:00 Late Night Movie [TVLR]

First Day of Summer
National Selfie Day!
Doctors Appointments
9:10 Current News [TVLR]
9:30 Let's Get Fit! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 A to Z Word Game [TVLR]
1:30 Creative Crafts and Creations [TVLR]
2:30 Afternoon Class with Snacks! [TVLR]
2:30 Putting in the Green [C]
3:00 Walking Club [TVLR]
3:30 Happy Hour [TVLR]
6:00 Late Night Movie [TVLR]

9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Courtyard Stroll and Conversation [TVLR]
10:15 Name 10 [TVLR]
11:00 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
1:30 Watering the Garden [TC]
2:00 Finish the Phrase Trivia! [TVLR]
3:00 Nail Care
3:30 Word Search and Puzzle Challenge [TVLR]
6:00 Current News [TVLR]

9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Early Bird Matinee [TR]
11:00 Word Search Craze! [TVLR]
1:30 Card Games with Friends [TVLR]
2:30 Pencil Art [TVLR]
3:30 Watching Nature on the Porch [TC]
3:45 Ice Cream Social [TVLR]
6:00 Late Night Movie [TVLR]

9:10 Coupons Club! Clip, Sort and Save! [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Early Bird Matinee [TVLR]
11:00 Finishing Lines [TVLR]
1:30 Tune and listen to our Jukebox! [VLR]
2:00 First Lutheran Church Service [VLR]
2:30 Scenic Drives Along the Coast [TVLR]
2:30 Courtyard Walking Club [G]
3:30 Bingo [TVLR]
6:00 Current News [TVLR]

9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Walking Club [TVLR]
10:30 Sing Along to the Oldies But Goodies! [TVLR]
11:00 Color by Numbers [VLR]
1:30 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
2:30 Finishing Lines [TVLR]
2:30 Bocce Ball [TVLR]
3:00 Bible Study [TVLR]
6:00 Current News [TVLR]

Doctors Appointments
9:10 Current News [TVLR]
9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 Bingo! [VLR]
11:15 Solitaire Card Game [TVLR]
1:30 Cooking Your Heart Out [TVLR]
2:30 Hangman [TVLR]
3:00 FaceTime Neighbors [TVLR]
3:30 Name 10 [TVLR]
4:00 Hand Massages [TVLR]
6:00 Late Night Movie [TVLR]

National Sunglasses Day!
9:10 Morning Chit Chat [TVLR]
9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Stroll [G]
10:30 Deep Breathing Meditation [TVLR]
11:00 Welbrook Poets [TVLR]
11:15 Solitaire Card Game [TVLR]
1:15 Redondo Beach Pier Walk [G]
1:30 Decorate Your Own Sunglasses! [VLR]
1:30 Courtyard Chitchat [VLR]
1:30 Water the Garden [TVLR]
2:30 Creative Crafts to Music! [TVLR]
3:30 Nostalgic Trivia [TVLR]
6:00 Late Night Movie [TVLR]

Doctors Appointments
9:10 Current News [TVLR]
9:30 Let's Get Fit! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:30 Men's Social Hour [TVLR]
11:00 A to Z Word Game [TVLR]
1:30 Creative Crafts and Creations [TVLR]
2:30 Afternoon Class with Snacks! [TVLR]
3:00 Walking Club [TVLR]
3:30 Happy Hour [TVLR]
6:00 Late Night Movie [TVLR]

9:45 Get Up and Move Exercise [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Morning Courtyard Stroll and Conversation [TVLR]
10:15 Name 10 [TVLR]
11:00 Cranium Crunchers [TVLR]
1:30 Snacks Social [TVLR]
1:30 Watering the Garden [TC]
2:00 Finish the Phrase Trivia! [TVLR]
3:00 Nail Care
3:30 Word Search and Puzzle Challenge [TVLR]
6:00 Current News [TVLR]

9:45 Move and Groove in your Chair! [TVLR]
10:05 Daily Horoscope Readings! [TVLR]
10:15 Early Bird Matinee [TR]
11:00 Word Search Craze! [TVLR]
1:30 Card Games with Friends [TVLR]
2:30 Pencil Art [TVLR]
3:30 Watching Nature on the Porch [TC]
6:00 Late Night Movie [TVLR]