



Monday	Tuesday	Wednesday	Thursday	Friday
10:15 Brain fitness w/Kim 11:00 <i>Flex & stretch/</i> <i>Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo</i> <i>Art w/Abby</i> <i>Music group</i> 2:15 Tai Chi w/Iren 2:45 Delightful Piano w/ Malou and Moo and sing along 2	10:15 <i>You Be The Judge!</i> <i>Silver Linings</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Let's Dance Program</i> <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 <i>Sing Along w/Malou</i> 4:00 <i>Table Games</i> 3	10:15 <i>What would happen?</i> 11:00 <i>Fit and Fabulous</i> <i>Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Tom's wonderful</i> <i>songbook</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 <i>Piano concert w/</i> Malou and Moo 4	10:15 <i>Mind Shakers</i> 11:00 <i>Take control with</i> <i>exercise</i> <i>Music group</i> 1:00 <i>Felice's Afternoon Party</i> 2:15 <i>Tai chi w/Brian</i> 2:45 <i>Sing Along w/Malou</i> and Moo 4:00 <i>Video</i> 5	10:15 <i>Volleyball</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Nathalie's Sweet</i> <i>French Songs</i> <i>Art w/Abby</i> 2:15 <i>Video / Art Lounge</i> <i>Drama Group</i> 2:45 <i>Sing along w/Malou</i> Table games 6
10:15 Brain fitness w/Kim 11:00 <i>Flex & stretch/</i> <i>Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo</i> <i>Art w/Abby</i> <i>Music group</i> 2:15 Tai Chi w/Iren 2:45 Delightful Piano w/ Malou and Moo and sing along 9	10:15 <i>Motown meets Porter</i> <i>Silver Linings</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Memory Enhancement</i> <i>w/ Larry</i> <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 <i>Sing Along w/Malou</i> 4:00 <i>Table Games</i> 10	10:15 UCLA Gluck Piano Soloist 11:00 <i>Fit and Fabulous</i> <i>Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Kristina's chair dancing</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 <i>Piano concert w/</i> Malou and Moo 11	10:15 <i>Traveling the World</i> 11:00 <i>Take control with</i> <i>exercise</i> <i>Music group</i> 1:00 <i>Bob and Bernie's Sweet</i> <i>Songs</i> 2:15 <i>Tai chi w/Brian</i> 2:45 <i>Sing Along w/Malou</i> and Moo 4:00 <i>Video</i> 12	10:15 <i>Green Art</i> <i>Ladies' Lounge</i> 11:00 <i>Emergency Drill</i> <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Brian Afternoon</i> <i>Hootenanny</i> <i>Art w/Abby</i> 2:15 <i>Video / Art Lounge</i> <i>Drama Group</i> 2:45 <i>Sing along w/Malou</i> Table games 13
10:15 Brain fitness w/Kim 11:00 <i>Flex & stretch/</i> <i>Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo</i> <i>Art w/Abby</i> <i>Music group</i> 2:15 Tai Chi w/Iren 2:45 Delightful Piano w/ Malou and Moo and sing along 16	10:15 <i>UCLA Gluck Brass</i> <i>Quintet</i> <i>Silver Linings</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Lifted Voices</i> <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 <i>Malou is here!</i> 4:00 <i>Table Games</i> 17	10:15 Little Learners St. Patrick's Celebration 11:00 <i>Fit and Fabulous</i> <i>Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Bruce's laidback tunes</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 <i>Piano concert w/</i> Malou and Moo 18	10:15 <i>Celebrate Spring -</i> <i>Rainbow Art</i> 11:00 <i>Take control with</i> <i>exercise</i> <i>Music group</i> 1:00 <i>John Reed-Torres' Rag-</i> <i>time classics & Originals</i> 2:15 <i>Tai chi w/Brian</i> 2:45 <i>Sing Along w/Malou</i> and Moo 4:00 <i>Video</i> 19	10:15 <i>Volleyball</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Mike's Sweet Melodies</i> <i>Art w/Abby</i> 2:15 <i>Video / Art Lounge</i> <i>Drama Group</i> 2:45 <i>Sing along w/Malou</i> Table games 20
10:15 Brain fitness 11:00 <i>Flex & stretch/</i> <i>Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo</i> <i>Art w/Abby</i> <i>Music group</i> 2:15 Tai Chi w/Iren 2:45 Delightful Piano w/ Malou and Moo and sing along 23	10:15 <i>Darts /Spring Flowers</i> <i>Silver Linings</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Memory Enhancement</i> <i>w/ Larry</i> <i>Open Art</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 <i>Sing Along w/Malou</i> 4:00 <i>Table Games</i> 24	10:15 Mental Gymnastics 11:00 <i>Fit and Fabulous</i> <i>Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Irby Swings the Classics</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 <i>Piano concert w/</i> Malou and Moo 25	10:15 Little Learners <i>Dance, Rhythm & Song</i> 11:00 <i>Take control with</i> <i>exercise</i> <i>Music group</i> 1:00 <i>Less' Magic Show</i> 2:15 <i>Tai chi w/Brian</i> 2:45 <i>Sing Along w/Malou</i> and Moo 4:00 <i>Video</i> 26	10:15 <i>Watercolor Art</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Jeff's Jumpling Piano</i> <i>Art w/Abby</i> 2:15 <i>Video / Art Lounge</i> <i>Drama Group</i> 2:45 <i>Sing along w/Malou</i> Table games 27
10:15 Brain fitness w/Kim 11:00 <i>Flex & stretch/</i> <i>Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo</i> <i>Art w/Abby</i> <i>Music group</i> 2:15 Tai Chi w/Iren 2:45 Delightful Piano w/ Malou and Moo and sing along 30	10:15 <i>Traveling USA</i> <i>Silver Linings</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Amy's Fantastic Flute</i> <i>Open Art</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 <i>Sing Along w/Malou</i> 4:00 <i>Table Games</i> 24	<p style="text-align: center;">Programs subject to change without Notice</p> <p><i>Italics denote simultaneous activities</i></p> 	<p style="text-align: center;">Ongoing daily activities</p> 9:00 - 10:00 Social time: meet, greet and eat 10:00 - 10:15 Warm-up 12:00 - 1:00 Lunch 2:00 - 2:15 Snack	 <p style="text-align: center;"><i>Happy St. Patrick's Day</i></p>