

THE BUZZ



The Fountains at The Carlotta
41-505 Carlotta Drive
Palm Desert, CA 92211

Life is like riding a bicycle. To keep your balance you must keep moving - Einstein



Watermark University

Knitting 101 with Anita

Wednesday, November 16, 2018 • 11:00 a.m. • Koerner Lounge

In this Watermark University Class Anita will introduce you to knitting made easy with knit and pearl steps to start you off . Anita has knitted a closet full of clothes and she is excited to help you fill your closet too. Be sure to bring a friend and she will provide you with the yarn and needles.

Special Events & Outings

11/06 Tuesday 10:00 a.m.

WU Torah Talks with
Rabbi Kreiman • JR

11/07 Wednesday 10:30 a.m.

Picnic in the Park Lunch Outing • KL

11/10 Saturday 2:00 p.m.

Dominoes Marathon Theme Social • KL

11/17 Saturday 2:00 p.m.

Mountain Scenery Outing • KL

11/21 Wednesday 11:00 a.m.

Palm Springs Art Museum Outing • KL

11/23 Friday 11:00 a.m.

Learn to Play Bridge with Faye • ILR

11/25 Sunday 3:30 p.m.

Resident Birthday Party with Jeff • S

thrive!

@ WATERMARK RETIREMENT COMMUNITIES



THE FOUNTAINS AT THE CARLOTTA

The Inn

November 2018



ShakeOut

It's been 10 years since the 1st Great California ShakeOut. Our community is committed to ensuring our residents and associates are safe and prepared for any size earthquake or natural disaster. By being prepared and taking the proper actions, such as “Drop, Cover, and Hold On” we can limit the

injuries with residents or associates. This past month, we practiced our skills and reinacted natural disaster plans and are up to date on what to do in case of an emergency. Earthquakes happen every day in our valley most we never feel. We need to remember that whether you are at home, in a program or taking a walk we have to be prepared. The Carlotta participated in the States Great California ShakeOut and we are ready and stock with proper supplies and how to be calm and safe should the big one hit our city.

Path to Well-Being

Our mind is an organ that never rests just like our heart. Our mind is always looking for something new to make us learn. Ever noticed that trying to calm down often produces more agitation? That trying to change bad habits can seem impossible? Or that real fulfillment can be elusive, despite living a successful life? Modern science demonstrates that this survival mechanism served the needs of our earliest ancestors, but is at the root of many problems that we face today, such as depression, compulsive and addictive behaviors, chronic pain, and stress and anxiety. By surrounding yourself with other people, communication and engaging in programs within your community will exercise your brain and you will feel much healthier.



Thriving

Learn to Play Bridge with Faye

Faye has been playing bridge most of her adult life and enjoys a good game of bridge. She has been in many clubs from Los Angeles to right here in the community. She has taken a break from the game and is highly interested in getting back into the swing of things and she too will find new skills in the game while teaching you a thing or two. In this class you will either learn to play the game or brush up on your skills. Bring a friend or find a partner to team up with and let's play Bridge in the Koerner Lounge.



41-505 Carlotta Drive • Palm Desert, CA 92211
1-760-346-5420 • www.watermarkcommunities.com
A Watermark Retirement Community
RCFE #336426769 COA #232 DEPT OF HEALTH SERVICES #250000099

INDEPENDENT LIVING • ASSISTED LIVING • SKILLED NURSING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Church Services</u></p> <p>9:00 Sacred Heart Catholic Outing • ML</p> <p>10:00 Catholic Communion • KL</p> <p>10:45 Nondenominational</p>	<p><u>Carlotta Movie Theater</u></p> <p>Daily Showings</p> <p>2:00 p.m.</p> <p>6:30 p.m.</p> <p>If you have any request for a movie please call Zina at ext. 7789</p>	<p><u>Rancho Mirage Dry Cleaners</u></p> <p>Every Friday</p> <p>10:00 a.m.- 12:00 p.m.</p> <p>Main Lobby</p>	<p><u>Saturday Music Social</u></p> <p>Come down every Saturday to The W for some wine, lite snacks and entertainment. Each Saturday there will be a different performer from 3:30 p.m.- 5:00 p.m.. This is a great way to spend an afternoon.</p>	<p>9:30 History of All Saints Day (ILR)</p> <p>10:00 Celebrate Dia De Los Muertos (KL)</p> <p>11:00 Stretch Band Class (KL)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Positive Changes in our Families Discussion (KL)</p> <p>3:00 Bible Study Class (ILR)</p> <p>4:00 Music Appreciation Hour (ILR)</p> <p>6:30 Movie (ILR)</p>	<p>9:30 CNN News Update and Coffee (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Fact or Fiction Game (P)</p> <p>2:00 Penmanship Class (P)</p> <p>3:00 Pictionary Game (P)</p> <p>4:00 Social and Wine Hour (ILR)</p> <p>4:30 Stretch Class (ILR)</p> <p>6:00 WU Faces and Places Trivia (ILR)</p>	<p>9:30 History of the Dates (KL)</p> <p>10:00 Shake Rattle and Roll Exercise (KL)</p> <p>11:00 Making Date Shakes (KL)</p> <p>2:00 "Hike" Around Community (RG)</p> <p>3:00 Sketch the View (RG)</p> <p>3:30-5:00 Music Social with Johnny (A)</p> <p>4:30 American Jewish Chronicle (ILR)</p> <p>6:00 Movie (ILR)</p>
<p>9:30 Daylight Savings Facts (ILR)</p> <p>10:00 Catholic Communion (KL)</p> <p>10:30 Clocks Around the World (ILR)</p> <p>10:45 Sunday Church (A)</p> <p>11:30 Alzheimer's and our Body (ILR)</p> <p>2:00 Game of Pairs (KL)</p> <p>3:00 Bingo (KL)</p> <p>4:00 Dance Moves to Perry Como Music (ILR)</p> <p>6:30 Sunday Movie Club (ILR)</p>	<p>9:30 Healthy Chronic Pain Talk (KL)</p> <p>10:05 Exercise with Micah (KL)</p> <p>11:00 Painting the World Orange (KL)</p> <p>1:00 WU Apple and Mac Class (JR)</p> <p>1:00 Shopping to Ralph's and Albertsons on Washington (ML)</p> <p>2:00 Old Fashion Typing Class (KL)</p> <p>3:00 Carbon Copy Painting (KL)</p> <p>4:30 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Voting Discussion (KL)</p> <p>10:00 Candidates on the Ballot (KL)</p> <p>11:00 Voting Hour (KL)</p> <p>1:00 Bridge Group (IDR)</p> <p>1:30 Yoga with Renate (ILR)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Cookie and Hot Tea (KL)</p> <p>3:00 1945 Year in Review (KL)</p> <p>4:00 News Voting Update Social (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Express New Updates (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Holiday Vase Decorating (IDR)</p> <p>10:30 Picnic in the Park Lunch Outing (KL)</p> <p>2:00 Card Shark Game (KL)</p> <p>3:00 Glamour Hour Social (KL)</p> <p>4:00 Brain Fitness (ILR)</p> <p>4:30 Stand and Stretch (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Upper Body Strength Class (ILR)</p> <p>10:00 Biography of Medieval Scholar Duns Scotus (KL)</p> <p>11:00 Travel to Scotland (LS)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Game of Pairs (P)</p> <p>3:00 Scripture Reading and Discussion (P)</p> <p>4:00 Horseshoes (P)</p> <p>4:30 Country Music and Wine (ILR)</p> <p>6:30 Movie (ILR)</p>	<p>9:30 Baking Cookies Class (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Today in History (P)</p> <p>2:00 Wood Working Crafts (P)</p> <p>3:00 Guess the Act Game (P)</p> <p>4:00 Social and Wine Hour (ILR)</p> <p>6:00 WU Faces and Places Trivia (ILR)</p>	<p>9:30 Light Weight Lifting Class (KL)</p> <p>10:00 Holiday Crafts: Pumpkin Cards (KL)</p> <p>11:00 Travel Through the Pumpkin Patch (LS)</p> <p>2:00 History of Dominoes (P)</p> <p>3:00 Dominoes Marathon Social (P)</p> <p>3:30-5:00 Music Social with Jackie (A)</p> <p>4:00 WU Religious Readings Part 1: The Wit and Humor of the Rabbis (ILR)</p> <p>4:30 Chair Dancing to Glenn Campbell Music (ILR)</p> <p>6:00 Movie (ILR)</p>
<p>9:00 Veteran's Day Memorial Wall Dedication (WL)</p> <p>9:30 Morning Stretch Class (ILR)</p> <p>10:00 Catholic Communion (KL)</p> <p>10:30 Remembering our Veterans (ILR)</p> <p>10:45 Sunday Church (A)</p> <p>11:30 Local News Update (ILR)</p> <p>2:00 Painting the American Flag (KL)</p> <p>3:00 Bingo Social (KL)</p> <p>4:00 Patriotic Music (ILR)</p> <p>6:30 Sunday Movie Club (ILR)</p>	<p>9:30 Dominoes (KL)</p> <p>10:05 Exercise with Micah (KL)</p> <p>11:00 Jewelry Making (KL)</p> <p>1:00 WU Apple and Mac Class (JR)</p> <p>1:00 Shopping to Ralph's and Albertsons on Washington (ML)</p> <p>2:00 Explore the P.S. Indian Tribes (KL)</p> <p>3:00 Understanding Indian Head Dresses (ILR)</p> <p>4:00 Indian Song and Dance Social (ILR)</p> <p>4:30 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Stand and Balance Exercise (KL)</p> <p>10:00 Glamour Hour (KL)</p> <p>11:00 KMIR News anc Coffee (KL)</p> <p>1:00 Bridge Group (IDR)</p> <p>1:30 Yoga with Renate (ILR)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Dog Breed Trivia (KL)</p> <p>3:00 Crafts: Leaf Design (KL)</p> <p>4:00 Beer Tasting Social (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Wellness: Diabetes and its Effects (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Card Stamping Class (IDR)</p> <p>2:00 Game of Pool (NL)</p> <p>3:00 1940 Year in Review Social (KL)</p> <p>4:00 Listen to Music of 1940's (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Desert Sun News Updates and Coffee (ILR)</p> <p>10:00 Zumba Chair Exercise Class (ILR)</p> <p>11:00 Holiday Jewelry Making Class (P)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Card Shark Game (P)</p> <p>3:00 Bible Study Class (ILR)</p> <p>4:00 Wellness: Second Hand Smoke (ILR)</p> <p>4:30 Perry Como Music (ILR)</p> <p>6:30 Movie (ILR)</p>	<p>9:30 Writing Class (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 WU Knitting 101 with Anita (ILR)</p> <p>2:00 Math Memo (KL)</p> <p>3:00 21 Card Game (ILR)</p> <p>4:00 Social and Wine Hour (ILR)</p> <p>6:00 WU Faces and Places Trivia (ILR)</p>	<p>9:30 The Universe is Changing (KL)</p> <p>10:00 Discover New Planets (KL)</p> <p>11:00 Painting our Solar System (LS)</p> <p>2:00 Mountain Scenery Outing (KL)</p> <p>3:00 Music and Wine Social (P)</p> <p>3:30-5:00 Music Social with Jeff(A)</p> <p>4:00 WU Religious Readings Part 2: Take Care of the Organization (ILR)</p> <p>4:30 Dancing to Country Music (ILR)</p> <p>6:00 Movie (ILR)</p>
<p>9:30 Cookies, Coffee and Conversation (ILR)</p> <p>10:00 Catholic Communion (KL)</p> <p>10:30 Biography of World Princesses (ILR)</p> <p>10:45 Sunday Church (A)</p> <p>11:30 Travel to England (KL)</p> <p>2:00 Wheel of Fortune (LS)</p> <p>3:00 Bingo Social (KL)</p> <p>4:00 Bird Watching (ILR)</p> <p>6:30 Sunday Movie Club (ILR)</p>	<p>9:30 Math Memo (KL)</p> <p>10:05 Exercise with Micah (KL)</p> <p>11:00 Monopoly Game (KL)</p> <p>1:00 WU Apple and Mac Class (JR)</p> <p>1:00 Shopping to Ralph's and Albertsons on Washington (ML)</p> <p>2:00 Famous Inventors (LS)</p> <p>3:00 Watercolor Painting (KL)</p> <p>4:30 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Chair Zumba Exercise (KL)</p> <p>10:00 How Parade Floats are Made (KL)</p> <p>11:00 Designing Holiday Placemats (KL)</p> <p>1:00 Bridge Group (IDR)</p> <p>1:30 Yoga with Renate (ILR)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 How Peanut Butter is Made (LS)</p> <p>3:00 Peanut Butter and Your Health (KL)</p> <p>4:00 Music Appreciation Social (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Strange but True Facts (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 CNN News Updates (ILR)</p> <p>11:00 Palm Springs Art Museum Outing (KL)</p> <p>2:00 Designing Holiday Jewelry (ILR)</p> <p>3:00 Thanksgiving Traditions Discussion (KL)</p> <p>4:00 Meet Your Neighbor Social (KL)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Morning News Update (ILR)</p> <p>10:00 Macy's Thanksgiving Day Parade (ILR)</p> <p>11:00 Sharing Holiday Family Recipes (KL)</p> <p>11:30 Thanksgiving Day Brunch (IDR)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Neck and Shoulder Exercise (P)</p> <p>3:00 Scripture Reading and Discussion (ILR)</p> <p>4:00 Jewelry Making (ILR)</p> <p>6:00 Falcons and The Saints Football Game (ILR)</p>	<p>9:30 Latest News Update Fox 11 (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 WU Learn to Play Bridge with Faye (ILR)</p> <p>2:00 Dancing to Glenn Campbell (ILR)</p> <p>3:00 Painting a Masterpiece (IDR)</p> <p>4:00 Social and Wine Hour (IDR)</p> <p>6:00 WU Faces and Places Trivia (ILR)</p>	<p>9:30 Exercise to Music (KL)</p> <p>10:00 Today in History (KL)</p> <p>11:00 Sketch Class (LS)</p> <p>2:00 Crafts with the Girl Scouts (P)</p> <p>3:00 Dominoes (P)</p> <p>3:30-5:00 Music Social Bob (A)</p> <p>4:00 WU Religious Readings Part 3: The Significance of the Present Situation (ILR)</p> <p>4:30 Finish the Song Lyrics (ILR)</p> <p>6:00 Movie (ILR)</p>
<p>9:30 Stretch and Balance Class (ILR)</p> <p>10:00 Catholic Communion (KL)</p> <p>10:30 Deal or No Deal Trivia (ILR)</p> <p>10:45 Sunday Church (A)</p> <p>11:30 KESQ News Update (ILR)</p> <p>2:00 Bingo (KL)</p> <p>3:30 Resident Birthday Party with Jeff (S)</p> <p>4:00 Game of Cards (ILR)</p> <p>6:30 Sunday Movie Club (ILR)</p>	<p>9:30 Local News and Coffee (KL)</p> <p>10:05 Exercise with Micah (KL)</p> <p>11:00 Wood Working Class (KL)</p> <p>1:00 WU Apple and Mac Class (JR)</p> <p>1:00 Shopping to Ralph's and Albertsons on Washington (ML)</p> <p>2:00 Painting in the Rose Garden (RG)</p> <p>3:00 Hike in the Rose Garden (RG)</p> <p>4:30 Happy Hour (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 Weights and Balance Class (KL)</p> <p>10:00 Clay Sculpting Class (KL)</p> <p>11:00 Breaking News (KL)</p> <p>1:00 Bridge Group (IDR)</p> <p>1:30 Yoga with Renate (ILR)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Making Banana Splits(KL)</p> <p>3:30 Mexican Train Game (KL)</p> <p>4:30 Frank Sinatra Music Social (ILR)</p> <p>6:30 Movie (T)</p>	<p>9:30 CNN Morning Express (IDR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Coffee and Cookies with your Neighbor (ILR)</p> <p>2:00 Holiday Rock Crafts (KL)</p> <p>3:00 Card Writing Class (KL)</p> <p>4:00 History of California (ILR)</p> <p>4:30 Lawrence Welk Music (ILR)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Cookie, Coffee and News (KL)</p> <p>10:00 Miracle-Ear Hearing Aide Cleaning (KL)</p> <p>10:30 Resident Council Meeting (KL)</p> <p>11:00 News Update and Discussions (KL)</p> <p>2:00 Running of the Echo (TCP)</p> <p>2:30 Light Weight Exercise Class (KL)</p> <p>3:00 Bible Study Class (ILR)</p> <p>4:00 Christian Music Hour (ILR)</p> <p>6:30 Movie (ILR)</p>	<p>9:30 Writing Your Christmas Cards (ILR)</p> <p>10:05 Exercise with Micah (IDR)</p> <p>11:00 Holiday Craft: Dessert in a Mason Jar (ILR)</p> <p>2:00 Biography of Grace Kelly (ILR)</p> <p>3:00 Karaoke and Wine ILR)</p> <p>4:00 Call out the Answer Game (ILR)</p> <p>6:00 WU Faces and Places Trivia (ILR)</p>	
<p><u>Color Code</u></p> <p>Blue = Watermark University</p> <p>Green = Outings Outside the Community</p> <p>Red = Live Entertainment</p>	<p><u>Medical Transportation</u></p> <p>Monday 8:00 a.m.-12:00 p.m.</p> <p>Tuesday 8:00-4:00 p.m.</p> <p>Wednesday 8:00 a.m.- 4:00 p.m.</p> <p>Thursday 8:00 a.m. - 4:00 p.m.</p> <p>Friday 8:00 a.m. - 12:00 p.m.</p> <p>Saturday and Sunday</p> <p>No Medical Transportation</p>	<p>NOVEMBER 2018</p> <p><i>The Inn</i></p>			<p>ACTIVITY LOCATOR KEY</p> <p>A- Auditorium</p> <p>CC's- CC's Activity Room</p> <p>IDR- Inn Dining Room</p> <p>ILR- Inn Living Room</p> <p>KL- Koerner Lounge</p> <p>LS- Linked Senior Kiosk</p> <p>ML- Main Lobby</p> <p>NL - North Lobby</p>	<p>PG-Putting Green</p> <p>P- Patio</p> <p>RG-Rose Garden</p> <p>S-Springs</p> <p>TCP- Town Center Pool/Patio</p> <p>T- Theater</p> <p>WL - West Lobby</p> <p>WU– Watermark University</p>