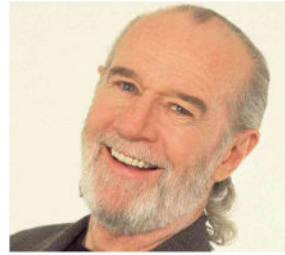


Weekly Activities		MAY 2023 MONTHLY ACTIVITIES AND SPECIAL EVENTS						
Sun	Open Art Studio - All Day (AC) 2:00 Social Bridge (LR)	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Monday	7:30 Rabbit Walk (RD) 8:30 Pickle Ball (TC) 10:30 Mobility & Strengthening with Chris (CH) 12:15 Balance I (CH) 1:00 Balance II (CH)	Key Classes Clubs Committees Excursions Fitness/Wellness Games Recurring Events Sign-up Required Special Events Spiritual UVTO Community	1 AAPI Display Continues (MCT) 10:00 Literary Club Movie (BR) LOCATION CHANGE 1:00 Radio Drama Club (AC) 2:00 A History of European Art Lecture Series (BR) 3:30 Village Singers Rehearsal (CH) 6:30 Art Trek (AC) DATE CHANGE	2 10:00 Food & Beverage Committee (LR) 1:30 Movie Club (BD) LOCATION CHANGE 1:30 Laundry Tour (OakView EVS) Pre-registration required, 3085 2:00 Medieval England Lecture Series (BR) 4:00 Conversational German (CI) 4:45 Getting to Know You Dinner (ADR)	3 9:00 One-on-One Tech w/ Tracie (BD) Pre-registration required, 3026 11:00 Bible Study (LR) 2:30 Photo Club Presentation (CH)	4 No Fitness Classes in Catalina Hall Today 9:00 Bird Watchers' Walk (See Flyer) 11:00 Point of View (BR) TIME AND LOCATION CHANGE 11:30 Women's Spring Luncheon Pacific Overtures (CH) 1:00 Watercolor Art Class (AC) Pre-registration required, 3026	5 9:00 Men's Club Board (BD) 11:00 Activities Comm. (BR) 1:00 Hearing Clinic (BD) DATE AND LOCATION CHANGE 2:00 Foreign Film Friday (BR) Like Father, Like Son 2h 0m Not Rated 2:00 Arts Club (AC) 4:00 Feline Friends (LSL) 4:00 Shabbat (CH) TIME CHANGE	6 11:30 Wake Up Your Brain (BR) 12:15 Excursion: Harriet the Spy - Conejo Players Theatre 2:00 Laby Harmony Project Concert (CH)
Tuesday	8:30 Water Aerobics (Pool) 9:15 Hatha Yoga with Deirdre (CH) 10:00 Needle Crafters Club (AC) 10:15 Fit-Tastic with Dario (CH) 11:15 Zumba Gold (CH) 1:00 Poker (MCT) 1:30 Hand and Foot Card Game (LR) 1:30 Mexican Trains (MCT)	7 2:00 Sunday Movie (CH) Ferris Bueller's Day Off 1h 42m (Rated PG-13) 5:00 Vespers (CH) Rev. Scott Davis	8 No Fitness Classes in Catalina Hall Today No Men's Club Presentation Today No Village Singers Rehearsal Today No Art Trek Today 10:00 Literary Club (AC) 1:30 Resident Council (LR) 2:00 Movie Musicals Class: Singin' in the Rain (BR) 1h 43m (Rated G)	9 No Fitness Classes in Catalina Hall Today 10-11:00 Sewing for the EAF (AC) 10:00 Village Store Meeting (LR) 12:00 Beeyond Virtual Tour Sign-Up (AW) 12:30 Women's Club Board (BD) 1:00 Radio Drama Club (AC) 2:00 Budget & Finance Committee (BR) 2:30 Care and Support Group (BD) 4:00 Conversational German (CI) 6:30 An Evening of Cabaret with Tatjana (CH)	10 No Fitness Classes in Catalina Hall Today 9:00 One-on-One Tech w/ Tracie (BD) Pre-registration required, 3026 11:00 Bible Study (LR) 2:30 Opera Club Part 1 (BR) Der Zigeunerbaron 7:00 Wednesday Night at the Movies (BR) The Joy Luck Club (Rated R) 2h 19m	11 9:30 Current Events Club (LR) 11:00 Point of View (BD) TIME AND LOCATION CHANGE 1:00 Master Trust Presentation (CH) 2:00 Resident Association Meeting (CH) 4:45 M.E.A.T Dinner (ADR)	12 AAPI Display Ends (MCT) No Town Hall Today 11:00 Astronomy Lecture Series (BR) 12:30 Piano Serenade with Mark (MCT) 2:00 Chinese Traditions Program (CH)	13 11:30 Wake Up Your Brain (BR) 2:00 Monthly Student Musician Showcase (CH)
Wednesday	7:30 Rabbit Walk (RD) 8:30 Pickle Ball (TC) 9:00 Tai Chi with Kimiko (CH) 10:00-12:00 Window Shoppe (AC) 10:15 Mobility & Strengthening with Dario (CH) 11:15 Intro to Line Dancing (CH) 12:15 Duplicate Bridge (LR) 12:15 Balance I (CH) 1:00 Pan at the Poker Table (MCT) 1:00 Balance II (CH)	14 2:00 Sunday Movie (CH) Philomena 1h 35m (Rated PG-13) 5:00 Vespers (CH) UVTO Resident Glenn Johnson	15 Wood Crafting Display Begins (MCT) 10-12:00 Excursion Sign-Up (MCT) 10:00 Literary Club (AC) 11:00 Health & Wellness Committee (LR) 1:00 Radio Drama Club (AC) 2:00 A History of European Art Series (BR) 2:30 Hula Dancers for AAPI Month (CH) 3:30 Village Singers Rehearsal (CH)	16 10:00 Safety & Security Committee (LR) 10:00 Bereavement Committee (BR) 2:00 Medieval England Lecture Series (BR) 4:00 Conversational German (CI) 4:45 M.E.A.T Dinner (ADR)	17 9:00 One-on-One Tech w/ Tracie (BD) Pre-registration required, 3026 11:00 Bible Study (LR) 2:00 Kitchen Tour (Host Stand) Pre-registration required, 3050 2:30 Opera Club Part 2 (BR) Der Zigeunerbaron 2:30 Professors on Campus (CH) "Asian History in California" with Michaela Reaves	18 9:45 Excursion: Auschwitz Exhibit at the Ronald Reagan Library 11:00 Point of View (BR) TIME AND LOCATION CHANGE 1:00 Watercolor Art Class (AC) Pre-registration required, 3026 2:00 Human Trafficking Facts (CH) 3:00 Paul Lenderman (BR) "Insensitive Remarks in Loss" DATE AND TIME CHANGE 4:45 Getting to Know You Dinner (ADR)	19 11:00 Great Decisions Group A (BR) 1:00 Great Decisions Group B (BR) 1:00 Hearing Clinic (AC) 2:00 Excursion Club (BD) 2:00 Library Committee (LR) 7:00 Levi Valko and Luis Tuyub Recital (CH)	20 11:30 Wake Up Your Brain (BR) 6:15 Excursion: Moorpark Symphony Orchestra
Thursday	8:30 Water Aerobics (Pool) 9:15 Meditation/Gentle Chair Yoga with Deirdre (CH) 10:15 Fit-Tastic with Dario (CH) 11:15 Ping Pong (CH) 1:00 Poker (MCT) 1:00 Social Bridge (LR) 3:00 Scrabble (MCT)	21 2:00 Sunday Movie (CH) Crazy Rich Asians 2h 1m (Rated PG-13) 5:00 Vespers (CH) Chap. Paul Lenderman	22 9:00 Men's Club Presentation (CH) 10:00 Literary Club (AC) 2:00 Movie Musicals Class: South Pacific (BR) 2h 30m (Not Rated) 3:30 Village Singers Rehearsal (CH) 6:30 Art Trek (AC)	23 10:00 Building Representatives (LR) 11:00 Getting to Know Us (BBQ) 12:00 Beeyond Virtual Tour (BR) Pre-registration required, 3026 2:30 Care and Support Group (BD) 4:00 Conversational German (CI)	24 9:00 One-on-One Tech w/ Tracie (BD) Pre-registration required, 3026 11:00 Bible Study (LR) 1:00 Hospitality Committee (BR) 3:00 Health and Wellness Seminar (CH) Diabetes 7:00 Wednesday Night at the Movies (BR) Far Western (Not Rated) 1h 33m	25 Ping Pong Outside Today Wood Crafting Class Sign-Up Begins (AW) 9:30 Current Events Club (LR) 11:00 Excursion: The Lunch Bunch: Thousand Wok Asian Bistro 11:00 Point of View (BR) TIME AND LOCATION CHANGE 2:00 Radio Drama Club Presents: Pinocchio (CH) 3:30 Jewish Leadership Council (BR)	26 7:00 Sycamore Canyon Fitness Hike (RD) (Pre-registration required, 3035) 11:00 Astronomy Lecture Series (BR) 12:30 Piano Serenade with Mark (MCT) 2:00 Birthday Party with Becca Peyton (CH)	27 11:30 Wake Up Your Brain (BR) 2:00 Project Peace by Piece (CH)
Friday	7:30 Rabbit Walk (RD) 8:30 Pickle Ball (TC) 9:00-Noon Open Art Studio (AC) 9:15 Zumba Gold (CH) 10:15 Mobility & Strengthening with Chris (CH) 11:15 Bocce Ball (BBC)	28	29	30	31	UVTO Locations		
Sat	8:30 Open Tennis (TC) 9:00 Tai Chi with Kimiko (CH) 10:15 Line Dancing (CH) 11:00 Window Shoppe Donations (AC)	2:00 Sunday Movie (CH) Sneakers 2h 6m (Rated PG-13) 5:00 Vespers (CH) Rev. Curtis Lowe	No Literary Club Today No Village Singer Rehearsal Today 8:00 Excursion: Memorial Day Celebration at the Los Angeles National Cemetery 3:00 Taps Across America (MCT)	2:00 Fiato Quartet (CH) 4:00 Village Singers Rehearsal (CH) DATE/TIME CHANGE 4:00 Conversational German (CI)	9:00 One-on-One Tech w/ Tracie (BD) Pre-registration required, 3026 11:00 Bible Study (LR) 3:00 Professor Dov Waxman "Israel Today" Live via Zoom (CH)	AC Arts and Crafts Room ADR Avalon Dining Room AW Activities Window BBC Bocce Ball Court BBQ Barbeque Area BD Board Room BR Balboa Room CE Clubhouse Entrance CH Catalina Hall	CI Channel Islands Lounge (GV 3rd Floor) CR Compass Rose GR Garden Room GT Grotto GZ Gazebo LR Laguna Room LSL Lakeside Lounge (LV 2nd Floor)	MCT Mt. Clef Terrace MD Montecito Dining RD Reception Desk SBL Santa Barbara Lounge (MV 2nd Floor) SHR Sherwood Lounge (LV 3rd Floor) SRL Santa Rosa Lounge (GV 2nd Floor) TC Tennis Courts
M-F	11:00-1:00 Village Store, 3067 UVTO Salon By Appointment, 3033							

Residents' Corner

George Carlin's Views on Aging

Submitted by J.L.



Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life ... You become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away.

Before you know it, you REACH 50 and your dreams are gone. But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch, you TURN 4:30, you REACH bedtime. And it doesn't end there. Into your 90s, you start going backwards, "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!



Village View



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Volume 17 Issue 5
May 2023

Dramatic Performance

By Radio Drama Club Chair

Studies have shown over and over that participating in social activities is just as important to one's physical and mental health as diet and exercise. As the head of UVTO's Radio Drama Club, I agree. Enhanced quality of life is a distinctive benefit of participating in the Arts. The process of creating is transformational for both our RDC members as well as for the UVTO residents who attend our productions. We share a love of theatre, and no matter what our past experience level, we find delight in performing for our wonderful and appreciative audience.

The UVTO Drama Club presents...



As a vehicle for our twice yearly productions, we have chosen to recreate famous Radio Dramas from the Golden Age of Radio. Radio drama frees our performers from the physical limitations of conventional theatre... no elaborate sets or costumes, no makeup, no props, and no need to memorize lines. Only a script and the imagination are required, as our voices are the primary tools for interpreting the emotions, beliefs, and attitudes of the written material, making it come alive and letting the imagination soar.

So, join our players on Thursday, May 25 at 2:00 p.m. in Catalina Hall for our next production... Pinocchio, as we recreate the Lux Radio Theatre's original 1939 production. I won't tell a lie... you'll have a great time!