

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Recurring Programs:</b> 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 1:00 Wednesday's Painting w/ Kayti - CAS 12:30 Thursday Learn Bridge w/ The Mehta's - 3rd FL Lounge		<b>"O, the month of May, the merry month of May. So frolic, so gay, and so green, so green, so green!"</b>  -Thomas Dekker	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 WU - Beginners Ladies Poker - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:00 Worship Service w/ Rev. Rowe - IFC 3:30 Ukulele Rehearsal - A	9:00 Yoqa Stretch w/ Kayti - FC 10:00 Outing - ColorBlend House 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Mariachi Trio - A	9:00 Yoga Stretch - FC 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR - ML 2:00 Shabbat led by Rabbi Paris- IFC 3:00 Ping Pong - FC 3:00 Laughter Yoga w/Cindy - 2nd FL 4:00 Eucharistic Service - IFC	<b>KENTUCKY DERBY DAY</b> 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - W Lounge 2:30 Saturday Afternoon Movie - A
<b>CINCO DE MAYO</b> Dining Room Brunch Served 11:45-2  10:00 Catholic Mass - Auditorium 2:30 Resident Pinochle - 3rd FL 1:00 Channel 591 Afternoon Movie 3:00 Cinco De Mayo w/ Lynn Lewis - ML 4:00 Bingo - Main Lounge	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Ball w/ Kayti - FC 1:00 Channel 591 Movie 1:00 Pokeno w/ Joey - ML 1:30 Hook & Needle - 3rd FL 2:00 May Birthday Celebration - WL 3:00 WU - HealthPRO - A	<b>National Teacher's Day</b>  9:00 Yoga Stretch - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Watermark Derby Day - A with Horse Races & Refreshments	9:00 Seated Yoqa w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 11:00 Card Game-Acey-Deucey w/ Joev - ML 11:00 Seated Drumming w/ Cindy - FL 1:00 WU - Beginners Spanish Class - ML 2:00 Ladies Poker w/ Joev - ML 2:30 Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A	9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Piano Concert, Shostakovich - A 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Norwalk Community Chorale - A
<b>MOTHERS DAY</b> Dining Room Brunch Served 11:45 - 2  10:00 Catholic Mass - Auditorium 2:00 Channel 591 Afternoon Movie 2:30 Pinochle - 3rd FL 2:30 Outing - Dogwood Festival	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Ball w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 2:00 Book Club 3:00 One Day University - Auditorium	9:00 Yoga Stretch w/ Kayti- FC 10:00 Outing - Bruce Museum 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strenath Train Bone Health - FC 2:00 Marcie Slepian - Art Lecture - A 3:30 Family Feud w/ Joey- ML 7:30 Co-Ed Poker w/ Joey - ML	<b>CHOCOLATE CHIP DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 WU - Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 2:00 Acev-Ducev w/ Joev - ML 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A	<b>WEAR PURPLE FOR PEACE DAY</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 3:00 Beach Blanket Bingo - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 11:30 Resident Council Meeting - 12:45 LCR w/ Joev - ML 1:30 Resident Council Meeting - 4th FL 2:00 Shabbat led by Rabbi Paris - IFC 3:00 Ping Pong - FC 3:00 Chris Coogan, Pianist - ML 4:00 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Frank Porto Band - A
Dining Room Brunch Served 11:45-2  10:00 Catholic Mass - A 2:30 Pinochle Resident - 3rd Fl 3:00 Shubert Club w/ Refreshments - A 4:00 Bingo - ML 6:00 Taize - IFC	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 2:00 Sing Along w/ Joey & Lynn 3:00 One Day University - A 7:00 Sedgewick Sisters - ML	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:15 Outing - Quick Center 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 2:15 Wine Travels w/ Jon Haight - ML 3:00 Theatrical Lecture - A	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti- FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:00 Word Game- ML 3:30 Ukulele Rehearsal - A	9:00 Yoga Stretch w/ Kayti - FC 10:00 Town Hall w/ E.D. Joan King - A 11:00 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo - ML 3:00 Literature, News & Faith - A 4:30 - 6 Memorial Day Picnic - Cafe Patio	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joev - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Orin Grossman, Pianist-Lecturer-ML
Dining Room Brunch Served 11:45-2  10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd Fl 2:30 Afternoon Movie - SR 4:00 Bingo - ML	<b>MEMORIAL DAY</b>  Dining Room Brunch Served 11:45 - 2  11:00 Independent Activities - ML 2:00 Channel 591 Movie  Have a Safe Holiday!	9:00 Yoqa Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Art Gottlieb, Presenter - A	<b>NATIONAL SENIOR HEALTH AND FITNESS DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti- FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A	9:00 Yoga Stretch w/ Lisa - FC 9:30 Outing - Aldrich Museum 10:00 Town Hall w/ E.D. Joan King - A 11:00 Andrew Magill, violinist - ML 11:00 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 New Resident Cocktail Party - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joev - ML 2:00 Shabbat led by Residents - IFC 2:00 Nutrition Talk w/ Candace Rodak, - 2nd Fl 3:00 Doc. Mary Quant - A 4:00 Eucharistic Service - IFC	

**MAY 2024**  
**Independent Living**  
 **THE WATERMARK**  
 AT 3030 PARK

**ACTIVITY LOCATOR KEY**  


- A - AUDITORIUM
- AG - ART GALLERY
- CL - COMPUTER LOUNGE (1st Floor)
- CAS - CREATIVE ARTS STUDIO
- CP - CAFE PATIO
- DR - DINING ROOM
- FC - FITNESS CENTER
- FL - FRONT LOBBY

- GC - GALLERY CAFE
- IFC - INTERFAITH CHAPEL
- ML - MAIN LOUNGE
- RC - REHAB CLINIC
- WC - WELLNESS CENTER
- WL - W LOUNGE
- 2ND FL - 2ND FLOOR LOUNGE
- 3RD FL - 3RD FLOOR LOUNGE
- 4TH FL - 4TH FLOOR LOUNGE

Anyone interested in presenting a Watermark University (WU) program please contact Cindy McGuire Director of Living Well at Ext. 6108

Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.