

January 2026

THE WATERMARK

AT MARCO ISLAND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DR = The Seasons AS = Art Studio TB = The Burrow T = Taboon MC = Memory Care WU = Watermark University TR = Theatre Room L = Lobby DP = Dining Patio PD = Private Dining Room L = Lawn LR = Living Room	<div><div><div></div>360Well</div><div><div></div>Body</div><div><div></div>Community</div><div><div></div>Entertainment</div><div><div></div>Mind</div><div><div></div>Outing</div><div><div></div>Spirit</div></div> <div><div><div>HAPPY BIRTHDAY</div></div><div><div>Bernadette L. – 18th</div><div>Dorothy L. – 22nd</div><div>Martha R. – 30th</div></div></div>		<div><div><div>Happy New Year</div><div>2026</div></div></div>	New Year's Day 1 AD New Years Day! 8:30am Island Walking Club (MILR) 10:15am Tai Chi (TL) 11:00am Open Canvas (AS) 1:30pm Strength & Balance (WU) 2:00pm Guided Stretch & Meditation (WU) 3:00pm Rummikub / Games (TH)	8:30am Island Walking Club 2 (MILR) 10:15am Friday Fitness Class (WU) 1:30pm Sit To Be Fit (WU) 2:00pm Seated Yoga & Relaxation (WU) 2:30pm Grip Strengthening Class (WU) 3:00pm Lounge & Listen w/ Live Vibes by Joe Marino (LR)	8:30am Island Walking Club 3 (L) 10:15am Taoist YOGA w/ Stew (WU) 1:00pm Game On! Play Game of Your Choice! (DP) 3:00pm Afternoon Tunes By Darci (LR)
9:40am Catholic Communion (TR) 4 10:00am Catholic Mass – Televised (TR) 10:00am Church Trips 1:30pm Big Band Concert – Veterans Park \$10 Donation and Bring your Chairs 3:00pm Sunday Matinee Movie (TR)	8:30am Island Walking Club 5 (MILR) 10:15am Mindful Movement (WU) 11:00am Music Melodies w/ Michael Nardi (LR) 11:15am Marco Library 1:30pm Sit To Be Fit (WU) 3:00pm Creative Movement (WU) 3:00pm Mexican Train (DP)	8:30am Island Walking Club (MILR) 6 10:15am Tai Chi (L) 11:00am Yoga (WU) 11:30am The Rosary Team – All Welcome To Pray Together (TR) 1:00pm Publix/Bank 1:30pm Strength & Balance (WU) 2:00pm Creative Creations (AS) 3:00pm Euchre / Games (TB) 3:30pm Jazz On The Greens – Naples Jazz Group (L)	8:30am Island Walking Club (MILR) 7 9:30am Marco Island Farmer's Market 10:15am Balance & Toning Class (WU) 1:30pm Sit To Be Fit (WU) 2:00pm Meditation Time (WU) 3:00pm LCR Left, Center, Right, Dice Game "Bring Quarters" (PD) 7:00pm Movie Night! (TR)	8:30am Island Walking Club 8 (MILR) 10:15am Tai Chi (TL) 11:00am Unleashed Art (AS) 1:30pm Strength & Balance (WU) 2:00pm The 6 Wives of Henry VIII Presentation by Nancy Maxwell (TR) 3:00pm Rummikub / Games (TH) 3:30pm Afternoon Tunes by Paddy (LR)	8:30am Island Walking Club (MILR) 9 10:15am Friday Fitness Class (WU) 11:00am Lunch Outing! Mango's 1:30pm Sit To Be Fit (WU) 2:00pm Seated Yoga & Relaxation (WU) 2:30pm Grip Strengthening Class (WU) 3:00pm Lounge & Listen w/ Live Vibes by JR Erb Trio (LR)	8:30am Island Walking 10 Club (L) 10:15am Taoist YOGA w/ Stew (WU) 1:00pm Game On! Play Game of Your Choice! (DP) 4:00pm Relaxation Time w/ Angie "Sound Bath Bowls" (TR)
9:40am Catholic Communion (TR) 11 10:00am Catholic Mass – Televised (TR) 10:00am Church Trips 2:00pm Piano Tunes by Joe Marino (LR) 3:00pm Sunday Matinee Movie (TR)	8:30am Island Walking Club (MILR) 12 10:15am Mindful Movement (WU) 11:15am Cardio Drumming (TR) 11:15am Marco Library 1:30pm Sit To Be Fit (WU) 2:00pm WU: Crime Prevention Presentation by Corporal Jim Sparks CCO (TR) 3:00pm Creative Movement (WU) 3:00pm Mexican Train (DP)	8:30am Island Walking Club (MILR) 13 10:15am Tai Chi (L) 11:00am Yoga (WU) 11:30am The Rosary Team – All Welcome To Pray Together (TR) 1:00pm Publix/Bank 1:30pm Strength & Balance (WU) 2:00pm Sip & Paint (AS) 3:00pm "Resident Only" Council Meeting (WU) 3:00pm Euchre / Games (TB)	8:30am Island Walking Club 14 (MILR) 10:15am Balance & Toning Class (WU) 1:30pm Sit To Be Fit (WU) 2:00pm Meditation Time (WU) 2:30pm 360 Well Talk! Eating for a Sharper Mind (TR) 3:00pm Game On! (TB) 7:00pm Movie Night! (TR)	8:30am Island Walking Club 15 (MILR) 10:15am Tai Chi (TL) 11:00am Art Club w/ Bobby (AS) 1:30pm Strength & Balance (WU) 2:00pm Guided Stretch & Meditation (WU) 2:30pm Member Dining Committee (WU) 3:00pm Rummikub / Games (TH)	8:30am Island Walking Club 16 (MILR) 10:15am Friday Fitness Class (WU) 1:30pm Sit To Be Fit (WU) 2:00pm Seated Yoga & Relaxation (WU) 2:30pm Grip Strengthening Class (WU) 3:00pm Lounge & Listen w/ Live Vibes by Moon Over Miami (LR)	8:30am Island Walking Club 17 (L) 10:15am Taoist YOGA w/ Stew (WU) 1:00pm Game On! Play Game of Your Choice! (DP) 3:00pm Afternoon Tunes By Kellee Kaysee (LR)
9:40am Catholic Communion (TR) 18 10:00am Catholic Mass – Televised (TR) 10:00am Church Trips 3:00pm Sunday Matinee Movie (TR)	Martin Luther King Jr. Day 19 8:30am Island Walking Club (MILR) 10:15am Mindful Movement (WU) 11:00am Music Melodies by Michael Nardi 11:15am Marco Library 1:30pm Sit To Be Fit (WU) 2:00pm WU: Art History Presentation by Carol Jonson "Gone! History's Great Art Heists" (TR) 3:00pm Creative Movement (WU) 3:00pm Mexican Train (DP)	8:30am Island Walking Club 20 (MILR) 10:15am Tai Chi (L) 11:00am Yoga (WU) 11:30am The Rosary Team – All Welcome To Pray Together (TR) 1:00pm Publix/Bank 1:30pm Strength & Balance (WU) 2:00pm Art Explorers (AS) 3:00pm Euchre / Games (TB)	8:30am Island Walking Club 21 (MILR) 10:15am Balance & Toning Class (WU) 11:00am Marco Lutheran Church Luncheon –RSVP (MLC) 1:30pm Sit To Be Fit (WU) 2:00pm Meditation Time (WU) 3:00pm Game On! (TB) 7:00pm Movie Night! (TR)	8:30am Island Walking Club 22 (MILR) 10:15am Tai Chi (TL) 11:00am Imagination Art Station (AS) 1:30pm Strength & Balance (WU) 2:00pm Guided Stretch & Meditation (WU) 3:00pm BINGO for Bucks \$\$\$ (TR)	8:30am Island Walking Club (MILR) 23 10:15am Friday Fitness Class (WU) 11:30am Lunch Outing! La Tavola Restaurant 1:30pm Sit To Be Fit (WU) 2:00pm Seated Yoga & Relaxation (WU) 2:30pm Grip Strengthening Class (WU) 3:00pm Lounge & Listen w/ Live Vibes by Yase! on Sax (LR)	8:30am Island Walking 24 Club (L) 10:15am Taoist YOGA w/ Stew (WU) 1:00pm Game On! Play Game of Your Choice! (DP) 3:00pm Afternoon Tunes w/ John G. (LR)
9:40am Catholic Communion (TR) 25 10:00am Catholic Mass – Televised (TR) 10:00am Church Trips 3:00pm Sunday Matinee Movie (TR)	8:30am Island Walking Club 26 (MILR) 10:15am Mindful Movement (WU) 11:15am Cardio Drumming 11:15am Marco Library 1:30pm Sit To Be Fit (WU) 2:30pm WU: 360 Well Talk! Sleep... Why you need a bedtime! (TR) 3:00pm Creative Movement (WU) 3:00pm Mexican Train (DP)	8:30am Island Walking Club 27 (MILR) 10:15am Tai Chi (L) 11:00am Yoga (WU) 1:00pm Music Melodies w/ Michael 1:00pm Publix/Bank 1:30pm Strength & Balance (WU) 2:00pm Painting & Prosecco (AS) 3:00pm Euchre / Games (TB)	8:30am Island Walking Club (MILR) 28 10:15am Balance & Toning Class (WU) 11:30am Book Club – The Favorites (DP) 1:30pm Sit To Be Fit (WU) 2:00pm Meditation Time (WU) 2:00pm Poetry for Neanderthals Game w/ Kelly Rose (TR) 3:30pm LCR Left, Center, Right, Dice Game "Bring Quarters" (PD) 7:00pm Movie Night! (TR)	8:30am Island Walking Club (MILR) 29 10:15am Tai Chi (TL) 11:00am Art Club w/ Bobby (AS) 1:00pm Piano Tunes by Michael Nardi (LR) 1:30pm Strength & Balance (WU) 2:00pm Guided Stretch & Meditation (WU) 3:00pm Rummikub / Games (TH) 4:00pm Watermark Ribbon Cutting & Grand Opening Event	8:30am Island Walking Club 30 (MILR) 10:15am Friday Fitness Class (WU) 1:30pm Sit To Be Fit (WU) 2:00pm Seated Yoga & Relaxation (WU) 2:30pm Grip Strengthening Class (WU) 3:00pm Lounge & Listen w/ Live Vibes Steel Drums by Trace "Birthday Celebrations" (LR)	8:30am Island Walking Club (L) 31 10:15am Taoist YOGA w/ Stew (WU) 1:00pm Game On! Play Game of Your Choice! (DP) 3:00pm Afternoon Tunes By Tom Sheppard (LR) 4:00pm Relaxation Time w/ Angie "Sound Bath Bowls" (TR)