

APRIL



THE WATERMARK AT BROOKLYN HEIGHTS

ÉLAN COLLECTION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Daisy Ladybug Painting 10:30am AST (KL) Resident Spotlight: International Children's Book Day - Marie Zito 11:15am LOB (JK) Play Cards with fellow Residents 1:15pm CR April Fools Comedy Show 2pm PA Trader Joe's Outing 2pm LOB Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (JK) Resident Support Group 4pm ROF Cornhole 5-7pm PA (JK)	Water Aerobics 9:30am POL (KL) Cardio & Weights 10am YOG (AC) WU: Art History 11am MOV (JK) Jewelry Making 11:45am AST (AC) Jigsaw Puzzles 12:30pm ROF (JK) Fire Drill & Safety Session 2pm LOB Garden Club 2:30pm 4th Floor Courtyard (AC) Ping Pong 2:30pm PA (BC) Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:30pm ROF (AC) Resident Council 1:45pm PA Dance For Parkinson's 2pm LOB Artist Talkback - First Floor Gallery 3pm PA JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Museum Outing: Guggenheim 1:15pm LOB WU: Mobility & Musicality 2:30pm YOG (KL) Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm MOV (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Tech Help 11am 1st Floor GAL (FW) Writing Group 11am ROF Meditation & Breathwork 11:15am MOV (AC) Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Garden Rock Painting 2:45pm (AC) Musical Performance: Micah Bernhard 3:45pm PA Game Night: Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Watermark Pets: Izzy 11:15am PA Neighborhood Walk 2:15pm LOB (FW) Getting To Know You 3pm LOB (AC) Wine O'clock 4pm W (AC)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Tech Help 9:30am GAL (BC) Studio Sketching 10:15am AST (JK) Yale Open Course: American Modern Writers 11am MOV Shoot a Game of Pool 11:45am PT WU: Pizza Making Class with Chef Maks 2pm GUS Chair Yoga with Gigi 2pm YOG Needlework & Knitting 2pm LOB Ping Pong 2pm PA (BC) High Tea & Pastries 3pm ROF iPhone 101 4pm MOV (BC)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Spring Pig Painting 10:30am AST (KL) Catholic Communion Service 11am PA Play Cards with Fellow Residents 1:15pm CR Trader Joe's Outing 2pm LOB WU: Bell Epoque - Virtual Paris Art Tour 2pm PA WU: Poetry Spotlight 2:45pm LOB (JK) Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (JK) Resident Support Group 4pm ROF Cornhole 5-7pm PA (JK) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Cardio & Weights 10am YOG (AC) WU: Art History 10:45am MOV (JK) Jewelry Making 11:45am AST (AC) Jigsaw Puzzles 12:30pm ROF (JK) Garden Club 2:30pm 4th Floor Courtyard (AC) Ping Pong 2:30pm PA (BC) Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:30pm ROF (AC) Dining Council 1:45pm PA Dance For Parkinson's 2pm LOB Watermark Walking Club 2:30pm LOB (AC) Blast From The Past: Chicago Live '93 at The Greek 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Larry King Documentary & Discussion 2pm PA Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm MOV (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Tech Help 11am 1st Floor GAL (FW) Writing Group 11am ROF Meditation & Breathwork 11:15am MOV (AC) Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Spring Wreath Making 2:45pm (AC) WU Brian Rose: Dance in The Movies 4pm MOV Game Night: Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 9:45am PA (AC) Musical Performance: Magee Hickey & Friends 11am PA Watermark Pets: Izzy 11:15am PA Neighborhood Walk 2:15pm LOB (FW) Getting To Know You 3pm LOB (AC) Greek Mythology 4pm PA (FW) Wine O'clock 4pm W (FW)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Tech Help 9:30am GAL (JK) Studio Sketching 10:15am AST (JK) Yale Open Course: American Modern Writers 11am MOV Shoot a Game of Pool 11:45am PT Needlework & Knitting 2pm LOB Shakespeare Script Analysis 2pm PA High Tea & Pastries 3pm ROF WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Art Class 10:30am AST Catholic Communion Service 11am PA Tech Help 2pm GAL Digital Directions: Learn to navigate digital platforms 2pm MOV Trader Joe's Outing 2pm LOB WU: Poetry Spotlight 2:30pm LOB (JK) Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (JK) Resident Support Group 4pm ROF Cornhole 5-7pm PA (JK) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Cardio & Weights 10am YOG (AC) WU: Art History 10:45am MOV (JK) Jewelry Making 11:45am AST (AC) Jigsaw Puzzles 12:30pm ROF (JK) Garden Club 2:30pm 4th Floor Courtyard (AC) Ping Pong 2:30pm PA (BC) Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) Art Deco Virtual Tour of Manhattan 10:30am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:30pm ROF (AC) Political Lecture with Muneeb Zia 1:45pm PA Dance For Parkinson's 2pm LOB Watermark Walking Club 2:30pm LOB (AC) Blast From The Past: Beethoven 9 - Chicago Symphony 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) WU: Mobility & Musicality 2:30pm YOG (KL) Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm MOV (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Tech Help 11am 1st Floor GAL (FW) Writing Group 11am ROF Meditation & Breathwork 11:15am MOV (AC) Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Spring Tote Bag Design 2:45pm (AC) Musical Performance: The Joe Sherman Trio 3:45pm PA Game Night: Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Musical Performance: Students From Brooklyn Conservatory of Music 2pm PA Getting To Know You 3pm LOB (AC) Greek Mythology 4pm PA (FW) Wine O'clock 4pm W (FW)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Tech Help 9:30am GAL (JK) Studio Sketching 10:15am AST (JK) Yale Open Course: American Modern Writers 11am MOV Shoot a Game of Pool 11:45am PT Chair Yoga with Gigi 2pm YOG Needlework & Knitting 2pm LOB Ping Pong 2pm PA (BC) High Tea & Pastries 3pm ROF WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Spring Lantern Painting 10:30am (KL) Catholic Communion Service 11am PA Trader Joe's Outing 2pm LOB Passover Seder 2:30pm PA WU: Poetry Spotlight 2:30pm LOB (JK) Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (JK) Resident Support Group 4pm ROF Cornhole 5-7pm PA (JK) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Cardio & Weights 10am YOG (AC) WU: Art History 10:45am MOV (JK) Jewelry Making 11:45am AST (AC) Jigsaw Puzzles 12:30pm ROF (JK) Garden Club 2:30pm 4th Floor Courtyard (AC) Shoot a Game of Pool 2:45pm PT (BC) Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:30pm ROF (AC) Broadway Outing: Water for Elephants 1pm LOB Watermark Walking Club 2:30pm LOB (AC) Blast From The Past: Billy Joel - Live from Long Island (1982) 3:30pm MOV JEOPARDY! 4pm PA (JK) New Resident Dinner 5pm GUS	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Talent Agent Elliot Gordon 2pm PA Watermark Book Club 3pm ROF (JK) WU: Mobility & Musicality 3:15pm YOG (KL) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm MOV (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Tech Help 11am 1st Floor GAL (FW) Writing Group 11am ROF Meditation & Breathwork 11:15am MOV (AC) Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Scratch Art Butterfly Magnets 2:45pm (AC) Brian Rose Film Lecture: Rear Window 4pm PA Game Night: Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Watermark Pets: Cannoli Rose 11:15am PA Neighborhood Walk 2:15pm LOB (FW) Family & Friends Karaoke 3pm PA Getting To Know You 3pm LOB (AC) Wine O'clock 4pm W (FW)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Tech Help 9:30am GAL (JK) Studio Sketching 10:15am AST (JK) Yale Open Course: American Modern Writers 11am MOV Shoot a Game of Pool 11:45am PT Ping Pong 2pm PA (BC) High Tea & Pastries 3pm ROF WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) April Showers Painting 10:30am (KL) Catholic Communion Service 11am PA Trader Joe's Outing 2pm LOB WU: Poetry Spotlight 2:30pm LOB (JK) Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (JK) Resident Support Group 4pm ROF Cornhole 5-7pm PA (JK) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Cardio & Weights 10am YOG (AC) WU: Art History 10:45am MOV (JK) Jigsaw Puzzles 12:30pm ROF (JK) Drum Circle with Nathaniel 2pm PA Garden Club 2:30pm 4th Floor Courtyard (AC) Shoot a Game of Pool 3pm PT (BC) Jewelry Making 3pm AST (AC) Happy Hour 3:45pm W Monthly Restaurant Club: Mazzat Mediterranean 5pm LOB Rock Voices Choir 7-8 pm PA	Location Key: Rooftop ROF Lobby LOB Library LIB Yoga Studio YOG Art Studio AST Cards Room CR Swimming Pool POL Performing Arts PA Fitness Center FIT W Restaurant W Movie Theatre MOV Pool Table PT Art Gallery GAL	Movie Theatre: Movie Showings are daily at 1:45pm and 7pm. A full list of weekly titles and descriptions is located outside the Movie Theatre on C level.	Instructor Key: KL Kellie Liberto JK James Klobe AC Akima Colbert BC Brandon Cavorsi FW Fiona White	

APRIL 2024 Independent Living

