

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Please check channel 591 daily for updates from various departments, including daily program schedules.</b></p> <p>Watermark University classes, taught by a live Instructor &amp; are indicated by an *</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fab, Fit &amp; Fun* - LR</b>  11:00 Brain Games* - LR  <b>1:30 Group Knit/Crochet - UL</b>  2:00 Bingo w/ Riley - LR  <b>3:00 Nancy Paroli Concert - A</b>  <b>4:30 Natural Healing ep 1 - 591</b>  7:00 Film: American Fiction - LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Chair Yoga* - LR</b>  11:00 Brain Game: Conversation Ball - LR  1:00 Film: Oppenheimer - 591,A  <b>2:00 Corn Hole - LR</b>  2:30 Making the Rounds w/ Raegan - Apt. Visits  3:00 Game: Wheel of Fortune - LR</p>	<p>10:15 Mission Meet Up - LR  <b>10:00 Woodshop w/ Dave* -WS</b>  <b>10:30 Fitness First!* - LR</b>  11:00 Brain Game: Colloquialisms - LR  2:30 Game: Deal or No Deal w/ Jess - LR  4:00 Deb's Update Meeting - A</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fitness Flow* - LR</b>  11:00 This Date in History - LR  11:30 American History - LR, 591  1:30 Art History Film* - A, 591  <b>2:30 Walking Club - NL</b>  <b>3:30 Catholic Communion - LR</b>  <b>4:15 Bible Study w/ Pastor Kyle L</b>  6:30 Game Night - UL</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Morning Movement* - LR</b>  11:00 Brain Games: Pictionary - LR  <b>11:30 Brain Fitness: How your Brain Works (30 min) - 591</b>  1:45 Team Trivia Pursuit - AL  3:30 Manicures w/ Brittney - LR</p>	<p><b>10:30 Pool Noodle Workout* - LR</b>  11:15 Brain Games: Hedbanz- LR  2:00 Film: Airplane - 591, LR  <b>2:15 Crafts w/ Jess: Stained Glass Painting - AR</b>  <b>4:00 Piano Singalong w/ Judith - LR</b></p>
<p><b>9:30 Church Trip</b>  <b>10:00 Catholic Mass - LR, 591</b>  <b>10:30 Fitness w/ Meredith- LR</b>  11:00 Coffee/ Pastry Social LR  11:15 Good News Network -LR  <b>11:30 Movement &amp; Meditation w/ Elizabeth* - LR</b>  1:30 Board Games - UL  2:00 Film: Sand Pebbles - LR, 591  <b>3:00 Prayer &amp; Meditation w/ Brother Bernard* - AL</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fab, Fit &amp; Fun* - LR</b>  11:00 Brain Games* - LR  <b>1:30 Knit/Crochet w/ Jen* - UL</b>  2:00 Trivia w/ Jaylyn - LR  <b>2:00 Healthy Living Seminar - AL</b>  3:00 Eclipse Viewing - Front Patio  <b>3:30 Gordon George Concert - A</b>  <b>4:30 Natural Healing ep 2 - 591</b>  7:00 Film: Poor Things - LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Chair Yoga* - LR</b>  11:00 Game: Apples to Apples - LR  2:00 Spring Bingo w/ prizes LR  2:30 Making the Rounds w/ Raegan - Apt. Visits  3:15 Write Around the World; France w/ Lorraine - A  <b>3:30 Art w/ Ellen* - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:00 Woodshop w/ Dave* -WS</b>  <b>10:30 Fitness First!* - LR</b>  11:00 Brain Game: Thinklers - LR  12:15 Pizza Lunch - Dining Rm  2:45 Antarctica Presentation w/ Judith Lyons - A  3:30 Doc: Wildest Places - A, 591  <b>4:15 Flower Arranging - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fitness Flow* - LR</b>  11:00 This Date in History - LR  11:30 American History - LR  <b>1:45 Trip: Millbrook Library Art Show featuring Leon Nesis</b>  <b>2:30 Walking Club - NL</b>  <b>3:30 Catholic Communion - LR</b>  <b>4:15 Bible Study w/ Pastor Kyle L</b>  6:30 Game Night - UL</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Morning Movement* - LR</b>  <b>11:15 Musical Bingo - LR</b>  <b>11:30 Brain Fitness: How your Brain Changes (30 min) - 591</b>  1:45 Team Trivia Pursuit - AL  3:30 Musical Bingo - LR  <b>4:00 Shabbat Shalom - PDR</b></p>	<p><b>10:30 Pool Noodle Workout* - LR</b>  11:15 Brain Games: Scattergories - LR  2:00 Film: Irish Wish - 591, LR  2:15 Crafts w/ Jess - AR  <b>2:15 Crafts w/ Jess: Key Chain Creations - AR</b>  <b>4:00 Piano Singalong w/ Judith - LR</b></p>
<p><b>9:30 Church Trip</b>  <b>10:00 Catholic Mass - LR, 591</b>  <b>10:30 Fitness w/ Meredith- LR</b>  11:00 Coffee/ Pastry Social LR  11:15 Good News Network -LR  <b>11:30 Movement &amp; Meditation w/ Elizabeth* - LR</b>  <b>12:45 Theater Trip: Grease</b>  1:30 Board Games - UL  2:00 Film: Hold Overs - LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fab, Fit &amp; Fun* - LR</b>  11:00 Brain Games* - LR  <b>1:30 Knit/Crochet w/ Jen* - UL</b>  1:30 Scrabble - LR  <b>3:00 Opera part 1: Rigoletto by Verdi* -A</b>  <b>4:30 Natural Healing ep 3 - 591</b>  7:00 Film: Past Lives - LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Chair Yoga* - LR</b>  11:00 Brain Game: Hangman - LR  <b>2:00 Bowling - LR</b>  2:30 Making the Rounds w/ Raegan - Apt. Visits  <b>3:00 Positive Reflections w/ Samantha - AL</b>  <b>3:30 Art w/ Ellen* - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:00 Woodshop w/ Dave* -WS</b>  <b>10:30 Fitness First!* - LR</b>  11:00 Coffee &amp; Biscotti Social - LR  2:00 Brain Game: Name That Tune - LR  <b>3:00 Opera part 2: Rigoletto by Verdi - A</b>  <b>4:15 Resident Council - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fitness Flow* - LR</b>  11:00 This Date in History - LR  11:30 American History - LR, 591  2:00 Art History w/ Ellen* - A  <b>2:30 Walking Club - NL</b>  2:35 Art History Discussion* - AR  <b>3:30 Catholic Communion - LR</b>  <b>3:30 Lillian's Quilt Show - A</b>  <b>4:15 Bible Study w/ Pastor Kyle L</b>  6:30 Game Night - UL</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Morning Movement* - LR</b>  <b>11:15 Sing Along w/ Donna- LR</b>  <b>11:30 Brain Fitness: Care &amp; Feeding of the Brain (30 min) - 591</b>  1:45 Team Trivia Pursuit - AL  3:30 Manicures w/ Brittney - LR  <b>4:00 Shabbat Shalom - PDR</b></p>	<p><b>10:30 Pool Noodle Workout* - LR</b>  11:15 Brain Games:Travel Trivia - LR  2:00 Film: Perfect Days - 591, LR  <b>2:15 Sip &amp; Paint w/ Jess: Spring Bicycle - AR</b>  <b>4:00 Piano Singalong w/ Judith - LR</b></p>
<p><b>9:30 Church Trip</b>  <b>10:00 Catholic Mass - LR, 591</b>  <b>10:30 Fitness w/ Meredith- LR</b>  11:00 Coffee/ Pastry Social LR  11:15 Good News Network -LR  <b>11:30 Movement &amp; Meditation w/ Elizabeth* - LR</b>  1:30 Board Games - UL  2:00 Film: Bob Marley One Love - LR, A, 591  <b>2:30 Art w/ Serafina - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fab, Fit &amp; Fun* - LR</b>  11:00 Brain Games* - LR  <b>1:30 Knit/Crochet w/ Jen* - UL</b>  1:30 Scrabble - LR  <b>3:00 Music Appreciation; Frank Sinatra part 3* -A</b>  <b>4:30 Natural Healing ep 4 - 591</b>  7:00 Film: Anatomy of a Fall LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Chair Yoga* - LR</b>  11:00 Brain Game: Tapple - LR  <b>2:00 Shuffleboard - LR</b>  2:30 Making the Rounds w/ Raegan - Apt. Visits  <b>3:00 Name That Tune - LR</b>  <b>3:00 Doc: The Mostly Serious History of Wine - 591</b>  <b>3:30 Art w/ Ellen* - LR</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:00 Woodshop w/ Dave* -WS</b>  <b>10:30 Fitness First!* - LR</b>  11:00 Brain Game: Spring Trivia - LR  <b>2:00 Father Matt's Service - AL</b>  <b>3:00 Volunteer Appreciation Celebration featuring Frankie Keene!! - A</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fitness Flow* - LR</b>  11:00 This Date in History - LR  11:30 American History - LR, 591  2:00 Art History w/ Ellen* - A  <b>2:30 Walking Club - NL</b>  3:00 Art History Discussion* - AR  <b>3:30 Catholic Communion - LR</b>  <b>4:15 Bible Study w/ Pastor Kyle L</b>  5:00 Birthday Dinner - PDR  6:30 Game Night - UL</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Morning Movement* - LR</b>  <b>11:15 Singalong w/ Donna - LR</b>  <b>11:30 Brain Fitness: Creativity &amp; Playful Brain (30 min) - 591</b>  1:45 Team Trivia Pursuit - AL  3:30 Wine &amp; Cheese Happy Hour - LR  <b>4:00 Passover Shabbat Shalom - PDR</b></p>	<p><b>10:30 Pool Noodle Workout* - LR</b>  11:15 Brain Games:Finish the Phrase - LR  2:00 Film: The Sting - 591, LR  <b>2:15 Crafts w/ Jess: Planting Perennials - AR</b>  <b>4:00 Piano Singalong w/ Judith - LR</b></p>
<p><b>9:30 Church Trip</b>  <b>10:00 Catholic Mass - LR, 591</b>  <b>10:30 Fitness w/ Meredith- LR</b>  11:00 Coffee/ Pastry Social LR  11:15 Good News Network -LR  <b>11:30 Movement &amp; Meditation w/ Elizabeth* - LR</b>  1:30 Board Games - UL  2:00 Film: Next Goal Wins - , LR, 591  <b>4:15 Lectio Divina - AL</b></p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Fab, Fit &amp; Fun* - LR</b>  11:00 Brain Games* - LR  <b>1:30 Knit/Crochet w/ Jen* - UL</b>  1:30 Scrabble - LR  <b>3:30 African Drumming - A</b>  <b>4:30 Natural Healing ep 5 - 591</b>  7:00 Film: Rain Man - LR, 591</p>	<p>10:15 Mission Meet Up - LR  <b>10:30 Chair Yoga* - LR</b>  11:00 Brain Game: Wheel of Fortune - LR  <b>2:00 Saxophone Social w/ Root Beer Floats - LR</b>  2:30 Making the Rounds w/ Raegan - Apt. Visits  <b>3:30 Art w/ Ellen* - LR</b></p>	<p><b>Location Key:</b>  A - Auditorium  AG - Art Gallery  AL - Allen Lounge  AR - Art Room  BIS - Bistro  CS - Country Store  L - Library  LOB - Main Lobby  LR - Living Room at the Inn  NL - North Lounge  PDR - Private Dining Room  UL - Upper Lobby  WS - Wood Shop (1A)</p>	<p><b>EXERCISE - DARK RED</b>  <b>MUSIC - PURPLE</b>  <b>SPIRITUAL/THERAPEUTIC - BLUE</b>  <b>ARTS &amp; CRAFTS - DARK ORANGE</b>  <b>EDUCATIONAL/SOCIAL - BLACK</b>  <b>VOCATIONAL - TEAL</b>  <b>HEALTH - PINK</b>  <b>TRIPS - GREEN</b></p>	<p><b>American History Schedule:</b>  4/4 Shifting Tides of Battle  4/11 Diplomatic Clashes  4/18 Behind the Lines  4/25 African Americans at War time</p> <p><b>Art History Schedule:</b>  4/4 Film: Mr. Turner (2.5 hr)  4/18 Brief History of Japanese Art  4/25 Film: Matisse (1 hr)</p>	<p><b>The Science of Natural Healing Schedule (30 min each)</b>  4/1: Shifting the Health Care Paradigm  4/8: Understanding Holistic Medicine  4/15: You Are More Than Your Genes  4/22: Food Matters  4/29: Not All Foods Are Created Equal</p>

**APRIL 2024**

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**THE FOUNTAINS**  
AT MILLBROOK  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

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