



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Recurring Programs: 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 1:00 Wednesday's Watercolor Painting w/ Kayti - CAS 12:30 Thursday Learn Bridge w/ The Mehta's - 3rd FL Lounge 1:30 Saturday, Tea & Chat WL</p>	<p>APRIL FOOLS DAY/FUN DAY 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 1:00 Pokeno w/ Joey - ML 1:45 Hook & Needle - 3rd FL 2:00 April Birthday Celebration - WL 3:00 WU - HealthPRO - A</p>	<p>9:00 Yoga Stretch - FC 10:00 Outing - Maritime Aquarium 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 The Nicholas Brothers, Documentary (YouTube) w/ Lisa - A</p>	<p>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 - FC</p>	<p>9:00 Yoga Stretch w/ Lisa - FC 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 - Screening Rm 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - M 3:30 New Resident Cocktail Party - A</p>	<p>9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos -w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR Special Edition w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris - IFC 3:00 Ping Pong - FC 3:00 Laughter Yoga 4:00 Eucharistic Service - IFC</p>	<p>10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Anne Lampert, Vocalist 6:45 Independent Outing - Quick Center Spring Concert Glee Club</p>
<p>Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - Auditorium 2:30 Resident Pinochle - 3rd FL 2:30 Afternoon Movie - A 4:00 Bingo - ML 6:00 Contemplative Prayer - IFC</p>	<p>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 Pokeno w/ Joey - ML 1:45 Hook & Needle - 3rd FL 2:00 Book Club - 2nd FL 3:00 One Day University - Auditorium</p>	<p>9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Lisa - FC 11:00 LCR w/ Kayti - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:15 WU - Wine Travels - WL 3:30 Family Feud w/ Joey - ML 7:30 Co-Ed Poker w/ Joey - 10th FL</p>	<p>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 Card Game-Acey-Deucey w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A</p>	<p>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 - Screening Rm 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev. Rowe - A 4:45 India Themed Dinner - DR</p>	<p>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 Special Edition Pokeno w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Book Reading, Elisabeth Hofboer Breslav - A World War II Memoir - A 3:00 Ping Pong w/ Joey - FC 4:00 Eucharistic Service - IFC</p>	<p>9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 11:15 Tai Chi - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 2:30 Chris Coogan, Pianist - ML 7:30 Independent Outing - Bridgeport Symphony</p>
<p>Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - Auditorium 2:30 Resident Pinochle - 3rd FL 2:00 Afternoon Movie - A 4:00 Bingo - ML</p>	<p>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 Pokeno - ML 1:45 Hook & Needle - 3rd FL 3:00 One Day University - A</p>	<p>9:00 Yoga Stretch w/ Lisa - FC 9:30 Outing - New York Botanical Garden 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 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 The Story of Passover w/ Rabbi Prosnit - A 7:00 Tom Sansone, Musician - ML</p>	<p>9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:30 Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A</p>	<p>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 - ML 1:00 Afternoon Movie - Screening Rm 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo - ML 3:00 Mega Tech Build/Germany's Cable Car (YouTube) - A</p>	<p>9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos - ML 11:00 Standing Drumming w/ Cindy - FC 11:30 Resident Council Meeting - 10th FL 12:45 Special Edition LCR - ML 2:00 Shabbat w/ Rabbi Paris - IFC 2:00 SHU Fitness & Health Fair - FC & A 4:00 Eucharistic Service - IFC</p>	<p>10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 12:15 Independent Outing - Quick Center Opera-La Rondine (Live in HD) 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Shawn Taylor, Guitarist - ML</p>
<p>NATIONAL VOLUNTEER WEEK Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 1:00 Afternoon Movie Channel 591 2:30 Resident Pinochle - 3rd FL 3:00 Roger Young, Pianist - ML 4:00 Bingo - ML</p>	<p>PASSOVER BEGINS/EARTH DAY 9:00 Seated Yoga w/ Lisa - FC 9:30 Guided Meditation w/ Lisa - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Rosary 1:30 Sing Along w/ Joey & Lynn - WL 1:45 Hook & Needle - 3rd FL 3:00 One Day University - A</p>	<p>9:00 Yoga Stretch w/ Lisa - 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 Seder w/ Rabbi Paris - ML 3:30 Alvin Ailey Dance Performance (YouTube w/ Lisa - A)</p>	<p>9:00 Seated Yoga w/ Lisa - FC 9:30 Guided Meditation w/ Lisa - 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 Big Word, Little Word - ML 3:30 Ukulele Rehearsal - A</p>	<p>9:00 Yoga Stretch w/ Lisa - 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 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe - A</p>	<p>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 Special Edition LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 3:00 Johnny Cash Concert (YT) - A 3:00 Ping Pong w/ Joey - FC 4:00 Eucharistic Service - IFC</p>	<p>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 Cookie Thomas Duo -</p>
<p>Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 1:30 Afternoon Movie Channel 591 2:30 Resident Pinochle - 3rd FL 3:00 Double Vision Duo - A 4:00 Bingo - ML</p>	<p>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 Pokeno w/ Joey - ML 1:45 Hook & Needle - 3rd FL 3:00 One Day University - A 6:45 Independent Outing - Quick Center POPS Concert</p>	<p>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 Family Feud w/ Joey - ML 3:00 Art Gottlieb, Presenter - A</p>	<p>FL - FRONT LOBBY GC - GALLERY CAFE IFC - INTERFAITH CHAPEL ML - MAIN LOUNGE RC - REHAB CLINIC WC - WELLNESS CENTER WL - W LOUNGE YT - YOUTUBE 2ND FL - 2ND FLOOR LOUNGE 3RD FL - 3RD FLOOR LOUNGE 4TH FL - 4TH FLOOR LOUNGE 10TH FL - 10TH FL LOUNGE</p>	<p>Anyone interested in presenting a Watermark University (WU) program please contact Cindy McGuire, Director of Living Well Ext. 6108</p>	<p>Please check "Weekly" & 591 for updates. Programs may be subject to change.</p>	<p>April Showers bring May flowers</p> 

APRIL 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
YT - YOUTUBE
2ND FL - 2ND FLOOR LOUNGE
3RD FL - 3RD FLOOR LOUNGE
4TH FL - 4TH FLOOR LOUNGE
10TH FL - 10TH FL LOUNGE

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